

# Rice & Ready for Spring!



## Brown Rice Griddle Cakes

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|----------------------------------|-------------------------|
| 1 bag <b>Success® Brown Rice</b> | 1/4 cup sugar           |
| 1-3/4 cups buttermilk baking mix | 1/2 cup applesauce      |
| 1/2 teaspoon cinnamon            | non-stick cooking spray |
| 1 cup 2% milk                    | maple syrup, optional   |
| 2 large eggs, lightly beaten     |                         |

Prepare rice according to package directions.

Combine rice, baking mix, cinnamon, milk, eggs, sugar, and apple-sauce in a large bowl; stir until smooth. Pour 1/4 cup batter onto hot griddle, coated with non-stick cooking spray. Cook over medium heat until bubbles form on top and underside of cake is lightly browned. Flip and brown other side. Serve with syrup, if desired. Serves 6 (3 cakes each.)

Calories . . . . . 287	Dietary Fiber . . . . . 2g	Saturated Fat . . . . . 2g
Protein . . . . . 7g	Cholesterol . . . . . 74mg	Sodium . . . . . 485mg
Carbohydrates . . . . . 47g	Total Fat . . . . . 8g	



## Black Bean & Rice Cakes with Cherry Tomato Salsa

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|--|----------------------------------|
| 1 bag <b>Success® White or Brown Rice</b>                      | salt and pepper, optional        |
| 1 can (14-1/2 ounces) black beans, rinsed, drained and divided | non-stick cooking spray          |
| 1 large egg, beaten  | 1 cup cherry tomatoes, quartered |
| 1/3 cup green onions, sliced thin                              | 1/2 cup fresh cilantro, chopped  |
| 1/2 cup seasoned bread crumbs                                  | 1/2 cup salsa                    |
|  | 1/2 cup light sour cream         |
|  | 1/2 cup low fat cheddar cheese   |

Prepare rice according to package directions.

In a medium bowl, mash 1/2 of the black beans. Mix in remaining beans, egg, green onions, rice and bread crumbs. Season with salt and pepper, if desired. Form into 12 cakes. Coat a large skillet with non-stick cooking spray and heat over medium heat. Cook cakes 4 minutes on each side. Remove to platter and keep warm. In a medium bowl, combine tomatoes, cilantro and salsa. Serve cakes topped with sour cream, cheddar cheese and salsa. Serves 4 (2 cakes each)

Calories . . . . . 316	Dietary Fiber . . . . . 8g	Saturated Fat . . . . . 3g
Protein . . . . . 16g	Cholesterol . . . . . 66mg	Sodium . . . . . 694mg
Carbohydrates . . . . . 46g	Total Fat . . . . . 7g	

## Rice, Asparagus & Cucumber Salad

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|---|------------------------------------|
| 1 bag <b>Success® White or Brown Rice</b>   | 1 cup cucumber, peeled and chopped |
| 1/2 pound asparagus, cut into 1-inch pieces | 2 green onions, sliced             |
| 1/2 cup light vinaigrette                   | salt and pepper, optional          |
| 1/2 cup light sour cream                    | Belgium endive, optional           |
| 2 tablespoons fresh dill, chopped           |                                    |

Prepare rice according to package directions, adding asparagus to boiling water for last 2 minutes of cooking. Drain and cool.

In a medium bowl, combine vinaigrette, sour cream and dill. Fold in cucumbers, onions, asparagus and rice. Season with salt and pepper, if desired. Chill 1 hour or serve at room temperature with endive. Serves 4.

Calories . . . . . 216	Dietary Fiber . . . . . 2g	Saturated Fat . . . . . 2g
Protein . . . . . 5g	Cholesterol . . . . . 10mg	Sodium . . . . . 418mg
Carbohydrates . . . . . 30g	Total Fat . . . . . 8g	

## Creamy Leek and Rice Soup

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|---|--|
| 1 bag <b>Success® White or Brown Rice</b> | 2 cups low sodium chicken broth, divided |
| 1 tablespoon olive oil                    | 2 cups 2% milk                           |
| 1/2 pound zucchini, peeled and chopped    | salt and pepper, optional                |
| 1 cup fennel bulb, chopped                | 1/2 cup fried onions, optional           |
| 2 large leeks, white part only, chopped   |  |

Prepare rice according to package directions.

