

Success[®]

with Spring Herbs



Cooking with herbs is like adding the icing on a cake. They help make an ordinary recipe extraordinary. For convenience you can purchase your herbs from your grocer, but the most flavorful are harvested from well-tended plants grown right in your own kitchen window or outside garden. It's best to harvest kitchen herbs often to delay the flowering stage (when the plants are not at their optimum for cooking).

Combine your favorite herbs with always-perfect Success[®] rice and enhance your recipes to make them extra-special.

SPRING BRUNCH QUICHE

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| 1 bag Success[®] White or Brown Rice | 2 tablespoons fresh oregano, chopped |
| 1 teaspoon vegetable oil | 4 large eggs, beaten |
| 1 small onion, chopped | 1-1/4 cups low-fat milk |
| 1 cup fresh mushrooms, sliced | 1/2 cup reduced-fat cheddar cheese, shredded |
| 1/4 cup fresh basil leaves, shredded | 1 unbaked 9-inch pie crust |

Prepare rice according to package directions. Cool.

Preheat oven to 375°F.

Heat oil in a large skillet over medium-high heat. Add onion and sauté 2 minutes; add mushrooms and cook, stirring occasionally, about 5 minutes or until all liquid is absorbed. Stir in basil and oregano. In a large bowl, whisk together eggs and milk. Stir in cheese, rice and vegetable mixture. Pour mixture into unbaked crust; bake 45 minutes, or until puffed and golden and cooked through. Serves 6

Suggestion: Substitute 2 tablespoons dried Italian herbs for fresh herbs. To make a frittata, omit pie crust, coat a 9-inch pie pan with non-stick cooking spray and bake mixture as above.

Calories	172	Dietary Fiber	1g	Saturated Fat	2g
Protein	11g	Cholesterol	148mg	Trans Fat	0g
Carbohydrates	17g	Fat Total	7g	Sodium	142mg

GARDEN CHICKEN AND HERBS

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| 1 bag Success[®] White or Brown Rice | 1 tablespoon fresh sage, chopped |
| 1 tablespoon oil | 2 tablespoons fresh parsley, chopped |
| 4 skinless, boneless chicken breasts | 1 bay leaf |
| 3 green onions, sliced | 3 Roma tomatoes, seeded and chopped |
| 2 cloves garlic, minced | 1 tablespoon lime juice |
| 1 tablespoon fresh rosemary, chopped | |

Prepare rice according to package directions.

Heat oil in large skillet. Brown chicken breasts on both sides (about 10 minutes). Add remaining ingredients except lime juice. Simmer for 10 minutes, covered. Remove bay leaf and stir in lime juice. Serve over hot cooked rice. Serves 4

Calories	246	Dietary Fiber	2g	Saturated Fat	1g
Protein	29g	Cholesterol	66mg	Trans Fat	0g
Carbohydrates	20g	Fat Total	6g	Sodium	78mg

SALSA BLACK BEANS & RICE

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| 1 bag Success[®] White or Brown Rice | 1/2 cup thick and chunky salsa |
| 1 tablespoon vegetable oil | 1 can (8-3/4 ounces) whole kernel corn, drained |
| 4 skinless, boneless chicken breasts | 2 tablespoons fresh cilantro, chopped |
| 1 can (15 ounces) black beans, rinsed and drained | 1/4 cup water |

Prepare rice according to package directions.

While rice is cooking, heat oil in large skillet. Brown chicken breasts on both sides (about 10 minutes).

Add remaining ingredients and simmer for 10 minutes, covered.

Serve over hot cooked rice. Serves 4

Calories	312	Dietary Fiber	5g	Saturated Fat	1g
Protein	33g	Cholesterol	66mg	Trans Fat	0g
Carbohydrates	35g	Fat Total	6g	Sodium	516mg

GARDEN VEGETABLES AND RICE-STUFFED TOMATOES

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|--|------------------------------------|
| 1 bag Success[®] White or Brown Rice | DRESSING |
| 1 medium zucchini, sliced | 1/3 cup light mayonnaise |
| 2 carrots, peeled and sliced | 1/3 cup light sour cream |
| 1 red bell pepper, seeded and diced | 1 tablespoon Dijon mustard |
| | 1-1/2 tablespoons tarragon vinegar |
| | 1 teaspoon salt |
| | 6 medium tomatoes |

Prepare rice according to package directions. Set aside to cool.

In a large bowl, combine rice, zucchini, carrots, and bell pepper. In a small separate bowl combine dressing ingredients. Pour dressing over rice mixture: toss gently. Cut tops off each tomato. Scoop out pulp. Fill with rice salad mixture. Serves 6

Tip: Add grilled shrimp or chicken to create a main course.

Calories	203	Dietary Fiber	1g	Saturated Fat	2g
Protein	4g	Cholesterol	9mg	Trans Fat	0g
Carbohydrates	34g	Fat Total	6g	Sodium	575mg

Success is in the Bag[®]

RICE TABBOULEH

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| 1 bag Success® White or Brown Rice | 1 cucumber, peeled, seeded and chopped |
| 1 cup fresh parsley, chopped | 1 small onion, chopped |
| 1/4 cup fresh mint, chopped | 1 tablespoon olive oil |
| 2 Roma tomatoes, seeded and chopped | juice of 1 lemon |
| | salt and pepper to taste |
| | pita bread, optional |

Prepare rice according to package directions. Cool.

