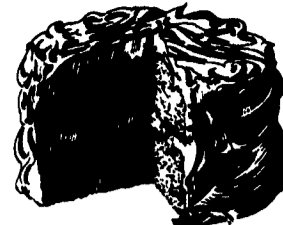


Home On The Range



Rice Is Great Staple For American Diets

All rice is not created equal — some is long, some is short, some is flavored, and some is frozen — but all are nutritious, delicious and can fit into any family's meal.

Long, medium, and short grain are the three types of rice that can be purchased. Long grain rice remains separate when cooked. Medium and short grain rice are more moist, tender, and cling together more.

Regular milled white rice has been completely milled. It takes 15 minutes to cook on top of the range, and because of enrichment, it is similar in nutritional value to brown rice.

Brown rice's tan color comes from the natural bran layers left on the grain, which is an important weapon in the fight against cholesterol. Research has shown rice bran to be effective in lowering blood cholesterol levels. This form of rice has a nutty flavor and a slightly chewy texture. It takes about 45 minutes to cook.

Precooked rice takes only 5 minutes.

For best results, cook rice according to package directions.

If you are one of those persons, who has limited time and prefers brown or regular rice, consider cooking a larger batch at one time and storing it in the refrigerator or freezer until ready to use. Cooked rice may be stored in the refrigerator for up to one week or in the freezer for six months.

The largest portion of your diet should come from the rice, bread, cereal, and pasta group — with 6 to 11 servings recommended daily. Rice is a good choice for a healthy diet and it is the most versatile.

Most of these recipes are from the USA Rice Council. To receive more information and recipes using rice, send a self-addressed, stamped, business-size envelope to the USA Rice Council, Dept. FP, P.O. Box 740121, Houston, TX 77274.

SAUSAGE AND RICE CASSEROLE

1 cup minute rice
1½ cups water
1 pound smoked or Polish sausage, diced
½ cup chopped onion
½ cup diced green pepper
½ cup diced celery
16-ounce can tomatoes with liquid

Spray sides and bottom of a 10-inch skillet with vegetable oil. Add sausage, onions, green peppers and celery. Saute until vegetables are tender. Add tomatoes with liquid and heat throughly. Fold in cooked rice and mix well.

If too dry, add tomato juice, tomato sauce or water. If prepared early in the day and reheated at mealtime, the flavor is improved.

Maybell M. Marushak
Laurys Station

BLUEBERRY CRISP

3 cups cooked brown rice
3 cups blueberries
¼ cup plus 3 tablespoons firmly packed brown sugar, divided
Vegetable cooking spray
½ cup whole-wheat flour
¼ cup chopped walnuts
1 teaspoon ground cinnamon
3 tablespoons butter

Combine rice, blueberries and 3 tablespoons sugar. Coat 8 individual custard cups or 2-quart baking dish with cooking spray. Place rice mixture in cups or baking dish; set aside.

Combine flour, walnuts, remaining ¼ cup sugar, and cinnamon in bowl. Cut in butter with pastry blender until mixture resembles coarse meal. Sprinkle over rice mixture. Bake at 375 degrees-15 to 20 minutes or until thoroughly heated. Serve warm. Makes 8 servings.

RICE-NUT LOAF

3 cups cooked brown rice
2 cups shredded sharp Cheddar cheese
4 eggs, lightly beaten
1 medium onion, chopped
1 cup shredded carrots
½ cup Italian-style bread crumbs
¼ cup chopped walnuts
¼ cup chopped sunflower kernels
¼ cup sesame seeds
½ teaspoon salt
¼ teaspoon pepper
16-ounce jar spaghetti sauce, optional

Combine rice, cheese, eggs, onion, carrots, breadcrumbs, walnuts, sunflower kernels, sesame seeds, salt and pepper; pack into greased 9-inch loaf pan. Bake at 350 degrees for 50 to 60 minutes until firm. Let cool in pan 10 minutes; unmold and slice. Serve with heated spaghetti sauce.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

September

25- Poultry And Eggs

October

2- National Pork Month

9- Pizza Time

16- Pork Recipe Contest



You'd never guess it, but Blueberry Apple Crumb is made with rice.

