



Cranberry Brown Rice Dressing

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## Cranberry Brown Rice Dressing

Makes: 8 servings

An easy whole-grain brown rice dressing with dried cranberries, celery and pecans.

- 1 cup Mahatma® or Carolina® Whole Grain Brown Rice
- ¾ cup dried cranberries
- 1 tablespoon margarine
- ¾ cup onion, chopped
- ¾ cup fresh celery, chopped
- ½ cup pecans, chopped and toasted
- ¼ cup parsley, chopped
- ¾ teaspoon poultry seasoning
- ¼ teaspoon pepper

1. Prepare rice according to package directions. (For additional flavor, rice may be prepared in chicken broth instead of water). Place dried cranberries in a bowl and cover with hot water. Set aside.

2. In a large skillet, melt margarine; sauté onion and celery until tender; fold in remaining ingredients. Drain cranberries. Add to vegetable mixture. Fold in cooked rice.

**Tips:** Do you have a rice cooker? To prepare this dish? Add brown rice and all remaining ingredients (*except dried cranberries and pecans*), and water (or, chicken broth if desired) to the inner pot of your Aroma® Rice Cooker. Press the Cook Switch or set to Brown Rice. When the rice cooker beeps, gently stir in dried cranberries and pecans.



## Brown Rice Apple Crisp

Makes: 8 servings

Prepare this recipe for breakfast, or serve as a delicious whole-grain dessert alternative.

- 1 cup Mahatma® or Carolina® Whole Grain Brown Rice
- non-stick cooking spray
- 2 cans (20 oz, each) Pie-Sliced Apples, undrained
- 1 tablespoon lemon juice
- 1 cup packed brown sugar, divided
- 2 teaspoons ground cinnamon
- 1½ cups uncooked rolled oats
- 2 tablespoons margarine
- ½ cup raisins
- ½ cup walnuts, chopped

1. Prepare rice according to package directions.

2. Preheat oven to 350° F. Spray shallow 3 quarts baking dish (13 x 9) with cooking spray; set aside. Combine cooked rice, apples, lemon juice, ½ cup brown sugar and cinnamon in prepared dish. Combine oatmeal and remaining ½ cup brown sugar in medium bowl; cut in margarine until mixture resembles coarse crumbs. Stir in raisins and nuts. Sprinkle over rice mixture. Bake until heated, about 20 minutes. Serve warm.

**Tip:** Do you have a rice cooker? To prepare the rice for this dish? Add brown rice and water to the inner pot of your Aroma® Rice Cooker. Press the Cook Switch or set to Brown Rice. When the rice cooker beeps, continue with recipe as noted above.



# Traditional flavors with a whole grain twist!



Brown Rice  
Tabbouleh

For this recipe and more visit [mahatmarice.com](http://mahatmarice.com) or [carolinarice.com](http://carolinarice.com)





## Green Risotto

**Makes:** 8 side-dish servings, about  $\frac{3}{4}$  cup each

**Active time:** 1 hour

**Total:** 1 hour

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Serve this pretty, pesto-flavored risotto alongside roasted chicken or pork roast or serve with a big salad for a light dinner. We add a splash of wine along with each addition of broth to give the dish a more pronounced wine flavor. If you'd prefer the wine to be more subtle, add the entire cup at the end of Step 3 and cook, stirring, until the liquid is gone, then begin adding the broth. You can substitute more broth in place of the wine.

- 5 cups reduced-sodium chicken broth, "no-chicken" broth or vegetable broth**
- 1 10-ounce bag spinach, tough stems removed**
- 1 cup fresh basil leaves**
- 2 tablespoons extra-virgin olive oil**
- 1 cup chopped shallots or onion**
- 4 cloves garlic, minced**

- $1\frac{1}{2}$  cups arborio, carnaroli or other Italian "risotto" rice**
- $\frac{1}{4}$  teaspoon salt**
- 1 cup dry white wine**
- 1 cup finely shredded Parmigiano-Reggiano cheese, divided**
- Freshly ground pepper to taste**
- $\frac{1}{8}$  cup toasted pine nuts**

