



*Ronzoni Sono Buoni...
Ronzoni is So Good!*



**Mahatma
Rice**

HOME COOKING

MADE EASY



GREAT RECIPE IDEAS | QUICK & EASY DELICIOUS MEALS

OUR RECIPE COLLECTION

Ronzoni® pasta and **Mahatma®** rice are high quality products that will entice your taste buds. You can interchange any of our products in the recipes to suit your preference. This collection is divided into four sections:

Meals On The Go provides quick and easy recipes you will find useful for busy week nights.

Kid's Favourites has a collection of recipes for picky eaters. We know they will love them!

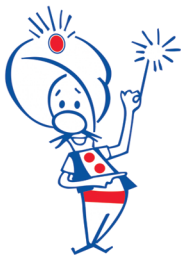
Celebrate gives recipe ideas for the holiday season or when entertaining.

Desserts complete every meal. Try our collection of enticingly delicious and delectable recipes.

We hope that you will find this collection irresistible as you experience these great products from **Ronzoni®** and **Mahatma®**.

Bon Appetit!





Mahatma[®] Rice



Mahatma[®] Brown Rice is a good source of whole grain dietary fiber which, as a part of a total diet plan, has been shown to reduce the incidence of some forms of cancer and coronary heart disease.

Mahatma[®] White Rice is easy to prepare, economical, versatile, and a healthy complement to any meal.



Mahatma[®] Gold Rice is a long grain parboiled rice that cooks up fluffy and separate. It is light yellow or amber in colour.

AROMATIC RICE



Mahatma[®] Jasmine Rice is a long grain rice variety. The taste of this rice enhances the traditional spices of oriental cuisine. When cooked it is soft, white and fluffy.



Mahatma[®] Basmati Rice cooks up into a wonderfully long, slender and fluffy grain. Aging the rice intensifies the aroma and taste even more.



Ronzoni Sono Buoni... Ronzoni is So Good!®

Ronzoni® A great-tasting pasta that makes perfect pasta meals every time!
It's a classic that brings the family together!

Ronzoni® Garden Delight® An enriched carrot, tomato & spinach pasta blend that provides a half serving of veggies in every 2oz portion.

Ronzoni® Healthy Harvest® is 100% whole grain pasta that has 56g of whole grains per serving...twice as much as other whole grain pasta brands. In addition, it's all natural and an excellent source of fiber.



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MEALS ON THE GO



EASY CHICKEN DINNER

Easy Chicken Dinner

★ Makes 5 Servings

INGREDIENTS

½	pack	Ronzoni® Rotini
1	pack	onion soup mix
4	cups	water
1	pack	frozen peas, thawed
2	cups	cubed cooked chicken
2	cups	cheddar cheese, shredded
		Salt and pepper

DIRECTIONS

1. In large saucepan, combine soup mix and water; heat to boiling.
2. Gradually stir in uncooked **Ronzoni® Rotini**.
3. Continue boiling, stirring constantly, 2 minutes.
4. Cover; simmer 7 minutes, stirring occasionally.
5. Add peas, chicken and cheese; heat until cheese is melted. Blend well.
6. Season with salt and pepper to taste.

Ronzoni® Rotini is one of the most versatile of all pasta shapes. You can use in entrées, oven bakes, side dishes, soups and cold salads. This pretty shape can be paired with almost any favorite pasta sauce.



Pasta & Vegetable Toss

★ Makes 4 Servings

INGREDIENTS

½	pack	Ronzoni® Fettuccine
½	cup	onion, chopped
1	clove	garlic, finely chopped
1	tsp	all-purpose seasoning
1	tbsp	olive oil
¼	cup	water
2	tsps	beef-flavour instant bouillon
2	cups	broccoli florets
2	cups	zucchini, sliced
8	oz	fresh mushrooms, sliced
1	med	red bell pepper, cut into thin strips

DIRECTIONS

1. Prepare **Ronzoni® Fettuccine** according to package directions; drain.
2. In large skillet, cook onion, garlic and all-purpose seasoning in oil until tender.
3. Add water, bouillon, broccoli, zucchini, and mushrooms.
4. Cover and simmer 5 to 7 minutes until vegetables are crisp and tender.
5. Toss with hot pasta.
6. Serve immediately.
7. Refrigerate leftovers.



