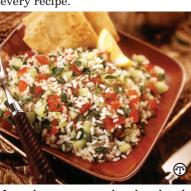


The Power Of Plants

(NAPSA)—For countless health reasons, including weight loss and improved heart health, an increasing number of Americans are setting aside one day a week or more to go meatless. Fortunately, those seeking plant-based recipes that the whole family will love can look to USA-grown rice for inspiration.

From Brown Rice Burritos to Creamy Red Beans & Rice with Caramelized Onions, there's flavorful ideas for everyone to enjoy. The key is Texmati® Rice with its unique nutty, buttery flavor and popcorn-like aroma that enhances every recipe.



American-grown rice is nice in this tempting tabbouleh salad.

Try it in Rice Tabbouleh, a twist on the popular grain-based salad bursting with Mediterranean flavors. It's terrific for a weekday meal or to bring to any gathering, and it's gluten free.

Rice Tabbouleh

3 cups cooked Texmati Brown or White Rice

1 cup chopped Italian flatleaf parsley

34 cup chopped cucumber

34 cup chopped tomato

14 cup minced mint leaves

1/4 cup olive oil

1/4 cup lemon juice Salt and pepper to taste

In a large bowl, combine all ingredients. Toss well.

If desired, you can add in rinsed canned beans, feta cheese or even leftover chopped chicken (for those who want a bit of meat).

For more recipes and facts, visit www.riceselect.com.