1. Bring broth to a simmer in a medium saucepan over medium-high heat. Reduce the heat so the broth remains steaming, but is not simmering.
2. Rinse spinach thoroughly with cold water and place in a large microwave-safe bowl. Cover with plastic wrap and punch several holes in it. Microwave on High until wilted, 2 to 3 minutes. Let cool, then squeeze out excess moisture. Transfer to a food processor or blender, add basil and puree until smooth; set aside.
3. Heat oil in a Dutch oven over medium-low heat. Add shallots (or onion) and cook, stirring occasionally, until softened, about 2 minutes. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add rice and salt and stir to coat.
4. Stir  $\frac{1}{2}$  cup of the hot broth and a generous splash of wine into the rice. Cook, stirring frequently, until the liquid has been absorbed. Continue to cook on medium-low, adding broth in  $\frac{1}{2}$ -cup increments followed by a splash of wine, and stirring frequently after each addition, until most of the liquid is absorbed. The risotto is done when you've used all the broth and wine and the rice is creamy and just tender, 25 to 35 minutes total. Stir in the reserved spinach-basil puree.

5. Remove from the heat; stir in  $\frac{3}{4}$  cup cheese and pepper. Serve sprinkled with pine nuts and the remaining  $\frac{1}{4}$  cup cheese.

**Per serving:** 288 calories; 10 g fat (3 g sat, 5 g mono); 7 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 10 g protein; 2 g fiber; 612 mg sodium; 400 mg potassium.

**Nutrition bonus:** Vitamin A (67% daily value), Calcium (18% dv).

**Carbohydrate servings:** 2

**Exchanges:** 2 starch, 1 vegetable, 2 fat

## Dirty Rice

**Makes:** 6 servings, about  $1\frac{1}{3}$  cups each

**Active time:** 30 minutes

**Total:** 1 hour 5 minutes

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☒ Gluten Free

A Louisiana favorite, our version of this spicy dish uses whole-grain Wehani rice. Long-grain brown rice also works. Traditionally made with chicken liver, which gives it a "dirty" color, we use healthy lean chicken sausage instead.

- $1\frac{1}{2}$  cups long-grain brown rice**
- 3 cups reduced-sodium chicken broth**
- 1 tablespoon peanut oil or canola oil**
- 10 ounces cooked chicken andouille or other spicy chicken sausage, cut into  $\frac{1}{2}$ -inch pieces**
- $1\frac{1}{2}$  cups chopped yellow onion**
- $1\frac{1}{4}$  cups chopped celery**
- 1 cup chopped green bell pepper**
- 1 cup chopped red bell pepper**
- 2 cloves garlic, minced**
- 2 teaspoons chopped fresh thyme leaves**
- $\frac{1}{4}$ - $\frac{1}{2}$  teaspoon cayenne pepper**
- $\frac{1}{4}$  teaspoon salt**

1. Bring rice and broth to a boil in a large saucepan. Reduce heat to low, cover, and simmer at the lowest bubble until the water is absorbed and the rice is tender, about 50 minutes. Remove from the heat and let stand, covered, for 10 minutes.
2. While the rice is standing, heat oil in a large nonstick skillet over medium heat. Add sausage and cook, stirring, until it begins to brown, about 5 minutes. Add onion, celery, green and red bell pepper and garlic and cook, stirring, until the onion is soft, about 5 minutes more. Stir in thyme, cayenne to taste and salt. Stir the sausage mixture into the rice and serve.



**Per serving:** 291 calories; 7 g fat (1 g sat, 2 g mono); 33 mg cholesterol; 48 g carbohydrate; 0 g added sugars; 13 g protein; 5 g fiber; 632 mg sodium; 318 mg potassium.

**Nutrition bonus:** Vitamin C (95% daily value), Vitamin A (21% dv).

**Carbohydrate Servings:** 3

**Exchanges:**  $2\frac{1}{2}$  starch, 1 vegetable, 1 lean meat,  $\frac{1}{2}$  fat

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## Chicken and Rice Stir-Fry with Vegetables

**Makes:** 6 servings

Stir fry chicken, garlic and ginger—add snow peas, bell pepper and carrots. Plus, make your own stir-fry sauce!

