



Bring the garden indoors with refreshing Lemon Zucchini Brown Rice. This healthful combination of nutritious brown rice, fresh zucchini and lemon juice is a snap to prepare.

Try these quick muffins

A quickie — with nice subtle flavor. Enjoy for breakfasts or snacks, or with luncheon fruit salads. Combine 2 cups buttermilk baking mix with 1 egg, ½ cup each milk and maple-flavored syrup, 2 tablespoons melted butter or margarine and ½ cup chopped Diamond Walnuts. Bake in well-greased or paper-lined 2½-inch muffin pans at 400 degrees for about 15 minutes or until muffins test done. Makes 12 muffins.

Brown rice: good and good for you

Brown rice consumption is on the rise. In little more than 10 years, sales in the United States have increased 5,000 times — jumping from a mere four tons per year to more than 20,000 tons.

Why the sudden interest in a product which not so long ago could only be found in health food stores? Consumers have discovered that brown rice is more than just nutritious. Besides contributing significant amounts of fiber, protein, calcium, phosphorus, niacin and vitamin E to the diet, brown rice also adds variety and interest to everyday and special occasion meals.

Vegetable-rice side dishes and salads are just two of the many ways brown rice can turn a simple family meal into a memorable eating experience. How? The nutty flavor and whole-grain texture of brown rice complements the poultry, fish, lean red meats, fresh fruits and vegetable, and low-fat dairy products which are so much a part of today's healthful eating habits. And by taking advantage of seasonal produce buys, brown rice side dishes and salads can cost just pennies a serving.

LEMONY ZUCCHINI Brown Rice, a sunny side dish which stouts "fresh and wholesome," pairs one of the season's most abundant vegetables with nutritious brown rice.

When the rice is in the refrigerator "ready-to-go," colorful Oriental Rice Salad becomes a snap to prepare. For added time savings, slice the carrots, red and green peppers and jicama the night before and stir into the cooled rice. The next morning, prepare the dressing, toss the salad and refrigerate

until serving time. The dressing, flavored with soy sauce, fresh ginger and toasted sesame seeds, promises a unique taste experience all its own.

These creative brown rice accompaniments are examples of the kinds of recipes which could win \$5,000 in the Uncle Ben's 40th Anniversary "Cook & Tell" Recipe Contest. Entries are being accepted now through midnight September 1, 1983. A total of 204 prizes will be awarded, including a Grand Prize of \$5,000 for the "Best of Contest" recipe, three first prizes of \$1,000, and 200 Uncle Ben's 40th Anniversary Rice Canisters with coupons for Converted Brand Rice.

To obtain complete rules and instructions for entering, send name and address to: "Rules" Uncle Ben's 40th Anniversary "Cook & Tell" Recipe Contest, P.O. Box 11877, Chicago, Illinois 60611.

LEMONY ZUCCHINI BROWN RICE
1 small zucchini, cut into 1 x ¼ x ¼-inch strips
1 to 2 cloves garlic, minced
1 tbsp. butter or margarine
1 cup fresh spinach leaves, cut into 1 x ¼-inch strips
2½ cups water
1 cup brown rice
1 tsp. salt
2 to 3 tsp. lemon juice
¼ tsp. pepper

Saute zucchini and garlic in butter in medium saucepan, 1 to 2 minutes. Add spinach; cook on additional 1 minute. Remove and set aside. Add water to saucepan; bring to a boil. Stir in rice and salt. Cover lightly and cook over low heat until all water is absorbed,

about 50 minutes. Stir reserved zucchini and spinach, lemon juice and pepper into rice. Remove from heat. Let stand covered 2 to 3 minutes. Makes 6 servings.

ORIENTAL BROWN RICE SALAD
2½ cups water
1 cup brown rice
1 tsp. salt
2 small carrots, cut into 1½ x ¼ x ¼-inch strips
1 small red pepper, cut into 1½ x ¼-inch strips
1 small green pepper, cut into 1½ x ¼-inch strips
¼ cup jicama strips or celery strips (1½ x ¼ x ¼-inch)
2 tbsp. sesame seeds
¼ cup vegetable oil
¼ cup red wine vinegar

2 tbsp. grated fresh ginger or ½ tsp. ground ginger
1 clove garlic, minced
¼ to ½ tsp. cayenne pepper
Bring water to a boil in medium saucepan. Stir in rice and salt. Cover lightly and cook over low heat until all water is absorbed, about 50 minutes. Transfer to large bowl; cool to room temperature. Add carrots, red pepper, green pepper and jicama. Toast sesame seeds in small skillet over low heat, stirring constantly, until lightly browned, about 3 minutes. Gradually stir hot sesame seeds into oil. Add vinegar, soy sauce, ginger, garlic and cayenne pepper; mix well. Stir dressing into rice and vegetable mixture. Cover and chill several hours or over overnight. Makes 6 servings.

Convenience foods keep brunch simple

Expecting company for early morning brunch but, oh, how you'd love to sleep in? You can, if you keep your menu plans simple.

Frozen waffles can cut your time in half and become "special" when you drizzle them with Praline Liqueur and top with peaches. And, don't stop there... add some Praline Liqueur to a cup of hot chocolate... a great finale to any meal.

PRALINE 'N PEACH WAFFLE CAKE
2 frozen waffles
4 tbsp. Praline Liqueur
6 tbsp. whipped cream

8 peach slices
1 tbsp. chopped pecans
Toast waffles. Pour 2 tablespoons Praline Liqueur over each. Spread 3 tablespoons whipped cream over each and place 4 peach slices on each waffle. Place one waffle on top of the other. Sprinkle with chopped pecans.

PRALINE SUNRISE
Add 1½ oz. Praline Liqueur to cup of steaming hot chocolate, and top with marshmallows.

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