



Home on the Range



Make It With Rice

CHICKEN BREAST WITH MICHIGAN DRIED CHERRY SAUCE

- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 4 (4-ounce) skinned, boned chicken breast halves
- Vegetable cooking spray
- 1 tablespoon margarine
- 1/2 cup cranberry juice cocktail
- 1/2 cup ruby port or other sweet red wine
- 3 tablespoons brown sugar
- 1/2 teaspoon dried whole tarragon
- 1/4 cup dried tart cherries
- 1 tablespoon balsamic vinegar
- 1 tablespoon cornstarch
- 2 tablespoons water

Place flour and salt in a large zip-top plastic bag. Add chicken; seal bag, and shake to coat chicken with flour. Coat a large skillet with cooking spray. Add margarine, and place over medium heat until margarine melts. Add chicken, and cook 7 minutes on each side or until done. Remove chicken from skillet; set aside, and keep warm. Add cranberry juice, wine, brown sugar, tarragon, dried cherries, and vinegar to skillet. Bring to a boil, and simmer, covered, 5 minutes. Combine cornstarch and 2 tablespoons water; stir well, and add to cranberry juice mixture. Bring to a boil; cook 1 minute, stirring constantly. Serve sauce with chicken. Makes 4 servings.

Cooking Light Magazine

TRADITIONAL WILD RICE SIDEDISH

- 3/4 cup chopped onion
- 3/4 cup chopped celery
- 2 cups sliced fresh mushrooms
- 2 tablespoons butter
- 1/4 cup sherry
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 6 cups cooked wild rice

In skillet, saute vegetables in butter; add sherry, salt, pepper, and wild rice. Cook until liquid is

evaporated and wild rice is heated through. Makes 6-8 servings.

Cooking Light Magazine

CHEESE WITH RICE

- 6 tablespoons rice
- 1/2 cup thick tomato sauce
- 2 cups meat stock
- 1/4 cup grated cheese

Cook rice in meat stock until tender. Add tomato sauce and cheese. Mix well. Heat thoroughly. Serve hot. Makes 4 servings.

Vanessa Greider

Lycoming County Alternate Dairy Princess

CHICKEN RICE BAKE

- 1 can condensed cream of chicken soup
- 1 can condensed cream of mushroom soup
- 1 cup milk
- 1 envelope onion soup mix
- 1 (3-ounce) can mushrooms (undrained)
- 1 cup regular rice (uncooked)
- 1 (10-ounce) package frozen peas and carrots, thawed
- 2 1/2- to 3-ounce chicken, cut up and cooked

In a bowl, stir together mushroom soup, chicken soup, milk, dry onion soup mix, and undrained mushrooms. Reserve 1 cup of soup mixture and set aside. Stir uncooked rice and thawed vegetables into remaining soup mixture. Spoon rice and soup mixture into 9x13-inch baking dish. Arrange chicken pieces on top. Pour reserved soup over chicken. May sprinkle with paprika. Cover with foil. Bake at 375 degrees for 1 hour. Do not add water to soup.

Vanessa Greider

Lycoming County Alternate Dairy Princess

WILD RICE PECAN WAFFLES

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 eggs, separated
- 2/3 cup milk
- 1/4 cup vegetable oil
- 1 1/2 cups cooked wild rice
- 1/2 cup chopped pecans

In a bowl, combine the flour, baking powder, and salt. In a mixing bowl, beat egg yolks, milk and oil; stir into dry ingredients just until moistened. In another bowl, beat egg whites until stiff peaks form; fold into batter. Fold in the rice and pecans.

Bake in a preheated greased waffle iron according to manufacturer's directions until golden brown. Makes 5-6 waffles.

Vera Jane Newswanger Morgantown

ONION RICE CASSEROLE

- 2/3 cup long grain rice
 - 1/2 cup butter
 - 2 pounds onion (about 8 thinly sliced)
 - 1/2 teaspoon salt and little pepper
 - 1/4 cup light cream or milk
 - 1/4 cup grated cheese
 - 1 tablespoon minced parsley
- Add rice to boiling water (salted) and boil only 5 minutes. Drain; melt butter and sliced onions, stirring to butter. Stir in rice, salt, pepper. Put in casserole, cover and bake at 300 degrees for 1 hour and 15 minutes. Before serving, stir in the milk and cheese. Sprinkle with parsley. Makes 6 servings.

Betty Biehl Mertztown

QUICK RICE CASSEROLE

- 2 cups cooked rice (or 1/2 cup rice before cooking)
 - 2 teaspoons minced onion
 - 1 10 1/2-ounce can cream of mushroom soup
 - 1/3 cup water
 - 1/4 cup chopped parsley
 - 1/2 cup grated American cheese
- Combine rice, onion, soup, water, and parsley; mix well. Pour into a greased 1-quart casserole. Sprinkle with cheese. Bake for 15 minutes at 350 degrees. Garnish with parsley, if desired. Makes 6 servings.

