

Cooking Contest Corner

Get Revved Up With Rice To Win Big Prizes

(NAPSA)—You may be able to cook up a way to win a lot of dough—with rice.

The grand-prize winner of the annual “Rev Up Your Rice!” recipe contest receives \$5,000 for the most delicious, creative rice recipe that is easy to prepare. In addition, six finalists, including one winner for the “Best Whole Grain Rice Recipe,” earn \$1,000. All winners also receive an Aroma 10-cup Sensor Logic Deluxe Rice Cooker.

Only original and unpublished rice recipes—appetizers, soups, salads, side dishes, entrees or desserts—are eligible. They’ll be judged on taste, ease of preparation, appearance and creativity. Recipes must be prepared in 30 minutes or less, contain no more than six ingredients (excluding butter, margarine, oil, water, salt and ground black pepper) and use at least 1 cup of uncooked (or 3 cups cooked) U.S.-grown rice.

For contest rules and to enter online, visit the Web site at www.usarice.com/consumer/contest2007. You can also send a self-addressed, stamped envelope to: “Rev Up Your Rice!” 2007, USA Rice Federation, c/o Publicis Consultants | PR, 424 2nd Avenue West, Seattle, WA 98119.

Meanwhile, here’s the “Best Whole Grain Rice Recipe” from last year’s contest winner, Debra Thomas:

Tilapia with Cheesy Roasted Pepper-Chipotle Rice

- 1 (12-ounce) jar roasted red peppers, drained**
- ¼ teaspoon salt**
- ¼ teaspoon pepper**
- 4 tilapia or snapper filets (about 1½ pounds)**



- 1 tablespoon butter or margarine**
- 1 tablespoon olive oil**
- 1 cup chipotle salsa**
- 3 cups cooked long-grain brown rice**
- ¼ cup shredded Manchego or Parmesan cheese**
- ½ cup pitted kalamata olives, halved**

Place red peppers in blender or food processor; puree until smooth; set aside. Sprinkle salt and pepper evenly over both sides of fish. Melt butter and oil in large nonstick skillet over medium heat until hot. Add fish; cook 3 minutes on each side or until opaque. Set aside on separate plate; cover to keep warm. To pan drippings, add pureed peppers and salsa; bring to boil. Remove ¼ cup salsa mixture; set aside. Stir rice into remaining salsa mixture in skillet; cook until heated, stirring frequently. Add cheese and olives; cook 1 minute or until cheese melts. Spoon rice on platter around fish; spoon reserved sauce over fish. Garnish with additional olives, if desired. Makes 4 servings.

Nutrition Facts: 580 Calories, 24g Fat, 135mg Cholesterol, 1,540mg Sodium, 47g Carbohydrates, 7g Dietary Fiber, 42g Protein