Heat oil in a medium pan over medium heat. Sauté zucchini, fennel and leeks until tender, about 10 minutes. Purée in a blender or food processor with 1 cup of broth. Return to pan and add remaining broth and milk. Simmer 5 minutes. Stir in rice. Season with salt and pepper, if desired. Garnish with fried onions, if desired. Serves 6.

Calories . . . . . 219	Dietary Fiber . . . . . 3g	Saturated Fat . . . . . 2g
Protein . . . . . 9g	Cholesterol . . . . . 11mg	Sodium . . . . . 138mg
Carbohydrates . . . . . 32g	Total Fat . . . . . 7g	



## Red Cabbage, Apples and Rice

- |  |   |
|--|---|
| 1 bag <b>Success® White or Brown Rice</b>                        | 1/4 teaspoon ground cloves                |
| 1/2 cup low sodium chicken broth                                 | 2 medium apples, peeled, cored and grated |
| 1/2 small head red cabbage, cored and sliced thin (about 4 cups) | salt and pepper, optional                 |
| 1/4 cup brown sugar  | 4 slices cooked bacon, chopped            |
| 1/4 cup red wine vinegar   |   |

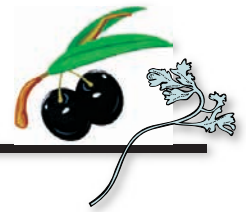
Prepare rice according to package directions.

In a medium pan, place chicken broth, cabbage, sugar, vinegar and cloves. Cover and cook over high heat for 15 minutes. Add apples and rice and season with salt and pepper to taste, if desired. Cover and continue to cook 5 more minutes. Serve garnished with bacon. Serves 4-6.

Calories . . . . . 245	Dietary Fiber . . . . . 4g	Saturated Fat . . . . . 1g
Protein . . . . . 6g	Cholesterol . . . . . 9mg	Sodium . . . . . 189mg
Carbohydrates . . . . . 50g	Total Fat . . . . . 3g	



# Success is in the Bag®



## Sirloin Steak with Mushrooms

- 2 bags **Success® White or Brown Rice**
- 1-1/2 pounds lean ground sirloin
- 2 teaspoons salt-free seasoning
- 1 tablespoon olive oil
- 8 ounces button mushrooms, sliced
- 1/2 cup dry red wine
- 1-1/2 cups water
- 1 package (1.6 ounce) dry brown gravy mix

Prepare rice according to package directions.

In a medium bowl, combine ground sirloin with salt-free seasoning. Shape meat into 6 patties. Heat oil in a large, heavy non-stick skillet over medium-high heat. Cook beef patties 3 minutes per side, or until browned and fully cooked. Transfer to plate and keep warm. In same skillet add mushrooms and cook until tender, about 3 minutes. Turn heat to high; add wine, water and gravy mix. Stir constantly until well mixed. Boil 1 minute. Return patties to skillet to coat with sauce. Serve over hot rice. Serves 6.

Calories . . . . . 301	Dietary Fiber . . . . . 2g	Saturated Fat . . . . . 3g
Protein . . . . . 26g	Cholesterol . . . . . 61mg	Sodium . . . . . 450mg
Carbohydrates . . . . . 29g	Total Fat . . . . . 9g	

## Mediterranean Seafood

- 1 bag **Success® White or Brown Rice**
- 1 can (14-1/2 ounces) Italian-style diced tomatoes, drained
- 1 can (2-1/4 ounces) sliced black olives, drained
- 2 tablespoons capers
- 1 pound seafood, cut into bite-sized pieces
- salt and pepper, optional
- 2 tablespoons fresh parsley, chopped

Prepare rice according to package directions.

