

# EASY DOES IT

*Award-winning rice recipes from the kitchens of culinary professionals.*

USA Rice Federation

5

*ingredient challenge*

We asked culinary professionals from around the country for their best rice recipes. They had to be quick. They had to be easy. And, perhaps most challenging of all, they had to be prepared with five ingredients or less. Of course, since we all cook with a little salt, pepper, butter and cooking oil, those ingredients were exceptions to the rule. From Creamy Blue Cheese Rice with Spinach and Walnuts, to Lime Saffron Rice or Tangy Tomato Lemon Risotto, here are nine amazingly simple, super-delicious recipes that are sure to wow your guests!



## Greek Rice-Stuffed Tomatoes

*Submitted by:*  
Christine Quigley, Oconomowoc, WI

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|--|---|
| 8 large tomatoes                       | $\frac{1}{2}$ cup chopped fresh parsley |
| 3 cups cooked rice                     | 1 tablespoon salt                       |
| $\frac{1}{2}$ cup chopped red onion    | $\frac{1}{3}$ cup vegetable oil         |
| $\frac{3}{4}$ cup crumbled feta cheese |   |

Remove tops of tomatoes and scoop out insides; drain on paper towels. In a large bowl, combine rice, onion, cheese, parsley and salt. Place equal amounts of rice mixture into tomatoes; drizzle with oil and place in baking pan. Bake at 425 degrees for 20 minutes.

*Makes 8 servings.* Each serving provides 237 calories, 5 grams protein, 13 grams fat, 27 grams carbohydrate, 2 grams dietary fiber, 12 milligrams cholesterol and 1040 milligrams sodium.

## Savory Spinach and Rice Casserole

*Submitted by:*  
Marcia K. Stanley; Shelby Township, MI

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|--------------------------------|--|
| 3 cups cooked rice             | 2 (12-ounce) packages frozen spinach soufflé, thawed |
| 2 cups shredded Gruyere cheese | Vegetable cooking spray                              |
| 2 cups chopped cooked ham      | 2 Roma tomatoes, thinly sliced                       |

In a large bowl, combine rice, cheese, ham and spinach soufflé. Coat 13x9x2-inch baking dish with cooking spray. Pour rice mixture into baking dish; top with tomato slices. Cover with foil and bake at 400 degrees for 15 minutes; remove foil and bake an additional 15 minutes.

*Makes 8 servings.* Each serving provides 355 calories, 21 grams protein, 19 grams fat, 34 grams carbohydrate, 1 gram dietary fiber, 137 milligrams cholesterol and 956 milligrams sodium.

**Creamy Blue Cheese  
Rice with Spinach  
and Walnuts**

*Submitted by:  
Elizabeth Matlin; Wilmette, IL*

**Pan Pacific Rice**

*Submitted by:  
Amy Muzyka-McGuire; Federal Way, WA*

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|--|---|
| 1 (8-ounce) package cream<br>cheese, softened                        | 1 (4-ounce) package crumbled<br>blue cheese |
| $\frac{1}{4}$ cup water  | $\frac{1}{2}$ teaspoon salt                 |
| 1 (10-ounce) package frozen<br>chopped spinach, thawed,<br>undrained | $\frac{1}{4}$ teaspoon ground black pepper  |
|  | 3 cups cooked rice                          |
|  | $\frac{1}{2}$ cup chopped walnuts, toast-   |

Heat cream cheese and water in large skillet over medium heat; cook and stir until cheese is melted, 3 to 5 minutes. Add spinach, blue cheese, salt and pepper; cook 2 minutes. Add rice; cook until heated through, 3 to 5 minutes. Remove from heat. Stir in walnuts.

*\*To toast walnuts, spread nuts on small baking sheet. Bake at 350 degrees for 12 to 15 minutes, or until golden brown, stirring occasionally.*

*Makes 8 servings.* Each serving provides 282 calories, 10 grams protein, 19 grams fat, 20 grams carbohydrate, 2 grams dietary fiber, 42 milligrams cholesterol and 680 milligrams sodium.

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|--------------------------------------|---|
| 3 cups hot cooked long<br>grain rice | $\frac{1}{4}$ cup seasoned rice vinegar |
| 1 cup sliced green onions            | 1 tablespoon sesame seeds,<br>toasted*  |
| $\frac{3}{4}$ cup salted cashews     |   |

In a medium bowl, combine rice, onions, cashews, vinegar and sesame seeds. Toss well.

*\*To toast sesame seeds, spread sesame seeds on small baking sheet. Bake at 350 degrees for 5 to 8 minutes, or until golden brown, stirring occasionally.*

*Makes 6 servings.* Each serving provides 220 calories, 5 grams protein, 9 grams fat, 30 grams carbohydrate, 1 gram dietary fiber, 0 milligrams cholesterol and 308 milligrams sodium.

Submitted by:  
Lynn Nelson; Huron, OH



## Spinach and Gorgonzola Stuffed Bell Peppers

Submitted by:  
Karen A. Levin; Highland Park, IL

## Tangy Tomato and Lemon Risotto

- |   |                               |
|---|-------------------------------|
| 4 cups chicken broth                                | 1 cup cherry tomatoes         |
| 1 tablespoon olive oil                              | $\frac{1}{4}$ cup lemon juice |
| 2 finely chopped shallots                           | 1 tablespoon lemon peel       |
| 1 cup uncooked U.S. arborio<br>or medium grain rice |                               |

Heat broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, heat oil in large saucepan over medium heat. Add shallots; cook until soft. Add rice and stir 2 to 3 minutes. Increase heat to medium-high; stir in 1 cup broth. Cook uncovered, stirring frequently, until broth is absorbed. Continue stirring and adding remaining broth, 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, approximately 25 to 30 minutes. Stir in tomatoes, lemon juice and lemon peel. Serve immediately.