- 3 cups cooked, Mahatma® or Carolina® Whole Grain Brown Rice**
- 2 tablespoons Smart Balance® Buttery Spread**
- ¾ lb (12 oz. ea.) boneless skinless chicken breast, cut into thin strips**
- 1 tablespoon minced garlic**
- 1 tablespoon fresh ginger root, grated**
- 1 cup fresh snow peas, sliced diagonally**
- 1 red bell pepper, stem and seeds removed sliced thinly**
- ½ cup carrot, peeled and sliced thin**
- ½ cup water**
- 1 tablespoon cornstarch**
- 2 tablespoons low sodium tamari or soy sauce**
- 1 tablespoon toasted sesame oil (optional)**

1. Heat 1 tablespoon oil in a large skillet over medium heat. Add shallots and prosciutto and cook, stirring often, until the shallots are translucent, about 2 minutes. Add noodles and rice and cook, stirring often, until the noodles begin to brown, about 3 minutes. Add wine and cook, stirring constantly, until it has evaporated, 30 seconds to 1 minute. Add lima beans (or edamame) and broth and bring to a boil. Reduce heat to maintain a gentle simmer; cover and cook for 10 minutes.

2. Combine water, cornstarch and tamari sauce in a small bowl. Make a well in the center of the wok and pour in tamari mixture. Bring to a boil, stirring constantly, until mixture thickens.

3. Add cooked rice and toss chicken, vegetables and sauce until well combined and heated through. Serve drizzled with sesame oil, if desired.

**Tip:** Prepare one cup of rice for this recipe, it will yield 3 cups of cooked rice. Do you have a rice cooker? To prepare the rice for this dish? Add brown rice and water to the inner pot of your Aroma® Rice Cooker. Press the Cook Switch or set to Brown Rice. When the rice cooker beeps, proceed with remainder of recipe as directed above.

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## Chicken, Mushroom & Wild Rice Casserole

**Makes:** 8 servings

**Active time:** 1 hour

**Total:** 1¼ hours

**To make ahead:** Prepare through Step 5; cover and refrigerate for up to 2 days or freeze for up to 1 month (defrost in the refrigerator for 2 days before baking). Let stand at room temperature for 30 minutes, then bake at 350°F for about 1 hour.

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In Minnesota, chicken, mushrooms and wild rice are often bound together in a casserole with cream of mushroom soup. We forgo the sodium-rich canned soup and make a light, creamy sauce that gets depth of flavor from dry sherry and Parmesan cheese. If you already have cooked chicken, use 4 cups and skip Step 2.

- 2 cups water
- ½ cup wild rice
- 2 pounds boneless, skinless chicken breasts, trimmed
- 2 tablespoons extra-virgin olive oil
- 2 leeks, chopped and rinsed
- 1½ pounds mushrooms, sliced
- 1 cup dry sherry (see *Tip*)
- ¼ cup all-purpose flour
- 2 cups low-fat milk
- ½ cup grated Parmesan cheese
- ½ cup reduced-fat sour cream
- ⅓ cup chopped flat-leaf parsley
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 cups frozen French-cut green beans
- ½ cup sliced almonds

1. Combine water and rice in a small heavy saucepan; bring to a boil. Cover, reduce heat to maintain a simmer, and cook until tender, 35 to 40 minutes. Drain.

2. Meanwhile, place chicken in a large skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat and simmer gently until the chicken is cooked through and no longer pink in the middle, 10

to 15 minutes. Transfer to a clean cutting board and let cool.

3. Heat oil in a Dutch oven or large high-sided skillet over medium heat. Add leeks and cook, stirring occasionally, until just starting to brown, 4 to 5 minutes. Add mushrooms and cook, stirring occasionally, until their liquid has been released and has evaporated, 12 to 14 minutes. Add sherry, increase heat to high and cook until most of the liquid has evaporated, 5 to 7 minutes. Sprinkle the vegetables with flour and stir to coat. Add milk; bring to a simmer and cook for 1 minute, stirring. Stir in Parmesan, sour cream, parsley, salt and pepper. Remove from the heat.

4. Preheat oven to 350°F. Coat a 9-by-13-inch (or similar 3-quart) baking dish with cooking spray.

5. Cut the chicken into bite-size pieces. Spread the rice in an even layer in the prepared baking dish. Top with the chicken, then green beans. Pour the sauce over the top and spread evenly. Sprinkle with almonds.

