

## **Rice salads & dishes**

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### ***Brown rice bowl with avocado and snow peas***

#### **Ingredients**

coarse salt and ground pepper  
1 cup long-grain rice  
¼ cup soy sauce  
½ lb snow peas, trimmed and halved on the diagonal  
¼ cup fresh lemon juice  
(from 1 or 2 lemons)  
1 piece (1 inch long) fresh ginger, peeled and cut into matchsticks  
2 tbsp. rice vinegar  
1 tsp maple syrup  
1 tbsp olive oil  
1 avocado, pitted and cut into chunks

#### **Directions:**

In a large saucepan, bring 2 cups salted water to a boil. Add rice: cover, reduce heat to low, and cook until rice is tender and water is absorbed, 45 – 50 minutes.

Meanwhile, in a small bowl or liquid-measuring cup, stir together soy sauce, lemon juice, vinegar, and maple syrup. Set sauce aside.

When rice has finished cooking, heat oil in a large skilled over medium-high heat. Add snow peas, and ginger; season with salt and pepper. Cook until snow peas are bright green, 2 to 3 minutes.

Divide rice among four bowls. Top with sauce mixture and avocado; serve sauce on the side.

### ***Simple chicken brown rice and steamed vegetables***

#### **Ingredients**

1 chicken breast broiled or steamed  
1 cup cooked brown rice  
2 cups of your choice steamed mixed veggies

#### **Directions:**

Prepare ingredients without butter or oil.  
Serve with salt, pepper, herbs, lemon juice or flax oil to taste.

### ***Brown Rice and Veggies in one pot***

#### **Ingredients**

1 cup brown rice  
3 cups water or vegetable stock (for more flavour)  
2 cloves garlic  
3.5 cups fresh spinach

#### **Directions:**

Cook rice as usual in water or stock with 2 cloves of crushed garlic. When rice is almost thoroughly cooked (about 25 minutes) add all of the vegetables and reduce heat. Simmer

½ cup chopped broccoli  
½ cup chopped carrots  
\*\*any “green” herbs- parsley, thyme,  
rosemary, oregano  
\*\*2 tbsp ground flaxseeds- optional

for about 5 minutes adding more water if needed. Season to taste with “green” herbs. You can try adding ground flaxseeds to this dish to add some omega-3 fatty acids as well as some flavour.

### ***Cooked Squash and Brown Rice***

#### Ingredients

1 ½ cup water  
2/3 cup brown rice  
¾ cup diced butternut squash  
¾ cup walnuts  
½ cup chopped or dried cranberries  
½ tsp salt  
2 Tbsp honey

#### Directions:

Add rice and squash to boiling water. Boil 3 to 5 minutes then cover and simmer for 45 to 50 minutes until rice and squash are cooked. You may need to add more water. Stir in other ingredients in the last 10 minutes of cooking.

### ***Brown Rice-a-Roni***

#### Ingredients

1 cup brown rice – COOK  
½ cup brown rice macaroni – COOK  
2 Tbsp organic butter  
¼ tsp unrefined sea salt  
1 Tbsp tamari soy sauce  
Optional: organic cooked sausage or beef or chicken

#### Directions:

Heat butter in large fry pan. Add cooked macaroni until browned. Add cooked meat if desired. Stir tamari into cooked rice. Add rice gradually to pan, continuing to stir and brown it.

### ***Nacho pie***

#### Ingredients

¾ cup dry short grain brown rice - COOK  
Onion  
Garlic  
Sweet peppers  
Celery  
Grated carrots  
½ can tomato paste  
1 cup cooked and mashed brown

#### Directions:

Spread a layer of cooked brown rice seasoned with butter and salt, on bottom and sides of greased pie pan or bottom of shallow casserole dish. Bake crust about 15 mins at 350 before filling. Fill with 3 cups of chili flavored mixture (combine other ingredients). Top with 1 cup broken corn chips and

lentils  
1 cup cooked red or black beans  
1 cup corn kernals  
1 tsp salt  
1 tsp chili powder  
Corn chips  
Cheddar cheese

1 cup grated cheddar cheese.  
Bake until heated thoroughly, about  
20 minutes.  
Serve with salsa or chopped fresh  
tomatoes.