*Makes 6 servings.* Each serving provides 172 calories, 4 grams protein, 4 grams fat, 30 grams carbohydrate, 1 gram dietary fiber, 0 milligrams cholesterol and 670 milligrams sodium.

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|-----------------------------|--|
| 4 large red bell peppers    | $\frac{1}{2}$ teaspoon ground black pepper               |
| 1 tablespoon butter         | 3 cups coarsely chopped fresh<br>spinach leaves          |
| 4 cloves garlic, minced     | $\frac{3}{4}$ cup crumbled Gorgonzola<br>cheese, divided |
| 1 cup uncooked rice         |  |
| 2 cups water                |  |
| $\frac{3}{4}$ teaspoon salt |  |

Remove tops of bell peppers and reserve. Coarsely chop tops of peppers, discarding stems; set aside. Remove seeds from peppers. Place peppers in microproof baking dish, cover loosely and cook in microwave on high power 2 to 3 minutes or until tender crisp. Drain well; set aside. Meanwhile, melt butter in large saucepan over medium heat. Add chopped bell pepper and garlic; cook 2 to 3 minutes or until tender crisp. Add rice; cook and stir 1 minute. Add water, salt and black pepper. Heat to boiling; stir once or twice. Reduce heat; cover and simmer 15 minutes or until liquid is absorbed. Remove from heat. Add spinach; stir until spinach is wilted, 3 to 5 minutes. Stir in  $\frac{1}{2}$  cup cheese. Place equal amounts of rice mixture into peppers; top with remaining cheese. Bake at 375 degrees for 15 minutes.

*Makes 4 servings.* Each serving provides 364 calories, 14 grams protein, 14 grams fat, 47 grams carbohydrate, 5 grams dietary fiber, 38 milligrams cholesterol and 603 milligrams sodium.

## Lime Saffron Rice

Submitted by:  
Bibby Gignilliat; San Francisco, CA

## Wild Mushroom and Peas Parmesan Rice

Submitted by:  
Hilda Pope; Nashville, TN

1 cup uncooked long grain rice	1 tablespoon butter, melted
$1\frac{3}{4}$ cup chicken broth	3 tablespoons fresh lime juice
$\frac{1}{2}$ teaspoon salt	1 tablespoons chopped cilantro
$\frac{1}{8}$ teaspoon ground saffron	Salt and pepper to taste

Combine rice, broth, salt and saffron in 2-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer 15 minutes or until liquid is absorbed. Stir in butter, lime juice and cilantro. Season to taste with salt and pepper.

*Makes 8 servings.* Each serving provides 143 calories, 3 grams protein, 3 grams fat, 26 grams carbohydrate, 1 gram dietary fiber, 5 milligrams cholesterol and 508 milligrams sodium.

$\frac{1}{2}$ ounce dried wild mushrooms	3 cups cooked long grain rice
1 cup hot water	$\frac{1}{4}$ cup frozen petite peas, thawed
2 tablespoons butter	$\frac{1}{2}$ cup grated Parmesan cheese

Place mushrooms in 2-quart saucepan. Pour water over mushrooms; let stand 20 minutes or until soft. Drain mushrooms and coarsely chop. Melt butter in large skillet over medium heat. Add rice, mushrooms and peas. Stir until heated through. Add cheese; toss well.

*Makes 4 servings.* Each serving provides 281 calories, 9 grams protein, 10 grams fat, 38 grams carbohydrate, 1 gram dietary fiber, 26 milligrams cholesterol and 315 milligrams sodium.

## Cranberry Rice Pudding

Submitted by:  
Jill Nussinow; Santa Rosa, CA

### HOW TO PREPARE RICE

1 cup uncooked medium grain rice	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ cups water	3 cups milk
1 tablespoon plus 1 teaspoon orange peel, divided	$\frac{1}{3}$ cup sugar
	$\frac{1}{2}$ cup dried cranberries

Combine rice, water, 1 tablespoon orange peel and salt in 2-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer 15 minutes or until liquid is absorbed. Remove cover. Increase heat to medium-high; add milk, sugar and cranberries and bring to a boil, stirring constantly. Reduce heat to medium-low; cook until thick and creamy, 25 to 30 minutes, stirring frequently. Garnish with remaining orange peel.

*Makes 6 servings.* Each serving provides 252 calories, 6 grams protein, 3 grams fat, 51 grams carbohydrate, 1 gram dietary fiber, 9 milligrams cholesterol and 161 milligrams sodium.

For best results always follow package directions. When directions are not available, use this easy method: Combine 1 cup rice, liquid

(see chart), 1 teaspoon salt (optional), and 1 tablespoon butter or margarine (optional) in 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer. Cook according to time specified on chart. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Fluff with fork.

1 Cup Uncooked Rice	Liquid	Cooking Time	Yield
Regular-milled long grain	$1\frac{3}{4}$ cups	15 minutes	3 to 4 cups
Regular-milled medium grain	$1\frac{1}{2}$ cups	15 minutes	3 cups
Regular-milled short grain	$1\frac{1}{4}$ cups	15 minutes	3 cups
Whole grain	$2\frac{1}{4}$ cups	45 to 50 minutes	3 to 4 cups
Parboiled	2 cups	20 to 25 minutes	3 to 4 cups
Precooked, flavored or seasoned mixes	Follow package directions	varies	varies

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FEDERATION

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