

Rice facts & figures

New Brochure Features Award-Winning Recipes

(NAPSA)—With more than 1,400 entries and \$10,000 in cash prizes awarded, the USA Rice Federation has published a new brochure featuring winning recipes chosen for its third annual “Rice to the Rescue!” contest.

The brochure, “Award-Winning Rice Recipes,” is available free, and includes six original recipes, along with photographs of each dish. All of the winning recipes can be made in 30 minutes or less with no more than six ingredients.

First place and \$5,000 was awarded to David Brown of Grass Valley, Calif., for his *Creamy Pancetta Rice*, a rich, creamy rice dish featuring pistachios, pancetta and dried cranberries. The incredible flavor combination, ease of preparation and eye appeal were all contributing factors in awarding Brown top honors.

Five finalists, each receiving \$1,000, were also chosen:

- Julie DeMatteo of Clementon, N.J., was named as a finalist with *Rice Tabbouleh*, a terrific new twist on a Middle Eastern dish traditionally made with bulgur.

- Patricia Harmon of Baden, Pa., won with her *Cheesy Poblano Rice Soup*, an original recipe inspired by flavors of the southwest.

- Mary Louis Lever of Rome, Ga., also won with a soup recipe—*Senegalese Peanut Soup with Spicy Rice Timbales*—a pretty and flavorful soup that’s sure to please both kids and adults alike.

- For those who enjoy and appreciate the ease of main dish salads, Sharyn Hill of Organ, N.M., created a winning combination with *Wild Thyme Summer Salad*, featuring the dynamic duo—chicken and rice—with flavors from the Mediterranean.

- Christine Riccitelli of Danville, Calif., was also a finalist with her creation of *Chocolate Macaroon Rice Pudding*, a flavorful recipe featuring coconut and chocolate.

“The versatility and convenience of rice continues to gain importance as more and more cooks look for ways to get meals on the table quickly and are doing



Rice is a versatile staple food which can be used in everything from soup to salad to dessert.

so by combining rice with flavor-packed convenience products, such as salsas, roasted chicken, frozen vegetable mixes, etc.” says Kimberly Park, director of national consumer education programs for USA Rice. “One-dish meals also proved popular as evidenced by the vast number of entries for casseroles, skillet meals, paella, risotto, wraps and, of course, rice bowls.”

For a free copy of all the winning rice recipes, send a self-addressed, stamped envelope to: “Award-Winning Rice Recipes 3,” c/o USA Rice Federation, P.O. Box 740121, Houston, TX 77274, or visit the Have A Rice Day Café online at www.ricecafe.com.

Rice Tabbouleh

- 3 cups cooked 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**
- 1 tsp. salt**
- 1 tsp. pepper**

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

Makes 6 servings.

Nutrition information (per serving): 197 calories, 3 gms protein, 26 gms carbohydrate, 1 gm fiber, 0 mgs cholesterol, 698 mgs sodium.