



RED RICE PANCAKE WITH STRAWBERRY RHUBARB COMPOTE


QUICK INFORMATION

TIME

30 MINS

SERVES

2

CALORIES

290

GLUTEN FREE

RECIPE

VEGETARIAN

RECIPE

INGREDIENTS

1 cup of cooked Lundberg Family Farms Wehani Rice

½ cup milk

1 large egg

½ teaspoon vanilla extract

1 tablespoon sugar

Pinch of salt

Compote:

1 cup of chopped rhubarb

1 cup of diced strawberries

1 tablespoon sugar

¼ cup water

NUTRITIONAL FACTS

Serving Size: 278g

AMOUNT PER SERVING

Calories 290 Calories from Fat 80

Total Fat 9g
 Saturated Fat 4g
 Trans Fat 0g

Cholesterol 110mg

Sodium 140mg

Total Carbohydrate 48g
 Dietary Fiber 4g
 Sugars 20g

Protein 8g

PREPARATION

Prepare compote by combine all ingredients in a small saucepan. Bring to a boil over high heat then reduce heat to maintain a simmer. Cook for 15 minutes, stirring occasionally until rhubarb softens completely. Remove from heat and set aside.

While compote cooks, combine rice and milk in a food processor. Blend until rice has broken down into small pieces about 2-3 minutes.

Add the eggs, sugar, salt and vanilla continue to blend until well combined about another minute.

Heat a medium skillet over medium high heat, lightly grease with butter.

Pour $\frac{1}{4}$ cup of batter into skillet and spread into 4" diameter round. Cook until light golden brown and edges are slightly dried. Flip pancake and cook for another minute.

Remove from heat and repeat with remaining batter.

Serve with compote and butter.

Enjoy!