

Success® – FROM START TO FINISH!

Start your day off right with a “success-ful” breakfast; later enjoy a tasty appetizer or light lunch. Finish off the day with a satisfying casserole, spicy jalapeño cornbread and a wonderful dessert. **THE TIME IS ALWAYS RIGHT FOR SUCCESS!**



EGGS IN A NEST

- 1 bag **Success® White or Brown Rice**
- 1 chicken boullion cube
- 1/2 cup green onions, sliced thin
- 1 red bell pepper, seeded and chopped
- 2 strips cooked bacon, crumbled
- 1 tablespoon dry Italian seasoning
- non-stick cooking spray
- 4 large eggs
- 1/2 cup low-moisture, part-skim mozzarella cheese

Prepare rice according to package directions adding boullion cube to water.

Preheat oven to 350°F.

Stir green onions, bell pepper, bacon and Italian seasoning into cooked rice.



Coat four 10-ounce, ovenproof bowls or custard cups with non-stick cooking spray and fill each with 1/2-cup rice mixture. With the back of a spoon make a well in the center of each rice cup. Crack one egg into each cup and top with 1 tablespoon of cheese. Bake until whites of egg are set, about 15 minutes. Serves 4.

Calories	301	Cholesterol	224mg
Protein	16g	Fat – Total	10g
Saturated Fat	4g	Saturated Fat	4g
Carbohydrates	38g	Trans Fat	0g
Dietary Fiber	3g	Sodium	235mg



CREAMY CHICKEN AND RICE SOUP

- 1 bag **Success® White or Brown Rice**
- 3 cans (14 ounces) chicken broth
- 1 can (12 ounces) Evaporated Milk
- 3 tablespoons corn starch
- 6 ounces cooked chicken breast, diced
- 1 cup frozen mixed vegetables, thawed
- salt and pepper, optional

Prepare rice according to package directions.

In a large pot, bring chicken broth and evaporated milk to a boil. In a small cup dissolve cornstarch with 3 tablespoons water and stir into hot broth. Stir constantly for 1 minute; reduce heat to low and stir in chicken and vegetables. Continue to cook 5 minutes. Stir in rice. Season with salt and pepper, if desired. Serves 6.

Calories	280	Fat-Total	5g
Protein	18g	Saturated Fat	2g
Carbohydrates	42g	Trans Fat	0mg
Dietary Fiber	2g	Sodium	430mg
Cholesterol	44g		

STUFFED MUSHROOMS

- 1 bag **Success® White or Brown Rice**
- 40 large fresh mushrooms
- 4 tablespoons butter or margarine
- 1/2 cup red bell pepper, finely chopped
- 1 cup heavy cream
- 2/3 cup blue cheese, crumbled
- 2 tablespoon fresh basil, minced
- 1/2 teaspoon ground white pepper
- fresh basil, chopped, for garnish

Preheat oven to 350°F.

Prepare rice according to package directions.



Clean mushrooms with damp paper towel. Remove mushroom stems, finely chop stems and set aside.

Sauté mushroom caps in butter in skillet until almost tender; drain on paper towels. In same skillet, sauté mushrooms stems and red bell pepper. Add cream; bring to a boil. Reduce heat to low; add cheese; cook until melted. Stir in rice, basil, and pepper; cook until thoroughly heated. Spoon rice mixture into mushroom caps. Place mushroom caps on a large foil-lined baking pan. Bake 10 minutes or until tender. Drain on paper towels. Garnish stuffed mushrooms with basil. Makes 40 mushrooms.

Calories	63	Fat – Total	4g
Protein	2g	Saturated Fat	2g
Carbohydrates	5g	Trans Fat	0mg
Dietary Fiber	0g	Sodium	50mg
Cholesterol	10g		



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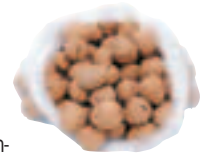
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BROCCOLI RICE SLAW

- 1 bag **Success® White or Brown Rice**
- 1/2 cup light mayonnaise
- 2 tablespoons Dijon-style mustard
- 1/3 cup dried cranberries
- 1/3 cup walnuts, chopped
- 2 cups broccoli slaw mix
- salt and pepper to taste, optional

Prepare rice according to package directions.