Make this recipe healthier by using one of our healthy **Garden Delight** or **Healthy Harvest** pastas.





Creamy Chicken Spaghetti Toss

 **Makes 5 Servings**

INGREDIENTS

1	pack	Ronzoni® Spaghetti
3	tbsps	margarine or butter
1	tbsp	flour
1	tbsp	chicken bouillon
1	tsp	dried basil leaves
½	tsp	garlic powder
⅛	tsp	pepper
2	cups	whole milk
2	cups	cooked chicken, cubed
		Parmesan cheese, grated

DIRECTIONS

1. Cook **Ronzoni® Spaghetti** according to package directions; drain.
2. In medium saucepan, over medium heat, melt margarine; stir in flour, bouillon, basil, garlic powder and pepper.
3. Gradually stir in milk; cook and stir until slightly thickened and bubbly.
4. Stir in chicken; heat through.
5. In large serving bowl, combine hot cooked pasta and sauce; toss to coat.
6. Serve immediately with parmesan cheese.
7. Refrigerate leftovers.

Rotini & Chicken Fricassee

★ Makes 5 Servings



INGREDIENTS

½	pack	Ronzoni® Rotini
2	cubes	chicken bouillon
3	lbs	skinless chicken, cut
1	cup	hot water
¾	cup	sliced mushrooms
½	tsp	salt
⅛	tsp	ground black pepper

SEASONED FLOUR:

½	cup	flour
1	tsp	paprika
⅛	tsp	black pepper

DIRECTIONS

1. Coat chicken pieces with seasoned flour.
2. In 4-quart saucepan over medium-high heat, heat oil; add chicken.
3. Cook on both sides until browned; drain off excess fat.
4. Dissolve bouillon cubes in hot water.
5. Add bouillon mixture, mushrooms with liquid, salt and pepper to saucepan; heat to boiling.
6. Reduce heat; cover and simmer for 30 minutes.
7. Remove cover; simmer 15 minutes or until chicken is tender.
8. Meanwhile, prepare **Ronzoni® Rotini** according to package directions; drain.
9. Serve hot noodles and chicken with pan sauce.



The fiber in **Ronzoni® Garden Delight** pasta, helps prevent those peaks and valleys in blood sugar levels that can cause cravings and poor food choices.

Chicken & Rice Stir-Fry with Vegetables

★ Makes 6 Servings

INGREDIENTS

3	cups	Mahatma® Whole Grain Brown Rice , cooked
2	tbsps	butter or margarine
¾	lb	boneless skinless chicken breast, cut into thin strips
1	tbsp	garlic, minced
1	tbsp	fresh ginger root, grated
1	cup	fresh snow peas, sliced diagonally
1		red bell pepper, stem and seeds removed; sliced thinly
½	cup	carrot, peeled and sliced thin
½	cup	water
1	tbsp	cornstarch
2	tbsps	low sodium tamari or soy sauce
1	tbsp	toasted sesame oil (optional)

DIRECTIONS

1. Heat butter or margarine in large wok or skillet over high heat. Quickly stir-fry chicken, garlic and ginger until chicken is no longer pink, about 3 minutes.
2. Add snow peas, bell pepper and carrots. Stir-fry 2 more minutes.
3. Combine water, cornstarch and tamari or soy sauce in a small bowl.

4. Make a well in the center of the wok and pour in sauce mixture. Bring to a boil, stirring constantly, until mixture thickens.
5. Add cooked **Mahatma® Whole Grain Brown Rice** and toss chicken, vegetables and sauce until well combined and heated through.
6. Serve drizzled with sesame oil, if desired.



