

Rice — one of nature's most versatile grains — can be used as an accompaniment to almost any main dish. Oriental frittats combines several interesting ingredients in a side dish that even the pickiest enters should enjoy.

Dinner blahs cured SPIRAL SLICED HAM CO. INC. with versatile rice move bouquet garni. Stir in clams, green pepper, and pinnientos. Replace cover and take 5 mlu-utes, or until green pep-per is tender-crisp and liquid is absorbed. Por-tion into six individual ceramic shells. Sprinkle with a mixture of bacon, bread crumbs, and Par-mesan cheese. Bake, un-covered, 3 minutes. Makes 6 servings.

Serving versatile minutes. Add rice, soy meals last teasy — but rice can come to the rescue because it can be made into so many interesting and distinctively different side dishes. Versatility is one of the major attributes of rice, as is its conomy (only four cents per half-cup serving). Rice acts as a flavor-blender with many spices and ingredients to form truly unique side dishes that can complement the meat, fish or poultry with which it is served. A new dish can be rereated just by changing the spices.

Oriental Frittata, for lave greater and control of the control

the spices.

Oriental Fritiata, dor
Instance, combines soy
sauce, fresh ginger root,
garile, onlons, eggs and
rice for a nutrilious side
dish that will delight the
family — and rice Casino
is a colorful, tasty dish
chock-full of the "pices
of ille." Both are bound
to alleviate the dinner
doldrums.

ORIENTAL FRITTATA
be cup sliced green
onlons, including tops
1 clove garile, minced
2 tops, vegetable oil
3 cups belt cooled rice Oriental Frittata, for

2 thsp. soy sauce
3 tsp. mineed fresh
ginger root
4 tsp. ground black pep-

3 eggs, lightly beaten

s altest bacon

4 cap chopped onlon
1 clove garlic, minered
1 cup uncooked rice
1 cap cap cheken broth
1 can (6% or.) clams
(drain; reserve juice)
44 tsp. ground black pepper
2 aprigs parsley
1 bay leaf
45 tsp. marjoram leaves,
crushed
45 tsp. thyme
leaves, crushed
46 cup chopped
47 gen
48 cup chopped
49 green
49 pepper

44 cup chopped green pepper 44 cup chopped pimientos 44 cup fine dry bread crumbs 2 tbsp. grated Parmesan cheese

to file.

Some the dimer of the



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