In a large bowl combine mayonnaise and Dijon mustard; mix well. Fold in rice and remaining ingredients. Salt and pepper to taste, if desired. Serves 4.



Calories	280	Fat-Total	5g
Protein	18g	Saturated Fat	2g
Carbohydrates	42g	Trans Fat	0mg
Dietary Fiber	2g	Sodium:	430mg
Cholesterol	44g		



JALAPENO RICE CORNBREAD

- 1 bag **Success® White or Brown Rice**
- non-stick cooking spray
- 3/4 cup all purpose flour
- 3/4 cup cornmeal
- 4 teaspoons baking powder
- 2 teaspoons sugar
- 1/4 teaspoon salt
- 1 cup milk
- 1 egg
- 1/4 cup vegetable oil
- 1/2 cup chopped jalapenos, optional

Preheat oven to 400°F.

Prepare rice according to package directions.

While preparing rice, coat an 8 x 8-inch pan with non-stick cooking spray.

Combine flour, cornmeal, baking powder, sugar and salt in a medium bowl.

In a small bowl combine milk, egg and oil; stir into flour mixture. Stir in rice and jalapenos. Turn mixture into prepared pan. Bake 20 minutes. Cut into squares. Serve warm. Serves 4

Calories	187	Cholesterol:	1mg
Protein	5g	Trans. Fat	0g
Saturated Fat	0g	Fat – Total:	4mg
Carbohydrates	32g	Saturated Fat	0g
Dietary Fiber:	2g	Sodium:	418mg

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TAJ MAHAL RICE PILAF

- 1 bag **Success® White or Brown Rice**
- 1 chicken-flavored bouillon cube
- 1 stick cinnamon
- 1 tablespoon olive oil
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/3 cup golden raisins
- 1 medium onion, thinly sliced
- 1/4 cup sliced almonds, toasted
- 1/4 cup cilantro, chopped

Prepare rice per package directions, adding bouillon cube and cinnamon stick to water. Remove cinnamon stick after rice is cooked.

Heat oil in a medium skillet over medium heat. Add cumin, coriander, raisins and onions. Cook, stirring occasionally until onions are tender and golden colored, about 10 minutes. Stir in cooked rice and almonds. Garnish with cilantro. Serves 4.

Calories.....	321	Fat – Total.....	7g
Protein.....	6g	Saturated Fat.....	1g
Carbohydrates.....	60g	Trans Fat.....	0g
Dietary Fiber.....	3g	Sodium.....	14g
Cholesterol.....	0mg		

BEEFY RICE STROGANOFF

- 1 bag **Success® White or Brown Rice**
- 1 cup light sour cream
- 1 tablespoon Dijon mustard
- 1 tablespoon olive oil
- 1 teaspoon garlic, chopped
- 1/2 cup onion, chopped
- 1 pound lean ground beef
- 1/2 cup red wine
- 1 cup mushrooms, sliced
- salt and pepper to taste, optional

Prepare rice according to package directions. In a small bowl combine sour cream and Dijon mustard, set aside.

Heat oil in a large skillet over medium heat and sauté garlic and onions for 2 minutes. Add beef and brown. Stir in wine and mushrooms and raise heat to high. Cook, stirring occasionally until almost all liquid is absorbed and mushrooms are tender, 5 to 8 minutes. Remove from heat and stir in sour cream mixture. Salt and pepper to taste, if desired. Serve over hot rice. Serves 4.

