

SALADS



RICE FROM A FRESH PERSPECTIVE.



Chicken, Brown Rice
and Edamame Salad

Add fresh excitement to your salads with UNCLE BEN'S® Rice.



WHERE GREEN MEETS GRAIN.

Pan-Seared Salmon and Whole Grain Rice Lettuce Wraps

Creative salads can help you keep healthy-minded diners excited about your menu. One way to bring unexpected flavor and interesting texture is to add grains to your greens. Whether it's ethnic or traditional flavors, the possibilities are endless when it comes to incorporating rice.

Why add UNCLE BEN'S® Rice to your salads?

- Makes salads more unique
- Offers more fuel than a traditional green salad
- Creates variety on your menu
- Meets the need for heart-healthy menu options when made with whole grain rice

For more information and an endless array of recipes and ideas, visit www.MARSfoodservices.com.

Greek Rice Salad

Yield: 12 Servings

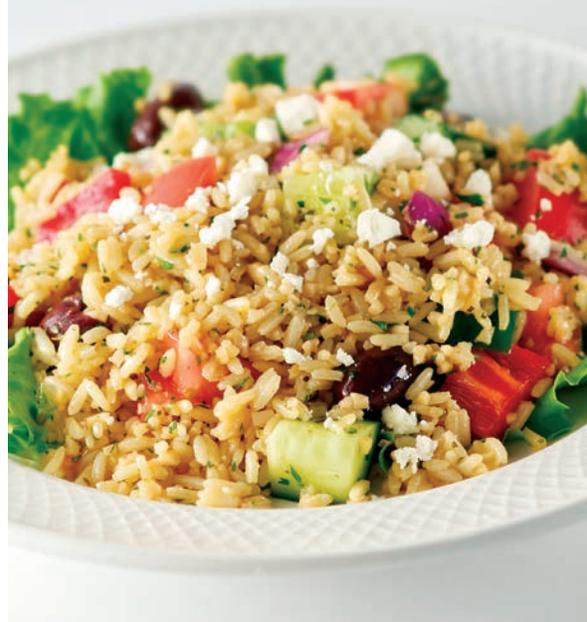


INGREDIENTS	QUANTITY	DIRECTIONS
UNCLE BEN'S® Rice Pilaf, cooked, cooled	1 box	1. Combine cooled rice, vegetables, olives and parsley in a large mixing bowl.
Vine ripened tomatoes, diced	6	
Red onion, thinly sliced	2	
Seedless cucumber, diced	2	2. Combine oil, vinegar and oregano in a small mixing bowl. Add just enough dressing to vegetables to coat; toss well.
Small red bell pepper, diced	2	
Small green bell pepper, diced	2	Garnish with crumbled Greek feta.
Kalamata black olives, sliced	2 cups	
Fresh flat-leaf parsley	1 cup	
Greek feta cheese, crumbled	¾ cup	
Extra-virgin olive oil	¼ cup	
Red wine vinegar	3 tbsp.	
Dried oregano	1 tbsp.	

Fresh Greek flavors tossed into a hearty salad featuring vine-ripened tomatoes, onion, cucumber, bell peppers, black olives, feta cheese and UNCLE BEN'S® Rice Pilaf.

Serving Suggestions—

- Top with grilled chicken and Greek tzatziki sauce for an entrée salad.
- Serve in a warm, folded flatbread for a grab & go lunch salad.
- Roll Greek Rice Salad tightly in lavash bread and slice into pinwheel rolls.



Mediterranean Rice Salad

Yield: 52 Servings



INGREDIENTS	QUANTITY	DIRECTIONS
UNCLE BEN'S® Roasted Chicken Flavored Brown Rice	2 boxes	1. Combine hot water and contents of seasoning packet in deep full-size steam table pan. Stir well to disperse seasoning in water. Add rice and mix well. 2. Cover and bake in preheated 400°F conventional oven for 25 minutes or until most of the water is absorbed. 3. Stir rice well. Fluff with fork prior to portioning to obtain maximum yield. 4. Add beans, peppers and parsley to rice. Stir until combined. Hold at room temperature or over ice.
Water, hot (190°F)	3 qt.	
Cannellini (white kidney) beans, canned, drained, rinsed	78 oz.	
Red bell pepper, fresh, small dice	26 oz.	
Green bell pepper, fresh, small dice	26 oz.	
Flat-leaf parsley, fresh, chopped	1 oz.	
Baby spinach, fresh	52 cups (about 78 oz.)	

To serve: Place 1 cup spinach on plate. Portion 1 ½ cup rice on top of spinach.

Enjoy the flavor of the Mediterranean with UNCLE BEN'S® Roasted Chicken Flavored Brown Rice mixed with red and green peppers and white kidney beans on a bed of fresh baby spinach.

Serving Suggestions—

- Toss with red wine vinaigrette and grated parmesan.
- Add artichoke hearts, olives, grape tomatoes or roasted peppers for additional flavor.
- Top with balsamic roasted vegetables and grilled chicken to create an entrée.

Spinach Wild Rice Salad

Yield: 4–6 Servings



INGREDIENTS	QUANTITY	DIRECTIONS
UNCLE BEN'S® nature!™ Jasmine Rose Rice Blend, cooked	2 cups	1. Prepare rice according to package directions. Refrigerate and cool until service. 2. For each serving of salad, toss ½ cup cooled rice with 1 cup baby spinach, ½ cup cherry tomato halves and 2 ounces crumbled goat cheese.
Baby spinach	4 cups	
Cherry tomatoes, cut in half	2 cups	
Crumbled goat cheese	1 cup	
Balsamic vinaigrette	As needed	
		Serve with balsamic vinaigrette.

