



BAJA RICE BAKE

- 1 bag **Success® White or Brown Rice**
- 2 cups shredded low-fat Monterey Jack cheese, divided
- 4 eggs, divided
- salt and pepper to taste
- 1 can (4 ounces) diced green chilies, drained
- 1 jar (2 ounces) diced pimento, rinsed and drained
- 1/2 cup fresh cilantro, chopped
- 2 cups cooked chicken, shredded
- 1 cup 2% milk
- 1/2 teaspoon cumin



Preheat oven to 400°F. Prepare rice according to package directions.

Grease a 10-inch pie pan. Combine rice, 1 cup cheese, 2 eggs, and salt and pepper, if desired. Place mixture in greased pan. Bake 12 to 15 minutes, until shell starts to brown. Cool. Increase oven heat to 450° F. Sprinkle chilies, pimentos, cilantro, chicken and remaining cheese onto cooled shell. Place pie pan on a baking sheet. Mix remaining 2 eggs, milk and cumin. Pour into rice shell; bake 15 minutes. Reduce heat to 350°F, and bake an additional 15 minutes. Cool to room temperature before serving. Serves 6

Serving Suggestions: Top with fresh pico de gallo, salsa or avocado slices.

Calories	248	Dietary Fiber	1g	Saturated Fat	6g
Protein	23g	Cholesterol	189mg	Trans Fat	0g
Carbohydrates	16g	Fat Total	11g	Sodium	386mg

BEEF AND RICE FIESTA TOSTADAS

- 1 bag **Success® Brown or White Rice**
- 8 ounces lean ground beef or turkey
- 1 teaspoon oregano
- 1 tablespoon chili powder
- 1 can (10 ounces) diced tomatoes with green chilies
- 12 corn tostadas
- 1/2 cup fat-free refried beans
- 2 cups iceberg lettuce, shredded
- 1 cup low-fat cheddar cheese, shredded
- 1 cup light sour cream
- sliced jalapenos, optional



Prepare rice according to package directions.

In a large skillet over medium heat, brown ground beef or turkey. Stir in oregano, chili powder, tomatoes and cooked rice. Cook, stirring occasionally, for 5 minutes. Place 2 tostada shells on a plate and top each with beans, rice/beef mixture, lettuce, cheese, sour cream and jalapenos, if desired. Repeat with remaining ingredients. Serves 6

Calories	462	Dietary Fiber	6g	Saturated Fat	4g
Protein	21g	Cholesterol	18mg	Trans Fat	0g
Carbohydrates	50g	Fat Total	20g	Sodium	570mg

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 shredded Monterrey Jack cheese, divided
- 2 cans (8 ounces each) green enchilada sauce, divided
- 16 corn tortillas
- 4 ounces light sour cream
- 1/4 cup green onions, chopped

Prepare rice according to package directions.

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

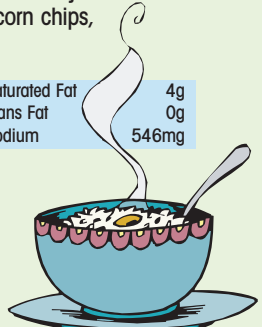
CHICKEN TORTILLA AND RICE SOUP

- 1 bag **Success® White or Brown Rice**
- 4 cups low-sodium chicken broth
- 1 cup carrots, peeled and sliced thin
- 1 can (10 ounces) diced tomatoes with green chilies
- 1 cup cooked chicken breast, cubed
- 1 tablespoon lime juice (optional)
- 20 baked tortilla chips, slightly crushed (about 1 cup)
- 1/2 cup low-fat Mexican cheese blend, shredded
- 1/4 cup fresh cilantro, chopped
- 1 avocado, diced

Prepare rice according to package directions.

In a medium pot, bring chicken broth to a boil. Reduce heat and add carrots, tomatoes and chicken; simmer 5 minutes. Stir in lime juice and rice. Divide equally into 4 serving bowls and top with corn chips, cheese, cilantro and avocado. Serves 4 - 6

Calories	352	Dietary Fiber	4g	Saturated Fat	4g
Protein	23g	Cholesterol	39mg	Trans Fat	0g
Carbohydrates	40g	Fat Total	14g	Sodium	546mg



CREAMY RICE AND BEANS

- 1 bag **Success® White or Brown Rice**
- 1 can (10 ounces) Mexi-corn, drained
- 1 cup fat-free sour cream
- 1 can (15 ounces) black beans, rinsed and drained
- 1/2 cup (2 ounces) shredded low-fat cheddar cheese
- 1/4 cup fresh cilantro, chopped

Prepare rice according to package directions.

Combine all ingredients, except cilantro, in a medium microwave-safe bowl, (about 1 cup). Microwave on HIGH for 2 minutes; stir and microwave on HIGH 1 more minute. Top with cilantro. Serves 6

Calories	173	Dietary Fiber	4g	Saturated Fat	3g
Protein	8g	Cholesterol	15mg	Trans Fat	0g
Carbohydrates	26g	Fat Total	5g	Sodium	402mg

MEXICAN CHOCOLATE BUNDT CAKE

- 1 bag **Success® White or Brown Rice**
- 1 package (8 ounces) fat-free cream cheese, softened
- 1 cup milk chocolate chips
- 1 tablespoon cinnamon
- 1 teaspoon vanilla
- 1/2 cup sugar
- 1 box (18 ounces) chocolate cake mix
- non-stick cooking spray
- 1 can (15 ounces) chocolate frosting, optional

Prepare rice according to package directions. Preheat oven to 375°F.