6. Bake the casserole until it is bubbling and the almonds are golden brown, about 30 minutes. Let stand for 10 minutes before serving.

**Per serving:** 371 calories; 13 g fat (4 g sat, 7 g mono); 76 mg cholesterol; 25 g carbohydrate; 0 g added sugars; 34 g protein; 4 g fiber; 469 mg sodium; 797 mg potassium.

**Nutrition bonus:** Potassium (23% daily value), Magnesium (22% dv), Calcium & Vitamin A (21% dv), Folate & Zinc (18% dv), Iron & Vitamin C (16% dv).

**Carbohydrate Servings:** 1½

**Exchanges:** 1 starch, 1 vegetable, 3 lean meat, 1 fat

**Tip:** Sherry is a type of fortified wine originally from southern Spain. “Cooking sherry” sold in many supermarkets can be high in sodium. Instead, get dry sherry that’s sold with other fortified wines at your wine or liquor store.

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## Brown Rice & Goat Cheese Cakes

**Makes:** 6 servings

**Active time:** 40 minutes

**Total:** 1 hour 10 minutes

**To make ahead:** Cover and refrigerate for up to 3 days. Serve cold or reheat.

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Medium-grain brown rice has a toothsome texture and nutty flavor that complement creamy, earthy goat cheese in these elegant cakes. Serve over salad greens as a main course.

- $\frac{3}{4}$  cup medium-grain brown rice
- $1\frac{1}{2}$  cups water
- 4 teaspoons extra-virgin olive oil, divided
- 6 medium shallots, chopped
- 2 medium carrots, shredded using the large holes of a box grater
- $\frac{1}{2}$  cup toasted pecans (see *Tip*)
- 3 ounces goat cheese
- 1 large egg white
- $\frac{1}{2}$  teaspoon dried thyme
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon freshly ground pepper

1. Bring rice and water to a boil in a medium saucepan. Reduce heat to low, cover, and simmer at the lowest bubble until the water is absorbed and the rice is tender, 30 to 50 minutes (see *Note*). Remove from the heat and let stand, covered, for 10 minutes.

2. Meanwhile, heat 2 teaspoons oil in a large skillet over medium heat. Add shallots; cook, stirring often, until soft, 2 to 3 minutes. Add carrots, reduce the heat to low and cook, stirring often, until softened and the shallots are lightly browned, about 4 minutes. Remove from the heat.

3. Preheat oven to 400°F.

4. Transfer the cooked vegetables and rice to a large food processor. Add pecans, goat cheese, egg white, thyme, salt and pepper. Pulse until well blended but still a little coarse. Scrape into a large bowl. With wet hands, form the mixture into six 3-inch patties (about  $\frac{1}{2}$  cup each).

5. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium heat. Add the patties and cook until well browned, 3 to 4 minutes per side. Transfer to a baking sheet and bake until an instant-read thermometer inserted into the middle registers at least 160°F, 10 to 15 minutes.

**Per serving:** 244 calories; 13 g fat (3 g sat, 7 g mono); 7 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 7 g protein; 3 g fiber; 274 mg sodium; 248 mg potassium.

**Nutrition bonus:** Vitamin A (76% daily value).

**Carbohydrate Servings:** 2

**Exchanges:** 1 starch, 1 vegetable,  $2\frac{1}{2}$  fat

**Tip:** Spread pecans on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

**Note:** Perfectly cooked rice is not simple. In fact, it's something that we struggle with occasionally in the Test Kitchen. To have the most success cooking whole-grain rice, we recommend using a pan with a tight-fitting lid, cooking on your coolest (or simmer) burner and making sure the rice is simmering at the "lowest bubble." While testing the recipes that use less than 1 cup of dry rice, we found that the cooking time varied greatly depending on what stove we used. Although whole-grain rice usually requires 50 minutes of cooking, we found smaller volumes of rice were sometimes done in as little as 30 minutes (and burned at 50 minutes). So, when cooking a small batch of rice, start checking it after 30 minutes to make sure it doesn't burn.

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## Rice & Lentil Salad

**Makes:** 4 servings, about 1 cup each

**Active time:** 15 minutes

**Total:** 15 minutes

**To make ahead:** Cover and refrigerate for up to 3 days.

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A simple dressing of sherry vinegar, Dijon mustard and paprika flavors this rice and lentil salad. It's a great way to use up leftovers.