Give greens a boost of flavor and texture with this salad featuring baby spinach, cherry tomatoes, goat cheese, balsamic vinaigrette and UNCLE BEN'S® nature!™ Jasmine Rose Rice Blend.

Serving Suggestions—

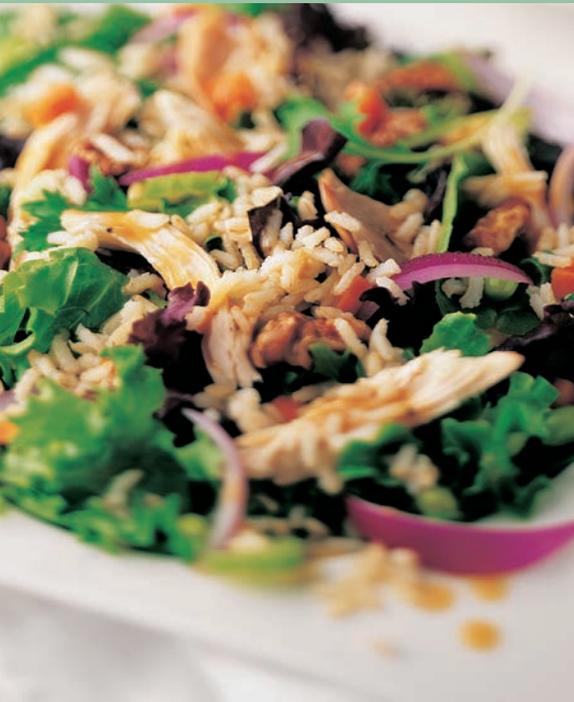
- Top with grilled chicken and toasted walnuts for a healthy entrée salad.
- Alternate cherry tomatoes with dried fruit such as cherries, cranberries or blueberries and toss with raspberry vinaigrette.
- Add fresh strawberries and candied almonds for a spring or summer salad special.



ENDLESS POSSIBILITIES FOR YOUR MENU.

Rice offers numerous benefits and a range of opportunities for nearly all menu types.

- Flavorful, healthy and cost-effective
- Easy prep and storage
- Easy to menu
- Exotic blends create upscale appeal
- Brown rice meets the demand for greater nutrition



Chicken, Brown Rice and Edamame Salad



Yield: 16 Servings

INGREDIENTS	QUANTITY	DIRECTIONS
UNCLE BEN'S® Whole Grain Brown Rice, prepared	4 cups	1. Cook rice according to package directions. Hold chilled. 2. Add remaining ingredients. Gently fold together to evenly blend. 3. Chill salad for at least 2 hours to allow rice to absorb all flavors, and flavor of salad to develop.
Mesclun lettuce leaves	As needed	
Chicken, roasted, pulled, white & dark meat	6 ¼ cups	
Celery, bias-sliced	1 cup	To plate: Serve 2-cup portion of chilled salad over mesclun lettuce leaves.
Scallion, fresh, sliced (green & white part)	1 cup	
Walnut halves, toasted	¾ cup	
Edamame, shelled, blanched	3 cups	
Red onion, fine julienne	1 cup	
Carrot, small dice	¾ cup	
Citrus dressing, commercially prepared	3 ½ cups	

Serving Suggestions—

- Layer into a whole grain flour tortilla for a healthy chicken and brown rice wrap.
- Toss with sesame ginger dressing for an Asian brown rice salad.
- Alternate edamame with fresh chopped Fuji apples.

Pan Seared Salmon and Whole Grain Rice Lettuce Wraps



Yield: 22 Servings

INGREDIENTS	QUANTITY	DIRECTIONS
UNCLE BEN'S® Whole Grain Brown & Wild Rice Blend	1 box	1. Combine rice, seasoning packet, boiling water and butter in full-size hotel pan. Stir well. 2. Cover and bake in preheated 350°F conventional oven for 35 minutes or until most of water is absorbed. Stir well; keep warm (160°F). 3. To prepare sauce combine mayonnaise, sour cream, dill, lemon juice and capers in large bowl. Reserve. 4. Trim stem ends from lettuce and shave the back of ribs running down center of leaves. 5. Lightly coat sauté pan with vegetable oil and place over medium-high heat. Sear both sides of salmon until golden-brown, crispy and cooked through. Flake salmon into bite-sized pieces and combine in large bowl with rice, onion and celery. Season to taste.
Water, boiling	2 ¼ qt.	
Butter	3 oz.	
Mayonnaise	2 ½ cups	
Sour cream	2 ½ cups	
Dill, minced	½ cup	To serve: Plate 1 ½ cups rice-salmon mixture and sprinkle with 1 tbsp. almonds. Serve with six romaine leaves and 2 oz. sauce.
Lemon juice	3 ½ tbsp.	
Capers, finely chopped	3 tbsp.	
Hearts of romaine lettuce leaves, large	132	
Vegetable oil	As needed	
Salmon fillets, fresh, skinned	4 lb.	
Red onion, ¼" dice	2 cups	
Celery, ¼" dice	2 cups	
Salt, kosher	As needed	
Almonds, sliced, toasted	1 ½ cups	

Serving Suggestions—

- Serve as a light main course or shareable appetizer.
- Use low-fat mayonnaise and sour cream for a healthy menu choice.
- Alternate 4-oz. salmon fillet for flaked salmon to create an impressive entrée salad.