Calories.....	280	Fat–Total.....	5g
Protein.....	18g	Saturated Fat.....	2g
Carbohydrates.....	42g	Trans Fat.....	0mg
Dietary Fiber.....	2g	Sodium.....	430mg
Cholesterol.....	44g		

CHICKEN ENCHILADAS SUISAS

- 1 bag **Success® White or Brown Rice**
- non-stick cooking spray
- 1 teaspoon vegetable oil
- 2 cloves garlic, chopped
- 1 cup onion, chopped
- 1 pound cooked chicken, shredded
- 2 cups Monterrey Jack cheese, divided
- 2 cans (8 ounces, each) green enchilada sauce
- 16 corn tortillas
- 4 ounces light sour cream
- 1/4 cup green onions, chopped



Prepare rice according to package directions.

Heat oven to 350°F. Coat a 9x13-inch oven-proof casserole dish with non-stick cooking spray and set aside.

Heat oil in a medium skillet and sauté garlic 30 seconds; add onion and cook for 2 minutes. Stir in rice, chicken, 1 cup cheese and 1 can of enchilada sauce.

In a small skillet, heat remaining can of enchilada sauce. Dip each tortilla into warm sauce, place in prepared casserole dish, and top with 1/3 cup rice mixture and roll up, seam side down. Repeat with remaining tortillas. Top with remaining cheese, cover with foil and bake for 15 minutes, or until the cheese is melted. Remove from oven and serve topped with sour cream and green onions. Serves 8.

Calories.....	437	Fat – Total.....	16g
Protein.....	31g	Saturated Fat.....	7g
Carbohydrates.....	43g	Trans. Fat.....	0g
Dietary Fiber.....	1g	Sodium.....	557mg
Cholesterol.....	83mg		

HOLIDAY SPINACH DIP

- 1 bag **Success® White or Brown Rice**
- 8 ounces light sour cream
- 8 ounces light salad dressing
- 1 package garden dill dip mix
- 1 package (10 ounces) frozen chopped spinach, thawed and drained
- 1 can (8 ounces) sliced water chestnuts, drained and chopped
- 1 red bell pepper, diced
- 3 green onions, chopped

Prepare rice according to package directions.

In a medium bowl, combine sour cream, salad dressing and dip mix. Stir in spinach, water chestnuts, red bell pepper, green onions and rice.

Chill for 1 hour. Serve with pita chips or sliced raw vegetables. Serves 4.

Calories.....	178	Fat – Total.....	7g
Protein.....	4g	Saturated Fat.....	2g
Carbohydrates.....	26g	Trans. Fat.....	0g
Dietary Fiber.....	4g	Sodium.....	406mg
Cholesterol.....	13mg		

PUMPKIN PECAN RICE PUDDING

- 2 bags **Success® White or Brown Rice**
- non-stick cooking spray
- 1 cup chopped pecans, toasted
- 4 cups milk
- 1 can (15 ounces) solid-pack pumpkin
- 3/4 cup brown sugar
- 2 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
- 3 eggs, beaten
- 1/2 teaspoon vanilla
- 1 cup heavy whipping cream
- 2 tablespoons maple syrup

Prepare rice according to package directions.

Coat 13x9-inch baking dish with non-stick cooking spray and set aside.

Preheat oven to 350°F. Spread pecans on baking sheet and toast for 8 to 10 minutes. Cool.

In a large saucepan, combine milk, pumpkin, brown sugar, pumpkin pie spice, and salt. Bring to a boil over medium heat, stirring constantly. Slowly add about 1/2 cup of hot liquid to eggs and beat well. Stir egg mixture back into saucepan and cook over medium heat for 2 minutes. Remove from heat and stir in cooked rice, vanilla and pecans. Pour mixture into prepared dish. Bake, uncovered at 350°F for 30 minutes or until a knife inserted near the center, comes out clean.

Meanwhile, whip the heavy cream to soft peaks then add the maple syrup and continue to beat until peaks form. Serve with warm pudding. Serves 10.

Tip: for sweeter pudding, increase brown sugar to 1-1/2 cups.

Calories.....	447	Fat – Total.....	23g
Protein.....	10g	Saturated Fat.....	9g
Carbohydrates.....	57g	Trans. Fat.....	0g
Dietary Fiber.....	3g	Sodium.....	196mg
Cholesterol.....	111mg		



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