

Healthy Eating

By Alice Henneman, MS, RD, Extension Educator

Lancaster County

444 Cherrycreek Road, Suite A / Lincoln, NE 68528 / (402) 441-7180

<http://lancaster.unl.edu/food>

Almond Brown Rice Stuffing

Makes 6 servings

This stuffing recipe, courtesy of the USA Rice Federation, tastes like the traditional stuffing, but is made with rice.

- 1/2 cup slivered almonds
- 3 tablespoons butter or margarine
- 1 medium tart red apple, cored and diced (1)
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon thyme (2)
- 1/4 teaspoon ground white pepper (3)
- 3 cups cooked brown rice (cooked in chicken broth) (4, 5)



Cook almonds in butter in large skillet over medium-high heat until golden brown. Add apple, onion, celery, poultry seasoning, thyme and pepper; continue to cook until vegetables are tender crisp. Stir in rice; cook until thoroughly heated. (*Alice's Note: At this point, you might taste the mixture and check the seasonings. I added about 1/2 more teaspoon poultry seasoning. Flavor and potency of different poultry seasonings may vary.*) Bake tightly covered in a separate baking dish at 350 degrees F for 25 to 30 minutes.

Alice's Notes:

1. Common apples that work well for baking that include a touch of tartness include: Cortland, Jonathan, Rome or Rome Beauty, Northern Spy and Jonagold.
2. If you don't have thyme on hand when making this recipe, increase the poultry seasoning by 1/4 teaspoon.
3. Substitute black pepper if you don't have white pepper.
4. Consider using a chicken broth that is reduced in sodium.
5. If more separate grains of rice are desirable, the USA Rice Federation advises you "sauté rice in small amount of butter or margarine before adding liquid." I sautéed the rice for this recipe around two minutes in about a tablespoon of margarine, stirring throughout. For more tips and recipes for rice, check www.usarice.com

To make stuffing the day before: After mixing the rice with the other ingredients, refrigerate the mixture without further heating. I first cooled the dressing in a shallow pan, loosely covered, in the refrigerator. After it was cool, I transferred it to an oven-safe casserole dish and covered it tightly. The next day, I preheated my oven to 350 degrees F. Meanwhile, I added 6 tablespoons of water to the rice (2 tablespoons per cup of rice). As the rice was cold, it took about an extra 10 minutes to heat (or about 35 to 40 minutes total). An easy way to check when rice has reached a desirable temperature is with an instant read thermometer – it should reach 165 degrees F.

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