

Riviana Kitchens Presents:

Asian Favorites

from Mahatma, WaterMaid, Carolina and River Rice



Sesame Chicken Salad

- 1 cup **Mahatma®**, **Water Maid®**, **Carolina®** or **River®** rice, cooked without butter or salt
- 1-1/2 cups cooked, cubed chicken*
- 1/4 pound fresh snow peas, trimmed and julienned
- 1 medium cucumber, peeled, seeded and julienned
- 1 medium red bell pepper, seeded and julienned
- 1/2 cup sliced green onions
- 2 tablespoons sesame seeds, toasted (optional)
- 1/4 cup low-sodium, low-fat chicken broth
- 3 tablespoons rice vinegar or white wine vinegar
- 3 tablespoons lite soy sauce
- 1 tablespoon peanut oil
- 1 teaspoon sesame oil

Prepare rice according to package directions.

Combine rice, chicken, snow peas, cucumber, pepper, onions, and sesame seeds in large bowl. Combine broth, vinegar, soy sauce, and oils in small jar with lid; shake. Pour over rice mixture; toss lightly. Serve at room temperature or slightly chilled. Serves 6.

* Substitute 1-1/2 cups julienned cooked pork for chicken if desired.

Calories: 266 • Sodium: 336 mg
Fat: 7 g • Cholesterol: 29 mg

Spicy Thai Rice

- 1 cup **Mahatma®**, **Water Maid®**, **Carolina®** or **River®** rice
- 2 cups water
- 1/4 cup chopped green onions
- 2 fresh red chilies, seeded and chopped
- 1 tablespoon snipped cilantro
- 1 tablespoon margarine
- 1 teaspoon minced fresh ginger root
- 3/4 teaspoon salt
- 1/8 teaspoon ground turmeric
- 1 to 2 teaspoons lime juice
- Chopped roasted peanuts, for garnish (optional)
- Red pepper flakes, for garnish (optional)

Combine rice, water, onions, chilies, cilantro, margarine, ginger root, salt, and turmeric in a 2- to 3-quart saucepan. Bring to a boil; stir. Reduce heat; cover and simmer 15 minutes or until rice is tender and liquid is absorbed. Stir in lime juice; fluff with fork. Garnish with peanuts and pepper flakes. Serves 6.

Calories: 133 • Sodium: 315 mg
Fat: 1 g • Cholesterol: 0 mg

Oriental Rice Pilaf

- 1/2 cup chopped onion
- 1 clove garlic
- 1 tablespoon sesame oil
- 1-3/4 cups beef broth
- 1 cup **Mahatma®**, **Water Maid®**, **Carolina®** or **River®** rice
- 1 tablespoon reduced-sodium soy sauce
- 1/8 to 1/4 teaspoon red bell pepper flakes
- 1/3 cup thinly sliced green onions
- 1/3 cup diced red pepper
- 2 tablespoons sesame seeds, toasted

Cook onion and garlic in oil in 2- to 3-quart saucepan over medium heat until onion is tender. Add broth, rice, soy sauce, and pepper flakes. Bring to a boil; stir. Reduce heat; cover and simmer 20 minutes or until rice is tender and liquid is absorbed. Stir green onions, red pepper, and sesame seeds into cooked rice; cover and let stand 5 minutes. Fluff with fork. Serves 6.

Calories: 168 • Sodium: 312 mg
Fat: 4 g • Cholesterol: 7 mg

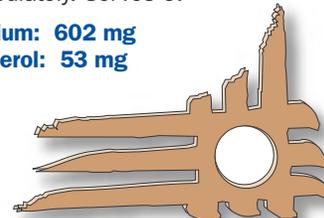
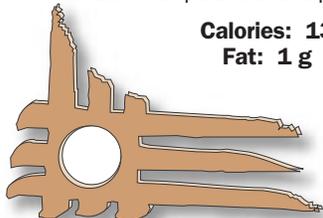
Stir-Fry Beef Salad

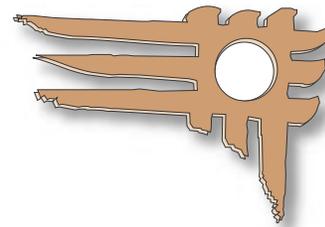
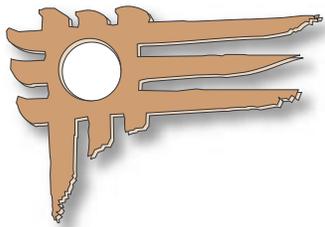
- 1 cup **Mahatma®**, **Water Maid®**, **Carolina®** or **River®** rice
- 1 pound boneless beef sirloin steak
- 2 tablespoons olive oil, divided
- 1 tablespoon grated fresh ginger root
- 1 clove garlic, minced
- 1 small red onion, chopped
- 1 cup (about 4 ounces) fresh mushrooms, quartered
- 3 tablespoons cider vinegar
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1/2 pound fresh spinach, torn into bite-size pieces
- 1 medium tomato, seeded and coarsely chopped

Prepare rice according to package directions.

