

Vegetarian Cuisine

Rice Crêpes

- 1 carton (8 ounces) egg substitute
- 2/3 cup evaporated skim milk
- 1 tablespoon low calorie margarine, melted
- 1/2 cup all purpose flour
- 1 tablespoon sugar
- 1 cup (cooked) **Mahatma**®, **Carolina**®, or **River**® **White Rice**
- 2 1/2 cups fresh fruit (strawberries, raspberries, blue berries or other favorite fruit)
- vegetable cooking spray
- low sugar fruit spread (optional)
- light sour cream (optional)
- 1 tablespoon confectioner's sugar for garnish (optional)

Combine egg substitute, milk, and margarine in small bowl. Stir in flour and sugar until smooth and well blended. Stir in rice; let stand 5 minutes. Heat 8-inch nonstick skillet or crêpe pan; coat with cooking spray. Spoon 1/4 cup batter into pan. Lift pan off heat; quickly tilt pan in rotating motion so that bottom of pan is completely covered with batter. Place pan back on heat and continue cooking until surface is dry, about 45 seconds. Turn crêpe over and cook 15 to 20 seconds; set aside.

Continue with remaining crêpe batter. Place waxed paper between crêpes. Spread each crêpe with your favorite filling: strawberries, raspberries, blueberries, fruit spread, or sour cream. Roll up and sprinkle with confectioner's sugar to garnish. *Serves 10*

Feta Mint Rice

- 1/4 cup chopped onion
- 1 tablespoon olive oil
- 1 cup **Mahatma**®, **Carolina**®, or **River**® **Brown Rice**
- 2 1/2 cups vegetable broth
- 2 ounces crumbled feta cheese
- 3 tablespoons snipped fresh mint
- 1/2 teaspoon pepper
- fresh mint (optional)

In a large sauce pan, sauté onion in hot oil until tender. Add uncooked rice, cook and stir for 1 minute. Add chicken broth. Bring to a boil. Cover and simmer for 35 minutes or until all liquid is absorbed. Stir in feta cheese, mint and pepper. Serve warm, garnished with fresh mint if desired. *Serves 6*

Raspberry Almond Rice (microwave)

- 1 cup **Carolina**®, **Mahatma**®, **River**®, or **Water Maid**® **White Rice**
- 2 cups skim milk
- 1/8 teaspoon salt
- 1 Low-calorie sugar substitute equal to 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 3/4 cup frozen light whipped topping, thawed
- 3 tablespoons sliced almonds, toasted
- 1 package (16 ounces) frozen unsweetened raspberries, thawed*

Prepare rice according to package directions.

Combine rice, milk and salt in 2 quart microproof baking dish. Cover and cook on HIGH 3 minutes. Reduce setting to MEDIUM (50% power) and cook 11 minutes, stirring after 3 and 5 minutes. Stir in sugar substitute and vanilla; cool. Fold in whipped topping and almonds. Alternate rice mixture and raspberries in parfait glasses or dessert dishes. *Serves 8.*

*Substitute frozen unsweetened strawberries or other fruit for the raspberries, if desired.

Stir-Fry Brown Rice and Vegetables

- 1 cup **Mahatma**®, **Carolina**®, or **River**® **Brown Rice**
- 2 medium carrots, sliced lengthwise and thinly sliced
- 1 cup quartered mushrooms
- 1 cup cooked black beans, rinsed and drained
- 1 can (8 ounce) whole kernel corn, drained
- 1 cup vegetable broth
- 1/3 cup snipped parsley
- 1/4 cup chopped green onions
- 1/4 teaspoon garlic salt
- 1/2 teaspoon lemon pepper
- 1/2 cup reduced fat cheddar cheese

Prepare rice according to package directions.

In a medium skillet, combine next 5 ingredients; simmer until vegetables are tender (about 10 minutes). Fold in cooked rice, parsley, green onions, garlic salt and lemon pepper. Heat on medium heat for 10 minutes. Top with cheese. *Serves 6*



Brown Rice with Walnuts and Asparagus

- 1 cup Mahatma®, Carolina®, or River® or Brown Rice
- 1/2 cup toasted walnut pieces
- 1 pound asparagus, blanched and diagonally cut
- 1/2 cup diced purple onion
- 1 small head purple cabbage, shredded
- 2 tablespoons chopped fresh basil
- 2 tablespoons sherry vinegar
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons walnut oil
- 1 tablespoon olive oil
- lemon wedge

Prepare rice according to package directions. Set aside to cool.

In a large bowl, combine first 6 ingredients. Toss to combine. In a smaller bowl, combine remaining ingredients. Stir. Pour over rice/vegetable mixture. Refrigerate. Serve with fresh lemon wedge. *Serves 6*

Crunchy Brown Rice Salad

- 1 tablespoon margarine
- 2 tablespoons olive oil
- 1/2 cup chopped onions
- 1/2 cup sliced mushrooms
- 1 cup uncooked Mahatma®, Carolina®, or River® Brown Rice
- 1/4 cup chopped fresh parsley
- 1 tablespoon chopped fresh dill
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper
- 2 cups vegetable stock
- 2 small zucchini, sliced
- 2 cups loosely packed fresh spinach
- 3/4 cup cashews, toasted
- 1/2 cup shredded Swiss cheese

Heat margarine and 1/2 of the olive oil in a large skillet. Add onions, celery and mushrooms; sauté on medium heat until crisp. Add rice and continue cooking until rice is golden. Stir in parsley, dill, thyme and pepper. Add stock. Bring to a boil, cover and simmer 35 minutes.

While rice cooks, heat remaining olive oil in skillet. Add zucchini and sauté. Add spinach and cook until wilted. Remove from heat. When rice is done, stir in vegetables and 1/2 of the nuts and heat thoroughly. Sprinkle with cheese and remaining nuts. *Serves 10*

Gazpacho Salad

- 1 cup Mahatma®, Carolina®, or River® Brown Rice
- 2 tomatoes, cut in wedges
- 1 1/2 cups sliced mushrooms
- 1/4 cup chopped green bell pepper
- 1 red bell pepper, sliced
- 6 green onions, sliced
- 2 tablespoons chopped cilantro
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 3 tablespoons lemon juice
- 1 clove garlic, minced
- 4 fresh basil leaves, chopped
- salt and pepper
- spinach leaves

Prepare rice according to package directions. Cool.

In a large bowl combine brown rice, tomatoes, mushrooms, bell peppers, green onions and cilantro. Whisk together olive oil, vinegar, lemon juice, garlic, basil, salt and pepper. Pour over brown rice mixture and toss gently.

Serve on spinach leaves. *Serves 6*

Compliments of ...

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