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons sherry vinegar or red-wine vinegar
- 1 tablespoon finely chopped shallot
- 1 tablespoon Dijon mustard
- ½ teaspoon paprika, preferably smoked

- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 cups cooked brown rice
- 1 15-ounce can lentils, rinsed, or 1½ cups cooked lentils
- 1 carrot, diced
- 2 tablespoons chopped fresh parsley

Whisk oil, vinegar, shallot, mustard, paprika, salt and pepper in a large bowl. Add rice, lentils, carrot and parsley; stir to combine.

**Per serving:** 250 calories; 8 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 37 g carbohydrate; 0 g added sugars; 8 g protein; 8 g fiber; 272 mg sodium; 153 mg potassium.

**Nutrition bonus:** Vitamin A (58% daily value).

**Carbohydrate Servings:** 2

**Exchanges:** 2½ starch, 1 lean meat, 1½ fat

## Brown Rice Pilaf

**Makes:** 4 servings, about ¾ cup each

**Active time:** 10 minutes

**Total:** 50 minutes

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Turn everyday brown rice into delicious brown rice pilaf with the addition of currants and sliced almonds.

- 2 teaspoons extra-virgin olive oil
- ¾ cup long-grain brown rice
- 1½ cups water
- ¼ cup currants
- ¼ cup slivered or sliced almonds, toasted (*see Tip*)

Heat oil in a large saucepan over medium heat. Add rice and stir until starting to brown,

about 3 minutes. Add water and bring to a boil. Reduce heat to maintain a low simmer, cover and cook until the rice is tender, 30 to 40 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork and toss with currants and almonds.

**Per serving:** 199 calories; 7 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 32 g carbohydrate; 0 g added sugars; 4 g protein; 3 g fiber; 8 mg sodium; 173 mg potassium.

**Nutrition bonus:** Magnesium (17% daily value).

**Carbohydrate servings:** 2

**Exchanges:** 2 starch

**Tip:** To toast slivered or sliced nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.



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## Zucchini Rice Casserole

**Makes:** 12 servings, about 1 cup each

**Active time:** 40 minutes

**Total:** 2 hours

**To make ahead:** Prepare through Step 5; cool, cover and refrigerate for up to 1 day. To finish, bake at 375°F until the casserole is hot and the cheese is melted, about 45 minutes

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We pack extra vegetables into this cheesy baked rice casserole. Plus we substitute brown rice for white, reduce the cheese by half and swap turkey sausage for pork sausage. If you're bringing it to a potluck, plan to reheat it before serving.

- 1½ cups long-grain brown rice
- 3 cups reduced-sodium chicken broth
- 4 cups diced zucchini *and/or* summer squash (about 1 pound)
- 2 red or green bell peppers, chopped
- 1 large onion, diced
- ¾ teaspoon salt
- 1½ cups low-fat milk
- 3 tablespoons all-purpose flour
- 2 cups shredded pepper Jack cheese, divided
- 1 cup fresh or frozen (thawed) corn kernels
- 2 teaspoons extra-virgin olive oil
- 8 ounces turkey sausage, casings removed
- 4 ounces reduced-fat cream cheese (Neufchâtel)
- ¼ cup chopped pickled jalapeños

1. Preheat oven to 375°F.

2. Pour rice into a 9-by-13-inch baking dish. Bring broth to a simmer in a small saucepan. Stir hot broth into the rice along with zucchini (and/or squash), bell peppers, onion and salt. Cover with foil. Bake for 45 minutes. Remove foil and continue baking until the rice is tender and most of the liquid is absorbed, 35 to 45 minutes more.

3. Meanwhile, whisk milk and flour in a small saucepan. Cook over medium heat until bubbling and thickened, 3 to 4 minutes. Reduce heat to low. Add 1½ cups Jack cheese and corn and cook, stirring, until the cheese is melted. Set aside.

4. Heat oil in a large skillet over medium heat and add sausage. Cook, stirring and breaking the sausage into small pieces with a spoon, until lightly browned and no longer pink, about 4 minutes.