### ***Wild Rice Stuffing***

#### Ingredients

¼ cup wild rice  
¼ cup brown rice  
1 ¼ cup water  
1 ½ tsp instant bouillon  
1/4 tsp ground sage or nutmeg  
½ cup chopped celery  
3 green onions  
¼ cup slivered almonds

#### Directions:

Combine rice, water, bouillon and  
sage or nutmeg and cook to a boil.  
Cover and simmer 30 minutes. Add  
remaining ingredients. Serve, or  
stuff into turkey for roasting.

### ***Curried Rice***

#### Ingredients

2/3 cup brown rice  
1 ½ Tbsp olive oil  
2 cups boiling water  
2 tsp curry powder  
1 tsp sea salt  
1 tsp minced onion  
Slivered almonds

#### Directions:

Cook the onion and curry powder in  
the oil in a saucepan over low heat  
until onion is yellow. Add the rice  
and sir until rice is coated with the  
mixture. Add the water and salt and  
boil rapidly for 5 mins, then cook  
slowly until rice is tender – about 45  
mins. Garnish with almonds. Serve  
with chickpeas.

### ***Quinoa and Rice Casserole***

#### Ingredients

3 ½ cups vegetable stock  
½ cup quinoa  
1 cup brown rice  
1 cup chopped onion  
¾ cup celery, chopped or may use  
peppers

#### Directions:

Saute onion and celery in coconut oil  
until soft. Add in all other  
ingredients and bake and 350 F for 2  
hours or until rice is soft and liquid is  
absorbed.

Coconut butter/ oil  
Sea salt, thyme, tarragon, parsley,  
oregano to taste

### ***Brown Rice Salad***

#### Ingredients

3 cups cooked brown rice, without salt  
1 cup cucumber, finely chopped  
½ cup fresh parsley, finely chopped  
2 roma tomatoes, finely chopped  
1 medium carrot, grated  
1/3 red sweet pepper, finely chopped  
2 green onions, finely chopped

#### *Dressing:*

2 garlic cloves, minced  
2 tsp dill weed, dried  
1 tsp sea salt  
1 tsp black pepper  
2 tbsp fresh lemon juice  
4 tbsp unrefined olive oil

#### Directions:

To make dressing, mix garlic, dill, salt, pepper, lemon juice, and olive oil in a blender or food processor. If you do not have an appliance, shake the mixture well in a covered jar. Combine brown rice, cucumber, parsley, tomatoes, carrot, red pepper, and green onions in a bowl. Pour dressing over top and mix well. Adjust seasoning and refrigerate 30-60 minutes prior to serving. Can also add beans of choice.

### ***Wild Rice Salad***

#### Ingredients

1 cup brown rice + ¼ cup wild rice – boil for 50 minutes and cooled  
¼ cup chopped green onions or chives  
¼ cup toasted nuts/ seeds  
¼ cup raisins

#### *Dressing:*

1 ½ Tbsp honey  
2 tsp prepared mustard  
¼ tsp cinnamon  
3 Tbsp natural vinegar  
2 Tbsp olive oil  
½ tsp unrefined salt

#### Directions:

Combine and stir the dressing ingredients into the cooked rice. Allow to cool and before serving add remaining ingredients.

### ***Summer Rice Salad***

#### Ingredients

2 ½ cups cooked rice  
4 green onions, chopped  
1 cup fresh, cooked, cleaned small shrimp  
1 tsp. grated ginger or ¼ tsp powdered ginger  
½ tsp dill weed  
1 cucumber, finely chopped

#### Directions:

Combine cooked cooled rice with all ingredients. Toss lightly. Chill. Serve on a bed of lettuce and garnish with sesame seeds.

#### *Dressing:*

2 Tbsp fresh lemon juice and zest of 1 lemon  
1 tsp salt  
½ cup plain yogurt  
1 tsp toasted sesame seeds  
1 Tbsp sesame oil

### ***Mediterranean Rice Salad***

#### Ingredients

2 ½ cups cooked rice  
½ cup julienned sun-dried tomatoes  
1 can sliced drained olives  
¼ cup Parmesan cheese  
1 Tbsp fresh basil, minced

#### Optional:

1 red, 1 green bell pepper finely chopped  
½ cup diced carrots  
1 medium tomato, chopped

#### Directions:

Place hot rice in large bowl. Combine dressing ingredients in a small jar or blender. Shake or blend well and pour over rice. Toss lightly.

Cover and let cool. Add remaining ingredients. Serve at room temp or chilled.