Pepper Shrimp with Rice

✳ Makes 4 Servings



INGREDIENTS

- | | | |
|----|------|---------------------------------|
| 1 | cup | Mahatma® White Rice |
| 1 | lb | large shrimp, cooked |
| ½ | cup | black beans, rinsed and drained |
| OR | | |
| 1 | cup | frozen peas, thawed |
| 1 | med | sweet/bell pepper, diced |
| ¼ | cup | fresh parsley, minced |
| 2 | tbsp | margarine, melted |
| ¼ | tsp | ground red pepper |
| | | Scotch bonnet pepper to taste |
| | | Salt to taste |

DIRECTIONS

1. Prepare **Mahatma® White Rice** according to package directions.
2. Stir in black beans or peas, scotch bonnet pepper, sweet/bell pepper, and 3 tablespoons minced parsley; heat through. Keep rice mixture warm.
3. Meanwhile, in cup, mix melted margarine, ground red pepper and remaining minced parsley.
4. Brush shrimp with margarine mixture; sprinkle with ¼-teaspoon salt.
5. Sear shrimp on low heat 3 to 4 minutes.
6. To serve, arrange shrimp and rice mixture on platter.



Make this recipe your own. **Mahatma®** Jasmine or Basmati Rice can be substituted in this recipe.

Chicken & Rice Casserole

★ Makes 4-6 Servings



INGREDIENTS

2	cups	Mahatma® Rice , cooked
2	cups	cheddar cheese, shredded
1½	cups	chicken breast, cooked and chopped
1	can	evaporated milk
½	cups	red onion, finely chopped
2		large eggs, beaten
¼	cup	chopped cilantro leaves
2	tbps	butter/margarine
1	tblsp	pepper, diced

DIRECTIONS

Preheat oven to 350°C.

1. Grease a 2-quart casserole dish. Combine ingredients well in dish.
2. Bake 45 to 50 minutes or until knife inserted in center comes out clean.

Pasta Health Myths

Pasta Will Make Me Fat: Pasta won't make you fat, eating too many calories will. A 2oz serving only weighs in at only 210 calories. You can enjoy a pasta dinner without worrying about your waistline.



Pasta is Brain Food: Pasta gives your body, especially your brain, the energy it needs to run. As a carb, pasta gets broken down slowly into glucose, which is a primary fuel source for the whole body and is the key energy source for the brain (which uses on average 6g hourly). So, pasta is a smart meal choice in more ways than one.



Getting Enough Fiber in my Diet Is Hard & Pasta Can't Help Me: Fiber is easy if you add some pasta! Regular pasta has 2g of Fiber in every serving to help you meet your daily requirement. **Ronzoni® Healthy Harvest®** 100% whole grain pasta, has 5g of fiber per serving.



Kid's FAVOURITES



BAKED MACARONI & CHEESE

Baked Macaroni & Cheese

★ Makes 6 Servings

INGREDIENTS

2	cups	Ronzoni® Elbows
4	tbsps	butter or margarine
2	tbsps	flour
2	tbsps	minced onion
2	cups	milk
2	cups	cheddar cheese, shredded
1	tsp	salt
½	tsp	pepper



DIRECTIONS

Preheat oven to 350°C.

1. Prepare pasta according to package directions; drain.
2. In a large saucepan, melt butter or margarine; stir in flour and onion.
3. Gradually stir in milk and bring to a boil. Remove from heat, stir in cheese, salt and pepper until cheese has melted.
4. Stir in **Ronzoni® Elbows**. Pour into a 2 ½ quart baking dish. Bake 30 minutes.

Spaghetti with Meatballs in Sauce

★ Makes 5 Servings



INGREDIENTS

½	pack	Ronzoni® Spaghetti
1	24 oz jar	Ronzoni® Pasta Sauce
1	lb	ground beef
1		egg
⅔	cup	dry bread crumbs
¼	cup	parmesan cheese, grated
1	tsp	dried oregano leaves
½	tsp	garlic salt
¼	tsp	ground black pepper
1	tbsp	vegetable oil
		<i>Grated parmesan cheese for garnish, optional</i>

DIRECTIONS

1. Combine ground beef, egg, bread crumbs, parmesan cheese, oregano, garlic salt and pepper; shape into 1-½-inch balls.
2. Heat oil in large non-stick skillet over medium heat; brown meatballs, turning occasionally.
3. Drain; add **Ronzoni® Pasta Sauce**.
4. Heat to boiling; reduce heat.
5. Cover; simmer 30 minutes, stirring occasionally.
6. Meanwhile, cook **Ronzoni® Spaghetti** according to package directions; drain.
7. Serve meatballs and sauce over hot pasta sauce.
Sprinkle with parmesan cheese, if desired.



