



Recipes

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Rice Medley

Serves 1

Ingredients:

- 1/3 cup Brown Rice , cooked, hot
- 1/4 cup Wild Rice , cooked, hot
- 2 Tbsp. Plain Yogurt
- 1 tsp. Fresh Cilantro , rough chop
- 2 Tbsp. Yellow Onions , julienne, sautéed

Directions:

1. Evenly combine all ingredients.
2. Reserve hot.