

SUCCESS SUMMER WRAPS!



Breakfast Wrap

- 1 bag **Success® White, Brown or Jasmine Rice**
- non-stick cooking spray
- 2 large eggs, beaten
- 4 slices low sodium turkey bacon, cooked and crumbled
- 1/2 cup low fat cheddar cheese, shredded
- 4 whole wheat tortillas

Prepare rice according to package directions.

Heat a medium non-stick skillet over medium heat. Coat pan with non-stick cooking spray and add eggs. Stir gently until eggs are just set. Fold in rice, bacon and cheese. Divide between tortillas and fold into desired shape. Serves 4

Calories	302	Dietary Fiber	3g	Saturated Fat	2g
Protein	15g	Cholesterol	115mg	Sodium	364mg
Carbohydrates	39g	Total Fat	9g		



Smoked Salmon and Rice Pinwheels

- 1 bag **Success® White, Brown or Jasmine Rice**
- 8 ounces light cream cheese, softened
- 2 tablespoons fresh dill, chopped or 2 teaspoons dried dill
- 1 teaspoon hot pepper sauce, optional
- 8 ounces thinly sliced smoked salmon
- Rice crackers

Prepare rice according to package directions.

In a medium bowl, combine rice, cream cheese, dill and hot pepper sauce, if desired. Spread rice mixture on each slice of salmon. Starting at short side, roll up salmon slices jellyroll fashion. Cover with plastic wrap and refrigerate for at least 1 hour. Cut salmon rolls crosswise into 3/4-inch slices. Serve slices on rice crackers. Serves 12 (three pieces each)

Calories	114	Dietary Fiber	0g	Saturated Fat	1g
Protein	7g	Cholesterol	11mg	Sodium	239mg
Carbohydrates	8g	Total Fat	3g		

Gingered Chicken and Rice Dumplings

- 1 bag **Success® White, Brown or Jasmine Rice**
- 1 cup (6 ounces) ground chicken or pork
- 1 cup finely shredded cabbage
- 1/4 cup green onions, sliced thin
- 1/4 cup Asian ginger stir fry sauce
- 24 wonton wrappers
- Cornstarch

Prepare rice according to package directions.

In a medium non-stick skillet, cook the chicken; add cabbage, onions and sauce. Stir fry 2 minutes or until cabbage is tender. Stir in rice. Place 1 tablespoon filling in center of wonton wrapper. Gather edges around filling and pinch at top to seal. Place dumplings on a baking sheet that has been dusted with cornstarch. Refrigerate 1 hour. Place dumplings in a single layer in a steamer basket. Steam for 5 minutes or until wrappers are tender.

For pot stickers. Heat 1/2-inch of vegetable oil in a large skillet over medium-high heat. Add steamed dumplings, in a single layer and cook until bottoms are brown. Serves 24

Calories	44	Dietary Fiber	1g	Saturated Fat	0g
Protein	3g	Cholesterol	4mg	Sodium	73mg
Carbohydrates	8g	Total Fat	0g		

Greek Chicken Pita Wraps

- 1 bag **Success® White, Brown or Jasmine Rice**
- 1 cup (6 ounces) cooked chicken breast, diced
- 1/3 cup cucumber, peeled, seeded and chopped
- 1/4 cup red onion, chopped
- 1 cup plain yogurt
- 1/2 cup herbed feta cheese
- 4 whole wheat pita wraps

Prepare rice according to package directions.

In a medium bowl, combine rice, chicken, cucumber, onion, yogurt and feta. Top each pita with filling and roll. Wrap each with a napkin or foil to secure. Serves 4

Calories	395	Dietary Fiber	6g	Saturated Fat	4g
Protein	27g	Cholesterol	54mg	Sodium	616mg
Carbohydrates	58g	Total Fat	8g		



Southwest Burritos

- 1 bag **Success® White, Brown or Jasmine Rice**
- 8 ounces lean ground beef
- 1 cup southwest blend frozen vegetables, thawed
- 1/2 cup prepared salsa
- 1/2 cup shredded Mexican cheese blend
- 4 whole wheat tortillas
- 1/2 cup sour cream, optional
- 1/2 cup prepared guacamole, optional

Prepare rice according to package directions.