#### *Dressing:*

2 Tbsp olive oil  
1-2 Tbsp lemon juice  
1-2 Tbsp balsamic vinegar  
2 cloves minced garlic  
½ tsp salt  
½ tsp ground black pepper  
½ tsp dried rosemary, crushed

### ***Country Wild Rice Salad***

#### Ingredients

2 ½ cup cooked rice  
1 red, 1 green bell pepper finely chopped  
1 can sliced black olives, drained  
1 stalk celery, finely chopped  
4 green onions, finely chopped  
2 cans crab meat, tuna, salmon or legumes  
2 Tbsp lemon juice  
1 tsp curry powder  
½ cup plain yogurt

#### Directions:

Combine cooked cooled rice and all ingredients. Toss lightly. Chill.  
Serve on a bed of lettuce and garnish with pepper slivers and olives.

### ***Southwest Rice Salad***

#### Ingredients

2 ½ cup cooked Black Japonica rice  
1 can corn, drained  
1 can black beans, rinsed  
1 can mild salsa  
1 large tomato, diced  
4 green onions, diced  
1 red, 1 green bell pepper, chopped  
1 can sliced black olives

#### Directions:

Combine cooked, cooled rice with all ingredients. Toss lightly, chill and serve.

#### *Dressing:*

2 tsp cumin  
¼ cup fresh cilantro, chopped  
2 cloves garlic, minced  
2 Tbsp lime juice

### ***Chicken and Rice Salad***

#### Ingredients

2 ½ cup cooked rice  
1 cup cooked boneless chicken breast, diced  
1 medium tomato, diced  
4 green onions, chopped  
1/3 c cooked green peas

#### Directions:

Combine cooked, cooled rice with all ingredients. Toss lightly, chill and serve.

*Dressing:*

4 Tbsp rice vinegar  
1 Tbsp sesame oil  
1 clove garlic, minced  
½ tsp dried tarragon  
½ tsp salt  
½ tsp black pepper

***Brown Rice Sushi Rolls***

Soak for 8 – 12 hours

1 cup short grain brown rice

Drain the rice, place in a pot with 1 2/3 cup water and a pinch of salt. Bring to boil, lower heat to minimum, and let simmer about 45 minutes.

When rice is cooked, stir in:

2 Tbsp rice vinegar  
½ tsp unrefined salt  
2 tsp honey

Allow mixture to cool.

Prepare fillings:

Grated carrots, chopped green onions, avocado, mushroom, peppers, etc.

To make rolls, place a sheet of toasted nori on a flat surface. Spread a layer of rice mixture (about ½ inch thick) all over the nori, except for a strip along the top side. Place a strip of filling ingredients near the bottom edge. Roll up and away from you, as tightly as possible, keeping filling in place. Moisten the top edge with wet fingers to seal it. Chill for awhile, then cut roll into slices. Or leave rolls whole, seal ends, and eat as is (makes a good portable lunch).

Sauce:

1 Tbsp honey  
2 tsp prepared mustard  
1/8 tsp powdered ginger  
1 Tbsp tamari  
2 Tbsp sesame oil

### ***Herbed rice stuffed peppers***

#### Ingredients

4 large bell peppers  
1 tbsp olive oil  
4 shallots finely chopped  
1 clove garlic crushed  
1 zucchini, finely chopped  
1 1/4 cups cooked brown rice  
2 tomatoes peeled, seeded and chopped  
1/3 cup finely chopped pecans or almonds  
1/2 cup finely chopped black olives  
2 tbsp chopped fresh mixed herbs such as parsley, oregano, basil  
sea salt  
freshly ground black pepper

#### Directions:

Preheat the oven to 350F. Slice the tops off of the peppers; remove and discard the cores and seeds. Blanch in boiling water for 4 minutes and then drain. Heat the oil in a pan. Add the shallots, garlic and zucchini and cook for 5 minutes stirring occasionally. Remove from the heat and add all the remaining ingredients. Spoon some stuffing into each pepper and top with the lids. Place in a shallow ovenproof dish and add a little water. Cover and bake for 35-40 minutes until tender.

### ***Rice Pudding***

#### Ingredients

1 cup water  
1/2 cup short grain brown rice  
2 cups of almond or rice milk- vanilla flavoured  
1/3 cup raisins  
cinnamon to taste

#### Directions:

Combine water and rice in a large uncovered saucepan. Bring to boil. Cook for about 20 minutes until almost all of the water has been absorbed. Reduce heat to minimum and take off of the burner. Add milk and replace to burner. Simmer on low heat for 30-40 minutes, stirring occasionally until mixture is thick and creamy. Remove from stove, stir in raisins and cinnamon. Chill in refrigerator.