From the Italian word for “strings”; these round thin strands are our most beloved pasta shape. A versatile pasta shape, spaghetti can be used in entrées, side dishes, cold salads, or broken and used in soups. Toss spaghetti with **Ronzoni® Pasta Sauce** for a quick and easy meal.



Pasta & Lemon Chicken

★ Makes 6 Servings

INGREDIENTS

1	pack	Ronzoni® Penne
1	lb	skinless, boneless chicken breasts
¼	cup	lemon juice
¾	cup	chicken stock
1½	tsps	garlic, minced
1	tsp	lemon rind, grated
2	tbsps	parsley, chopped
		Non-stick cooking spray
		Salt and pepper (optional)

DIRECTIONS

1. Prepare **Ronzoni® Penne** according to package directions; drain.
2. Cut chicken breasts into bite-sized pieces.
3. Coat generously with non-stick cooking spray; brown chicken in a large non-stick skillet
4. Add lemon juice, chicken stock, minced garlic and grated lemon rind.
5. Reduce heat to low and simmer 10 minutes.
6. Season with salt and pepper (if desired).
7. Toss chicken with hot cooked pasta and chopped parsley.

Baked Rotini

★ Makes 7 servings

INGREDIENTS

½	pack	Ronzoni® Rotini
1	lb	ground beef
1		onion, chopped
1	sml	green bell pepper, chopped
1	clove	garlic, minced
1	28 oz can	diced tomatoes, un-drained
1	6 oz can	tomato paste
1	4 oz can	sliced mushrooms, un-drained
1	tsp	salt
½	tsp	basil leaves
½	tsp	oregano leaves
¼	tsp	garlic powder
¼	tsp	crushed red pepper
2	cups	mozzarella cheese, shredded and divided

DIRECTIONS

1. Prepare pasta according to package directions; drain.
2. In medium skillet, combine ground beef, onion and green pepper.
3. Cook until beef is brown and green pepper is tender; drain.

4. Stir in next 9 ingredients.
5. Bring to boil.
6. Reduce heat; simmer 20 minutes.
7. Combine pasta and meat sauce; mix well.
8. Layer $\frac{1}{2}$ the mixture into a 2-quart baking dish; top with 1 cup mozzarella.
9. Repeat layers with remaining mixture and cheese.
10. Bake in a 350°C oven until hot, 20 to 30 minutes.
11. Refrigerate leftovers.

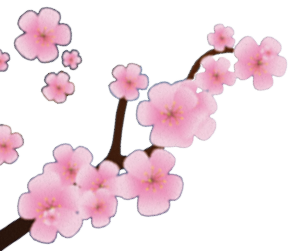


Oriental Fried Rice

★ Makes 6 Servings

INGREDIENTS

1	cup	Mahatma® White Rice
1	tbsp	vegetable oil
¼	cup	pork, cooked *
½	cup	celery, finely chopped
⅓	cup	green onion, sliced
½	cup	bean sprouts, drained
2	tbsps	soy sauce
1		egg, beaten
		Ground black pepper



DIRECTIONS

1. Prepare **Mahatma® White Rice** according to package directions and allow to cool.
2. In large skillet, toss rice; add meat, vegetables, and egg; add a little more oil if rice tends to stick; add soy sauce and pepper.
3. Cook and stir 1 minute longer. Serve with additional soy sauce, if desired.

*Cooked shrimp, ham, or chicken may be substituted.

Quick Rice Tips



Citrus Rice: Add grated orange, lemon or lime rind to hot cooked brown rice, for a fresh lively taste.



Coconut Rice: When cooking brown rice, substitute one cup of water with coconut milk. After the rice is done, stir in fresh lime juice and chopped cilantro to hot cooked brown rice.