5. When the rice is done, stir in the sausage and cheese sauce. Sprinkle the remaining ½ cup Jack cheese on top and dollop cream cheese by the teaspoonful over the casserole. Top with jalapeños.

6. Return the casserole to the oven and bake until the cheese is melted, about 10 minutes. Let stand for about 10 minutes before serving.

**Per serving:** 242 calories; 9 g fat (4 g sat, 1 g mono); 32 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 12 g protein; 2 g fiber; 607 mg sodium; 374 mg potassium.

**Nutrition bonus:** Vitamin C (58% daily value), Vitamin A (20% dv), Calcium (17% dv).

**Carbohydrate servings:** 2

**Exchanges:** 1½ starch, 1 vegetable, 1 high-fat meat

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## Shrimp & Pea Risotto

**Makes:** 6 main-dish servings, about 1¼ cups each

**Active time:** 45 minutes

**Total:** 45 minutes

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This Spanish-inspired main-dish risotto is studded with plenty of shrimp and peas. If you happen to have fresh shelled peas on hand, feel free to use them in place of the frozen peas.

- 5 cups seafood stock or bottled clam juice
- 2 tablespoons extra-virgin olive oil
- 1 cup chopped shallots or onion
- 2 cloves garlic, minced
- ¼ teaspoon crumbled saffron threads
- 1½ cups arborio, carnaroli or other Italian “risotto” rice
- ¼ teaspoon salt
- 1 cup dry white wine
- 1 pound peeled and deveined raw shrimp (21-25 count), chopped
- 1 cup frozen peas, thawed

- 1 cup finely shredded Parmigiano-Reggiano cheese, divided
- 2 tablespoons chopped rinsed preserved lemon peel (optional)
- 1 tablespoon lemon juice
- Freshly ground pepper to taste

1. Bring stock (or clam juice) to a simmer in a medium saucepan over medium-high heat. Reduce the heat so it remains steaming, but is not simmering.

2. Heat oil in a Dutch oven over medium-low heat. Add shallots (or onion) and cook, stirring occasionally, until softened, about 2 minutes. Add garlic and saffron and cook, stirring, until fragrant, about 30 seconds. Add rice and salt and stir to coat.

3. Stir ½ cup of the hot liquid and a generous splash of wine into the rice. Cook, stirring frequently, until the liquid has been absorbed. Continue to cook on medium-low, adding hot liquid in ½-cup increments followed by a splash of wine, and stirring frequently after each addition, until most of the liquid is absorbed. With your last addition, stir in shrimp and peas. Stir until the liquid is absorbed and the shrimp is just cooked through, about 4 minutes. The risotto is done when you’ve used all the hot liquid and wine and the rice is creamy and just tender, 25 to 35 minutes total.

4. Remove from the heat; stir in ¾ cup cheese, preserved lemon (if using), lemon juice and pepper. Serve sprinkled with the remaining ¼ cup cheese.

**Per serving:** 390 calories; 9 g fat (3 g sat, 5 g mono); 105 mg cholesterol; 46 g carbohydrate; 0 g added sugars; 22 g protein; 2 g fiber; 864 mg sodium; 299 mg potassium.

**Nutrition bonus:** Calcium (23% daily value), Vitamin A (21% dv), Vitamin C (15% dv).

**Carbohydrate servings:** 3

**Exchanges:** 2½ starch, 1 vegetable, 3 lean meat, 1 fat

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## Nina's Mexican Rice

**Makes:** 6 servings, about ¾ cup each

**Active time:** 15 minutes

**Total:** 1 hour

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The key to nutty and flavorful Mexican rice is cooking the rice first in oil until it is nicely golden.

- 2 tablespoons canola oil
- 1 cup long-grain brown rice
- ½ cup finely chopped onion
- ¼ teaspoon salt
- 1 tablespoon minced garlic
- 1 8-ounce can tomato sauce
- 1¾ cups reduced-sodium chicken broth or vegetable broth
- ½ cup frozen mixed vegetables (such as corn, peas and carrots), thawed

1. Heat a large heavy saucepan with a tight-fitting lid over medium heat. Add oil and rice and cook, stirring, until the rice is just beginning to brown, 4 to 5 minutes. Add onion and

salt and cook, stirring, until the onion begins to soften, about 2 minutes. Add garlic and cook, stirring, until fragrant, 1 minute more. Pour tomato sauce over the rice and cook, stirring, for 1 minute.

