



## Recipes for Five Ways to Use Rice

Recipe	Website
Rice Bowl Breakfast with Fruit and Nuts	<a href="https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/rice-bowl-breakfast-fruit-and-nuts">https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/rice-bowl-breakfast-fruit-and-nuts</a>
Rice Salad	<a href="https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/rice-salad">https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/rice-salad</a>
Turkey Rice Soup	<a href="https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/turkey-rice-soup">https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/turkey-rice-soup</a>
Tomato Cucumber Salad	<a href="https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/tomato-cucumber-salad">https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/tomato-cucumber-salad</a>
Fried Rice	<a href="https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/fried-rice">https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/fried-rice</a>
Stir Fried Vegetables/Beef/Chicken/Tofu	<a href="https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/stir-fried-vegetables-beef-chicken-or-tofu">https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/stir-fried-vegetables-beef-chicken-or-tofu</a>
Broccoli & Rice Casserole	<a href="https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/broccoli-and-rice-casserole">https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/broccoli-and-rice-casserole</a>
Stuffed Peppers	<a href="https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/stuffed-peppers">https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/stuffed-peppers</a>
Enchilada Casserole	<a href="https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/enchilada-casserole">https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/enchilada-casserole</a>
Sweet Potatoes Rice Pudding	<a href="https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/sweet-potato-rice-pudding">https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/sweet-potato-rice-pudding</a>
Rice Dessert	<a href="https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/rice-dessert">https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/rice-dessert</a>

**Thank you for attending!**

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