Slightly Mexican: Top hot cooked brown rice with diced tomatoes, green onions, monterey jack cheese and cilantro. Or, instead of diced tomatoes, try adding your favourite salsa.



Mushroom Rice: Add sautéed chopped portobello mushrooms and toasted chopped pecans to hot cooked brown rice. Top with crumbled feta cheese.



BEEF LASAGNA

Beef Lasagna

★ Makes 6 Servings

INGREDIENTS

9	pieces	Ronzoni® Lasagna
1	24 oz jar	Ronzoni® Pasta Sauce
1	lb	ground beef
1½	cups	water
1	sml	curd ricotta cheese
2	cups	mozzarella, shredded
½	cup	parmesan, grated
¼	cup	fresh parsley, chopped
½	tsp	salt
¼	tsp	ground black pepper
2		eggs



DIRECTIONS

1. Preheat oven to 350°C. In 2-quart saucepan over medium-high heat, brown meat; drain. Add **Ronzoni® Pasta Sauce** and water; simmer about 10 minutes.
2. Meanwhile, in medium bowl, stir together ricotta cheese, one-half mozzarella cheese, parmesan cheese, eggs, parsley, salt and pepper.
3. Pour about 1 cup sauce on bottom of baking dish. Arrange 3 uncooked **Ronzoni® Lasagna** pieces lengthwise over sauce; cover with 1 cup sauce.
4. Spread one-half cheese filling over sauce. Repeat layers of pasta, sauce and cheese filling.
5. Top with layer of pasta and remaining sauce; sprinkle with mozzarella cheese.
6. Cover with foil. Bake 45 minutes.
7. Remove foil; bake additional 10 minutes. Let stand 10 minutes.

Mediterranean Layered Rice Salad

★ Makes About 8 Servings

INGREDIENTS

1	cup	Mahatma® Whole Grain Brown Rice
2	tbsps	canola oil
2	cups	mushrooms, chopped
¼	cup	fresh chives, snipped
1½	cups	low fat balsamic dressing
2	cups	broccoli, blanched and drained
1	cup	mild reduced fat provolone (or cheddar cheese), shredded
1	pack	frozen green peas, thawed
2		red bell peppers, chopped
2		green onions, chopped
2		large tomatoes, seeded and chopped

DIRECTIONS

1. Prepare **Mahatma® Whole Grain Brown Rice** as directed. Let stand for 5 minutes to cool.
2. In non-stick skillet, heat oil and add mushrooms; sauté stirring frequently until mushrooms are browned and all liquid has evaporated.
3. Combine rice with mushrooms and chives.
4. Gently mix ½ cup dressing with rice and mushroom mixture. Place one-half of rice mixture in bottom of



large glass serving bowl.

5. Layer broccoli, red bell peppers, and green onions.
6. Drizzle $\frac{1}{2}$ cup dressing over vegetables and top with remaining rice mixture.
7. Layer peas, tomatoes, and drizzle with remaining $\frac{1}{2}$ cup dressing.
8. Top with cheese.



Try this recipe with our **Mahatma® White Rice**. Known for its consistent high quality, our white rice is available in a variety of sizes: 2lbs, 3lbs and 5lbs.

Baked Ziti with Red Wine Sauce

★ Makes 9 Servings



INGREDIENTS

1	pack	Ronzoni® Ziti Rigate
1	24 oz jar	Ronzoni® Pasta Sauce
1	lb	ground beef
$\frac{3}{4}$	cup	onion, chopped
2	cloves	garlic, minced
$\frac{1}{2}$	cup	dry red wine (optional)
1	tsp	dried basil leaves
1	tsp	dried oregano leaves
2	cups	mozzarella cheese, shredded
		Salt and ground black pepper to taste

DIRECTIONS

1. Heat oven to 350°C.
2. Cook **Ronzoni® Ziti Rigate** according to package directions; drain.
3. Meanwhile, in large skillet over medium heat, cook meat, onion and garlic until meat is thoroughly cooked; drain.
4. In large bowl, stir together meat mixture, hot pasta, **Ronzoni® Pasta Sauce**, wine and seasonings.
5. In 13x9 inch baking dish, spoon pasta mixture; sprinkle with cheese.
6. Bake 30 minutes or until hot and bubbly.



