Countless Ways to Eat Quaker® Rice Cakes

CRUNCH IT

CRUMBLE IT

TOP IT

TASTE IT

Quaker®
Rice Cakes

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Crunch it, Top it, Crumble it,— Taste it!

COUNTLESS WAYS TO EAT QUAKER® RICE CAKES

When you want to satisfy that natural urge to munch anytime of day, Quaker rice cakes are a tasty snack to have on hand. With a wide variety of flavors, there are unlimited ways to enjoy these fat-free snacks with the satisfying crunch.

This book is full of fun ways to make the most of your rice cakes, from topping to crumbling to using them in recipes. Inside you'll find serving suggestions and tips, as well as quick-and-easy recipes guaranteed to taste great. And, we've added some real-life scenarios when rice cakes can come in handy.

We've made the tips easy and simple, and we've kept the fat and calories down by offering good-tasting alternatives.

For entertaining or eating alone, the enclosed rice cake ideas are great ways to treat yourself and your friends. So try them out — invent some of your own — and keep enjoying all of the Quaker rice cakes line-up including:

- Caramel corn cakes, also available in mini
- Apple cinnamon rice cakes, also available in mini
- White cheddar popped corn cakes
- Popped corn cakes, available in butter and plain
- Nacho corn cakes
- Plain rice cakes, available lightly salted and unsalted
- Honey nut mini rice cakes

Whether you crunch it, top it, crumble it or simply taste it, there are countless ways to eat Quaker rice cakes!

SWEET SENSATIONS

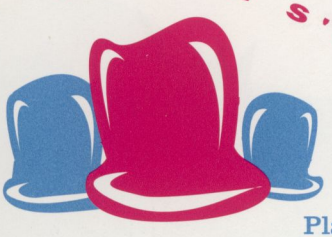
SWEET SENSATIONS

Whether topped with something smooth and creamy or served crisp and crunchy, sweet snacks don't have to be high in fat and calories. In fact, these rice cake combinations are tasty ways to satisfy your sweet tooth.

For starters, use Quaker caramel corn, apple cinnamon or plain rice cakes.

Try Quaker caramel corn, apple cinnamon or honey nut mini rice cakes for small snacks with extra pizzazz.

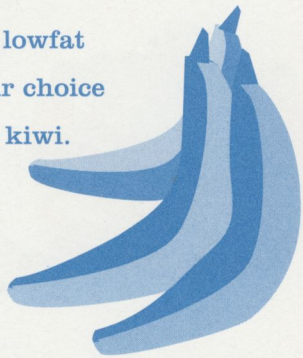
MELLOW S'MORES SURPRISES



Lightly drizzle fat-free caramel or hot fudge topping over a rice cake. Place one large marshmallow in the center. Microwave on HIGH for about 20-25 seconds, or until marshmallow is soft. Swirl with topping.

If using mini rice cakes, place mini marshmallows in the center, or create a "Mini S'Mores Sandwich" by adding another rice cake on top.

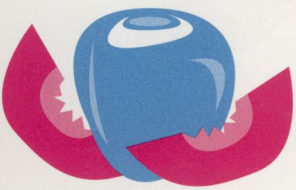
FROZEN YOGURT YUMMY TREATS



Spread chocolate or vanilla frozen lowfat yogurt on a rice cake. Top with your choice of sliced bananas, strawberries or kiwi. Serve immediately.

For party planners, make the sandwiches ahead of time by spreading frozen lowfat yogurt on a rice cake. Wrap individually in plastic wrap and freeze. Top with fruit just before serving.

PEACH MELBA



Spread raspberry preserves or spreadable fruit on a rice cake. Top with sliced fresh peaches. For a little added crunch, sprinkle with wheat germ.

CREAMY FRUIT TARTS

Lightly spread strawberry or pineapple flavored cream cheese on a rice cake. Top with your choice of sliced strawberries, kiwi slices, pineapple tidbits or grape halves.

LEMON BERRY CRUNCH

Spread lemon curd (available in the jelly, jam and preserves section of the grocery store) on a rice cake. Top with your choice of sliced strawberries, raspberries or blueberries.