Heat a medium skillet over medium heat. Add tomatoes, olives and capers. Sauté 2 minutes; add seafood and season with salt and pepper, if desired. Reduce heat and cover. Cook 10-12 minutes, or until seafood is cooked through. Serve over hot rice and garnish with parsley. Serves 4.

Calories . . . . . 238	Dietary Fiber . . . . . 2g	Saturated Fat . . . . . 0g
Protein . . . . . 25g	Cholesterol . . . . . 42mg	Sodium . . . . . 487mg
Carbohydrates . . . . . 23g	Total Fat . . . . . 4g	



## Irish Chicken & Rice

- 2 bags **Success® White or Brown Rice**
- 1 tablespoon olive oil
- 1 whole chicken, cut into serving-size pieces
- 1 cup onion, chopped
- 1 tablespoon garlic, chopped
- 1 teaspoon poultry seasoning
- 1 cup stout beer
- 1 cup low sodium chicken broth
- salt and pepper to taste, optional
- 8 ounces button mushrooms
- 3 cups frozen mixed vegetables, thawed

Prepare rice according to package directions. Keep warm.

Heat oil in a large heavy skillet over medium heat. Add chicken and brown 5 minutes on each side. Remove to a platter. Add onion, garlic and poultry seasoning and sauté 2 minutes. Return chicken to pan, add beer, chicken broth and salt and pepper, if desired. Reduce heat to low, cover and cook for 30 minutes. Add mushrooms and vegetables. Cover and cook 10 more minutes. Serve over hot rice. Serves 6.

Calories . . . . . 306	Dietary Fiber . . . . . 5g	Saturated Fat . . . . . 3g
Protein . . . . . 10g	Cholesterol . . . . . 30mg	Sodium . . . . . 98mg
Carbohydrates . . . . . 38g	Total Fat . . . . . 12g	

## Broccoli Cheese Pilaf

- 1 bag **Success® White or Brown Rice**
- 1/2 cup onion, chopped
- 1/2 cup red bell pepper, chopped
- 1 teaspoon ground coriander
- 1 tablespoon olive oil
- 1 package (10 ounces) frozen chopped broccoli, thawed
- 1 cup low fat cheddar cheese, shredded
- salt and pepper, optional

Prepare rice according to package directions.

In a large skillet over medium-high heat, sauté onions, bell pepper and coriander in olive oil until tender, about 5 minutes. Add broccoli and continue to cook for 2 minutes. Add cheese and hot rice. Stir until cheese is melted. Season with salt and pepper, if desired. Serves 6-8.

Calories . . . . . 175	Dietary Fiber . . . . . 3g	Saturated Fat . . . . . 1g
Protein . . . . . 9g	Cholesterol . . . . . 4mg	Sodium . . . . . 127mg
Carbohydrates . . . . . 27g	Total Fat . . . . . 4g	



For additional recipes and information, call 1-800-226-9522 or visit our web site at [www.successrice.com](http://www.successrice.com)



## Warm Apple-Rice Pie Parfaits

- 1 bag **Success® White or Brown Rice**
- 2 large tart apples, peeled, cored and chopped
- 1/2 cup brown sugar
- 1/4 cup apple juice
- 1/2 cup golden raisins
- 1/2 teaspoon pumpkin pie spice
- 12 shortbread cookies, crushed
- 2 cups vanilla ice cream
- ground cinnamon, optional

Prepare rice according to package directions.

In a medium saucepan combine cooked rice, apples, sugar, apple juice, raisins and pumpkin pie spice. Cover and cook over low heat, stirring occasionally until apples are soft, about 10-12 minutes. In 4 parfait glasses place 1 tablespoon cookie crumbs; top with 1/4 cup apple mixture. Repeat layers, ending with cookie crumbs. Top with vanilla ice cream. Sprinkle with cinnamon, if desired. Serve immediately. Serves 4.

Calories . . . . . 493	Dietary Fiber . . . . . 4g	Saturated Fat . . . . . 6g
Protein . . . . . 6g	Cholesterol . . . . . 38mg	Sodium . . . . . 125mg
Carbohydrates . . . . . 99g	Total Fat . . . . . 11g	