Ziti Rigate is traditionally served in oven baked dishes with tomato sauce and mozzarella cheese. It works as well in any entrée, side dish or cold salad. Smooth Ziti can handle thicker sauces, while ridged ziti “holds” thinner sauces better.



Coconut Ginger Rice with Flavored Beef Kabobs

★ Makes 4 Servings

INGREDIENTS

FOR THE RICE:

1	cup	Mahatma® Jasmine Rice or Mahatma® White Rice
1	tbsp	vegetable oil
1	clove	garlic, minced
1	tbsp	fresh ginger root, grated
1	cup	coconut milk
½	cup	water
1	tsp	salt
1	tbsp	lime rind, grated
¼	cup	sliced almonds, toasted

FOR THE KABOBS:

1½	lbs	beef top sirloin steak, 1 inch thick and cut into 1 inch pieces
¼	cup	packed brown sugar
¼	cup	soy sauce
1	tbsp	fresh ginger root, grated
1	tsp	fresh ground pepper
2		large firm mangoes, peeled, pitted and cut into large cubes
1		large red onion, cut into triangles



DIRECTIONS

FOR THE KABOBS:

1. In a small bowl combine brown sugar, soy sauce and ginger. Stir until sugar dissolves.
2. Place beef in a large zippered plastic bag and pour on marinade; seal bag and refrigerate for 30 minutes.
3. Remove beef from marinade; discard marinade.
4. Thread onto skewers, alternating with red onion and mango.
5. Grill kabobs 8 to 11 minutes for medium rare (145°C) to medium (160°C) doneness, turning occasionally.

FOR THE RICE:

1. Heat oil in a medium saucepan over medium heat. Add garlic and ginger and sauté 1 minute.
2. Add coconut milk, water and salt and bring to a boil.
3. Stir in **Mahatma® Jasmine Rice or Mahatma® White Rice**. Cover, reduce heat to low and simmer 15 minutes. If you are using white rice, increase the water to 1 cup and simmer for 20 minutes. Remove from heat and fluff rice.
4. Fold in lime rind. Garnish with toasted almonds.

Coastal Chowder

★ Makes 10 Servings

INGREDIENTS

1	5 oz pack	Mahatma® Gold Rice
2	tbsps	butter
1	clove	fresh garlic, minced
¼	cup	all purpose flour
1	28 oz can	crushed tomatoes
2	tbsps	curry powder
1	tsp	ground turmeric
¼	tsp	ground allspice
4	cups	fish stock
1½	lbs	white fish, cut into 1 inch pieces
1	cup	heavy cream
1		medium onion, chopped
		Salt and ground black pepper, to taste
		<i>Fresh parsley, (for garnish)</i>

DIRECTIONS

1. Melt butter in a large saucepan over medium heat. Add onion and cook 4 minutes. Add garlic and cook 1 minute (do not allow to brown).
2. Whisk in flour and stir constantly for 2 minutes. Stir in tomatoes, curry, allspice and fish stock. Bring to a boil, stirring occasionally.
3. Add the **Mahatma® Gold Rice**. Reduce heat to low and simmer uncovered, 15 minutes.



4. Add fish and simmer 5 more minutes.
5. Stir in cream and season with salt and pepper to taste.

Serve garnished with parsley.



HELPFUL HINT:

Looking for the perfect side to this dish ?? Try our recipe for Creole Rice Cakes on the next page.



Creole Rice Cakes

★ Makes 9 Servings (18 Cakes)

INGREDIENTS

FOR THE CAKES:

2	5 oz packs	Mahatma® Gold Rice
2	tbps	butter
½	cup	onion, chopped
½	cup	fresh celery, chopped
½	cup	red bell pepper, chopped
¼	cup	seasoned breadcrumbs
½	tbps	seasoning mix
2	cups	shrimp or crawfish, cooked and chopped
4		eggs, beaten
		Non-stick cooking spray

REMOULADE SAUCE:

1	cup	mayonnaise
2	tbps	mustard
2	tbps	ketchup
1	tbps	sweet pickle relish
1	tsp	sweet paprika
1	tsp	prepared horseradish
1	tsp	hot sauce



DIRECTIONS

Preheat oven to 375°C.