In a medium bowl combine rice, cream cheese, chocolate chips, cinnamon, vanilla and sugar. Mix well. Prepare cake mix according to package directions. Coat bundt pan with non-stick cooking spray. Pour 1/2 batter into pan, top with rice mixture, then top with remaining batter. Bake 30 minutes. Remove cake from oven and allow to cool on a wire rack for 20 minutes. Invert cake onto serving plate and top with frosting, if desired. Serves 14

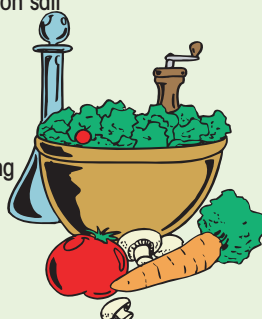
Calories	354	Dietary Fiber	2g	Saturated Fat	4g
Protein	8g	Cholesterol	51mg	Trans Fat	0g
Carbohydrates	48g	Fat Total	16g	Sodium	334mg

JICAMA, TOMATILLO RICE SALAD

- 2 bags **Success® White or Brown Rice**
- 10 tomatillos, husks removed and quartered
- 1 cup jicama, peeled and julienned
- 1 cup carrots, peeled and julienned
- 1 cup fresh cilantro leaves only, chopped
- Dressing**
- 1/4 cup apple cider vinegar
- 1/4 cup fresh lime juice
- 3 cloves garlic
- 1 medium shallot
- 3 tablespoons ginger, chopped
- 2 tablespoons olive oil
- 1 teaspoon sugar
- 1 teaspoon salt

Prepare rice according to package directions.

In a large serving bowl combine rice, tomatillos, jicama, carrots and cilantro, mix well. Place dressing ingredients in a blender and puree. Pour dressing over rice mixture and toss. Serves 8



Calories	138	Dietary Fiber	3g	Saturated Fat	1g
Protein	3g	Cholesterol	0mg	Trans Fat	0g
Carbohydrates	24g	Fat Total	4g	Sodium	306mg



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.

EASY JALAPENO RICE CORNBREAD

- 1 bag **Success® White or Brown Rice**
- non-stick cooking spray
- 1 package (8-1/2 ounces) corn bread mix
- 1 jalapeno, minced, optional

Preheat oven to 400° F.

Prepare rice according to package directions.



Coat an 8-inch x 8-inch baking pan with non-stick cooking spray. Mix cornbread according to package directions. Stir in rice and jalapeno, if desired. Pour batter into prepared pan. Bake 20-25 minutes. Serves 8

Calories	169	Dietary Fiber	1g	Saturated Fat	1g
Protein	5g	Cholesterol	28mg	Trans Fat	0g
Carbohydrates	30g	Fat Total	4g	Sodium	388mg



SOUTHWESTERN BURRITOS

- 1 bag **Success® White or Brown Rice**
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (11 ounces) whole kernel corn with red and green bell peppers
- 1 envelope (1 ounce) taco seasoning
- 1/2 cup water
- 8 8-inch whole wheat tortillas
- 1 cup shredded cheddar cheese
- 4 green onions, thinly sliced
- 1/2 cup light sour cream
- 1/2 cup salsa

Prepare rice according to package directions.

In a medium skillet over high heat, combine beans, corn, taco seasoning and water. Bring to a boil, stirring constantly. Reduce heat, stir in rice and simmer 5 minutes. Spread 1/2 cup rice mixture in the middle of each tortilla. Top each tortilla with 2 tablespoons shredded cheese, 1 tablespoon green onion and 1 tablespoon sour cream. Roll up burrito style and serve with salsa. Serves 8

Calories	377	Dietary Fiber	6g	Saturated Fat	4g
Protein	13g	Cholesterol	20mg	Trans Fat	0g
Carbohydrates	56g	Fat Total	10g	Sodium	581mg

SUCCESSFUL SPANISH RICE

- 1 bag **Success® White or Brown Rice**
- 1 teaspoon vegetable oil
- 1/4 cup chopped onion
- 1/4 cup frozen corn, thawed
- 1 teaspoon cumin
- 4 ounces Mexican-style tomato sauce
- salt and pepper to taste

Prepare rice according to package directions. Cool.

Heat oil in a medium skillet over medium heat. Add onion, corn, cumin and sauté 2 minutes. Add tomato sauce, reduce heat to low and simmer 5 minutes. Stir in rice. Season with salt and pepper, if desired. Serves 4

Calories	112	Dietary Fiber	2g	Saturated Fat	0g
Protein	3g	Cholesterol	0mg	Trans Fat	0g
Carbohydrates	25g	Fat Total	1g	Sodium	136mg