

Rice 'n' Easy

RECIPES

Celebrate The Versatility Of Rice

(NAPSA)—Spend more time having fun with loved ones and less time in the kitchen with easy-to-prepare rice recipes from an annual recipe contest for home cooks. Seven award-winning dishes pair rice with exciting flavors of mango chutney, coconut milk, smoked Gouda, spicy salsa and much more. All recipes can be prepared in 30 minutes or less with six or fewer ingredients.

“Fast & Casual” is a brochure featuring the grand-prize winner and finalists from the seventh annual “Rice to the Rescue!” contest. Entries submitted from home cooks around the country were judged by culinary professionals on taste, ease of preparation, creativity and appearance. A total of \$11,000 in cash prizes and All-Clad® cookware were awarded to the top seven finalists, including the “Best Whole Grain Brown Rice Recipe.”

Gloria Bradley of Naperville, Ill. received the grand prize for Shrimp and Creamy Spinach-Feta Rice, a savory dish packed with flavor. The recipe features shrimp, rice, fresh spinach and feta cheese seasoned with basil and tomato. Janet Gilbert of Danielsville, Ga. won the best whole-grain brown rice recipe with her Southwest Salsa Rice Bites, a tasty appetizer that will please the whole gang. Inspired by Southwestern flavors, this easy-to-prepare recipe calls for favorite ingredients like salsa, pepper jack cheese and sour cream.

Other winners included Curry



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Great rice recipes are fast and casual for your family and friends.

Chicken Lime Rice Bowl, Indian-Spiced Shrimp on Coconut-Pineapple Rice, Praline Pumpkin Rice Pudding, Smoked Gouda and Spinach Rice Casserole, and Thai Chicken and Rice Lettuce Wraps.

“This year’s contest entrants dressed up their quick-to-fix recipes with flavorful, readily available ingredients, making it easier than ever to add interest to dishes without time and extra items from the grocery store. Ethnic cuisines were prominent this year, as were entrees featuring rice, suggesting that consumers are eager to move rice to ‘center of the plate’ for satisfying main dish meals, perfect for any occasion,” said Anne Banville of the USA Rice Federation.

For your free copy of “Fast & Casual,” visit www.usarice.com/consumer, or send a business-size, self-addressed stamped envelope to “Fast & Casual,” USA Rice Federation, 4301 N. Fairfax Dr., Suite 425, Arlington, VA 22203.