

Rewarding Recipes

Free Award-Winning Rice Recipes

(NAPSA)—You'll add more than a grain of excitement when you rev up your recipes with rice. USA Rice Federation selected winners from more than 1,300 recipes submitted by home cooks during its 9th Annual "Rev Up Your Rice!" recipe contest. Each recipe can be prepared in 30 minutes. A total of \$12,000 in cash prizes and deluxe Aroma rice cookers were awarded. Teresa Ralston of New Albany, Ohio, won the Grand Prize and Best Whole Grain award with this sweet and savory Maple-Glazed Chicken with Cranberry Arugula Rice featuring whole grain brown rice.

Maple-Glazed Chicken With Cranberry Arugula Rice

Makes 4 servings

Ingredients

- 3 tablespoons butter
- ¼ cup maple syrup
- ½ cup dried cranberries
- 2 cups grilled chicken breast, sliced
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 cups cooked medium or long-grain brown rice
- 1 (6-ounce) package, about 5-6 cups, fresh baby arugula*
- ½ cup crumbled Gorgonzola cheese

Melt butter in large non-stick skillet over medium heat. Stir in maple syrup and cranberries; cook 1 minute. Add chicken, salt and pepper.



Grand Prize Winner Maple- Glazed Chicken with Cranberry Arugula Rice

Cook 1 minute or until hot; remove chicken using slotted spoon; set aside. Add rice and toss to coat; remove from heat. Toss in arugula; spoon rice mixture onto platter. Top with chicken and cheese. Serve immediately.

* Spinach may be substituted for arugula.

TIP: Packaged refrigerated grilled chicken strips may be used.

Other winning recipes include Teriyaki Chicken and Edamame Rice Bowls, Cappuccino Rice Pudding Cups, Mandarin Orange Rice, Shrimp Lettuce Wraps and more.

Download the winning recipes for free at www.usarice.com/consumer, or for a free brochure, send a business-size, self-addressed, stamped envelope to Rev Up Your Rice, c/o USA Rice Federation, 4301 N. Fairfax Dr., Suite 425, Arlington, VA 22203.