Combine all remaining ingredients and mix well. Add rice and mix well. Season with salt and pepper and serve with pita bread, if desired. Serves 6

Calories	116	Dietary Fiber	2g	Saturated Fat	1g
Protein	3g	Cholesterol	0mg	Trans Fat	0g
Carbohydrates	17g	Fat Total	5g	Sodium	9mg

CABBAGE ROLL CASSEROLE

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| 2 bags Success® White or Brown Rice | 1/4 teaspoon pepper |
| 1 small onion, chopped | 1/4 teaspoon cayenne pepper |
| 3 garlic cloves, chopped | 1 can (15 ounces) diced tomatoes, drained |
| 1 package (20 ounces) ground turkey or beef | non-stick cooking spray |
| 2 tablespoons each, fresh basil, oregano and parsley, chopped or | 1 medium head cabbage, shredded |
| 2 tablespoons Italian Seasoning | 1 can (8 ounces) tomato sauce |
| 1/4 teaspoon salt | 1 cup mozzarella cheese, shredded |

Prepare rice according to package directions.

In a large skillet over medium heat, sauté onion and garlic for 2 minutes. Add ground turkey or beef and brown; drain fat. Stir in herbs, salt, peppers and tomatoes. Simmer for 5 minutes. Stir in cooked rice.

Spray a 13-inch x 9-inch x 2-inch baking dish with non-stick cooking spray. Layer 1/3 of cabbage in dish and top with 1/2 of meat mixture, repeat layers; top with remaining cabbage. Pour tomato sauce over top. Cover and bake 45 minutes. Uncover, sprinkle with cheese. Bake 10 more minutes, or until cheese is melted. Let stand 5 minutes before serving. Serves 12

Calories	180	Dietary Fiber	3g	Saturated Fat	2g
Protein	14g	Cholesterol	43mg	Trans Fat	0g
Carbohydrates	20g	Fat Total	6g	Sodium	303mg

ITALIAN PESTO RICE

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| 1 bag Success® White or Brown Rice | 1 clove garlic |
| 1/2 cup fresh basil leaves | 1/4 cup olive oil |
| 1/4 cup fresh parsley | 1/4 cup fresh Parmesan cheese, grated |
| 1/2 teaspoon pepper | 1/4 cup, plus 2 tablespoons pine nuts, toasted, divided |
| 1/2 teaspoon salt | |

Prepare rice according to package directions.

In a food processor, combine basil, parsley, pepper, salt, garlic, olive oil, Parmesan cheese and 1/4 cup pine nuts. Blend until smooth. Stir into hot rice. Sprinkle with remaining pine nuts. Serves 4

Calories	387	Dietary Fiber	3g	Saturated Fat	4g
Protein	9g	Cholesterol	1mg	Trans Fat	0g
Carbohydrates	36g	Fat Total	25g	Sodium	356mg



Success Brown Rice is 100% Whole Grain Rice. Look for this stamp to take the guesswork out of how to get the minimum **3 daily servings of whole grains** recommended by the U.S.D.A.

HERBED RICE

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| 2 bags Success® White or Brown Rice | 1 jar (4 ounces) pimentos, drained and chopped |
| 1/2 cup plain low-fat yogurt | 1 tablespoon fresh dill, chopped |
| 2 teaspoons Dijon mustard | 1/4 cup fresh parsley, chopped |
| 1 tablespoon lemon juice | salt and pepper to taste, if desired |
| 1/2 cup onion, finely chopped | |

Prepare rice according to package directions.

Combine yogurt, mustard and lemon juice. Toss together rice and remaining ingredients; stir in yogurt dressing. Season with salt and pepper, if desired. Serve at room temperature or refrigerate for 1 hour. Serves 6

Calories	164	Dietary Fiber	1g	Saturated Fat	0g
Protein	5g	Cholesterol	1mg	Trans Fat	0g
Carbohydrates	34g	Fat Total	1g	Sodium	113mg

CHICKEN AND RICE VEGETABLE SOUP

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| 1 bag Success® White or Brown Rice | 1/2 cup onion, chopped |
| 5 cups low-sodium chicken broth | 1/4 cup fresh parsley, chopped |
| 1-1/2 cups uncooked chicken, chopped | 1/2 teaspoon pepper |
| 1 cup celery, sliced | 1/2 teaspoon fresh thyme leaves, chopped |
| 1 cup carrots, sliced | 1 bay leaf |
| | 1 tablespoon lime juice |

Prepare rice according to package directions.

Combine broth, chicken, celery, carrots, onion, parsley, pepper, thyme, and bay leaf in large saucepan or Dutch oven. Bring to a boil over medium-high heat; stirring once or twice. Reduce heat to low; cook for 10 to 15 minutes or until chicken is no longer pink in center. Remove bay leaf. Stir in rice and lime juice. Garnish, if desired. Serves 4

Calories	356	Dietary Fiber	3g	Saturated Fat	1g
Protein	28g	Cholesterol	54mg	Trans Fat	0g
Carbohydrates	52g	Fat Total	3g	Sodium	248mg

GREEK RICE SALAD

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|---|---|
| 1 bag Success® White or Brown Rice | 1 tablespoon fresh oregano, chopped |
| 2 tablespoons white wine vinegar | 1/2 cup Kalamata olives, pitted and chopped |
| 2 tablespoons lemon juice | 1/2 small purple onion, chopped |
| 2 tablespoons olive oil | 1/2 cup feta cheese, crumbled |
| 1 clove garlic, chopped | |

Prepare rice according to package directions. Cool.

In a large bowl, combine white wine vinegar and lemon juice; whisk in olive oil. Add remaining ingredients and rice; toss well. Serves 6

Calories	172	Dietary Fiber	1g	Saturated Fat	3g
Protein	4g	Cholesterol	11mg	Trans Fat	0g
Carbohydrates	15g	Fat Total	11g	Sodium	371mg