CARAMEL APPLE

Arrange thin apple slices on a rice cake. Drizzle with fat-free caramel topping. With one crunch, it tastes like candy apples at the fair!

For snacks that look and taste fancy without a fuss, follow these easy recipes using fat-free Quaker rice cakes. With ingredients found in any grocery store, satisfying your sweet tooth is as easy as 1-2-3.

DOLCI DI RICOTTA

(Sweet Italian Cheese Spread)
1 cup nonfat ricotta cheese
2 tablespoons powdered sugar
1/2 teaspoon vanilla
1/4 teaspoon ground cinnamon
Chopped fresh or dried fruit (optional)

In medium bowl, combine all ingredients; mix well. Cover; refrigerate. Spread cheese mixture onto rice cakes. Top with fruit, if desired.
Makes 1 cup.

Nutrition information
Each serving:
2 Tablespoons
Calories 30
Calories from Fat 0
Total Fat 0g
Cholesterol 0mg
Sodium 35mg
Total Carbohydrates 3g
Dietary Fiber 0g
Protein 4g

CHEESY FRUIT SPREAD

1 cup nonfat ricotta cheese
1/2 cup diced dried mixed fruit bits
2 tablespoons honey

In medium bowl, combine all ingredients; mix well. Cover; refrigerate. Spread cheese mixture onto rice cakes. Makes 1-1/2 cups.

Nutrition information
Each serving:
2 Tablespoons
Calories 40
Calories from Fat 0
Total Fat 0g
Cholesterol 0mg
Sodium 25mg
Total Carbohydrates 8g
Dietary Fiber 0g
Protein 3g

"If you're the typical rice cakes muncher, you love to exercise and be active."

SIMPLY SAVORY

SIMPLY SAVORY

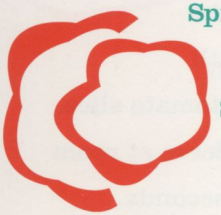
When you feel like munching on something salty and crunchy, there are a variety of foods to go with rice cakes for a good-tasting, satisfying snack. From pizza to nachos to dilled shrimp, these lowfat, savory snacks can be served warm or at room temperature.

These serving suggestions are perfect to use on Quaker plain rice cakes, butter popped corn cakes or white cheddar popped corn cakes.

FIERY TEX-MEX PEPPERS

Arrange roasted red pepper pieces on a rice cake. Top with shredded, reduced-fat Monterey jack cheese and chopped green peppers. Microwave on HIGH 20-30 seconds, or until cheese is just melted. For extra zip, try this with a nacho corn cake.

ORIENTAL DRESSED CHICKEN



Spread sweet and sour sauce on a rice cake; top with thinly sliced chicken or turkey. Sprinkle with finely chopped green onion and red bell pepper. Drizzle with additional sweet and sour sauce.

BROCCOLI PIZZA

Spread a rice cake with pizza sauce. Top with fresh broccoli florets and freshly grated parmesan cheese. Microwave on HIGH 20-30 seconds or until warm.

VEGGIE PRIMAVERA

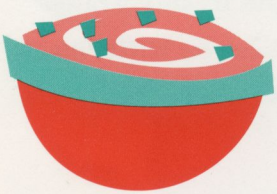
Spread rice cake with nonfat cream cheese. Top with fresh broccoli florets, shredded carrot and halved cherry tomatoes. Sprinkle with shredded, part-skim mozzarella cheese and chopped fresh or dried basil. Microwave on HIGH 20-30 seconds, or until cheese is just melted.

PESTO POMODORO

For a special occasion, go for the gusto and enjoy the taste of Southern Italy. Thinly spread a rice cake with homemade or prepared pesto sauce. Top with drained, chopped sun-dried tomatoes or a fresh tomato slice. Sprinkle with freshly grated parmesan cheese. Serve at room temperature or microwave on HIGH 20-30 seconds.

MEXICALI BEANS OLÉ

Spread a rice cake with vegetarian-style refried beans. Top with chopped green peppers, salsa and nonfat sour cream. Try with nacho corn cakes.