Brown beef in a large skillet over medium heat. Add rice, vegetables and salsa; cook 3 minutes or until vegetables are heated. Divide rice mixture between tortillas, top with cheese and fold into burritos. Serve with sour cream and guacamole, if desired. Serves 4

Calories	385	Dietary Fiber	5g	Saturated Fat	4g
Protein	22g	Cholesterol	43mg	Sodium	509mg
Carbohydrates	49g	Total Fat	11g		

Tarragon Chicken and Rice Wrap

- 1 bag **Success® White, Brown or Jasmine Rice**
- 1/2 cup light salad dressing
- 1 tablespoon lemon juice
- 2 tablespoons fresh or 1 teaspoon dry tarragon, chopped
- 1 cup chicken breast, cooked and chopped
- 1/4 cup grapes, halved
- 4 whole wheat tortillas

Prepare rice according to package directions.

In a medium bowl, combine salad dressing, lemon juice and tarragon. Stir in rice, chicken and grapes. Divide mixture between tortillas and roll up tightly. Place on serving plates, seam side down. Serves 4

Calories	330	Dietary Fiber	3g	Saturated Fat	0g
Protein	19g	Cholesterol	36g	Sodium	367mg
Carbohydrates	45g	Total Fat	7g		

Vietnamese Shrimp Summer Rolls

- 1 bag **Success® White, Brown or Jasmine Rice**
- 3 tablespoons seasoned rice wine vinegar
- 8 rice paper wrappers
- 12 cooked and peeled medium shrimp, sliced in half lengthwise
- 24 fresh cilantro leaves
- 1/2 cup grated carrot
- 8 green onion tops
- 1 bottle prepared Asian peanut sauce, optional

Prepare rice according to per package directions. Stir rice wine vinegar into hot rice and set aside to cool.

In a large bowl of warm water, submerge 1 rice paper wrapper for 30-40 seconds to soften. Drain and place wrapper on a flat dry surface. Arrange 3 shrimp halves along lower 1/3 of wrapper, top with 3 cilantro leaves, 1 tablespoon carrot and 1 green onion. Cover with 3 tablespoons of rice. Fold bottom of wrapper up over filling; fold in each side. Roll up toward top of wrapper. Repeat with remaining wrappers and filling. Serve with peanut dipping sauce, if desired. Serves 4 (2 rolls per serving)

Calories	185	Dietary Fiber	2g	Saturated Fat	0g
Protein	8g	Cholesterol	27mg	Sodium	272mg
Carbohydrates	39g	Total Fat	1g		

Crunchy Veggie Wrap

- 1 bag **Success® White, Brown or Jasmine Rice**
- 1/4 cup low fat mayonnaise
- Juice and zest of 1 lime
- 4 whole wheat tortillas
- 1 cup fresh spinach leaves
- 1 small avocado, peeled and sliced thin
- 1 red bell pepper, seeded and sliced thin
- 1 carrot, peeled and sliced thin

Prepare rice according to package directions.

In a medium bowl, stir together rice, mayonnaise, lime juice and zest. Heat tortillas in the microwave for 15 seconds. Spread each tortilla with rice mixture. Arrange spinach leaves on top of mixture. Top spinach with avocado, peppers and carrot. Roll tortillas up tightly. Place seam side down on serving plates. Serves 4

Calories	341	Dietary Fiber	3g	Saturated Fat	1g
Protein	8g	Cholesterol	0mg	Sodium	337mg
Carbohydrates	51g	Total Fat	12g		

Sweet Rice Crepes

- 1 bag **Success® White, Brown or Jasmine Rice**
- 4 Large eggs, beaten
- 2/3 cup skim milk
- 1 tablespoon unsalted butter melted
- 1/2 cup all purpose flour
- 1 tablespoon sugar
- Non-stick cooking spray
- 1 cup lemon yogurt
- 2-1/2 cups fresh fruit (strawberries, raspberries, blueberries, etc.)

Prepare rice according to package directions.

In a medium bowl, combine eggs, milk, butter, flour and sugar. Beat until batter is smooth. Stir in rice; let stand 5 minutes. Heat 8-inch nonstick skillet or crêpe pan; coat with non-stick cooking spray. Spoon 1/4 cup of batter into pan. Lift pan off heat; quickly tilt pan in rotating motion so that bottom of pan is completely covered with batter. Place pan back on heat and continue cooking until surface is dry, about 45 seconds. Turn crêpe over and cook 15 to 20 seconds; set aside. Continue with remaining crêpe batter. Place waxed paper between crêpes. Spread each crêpe with some yogurt. Fold crepe into quarters. Top with fresh fruit. Serves 10

Calories	124	Dietary Fiber	1g	Saturated Fat	1g
Protein	5g	Cholesterol	89mg	Sodium	48mg
Carbohydrates	19g	Total Fat	3g		



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