

# Healthy Eating

## 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 flat-leaf parsley**
- ¾ cup chopped cucumber**
- ¾ cup chopped tomato**
- ¼ cup minced mint leaves**
- ¼ cup olive oil**
- ¼ 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](http://www.riceselect.com).**