PINEAPPLE CREAM CHEESE

Arrange one drained canned pineapple slice on a rice cake. Fill center with a scoop of softened nonfat cream cheese. Sprinkle with chives and paprika, if desired.

DILLED SHRIMP

Combine drained canned shrimp, nonfat sour cream, dill and a hint of dijon mustard. Spread on a rice cake.

"Quaker rice cakes connoisseurs spend a lot of time becoming knowledgeable about new products in the healthy snacks category. And, they're always up on the latest trends in healthy eating."

When your natural urge to munch makes you want something extra special to crunch, put together these simple, savory recipes—it takes just a few minutes!

EL PASO BEANS AND CORN

1 cup canned black beans, rinsed and drained
1/3 cup canned whole kernel corn, drained
1/3 cup salsa
1 tablespoon chopped green onions
Nonfat sour cream (optional)

In medium bowl, combine all ingredients; mix well. Spoon bean mixture onto a rice cake. Top with nonfat sour cream, if desired.
Makes 1-1/2 cups.

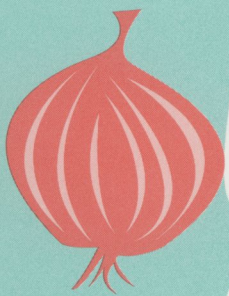
For chicken variation, stir in 1/2 cup chopped, cooked chicken and an additional 2 tablespoons salsa to bean mixture. Proceed as directed above.
Makes 2 cups.

Nutrition information
Each serving:
2 Tablespoons
Calories 20
Calories from Fat 0
Total Fat 0g
Cholesterol 0mg
Sodium 100mg
Total Carbohydrates 4g
Dietary Fiber 1g
Protein 1g

MEDITERRANEAN-STYLE VEGETABLES

One 15-1/2-ounce can garbanzo beans, rinsed and drained
1/4 cup nonfat sour cream
1/4 teaspoon dried basil
1/4 teaspoon dried thyme leaves
1/8 teaspoon black pepper
1/8 teaspoon garlic powder
Chopped red onion and green peppers (optional)

In medium bowl, mash beans with fork. Stir in sour cream and spices; mix well. Cover; refrigerate. Spread bean mixture onto a rice cake. Sprinkle with chopped red onion and chopped green peppers, if desired.
Makes 1-1/4 cups.



Nutrition information
Each serving:
2 Tablespoons
Calories 35
Calories from Fat 9
Total Fat 1g
Cholesterol 0mg
Sodium 50mg
Total Carbohydrates 5g
Dietary Fiber 1g
Protein 2g

"Today's healthy snacker grocery shops with a purpose. She is proactive and deliberate when selecting which snacks to buy."

TANGY CARROT RAISIN TOPPER

1 cup shredded carrots
1/3 cup raisins
3 tablespoons lowfat lemon or plain yogurt
1 teaspoon sugar

In medium bowl, combine all ingredients; mix well. Cover; refrigerate. Spread carrot mixture onto rice cakes. Makes 1 cup.

Nutrition information
Each serving:
2 Tablespoons
Calories 30
Calories from Fat 0
Total Fat 0g
Cholesterol 0mg
Sodium 10mg
Total Carbohydrates 8g
Dietary Fiber 1g
Protein 1g

DELI DELIGHTS

DELI DELIGHTS

When you're on the go and out of time, dash into the nearest deli or grocery store salad bar to put together these last-minute rice cake creations. Many delis feature salads made with lowfat or fat-free dressings as well as reduced-fat cheeses and meats. For the base of these easy concoctions, use Quaker plain or butter popped corn cakes.

RATATOUILLE CRUNCH

Top a rice cake with ratatouille. Sprinkle with shredded part-skim mozzarella cheese. Microwave on HIGH 20-30 seconds, or until cheese is just melted. Try with white cheddar popped corn cakes in addition to those flavors listed.

SAUCY SEAFOOD

Spread seafood cocktail sauce or chili sauce on a rice cake. Top with shredded cooked crabmeat or pieces of peeled and deveined shrimp. Sprinkle with finely chopped green onion and celery.

