Eggs in a Nest

1 bag Success® White or Brown Rice
1 chicken bouillon 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 bouillon 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
Protein . . . . . . . . . 16g
Saturated Fat . . . . . 4g
Carbohydrates . . . . .38g
Dietary Fiber . . . . . 3g

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
Protein . . . . . . . . . 2g
Carbohydrates . . . . .5g
Dietary Fiber . . . . . 0g
Cholesterol . . . . . . .10g

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 milk
1 egg

Prepare rice according to package directions.

In a large pot, bring chicken broth and evaporated milk to a boil. In a small bowl add milk, egg and cornstarch; 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
Protein . . . . . . . . . 18g
Carbohydrates . . . . .42g
Dietary Fiber . . . . . 2g
Cholesterol . . . . . . .44g

Broccoli Rice Slaw

1 bag Success® White or Brown Rice
2 cups broccoli slaw mix
1/3 cup light mayonnaise
1/2 cup non-stick cooking spray
1/2 cup red bell pepper, finely chopped
1/2 cup red onion, coarsely chopped
1/2 cup blue cheese, crumbled
1/4 cup vegetable oil
1/4 cup white wine vinegar
1/4 cup honey
salt and pepper, to taste

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
Protein . . . . . . . . . 18g
Carbohydrates . . . . .42g
Dietary Fiber . . . . . 2g
Cholesterol . . . . . . .224mg

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 jalepenos. Turn mixture into prepared pan. Bake 20 minutes. Cut into squares. Serve warm.

Serves 4

Calories . . . . . . . . 187
Protein . . . . . . . . . 5g
Saturated Fat . . . . . 0g
Trans. Fat . . . . . . . .0g
Carbohydrates . . . . .32g
Sodium . . . . . . . . . 418mg
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

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


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 Monterey 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 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 evaporated and mixture is thickened. Set aside.

In a medium bowl, combine sour cream, salad dressing and 1 package garden dill dip mix. In a small bowl, combine green onions, diced bell pepper, and 1 red bell pepper, diced. Mix all ingredients together. Chill for 1 hour. Serve with pita chips or sliced raw vegetables. Serves 4.

PUMPKIN PECAN RICE PUDDING
2 bags Success® White or Brown Rice
non-stick cooking spray
1 cup chopped pecans, toasted
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.