1. Coat 18 regular sized muffin cups with non-stick cooking spray and set aside.
2. Prepare **Mahatma® Gold Rice** according to package directions.
3. In a medium saucepan melt butter over medium heat; add onions, celery and bell peppers and sauté 5 minutes.
4. Remove from heat and stir in bread crumbs, seasoning and shrimp. Stir in eggs.
5. Fold in rice until all ingredients are incorporated.
6. Fill muffin cups half full and flatten tops.
7. Bake 25 minutes. Serve warm with remoulade sauce, if desired.

REMOULADE SAUCE:

Mix all ingredients together in a small bowl. Refrigerate unused portion.

If desired, use spicy brown or dijon mustard.



Penne with Meat Sauce

★ Makes 6 Servings

INGREDIENTS

½	pack	Ronzoni® Penne
1	lb	lean ground beef
½	cup	onion, chopped
1	can	tomatoes, diced
½	6 oz can	tomato paste
¼	cup	dry red wine
½	tsp	sugar
½	tsp	dried oregano, crushed
¼	tsp	ground black pepper
¼	cup	pitted ripe olives, sliced
2	oz	mozzarella, shredded
		Salt to taste

DIRECTIONS

1. Prepare **Ronzoni® Penne** according to package directions; drain. Return pasta to hot pan; cover to keep warm.
2. Meanwhile, in a very large skillet, cook ground beef and onion until meat is brown. Drain off fat.
3. In a blender or food processor, combine tomatoes, tomato paste, wine, sugar, dried oregano, and pepper. Cover and blend or process until smooth.
4. Stir tomato mixture into meat mixture in skillet. Bring to a boil; reduce heat. Cover and simmer 10 minutes.
5. Stir in cooked pasta and olives. Cover and heat through.
6. Add salt to taste.
7. Serve topped with mozzarella cheese.

Garnish with oregano leaves, if desired.

Porcupine Meatballs

★ Makes 4 Servings



INGREDIENTS

½	cup	Mahatma® White Rice
1½	lbs	lean ground beef
½	tsp	salt
½	tsp	lemon pepper
1	tsp	dried dill weed
¼	cup	seasoned breadcrumbs
¼	cup	flour

EGG LEMON SAUCE:

1	cup	beef broth
2		lemons
2		eggs



Try topping meatballs with **Ronzoni® Pasta Sauce**

DIRECTIONS

1. Prepare **Mahatma® White Rice** according to package directions.
2. Mix cooked rice with other ingredients except flour; mixing well.
3. Taking a tablespoon of meat mixture, shape into a ball and roll lightly in flour.
4. Brown meatballs in large skillet.
5. Cook until meat is no longer pink (about 20 minutes).
6. Top with Egg Lemon Sauce.

EGG LEMON SAUCE:

1. Combine eggs and broth; beat well; continuing beating while adding juice of 2 lemons.
2. Pour sauce over meatballs and heat for 5 minutes. Serve hot.



Mahatma® rice is naturally sodium free, cholesterol free, and fat free. From a healthy, whole-grain brown rice or regular white rice, to the aromatic **Jasmine** or **Basmati**, you are sure to find the perfect rice to suit you.



Lemon Pepper Linguine with Fish

★ Makes 4 Servings

INGREDIENTS

½	pack	Ronzoni® Linguine
¼	cup	olive oil, divided
1	lb	fish, cubed
½	tsp	ground black pepper
2	tbsps	fresh chives, snipped
1		onion, finely chopped
½		red pepper, chopped
½		yellow pepper, chopped
½		orange pepper, chopped
1		lemon, juice and zest

DIRECTIONS

1. Cook **Ronzoni® Linguine** according to package directions; drain.
2. In saucepan, heat 2 tablespoons oil; sear fish 2 minutes per side, or until golden brown and cooked through; remove and set aside.
3. To saucepan, add remaining oil, onion and peppers; sauté until tender.
4. Add lemon juice, zest, black pepper, chives and fish; heat through.
5. Toss linguine with fish mixture.