DELI SALADS

Top a rice cake with your favorite deli salad mixture, such as crabmeat, shrimp, tuna, egg or chicken. Garnish as desired.

ITALIAN AMORE SANDWICH

Place a slice of part-skim mozzarella cheese on a rice cake. Top with pieces of roasted pepper and chopped or fresh dried basil.

"How long does it take you to grocery shop? The average avid rice cake fan reads almost every label as she strolls from aisle to aisle."

COUNTRYSIDE CRUNCH

Spread a rice cake with prepared whole-berry cranberry sauce. Top with a slice of lowfat smoked turkey breast and shredded reduced-fat colby cheese.

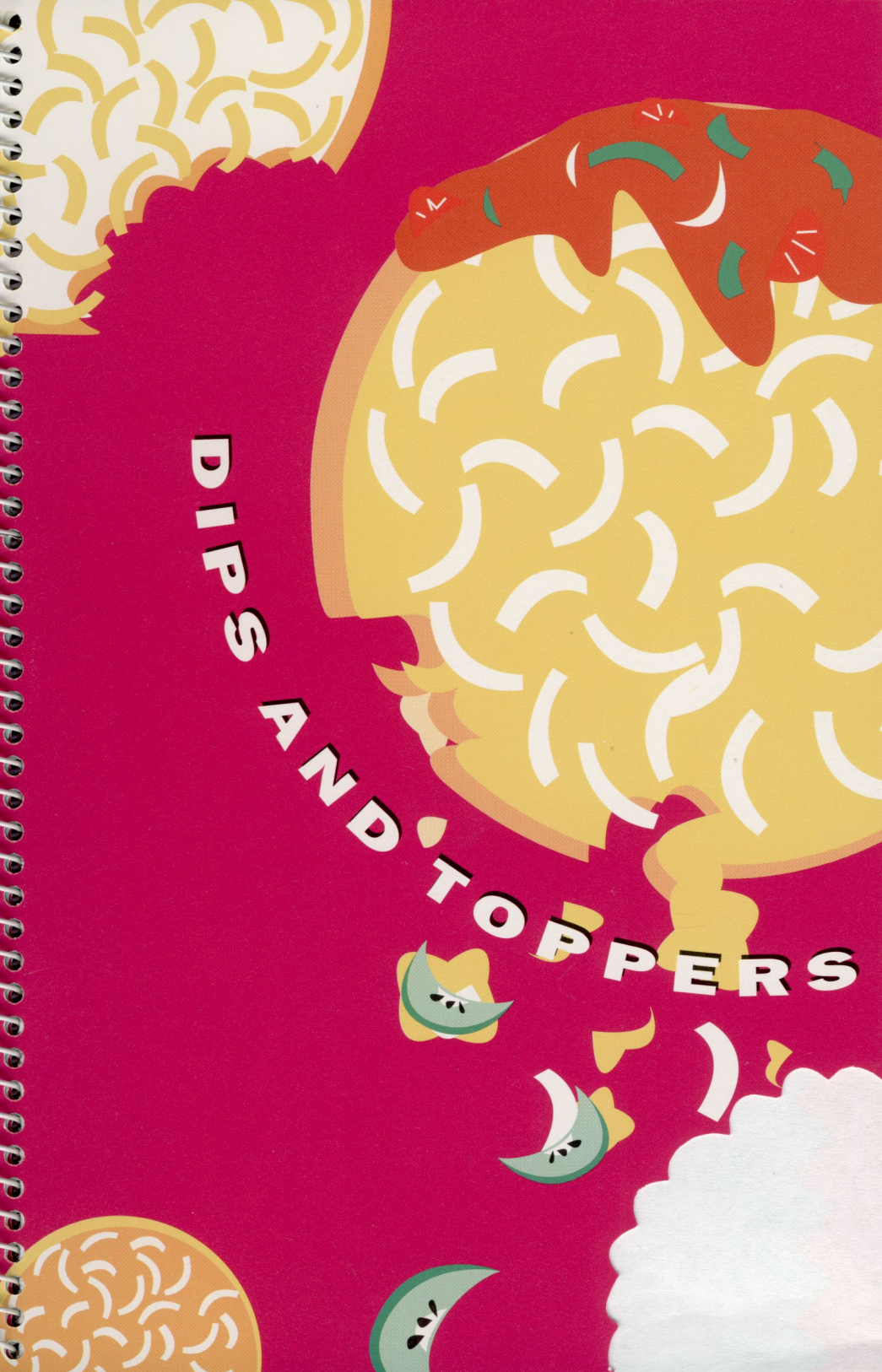
If you want to try making your own topper for rice cakes, this salad can be put together in a snap.