Partially freeze steak; slice across the grain into 1/8-inch strips. Set aside. Heat 1 tablespoon oil, ginger root and garlic in large skillet or wok over high heat until hot. Stir-fry beef (half at a time) 1 to 2 minutes. Remove beef; keep warm. Add remaining 1 tablespoon of oil; heat until hot. Add onion and mushrooms; cook 1 to 2 minutes. Stir in vinegar, soy sauce, and honey. Bring mixture to a boil. Add beef and rice; toss lightly. Serve over spinach. Top with tomato; serve immediately. Serves 6.

Calories: 334 • Sodium: 602 mg
Fat: 10 g • Cholesterol: 53 mg





Oriental Fried Rice

- 1 cup **Mahatma®**, **Water Maid®**, **Carolina®** or **River®** rice
- 1/2 cup slivered cooked roast pork
- 1/2 cup finely chopped celery
- 1/2 cup fresh bean sprouts
- 1/3 cup sliced green onions
- 1 egg, beaten
- vegetable cooking spray
- 1/4 teaspoon black pepper
- 2 tablespoons reduced sodium soy sauce

Prepare rice according to package directions.

Combine rice, pork, celery, bean sprouts, onions, and egg in large skillet coated with cooking spray. Cook, stirring, 3 minutes over high heat. Add pepper and soy sauce. Cook, stirring 1 minute longer. Serves 6.

Calories: 156 • Sodium: 310 mg
Fat: 3 g • Cholesterol: 45 mg



Vegetable Pork Stir-Fry

- 1 cup **Mahatma®**, **Water Maid®**, **Carolina®** or **River®** rice
- 3/4 pound pork tenderloin
- 1 tablespoon vegetable oil
- 1-1/2 cups (about 6 ounces) sliced fresh mushrooms
- 1 large green pepper, cut into strips
- 1 zucchini, thinly sliced
- 2 ribs celery, cut into diagonal slices
- 1 cup thinly sliced carrots
- 1 clove garlic, minced
- 1 cup chicken broth
- 2 tablespoons reduced-sodium soy sauce
- 1-1/2 tablespoons corn starch

Prepare rice according to package directions and set aside.

Slice pork across the grain into 1/8-inch strips. Brown pork strips in oil in large skillet over medium-high heat. Push meat to side of skillet. Add mushrooms, pepper, zucchini, celery, carrots, and garlic; stir-fry about 3 minutes. Combine broth, soy sauce, and corn starch. Add to skillet and cook, stirring, until thickened; cook 1 minute longer. Serve over rice. Serves 6.

Calories: 257 • Sodium: 732 mg
Fat: 4 g • Cholesterol: 37 mg

Chinese Chicken Salad

- 1 cup **Mahatma®**, **Water Maid®**, **Carolina®** or **River®** rice
- 1 cup cooked, cubed chicken breast
- 1 cup sliced celery
- 1 can (8 ounce) sliced water chestnuts, drained
- 1 cup fresh bean sprouts
- 1/2 cup (about 2 ounces) sliced fresh mushrooms
- 1/4 cup sliced green onions
- 1/4 cup diced red bell pepper
- 3 tablespoons lemon juice
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons sesame oil
- 2 teaspoons grated fresh ginger root
- 1/4 to 1/2 teaspoon ground white pepper
- lettuce leaves

Prepare rice according to package directions.

Combine rice, chicken, celery, water chestnuts, bean sprouts, mushrooms, onions, and red pepper in large bowl. Combine lemon juice, soy sauce, oil, ginger root, and white pepper in small jar with lid. Shake to mix. Pour over rice mixture; toss lightly. Serve on lettuce leaves. Serves 6.

Calories: 248 • Sodium: 593 mg
Fat: 6 g • Cholesterol: 20 mg



Compliments of the Riviana Kitchens • P.O. Box 2636 • Houston, Texas 77252 • 1-800-226-9522

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