

Tasty Herb and Spice Brown Rice Balls

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2017/tasty-herb-and-spice-brown-rice-balls.html>

Ingredients

- 2 cups Jasmine brown rice
- 3 garlic cloves, roasted and minced
- 1 tablespoon + 1/2 teaspoon extra virgin olive oil, divided
- 1 egg
- 1/2 cup Parmesan cheese
- 2 tablespoon fresh parsley, minced
- 1 dash salt
- 1 dash pepper
- 1/4 teaspoon onion powder
- 1/2 teaspoon cumin
- 1/2 cup regular or gluten-free bread crumbs
- 1/4 teaspoon smoked paprika

Instructions

1. Cook rice per package instructions.
2. To roast garlic, place unpeeled heads of garlic in a tin foil bundle, drizzle with ½ teaspoon oil and wrap tightly. Roast in 350-degree oven for 30-40 minutes, or until soft when pressed. (NOTE: if you're tight on time, mince the garlic and sauté with parsley and olive oil over medium heat.)
3. In large bowl, mix cooked brown rice, egg and Parmesan cheese.
4. Add parsley, salt, pepper, onion powder, and cumin. Roll mixture into small balls.
5. Mix breadcrumbs and smoked paprika in another bowl.
6. Roll the rice balls in the breadcrumbs mixture to coat.
7. Heat remaining oil in a skillet over medium-low heat and cook the rice balls, turning to brown them on all the sides, about 15-20 minutes.

Makes 8 servings

Serving size: about 3 balls

Nutrition information per serving

Calories: 240	Dietary Fiber: 2 g
Total Fat: 5 g	Sodium: 150 mg
Saturated Fat: 1.5 g	Protein: 7 g
Cholesterol:	Carbohydrates: 41 g