DILLED CUCUMBER SALMON SALAD

One 3-3/4-ounce can salmon, drained, flaked
2 tablespoons nonfat sour cream
1 tablespoon chopped, peeled cucumber
1/2 teaspoon lemon juice
1/8 teaspoon dried dill weed

In medium bowl, combine all ingredients; mix well. Spread salmon mixture onto rice cakes. Makes 1/2 cup.

Nutrition information
Each serving:
2 Tablespoons
Calories 35
Calories from Fat 9
Total Fat 1g
Cholesterol 10mg
Sodium 110mg
Total Carbohydrates 1g
Dietary Fiber 0g
Protein 5g


DIPS AND TOPPERS

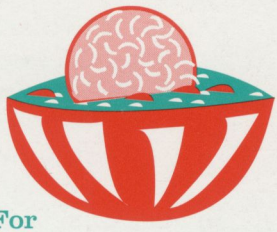
DIPS AND TOPPERS

DIPS - Add a little something special to your rice cake — go for a dip! A more satisfying version of America's standard chips and dip, either sweet or savory rice cakes taste great with a variety of dips. To serve, halve or quarter Quaker large rice cakes, or use Quaker mini rice cakes. Whatever you choose, dips make it easy to serve appetizers in no time.

TOPPERS - Need some zip in your soup or extra crunch in your salad? Top it with your favorite flavor of crumbled rice cakes to complement the taste. Here are some flavor combinations to try — or create your own flavor sensations.

DIPS

DELI DIPPERS



Slip any savory flavored rice cake into your favorite deli dip — like spinach, seafood or vegetarian-style refried beans. For sweet flavored rice cakes, pick up some nonfat yogurt and give them a dunk.

SOUTH OF THE BORDER DIP

1 cup nonfat sour cream
1/3 cup salsa
2 tablespoons chopped green peppers
1 tablespoon chopped cilantro or parsley (optional)

In a medium bowl, combine all ingredients; mix well. Cover; refrigerate until ready to serve. Makes 1-1/2 cups.

Nutrition information
Each serving:
1 Tablespoon
Calories 10
Calories from Fat 0
Total Fat 0g
Cholesterol 0mg
Sodium 25mg
Total Carbohydrates 1g
Dietary Fiber 0g
Protein 1g

APPLE CINNAMON DIP

One 8-ounce package neufchatel cheese (light cream cheese), softened
1/3 cup frozen apple juice concentrate, thawed
1/4 teaspoon ground cinnamon
1 tablespoon wheat germ (optional)

In a medium bowl, blend cream cheese and apple juice concentrate until smooth. Stir in cinnamon. Cover; refrigerate. Sprinkle with wheat germ before serving, if desired.
Makes 1-1/3 cups.

Nutrition information
Each serving:
1 Tablespoon
Calories 30
Calories from Fat 18
Total Fat 2g
Cholesterol 5mg
Sodium 60mg
Total Carbohydrates 3g
Dietary Fiber 0g
Protein 1g

"The tried-and-true Quaker rice cakes eater enjoys munching on snacks that fit her healthy and active lifestyle. In other words, tasty, fat-free snacks with a satisfying crunch."

TOPPERS

To crumble rice cakes, place in a small resealable plastic storage bag; close. Gently squeeze to break rice cakes into desired size pieces. The plastic bag then can be used to store remaining rice cake crumbs.

