



Summer Grilling Recipe Ideas



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Rice Salads





Vegan Tinga Rice Bowl



20 mins

Instructions

- 1 Cook rice according to package directions.
- 2 Meanwhile, in a blender, purée tomato sauce, peppers, onion, garlic, chili powder, cumin, and 1 tsp salt until smooth.
- 3 Heat oil in a large skillet set over medium-high heat. Cook hearts of palm, chickpeas, and remaining salt for 5 to 8 minutes or until they start to brown. Stir in blended tinga sauce; bring to boil. Cook for 10 to 15 minutes or until sauce is thickened and hearts of palm and chickpeas are well coated. Remove from heat; stir in lime juice.
- 4 Top salad greens with rice, tinga mixture, corn, chopped avocados, salsa, and cilantro.

Recipe Tip

Substitute canned unripe green or young jackfruit in brine, drained and rinsed, for hearts of palm if desired.

Top with shredded vegan cheese if desired.

Ingredients

- 1 1/2 cups Mahatma® White Rice
- 1 1/2 cups tomato sauce
- 2 chipotle peppers in adobo sauce, chopped
- 1 onion, coarsely chopped
- 3 cloves garlic
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1 1/2 tsp salt, divided
- 1/4 cup olive oil
- 2 cans (14 oz each) hearts of palm, drained, rinsed and shredded
- 2 cans (15 oz each) chickpeas, drained and rinsed
- 1 tbsp lime juice
- 8 cups mixed salad greens
- 1 1/2 cups frozen corn, cooked
- 2 ripe avocados, halved, pitted, peeled and chopped
- 1 1/2 cups salsa
- 1/4 cup torn cilantro leaves

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Vegetarian Beet “Poke” Bowl



8



25 mins

Instructions

- 1 Cook rice according to package directions.
- 2 Place cucumber in medium heatproof bowl. In small saucepan, combine 1 cup water, vinegar, sugar and salt; bring to boil, then pour over cucumber. Let cool.
- 3 Divide cooked rice among bowls. Top evenly with beets, edamame, carrots, avocados and pickled cucumber.
- 4 In small bowl, stir together mayonnaise and sriracha. Drizzle over poke bowls. Garnish with sesame seeds.

Recipe Tip

In no time, you can turn your fresh vegetables into a tangy, pickled treat. The brine should be a 2:1 ratio of vinegar to water with Kosher salt to taste. While you can choose your favorite light vinegar, keep in mind that white vinegar will definitely have a strong bite, while apple cider vinegar will be more mild. This recipe calls for cucumbers, but don't stop there! Radishes, onions, (boiled) beets, carrots are just a few other delicious options to pickle.

Ingredients

- 2 cups Mahatma® Jasmine Brown Rice
- 1 1/2 cups cucumber, sliced
- 1/2 cup rice vinegar
- 1 tbsp granulated sugar
- 1 1/2 tsp salt
- 2 cups cooked beets, diced
- 1 1/2 cups cooked edamame
- 1 cup carrots, cut into matchsticks
- 2 avocados, peeled, pitted and sliced thinly
- 1/2 cup mayonnaise
- 2 tbsp sriracha hot sauce
- 3 tbsp sesame seeds, toasted

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Chipotle Mushroom Burrito Bowl



6



40 mins

Instructions

- 1 Cook rice according to package directions.
- 2 Meanwhile, toss together red onion, vinegar, 1/2 tsp salt, and sugar; let stand for 15 to 20 minutes or until lightly pickled. Set aside.
- 3 Heat oil in large skillet set over medium-high heat. Cook mushrooms, remaining salt and pepper for 5 to 8 minutes or until starting to brown. Stir in onion, chipotle, garlic and cumin. Cook for 2 to 3 minutes or until slightly softened.
- 4 Stir in tomato sauce and broth; bring to boil. Reduce heat to medium-low. Cook for 8 to 10 minutes or until sauce is thickened slightly and mushrooms are tender.
- 5 Top rice with mushroom mixture, cabbage, sliced avocados and pickled red onions. Sprinkle with feta and cilantro. Serve with lime wedges.

