



Brown Rice Frittata with Bacon and Edamame

FAMILY FEATURES

When you are looking to serve up a taste of yesteryear, look no further than your pantry for a staple you can incorporate into meals, including snacks, breakfast, dinners and even desserts. Instant white or brown rice and multi-grain blends provide easy ways to put a fresh twist on traditional recipes your family knows and loves.

For a delicious, modern take on classic family favorites, look for ways to integrate current flavors that complement the original recipe. Start new family mealtime traditions with easy recipe makeovers. For example, traditional broccoli, cheese and rice casserole only gets better with bacon, and using quinoa adds a subtle new texture. You can also give your sweet potato casserole a lift with white or brown rice for an updated take on this revered dish.

Using a quick and wholesome ingredient like fluffy Minute Rice saves cooking time so you can transform your favorite recipes while spending less time in the kitchen and more time with loved ones.

These recipes demonstrate how to update recipes from a frittata and casserole to dressing and stuffing for new ways to enjoy the classics.

Explore more recipes and preparation tips at [www.minuterice.com](http://www.minuterice.com).

Brown Rice Frittata with Bacon and Edamame

- Servings: 6-8
- 1 cup Minute® Brown Rice
  - 4 thick cut bacon slices, cut into 1/2-inch pieces
  - 4 scallions, thinly sliced (whites and greens divided)
  - 1 cup frozen shelled edamame
  - 6 eggs
  - 3/4 cup sour cream, divided
  - 1/2 teaspoon kosher salt

Preheat oven to 400°F.

Prepare rice according to package directions.

While rice cooks, sauté bacon pieces in 10-inch oven-proof skillet over medium heat until starting to crisp, about 5 minutes. Drain off all but 1 tablespoon bacon fat, then add scallion whites and edamame (or if desired, use 1 cup frozen green peas) to the bacon in the pan and sauté 1 minute.

Add cooked rice, and sauté 1 minute. In a bowl, whisk together eggs, 1/2 cup sour cream and salt. Add egg mixture to pan, swirling gently to distribute mixture evenly throughout other ingredients. Cook undisturbed for 2-3 minutes, until edges look set. Then place pan in preheated oven until set in center, about 10 minutes.

Mix together scallion greens with remaining 1/4 cup sour cream. Serve frittata in wedges topped with a dollop of scallion cream.

Sweet Potato Rice Casserole

- Servings: 6
- 1 can (8 ounces) crushed pineapple in natural juice, drained (reserve juice)
  - 1 cup Minute® White Rice or Minute® Brown Rice, uncooked
  - 1 large egg, lightly beaten
  - 1 can (5 ounces) evaporated skim milk
  - 1 can (15 ounces) sweet potatoes, drained
  - 1/2 teaspoon ground cinnamon
  - 2 cups miniature marshmallows

Preheat oven to 400°F.

Measure reserved pineapple juice and add enough water to make 1 cup. Prepare rice according to package directions using juice-water mixture.

In large bowl combine pineapple, rice, egg, milk, sweet potatoes and cinnamon. Mix well. Spread in 2-quart casserole dish. Top with marshmallows.

Bake 20 minutes, or until marshmallows begin to brown.

Honey Nut Dressing

- Servings: 6
- 1 cup Minute® Brown Rice, uncooked
  - 1 tablespoon butter or margarine
  - 1/4 cup chopped walnuts
  - 3/4 cup chopped onion
  - 3/4 cup chopped celery
  - 1/2 cup raisins
  - 2 tablespoons chopped fresh parsley (optional)
  - 2 tablespoons honey
  - 1 tablespoon lemon juice
  - 1/4 teaspoon salt

Prepare rice according to package directions.

Melt butter or margarine in large skillet over medium heat. Add walnuts; cook and stir until lightly toasted. Add onions and celery; cook and stir until crisp-tender.

Stir in rice and remaining ingredients. Heat thoroughly, stirring occasionally.

Cranberry Pecan Multi-Grain Stuffing

- Servings: 4
- 1 tablespoon olive oil
  - 1/2 cup chopped onion
  - 1/4 cup chopped fresh celery
  - 1/4 teaspoon poultry seasoning
  - 1/2 cup dried cranberries
  - 1 cup chicken broth
  - 1 bag Minute® Multi-Grain Medley, uncooked
  - 1/2 cup chopped pecans, toasted
  - Salt and ground black pepper, optional

Heat oil in medium saucepan over medium heat. Add onion and celery, and cook 2 minutes.

Add poultry seasoning, cranberries and broth. Bring to boil, and stir in rice. Cover, reduce heat and simmer 5 minutes.

Remove from heat, and let stand 5 minutes. Stir in pecans and season with salt and pepper, if desired.



Sweet Potato Rice Casserole



Honey Nut Dressing



Cranberry Pecan Multi-Grain Stuffing

Wayne State College To Host WillyCon XVII

WAYNE, Neb. — WillyCon, the annual sci fi convention sponsored by the Wayne State College Science Fiction and Fantasy Club, will be April 10-12. This year will mark the 17th consecutive year for WillyCon at Wayne State College. Each year guests of honor are chosen to take part in the festivities.

David Weber will be the author. His stories have military, particularly naval, themes, and fit into the military science fiction genre.

As a writer, Weber challenges gender roles in the military by assuming that a gender-neutral military service will exist in his futures. He frequently places female lead characters in what have previously been seen as traditionally male roles. He has explored the challenges faced by women in the military and politics. His most popular and enduring character is Honor Harrington, whose story, together

with the “Honorverse” she inhabits, has been developed through 17 novels, five shared-universe anthologies, a young-adult series, and an upcoming “historical” series, written with Timothy Zahn.

Betsy Mott is the artist for WillyCon XVII. After nine years of college and two master’s degrees (English Literature and Theatre) Betsy Mott decided she wanted to be a professional artist.

For more than 30 years her media portrait, techno drawings and fantasy paintings have been seen in science fiction art shows all over the country. Her work can be seen on the Landmark, Great Warrior, and Great Space Ships series of published note cards, on cds, Web books, and on websites, fanzines and collections around the world. She has been featured in a PBS Northwest Profiles segment. She is a fourth generation native of Spokane,

Wash. She and two siblings own and operate The Corner Door Fountain and Books in Historic downtown Millwood, Washington, also the location of her art studio. Her hobbies include kayaking, researching obscure subjects and playing trumpet in local orchestras and wind ensembles.

The Fan Guest of Honor is John Day of Lincoln. Science fiction and fantasy have been parts of his world since he can remember, from Isaac Asimov to Andre Norton to Roger Zelazny.

Some of the things you will encounter at WillyCon:

- An art show and auction, displaying/selling science fiction and fantasy art, and a vendors’ room with gaming supplies and miscellaneous items. WSC art students and local artists are encouraged to submit their art. The art show, art auction, and vendors’ area at WillyCon are open to

the general public.

- Presentations and panels by students, faculty, and fans talking about a variety of things, gaming and movie/TV-related panels, panels exploring the science in movies, the opportunity to interact with our guest of honors and see their talent in action.
- Activities like board games, card games, a masquerade show, gaming tournaments and more.
- An Authors Workshop will allow the public to learn from a successful author and gather information about the craft of writing. An artist’s workshop will allow specific instruction from a talented artist on illustrative drawing or painting techniques.

For more information, e-mail Ron Vick at [RoVick1@wsc.edu](mailto:RoVick1@wsc.edu) (include “WillyCon” in the subject line) or visit <http://www.willycon.com/>.

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