DESSERTS



SWEET RICE CREAM TREATS

Sweet Rice Cream

★ Makes 6-8 Servings

INGREDIENTS

6	oz	Mahatma® White Rice
1	quart	coconut milk
6	oz	fine granulated sugar
1	tsp	vanilla
1	pinch	salt
12	oz	whipping cream
1	tsp	blue, violet or other food colouring (if desired)

DIRECTIONS

1. Combine the coconut milk, sugar, vanilla, salt and **Mahatma® White Rice** in a saucepan and bring to a boil.
2. Cover and simmer on very low heat until the rice is tender, about 2 hours (*if necessary add a small amount of milk to keep the mixture properly hydrated*).
3. Remove from heat and allow to cool.
4. Whip the whipping cream to very soft peaks.
5. Before folding the cream into the rice ensure that the rice mixture is creamy and will allow for easy folding in of the cream.
6. If necessary add a small amount of milk.
7. Pour into glasses and place in a refrigerator.
8. Once cold, decorate with your choice of strawberry, raspberry or pineapple pie filling and whipped cream.

Apple Crisp Dessert

★ Makes 9 Servings

INGREDIENTS

9	pieces	Ronzoni® Lasagna , cooked and drained
8	oz	cheddar, shredded
½	15 oz pack	part-skim ricotta cheese
¼	cup	sugar
1	tsp	almond extract
2	21 oz cans	apple pie filling, chopped
1		egg (lightly beaten)
		Non-stick cooking spray

CRISP TOPPING:

⅓	cup	all-purpose flour
⅓	cup	brown sugar
¼	cup	quick-cooking oats
½	tsp	ground cinnamon
3	tbsps	cold butter
1	dash	ground nutmeg

SOUR CREAM SAUCE:

¾	cup	light sour cream
3	tbsps	brown sugar





DIRECTIONS

Preheat oven to 350°C.

1. In a small bowl, combine the egg, cheeses, sugar and extract; set aside.
2. Coat a 9x13 inch baking dish with non-stick cooking spray. Lay 3 cooked **Ronzoni® Lasagna** pieces in bottom of prepared dish.
3. Spread $\frac{1}{3}$ of pie filling and $\frac{1}{2}$ of cheese mixture over pasta. Top with three more pasta sheets and remaining cheese mixture. Layer remaining pasta and pie filling.

FOR CRISP TOPPING:

1. In a small bowl, combine the flour, brown sugar, oats, cinnamon and nutmeg.
2. Cut in butter until crumbly.
3. Sprinkle over filling.
4. Bake uncovered 45-50 minutes or until bubbly and heated through.
5. Let stand for 15 minutes.

SOUR CREAM SAUCE: *Meanwhile, in a small bowl, combine the light sour cream and brown sugar. Serve with Apple Crisp Dessert.*

Creamy Brown Rice Pudding

✱ Makes 4 Servings



INGREDIENTS

1	cup	Mahatma® Brown Rice
1½	cups	milk
½	cup	maple syrup or honey
1	tbsp	butter
1	tsp	ground cinnamon, nutmeg
or		pimento
⅓	cup	toasted almonds, sliced

DIRECTIONS

1. Prepare **Mahatma® Brown Rice** according to package directions.
2. Combine cooked rice, milk and maple syrup in a medium saucepan.
3. Bring to a boil; reduce heat and simmer 20 minutes; stirring frequently.
4. Remove from heat, and stir in butter and cinnamon.

Garnish with additional cinnamon, if desired.

Enjoy our delicious and mouth-watering recipe collection of **Ronzoni®** pasta and **Mahatma®** rice. You will want to try them over and over again.

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BAKED MACARONI & CHEESE



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BEEF LASAGNA



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LAYERED RICE SALAD



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SWEET RICE CREAM



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PEPPER SHRIMP WITH RICE



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