FRESH FRUIT SALADS

Top with crumbled caramel corn, apple cinnamon or honey nut rice cakes.

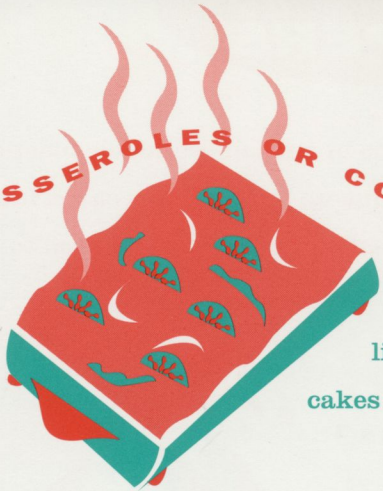
FROZEN LOWFAT YOGURT, ICE MILK OR LOWFAT YOGURT

Crumble caramel corn, apple cinnamon or honey nut rice cakes on top.

SOUPS, STEWS AND CHILI

Crumble your favorite savory flavored rice cake on top. For instance, top split pea soup with crumbled white cheddar corn cakes, put crumbled butter popped corn cakes on tomato soup or add crumbled nacho corn cakes to bean chili.

CASSEROLES OR COOKED VEGETABLES

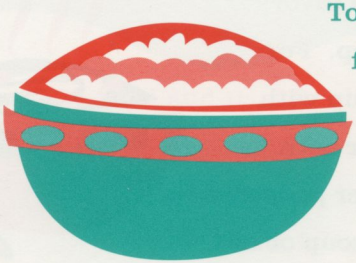


Add crunch to a casserole with crumbled rice cakes — like white cheddar popped corn cakes on top of tuna noodle casserole.

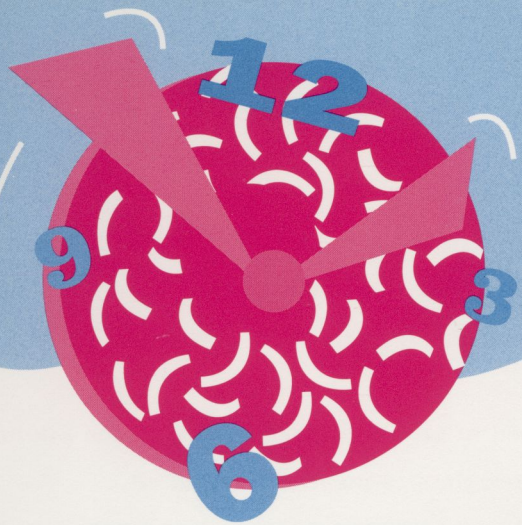
VEGETABLE SALADS

Substitute crumbled, fat-free rice cakes for high-fat croutons to give your salad extra crunch. Try crumbled white cheddar popped corn cakes on Caesar salad. Or, forget the fried taco shell and give taco salad a crunch with crumbled nacho corn cakes.

BAKED BEANS



Top with crumbled, savory flavored rice cakes like nacho or white cheddar popped corn cakes.



RICE CAKES ROUND THE CLOCK: THE SNACK TO HAVE ON HAND

Everyone gets that natural urge to munch sometime during the day. And, reaching for good-tasting, lowfat snacks fits with your lifestyle. One snack that gives you a tasty crunch is fat-free Quaker rice cakes.

Here are places to keep Quaker rice cakes handy to help tide you over:

- Stashed in your desk for a fast mid-morning or afternoon crunch.

- Stuffed in your health club bag for an after-workout treat.

- Tucked in the glove compartment for a treat on the tollway — or even for the kids when they get fussy in the car.

- Stored in an easy-to-reach spot in the kitchen for when the pre-meal munchies hit.

- Served as an alternative to high-fat crackers or chips with dips and spreads.

- Used as an open-faced sandwich instead of bread for extra crunch.

- Accompanying coffee, cappuccino or hot cocoa for an afternoon warm-up.

- Placed in your purse or briefcase for the commute home.

- Carried to the movies for a satisfying crunch in front of the silver screen.

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