2. Stir in broth and bring to a boil for 45 minutes. Remove the rice from the heat and let stand, covered for 15 minutes.

**Per serving:** 192 calories; 5 g fat (0 g sat, 3 g mono); 0 mg cholesterol; 32 g carbohydrate; 0 g added sugars; 4 g protein; 2 g fiber; 440 mg sodium; 258 mg potassium.

**Nutrition bonus:** Folate (17% daily value).

**Carbohydrate servings:** 2

**Exchanges:** 2 starch, 1 fat



## Farmers' Market Fried Rice

**Makes:** 4 servings, about 1½ cups each

**Active time:** 30 minutes

**Total:** 30 minutes

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☒ Gluten Free

This fried rice recipe features a fall mixture of sliced Brussels sprouts and parsnips, but feel free to use whatever is fresh and in season. This recipe works best in a wok—a skillet is too small for the volume of food and requires more oil to prevent sticking. Always use cold cooked rice otherwise the fried rice will be gummy and sticky.

- 2 teaspoons plus 2 tablespoons peanut oil or canola oil, divided
- 2 large eggs, beaten
- 2 tablespoons minced garlic
- ½ cup thinly sliced shallots
- 1 cup ¼-inch diced, peeled and cored parsnips (see *Tips*)
- 4 medium Brussels sprouts, trimmed and sliced ¼ inch thick
- 4 cups cold cooked brown rice (see *Tips*)
- 12 cherry tomatoes, halved or quartered (if large)
- 2 tablespoons reduced-sodium soy sauce
- ¼ cup finely chopped fresh cilantro
- ¼ teaspoon salt
- ¼ teaspoon ground white pepper

1. Heat a 14-inch flat-bottomed wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 2 teaspoons oil, coating the bottom completely. Add beaten eggs and cook, tilting to cover the surface as thinly as possible to make an egg pancake. When the pancake is just set, 30 seconds to 1 minute, flip using a metal spatula and allow it to set for about 5 seconds. Transfer to a cutting

board. Cut into bite-size pieces.

2. Swirl 1 tablespoon oil into the wok, add garlic and shallots and stir-fry, using a metal spatula, until fragrant, 10 seconds. Add parsnips and Brussels sprouts, reduce the heat to medium-high and stir-fry until the vegetables are nearly cooked through, about 2 minutes. Swirl in the remaining 1 tablespoon oil, add rice, tomatoes and soy sauce and stir-fry, breaking up the rice, until heated through, 2 minutes. Sprinkle with cilantro, salt and pepper; add the egg pieces and toss to combine.

**Per serving:** 400 calories; 13 g fat (3 g sat, 6 g mono); 93 mg cholesterol; 60 g carbohydrate; 0 g added sugars; 11 g protein; 7 g fiber; 471 mg sodium; 541 mg potassium.

**Nutrition bonus:** Vitamin C (54% daily value), Magnesium (29% dv), Vitamin A (21% dv), Folate (18% dv), Potassium (16% dv).

**Carbohydrate servings:** 4

**Exchanges:** 4 starch, ½ medium-fat meat, 2 fat

**Tips:** To prep parsnips, peel with a vegetable peeler, then quarter lengthwise and cut out the fibrous, woody core with a paring knife before dicing.

To make 4 cups cooked brown rice, bring 4 cups water and 2 cups brown rice to a boil in a large saucepan. Reduce heat to low, cover and simmer at the lowest bubble until the water is absorbed and the rice is tender, about 40 minutes. Let stand, covered, for 10 minutes. To cool, spread the cooked rice out on a large baking sheet and let stand until room temperature, then refrigerate until cold.



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- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, [www.EatingWell.com](http://www.EatingWell.com), EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

## About EatingWell health tags

A recipe checked...

- |   |  |
|---|--|
|  <b>Heart Health</b>  | has limited saturated fat.   |
|  <b>Diabetes</b>      | is low in calories and meets limits for Carbohydrate Servings.   |
|  <b>Weight Loss</b>  | has reduced calories (and limited saturated fat).  |
|  <b>Gluten Free</b> | does not contain wheat, rye, barley or oats.<br>(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.) |