Betty Biehl Mertztown

RICE BRAN BUTTERMILK PANCAKES

- 1 cup rice flour or all-purpose flour
- 3/4 cup rice bran
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 1/4 cups low-fat buttermilk
- 3 egg whites, beaten
- Vegetable cooking spray
- Fresh fruit or reduced-calorie syrup (optional)

Sift together flour, bran, sugar, baking powder, and baking soda into large bowl. Combine buttermilk and egg whites in small bowl; add to flour mixture. Stir until smooth. Pour 1/4 cup batter onto hot griddle coated with cooking spray. Cook over medium heat until bubbles form on top and underside is lightly browned. Turn to brown other side. Serve with fresh fruit or syrup. Makes about ten 4-inch pancakes.

Variation: For cinnamon pancakes, add 1 teaspoon ground cinnamon to dry ingredients.

USA Rice Council



Dress up a plain chicken breast with a coat of dried cherry sauce accompanied by the always delicious side-dish of wild rice with mushrooms. This recipe highlights the dried tart cherries in a rich sauce of port and cranberry juice and takes the ever popular chicken breast to new heights. The nutty, smokey flavor of wild rice, prepared in a traditional recipe, acts as the perfect complement.

BAKED EGGS WITH RICE AND CHEESE SAUCE

- 1/2 cup finely chopped green pepper
- 1 cup sliced fresh mushrooms for 1 can 4 oz sliced mushrooms, drained
- 1/4 cup plus 2 T butter, divided
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups milk
- 1 cup (4 oz) shredded cheddar cheese
- 1 tablespoon chopped chives
- 3 cups cooked rice
- 8 eggs
- 1 cup crushed saltines (about 30 crackers)

In a skillet, cook green pepper and mushrooms in 1/4 cup butter until tender; blend in flour, salt and pepper. Cook, stirring until mixture is bubbly. Add milk; bring to a boil, stirring constantly. Cook until mixture is smooth and thickened. Remove from heat; stir in cheese and chives. Combine 2 cups sauce with cooked rice. Spread rice mixture evenly in a greased 13x9x2-inch baking dish. Make 8 indentations in the mixture with the back of a spoon. Break one egg into each indentation. Pour remaining sauce over mixture. Melt remaining butter; combine with crushed saltines. Sprinkle over rice mixture. Bake at 350 degrees for 25-30 minutes or until eggs are cooked to desired doneness. Makes 6 to 8 servings.

Dale Smith Lancaster Co. Dairy Promotion Committee

RICE AMBROSIA

- 2 cups cooked rice, chilled
 - 1 can (20-ounce) pineapple chunks, or tidbits, drained
 - 1/2 cup chopped maraschino cherries
 - 1/4 cup slivered almonds, toasted
 - 1 cup marshmallow creme
 - 1 cup whipping cream, divided
- In a bowl, combine rice, pineapple, cherries and almonds. Combine marshmallow creme and 2 tablespoons whipping cream; mix until well blended. Whip remaining cream until stiff; fold into marshmallow mixture. Fold marshmallow mixture into rice mixture. Chill. Makes 8 servings.

This is a good way to use left-over rice.

Dale Smith Lancaster Co.

Dairy Promotion Committee

CRAB RICE PRIMAVERA

- 1 1/2 cups frozen vegetable blend (broccoli, red pepper, onions and mushrooms)
 - 1/4 cup water
 - 1 1/2 cups milk
 - 1/2 cup grated Parmesan cheese
 - 2 tablespoons butter
 - 1 teaspoon dried basil
 - 1/2 teaspoon garlic powder
 - 3/4 pound flaked imitation crabmeat
 - 1 1/2 cups uncooked instant rice
- In a large saucepan, bring vegetables and water to a boil. Reduce heat; cover and simmer for 3 minutes. Stir in milk, Parmesan cheese, butter, basil, garlic powder, and crab. Bring to a boil. Stir in rice. Remove from the heat;

(Turn to Page B13)

Featured Recipe

Is meal planning driving you "wild?"

The Rice Council can help.

To receive your free copy of our new "Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked ?'s" send a self-addressed-stamped-envelope to: Minnesota Cultivated Wild Rice Council, 4630 Churchill Street, Suite 1, St. Paul, MN 55126.



Spice up your menu with Wild Mexican Casserole. This colorful, lively dish is sure to satisfy!

WILD MEXICAN CASSEROLE

- 3 cups cooked wild rice
- 1 cup shredded mild cheddar cheese
- 1 can (16-ounce) kidney beans, drained
- 1 pound ground chuck, cooked and drained
- 2 cups salsa
- 1 box (9-ounce) frozen corn, thawed and drained
- 1 cup shredded mozzarella cheese
- 1/2 cup shredded mild cheddar cheese
- Tortilla chips, optional
- 1 cup sour cream, optional

Preheat oven to 350 degrees. In a 3-quart casserole, layer ingredients. Bake, uncovered, 45 minutes. Serve with tortilla chips and sour cream if desired. Makes 6 servings.

Note: may be assembled the night before and refrigerated up to 24 hours prior to baking.

Recipe Topics

If you have recipes for 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. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

- September
- 27 — National Honey Month
- October
- 4 — National Pork Month
- 11 — National Veal Month
- 18 — Autumn Flavors