HOT BEEF AND RICE PITA POCKET

1 small red onion, sliced thin
1 teaspoon olive oil
3 cups cooked brown rice
½ cup corn
½ cup sliced ripe olives, optional
¼ cup barbecue sauce
2 tablespoons lime juice
½ teaspoon ground cumin
½ teaspoon garlic salt
4 whole-wheat pita rounds, halved and warmed
8 lettuce leaves
1 cup sliced, cooked lean roast beef
1 large fresh tomato, seeded and chopped

Cook onion in oil in large skillet over medium-high heat until tender. Add rice, corn, olives, if desired, barbecue sauce, lime juice, cumin, and garlic salt; toss until thoroughly heated. Line each pita half with lettuce leaf, ½ cup hot rice mixture, and roast beef, sprinkle with tomato. Serve warm. Makes 8 sandwiches (½ pita each).

TURKEY BURGERS

1 to 1½ pounds ground turkey
2 cups cooked rice
¼ cup grated onion
¼ cup chili sauce
1 egg, beaten
1 tablespoon Worcestershire sauce
1 garlic clove, crushed
½ teaspoon salt
¼ teaspoon ground black pepper

Vegetable cooking spray
Combine all ingredients except cooking spray in large bowl; mix well. Shape mixture into 10 patties. Cook over medium-high heat in pan coated with cooking spray 10 to 12 minutes on each side or grill 12 to 14 minutes on each side. Makes 10 burgers.

BAKED RICE PUDDING

3 beaten eggs
2 cups milk
½ cup sugar
1 teaspoon vanilla
½ teaspoon salt
2 cups cooked rice
½ cup seedless raisins, optional
Nutmeg or cinnamon, optional
Combine the first five ingredients, mix thoroughly. Stir in rice and raisins. Transfer mixture to 10x6x2-inch casserole dish. Bake at 325 degrees for 30 minutes. Stir mixture, sprinkle with nutmeg or cinnamon or both, to taste. Bake another 30 minutes or until a knife inserted in center comes out clean. Serves 6. Tastes good warm or cold.

Betty Light
Lebanon

SPINACH RICE CASSEROLE

2 eggs
1 cup cooked rice
1 package frozen spinach, cooked and drained
Salt and pepper, to taste
½ cup milk
1 cup grated cheddar cheese
2 tablespoons butter, melted
1 tablespoon onion, minced
½ teaspoon Worcestershire sauce

Beat eggs and milk until well blended. Stir in remaining ingredients. Pour into a lightly greased 8-inch pie plate. Bake at 350 degrees for 20 minutes. Cut into 6 wedges and serve.

Pat Elligson
Millers, Md.

(Turn to Page B8)

Featured Recipe

Some parents worry about between-meal eating, but many children need snacks because they have a smaller stomach than adults and don't get enough in three meals to ensure good nutrition.

Good choices in snacking can help children get nutrition and prevent overeating.

Some ideas for healthy snacks are fruit, cheese, yogurt, cereal, and raw vegetables.

Here is a cookie recipe, packed with nutrients, from Kellogg Kitchens.

PEANUT BUTTER AND DRIED APPLE COOKIES

1¼ cups flour
1 teaspoon baking soda
½ cup butter, softened
½ cup crunchy peanut butter
1 cup firmly packed brown sugar
¼ cup honey
2 egg whites
1 cup finely chopped dried apples
3 cups raisin bran cereal
Vegetable cooking spray
Combine flour, baking soda, and cinnamon. Set aside.
In large mixing bowl, beat butter and sugar until light and fluffy. Add honey, egg whites, and apples. Beat well. Stir in flour mixture. Add cereal, mixing until well combined. Drop by tablespoon onto baking sheets lightly coated with cooking spray.

Bake at 375 degrees about 10 minutes or until lightly browned. Let cool 3 minutes before removing from baking sheet. Cool. Yield: About 4 dozen.