Recipe Tip

Combine any leftover rice and mushroom mixture together and use as a filling for burritos.

The gills of portobello mushrooms are edible, but they do leach out a brown liquid that can look unappealing. Scrape them out with a spoon and discard.

Ingredients

- 1 1/2 cups Mahatma® White Rice
- 1 red onion, thinly sliced
- 1/3 cup cider vinegar
- 1 tsp salt, divided
- 1/4 tsp granulated sugar
- 2 tbsp vegetable oil
- 6 large portobello mushrooms, stems and gills removed, and thinly sliced
- 1/2 tsp pepper
- 1 onion, diced
- 2 chipotle peppers in adobo, finely chopped
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 1/2 cups tomato sauce
- 1/2 cup sodium-reduced vegetable broth
- 1 cup shredded purple cabbage
- 2 small avocados, halved, pitted, peeled and sliced
- 1/2 cup finely crumbled feta cheese
- 1/4 cup finely chopped fresh cilantro
- Lime wedges, for serving

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Cilantro Rice Taco Bowl



1-2



15 mins

Instructions

- 1 Heat rice according to package directions; set aside.
- 2 In a large skillet set over medium heat, add oil. Cook onion, stirring occasionally, for 3 to 5 minutes or until translucent. Add chicken, bell pepper, cumin, salt, pepper, chili powder and garlic powder. Cook, stirring occasionally, for 3 to 5 minutes or until chicken is heated through and bell pepper has started to soften.
- 3 Portion rice into bowl. Top with chicken mixture, shredded lettuce, beans, guacamole and Pico de Gallo. Drizzle with sriracha mayonnaise, sprinkle with queso fresco and garnish with cilantro leaves. Serve taco bowl with crunchy tortilla chips.

Recipe Tip

Substitute sriracha mayonnaise with chipotle mayonnaise if preferred.

For quick homemade sriracha mayonnaise, stir in 1/4 cup mayonnaise with 2 tbsp sriracha hot sauce.

Ingredients

- 1 (8.8 oz) bag Mahatma® Ready to Heat Cilantro Lime Rice
- 1/2 tbsp olive oil
- 1 small chicken breast, cooked and sliced
- 1/2 cup large onion, thinly sliced
- 1/4 cup red bell pepper, thinly sliced
- 1/8 tsp chili powder
- 1/2 tsp ground cumin
- 1/8 tsp garlic powder
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1/4 cup lettuce, shredded
- 2 tbsp pinto beans, drained and rinsed
- 2 tbsp guacamole
- 1/2 tbsp Pico de Gallo
- 1/2 tbsp sriracha mayonnaise
- 2 tbsp queso fresco cheese, crumbled
- 2 tbsp fresh cilantro leaves
- Crunchy tortilla chips, for serving

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“Nature’s Cereal” Rice Bowl



6



30 mins

Instructions

- 1 Cook rice according to package directions. Let cool completely and refrigerate overnight.
- 2 Toss together raspberries, blackberries, blueberries and pomegranate seeds. Stir in rice, coconut milk and ice.
- 3 Divide among 6 bowls.

Recipe Tip

Opt for a coconut liquid in place of water when you’re cooking the rice: use coconut water for sweeter rice, or use coconut milk for a sweeter — and creamier — rice base.

Make your rice with orange juice instead of water. This Caribbean-style rice is sweet and tangy — it enhances the flavors of a fruit bowl breakfast just as much as it complements a spicy dinner. For a notably citrus kick, simply use the same proportions and cook the rice a few extra minutes.

Ingredients

- 1 1/2 cups Mahatma® Brown Rice
- 2 cups raspberries
- 2 cups blackberries
- 2 cups blueberries
- 1 cup pomegranate seeds
- 3 cups coconut milk
- 1 cup ice, crushed

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Grilled Ingredients





Grilled Street Corn and Rice



15 mins

Instructions

- 1 Cook white rice according to package directions. Set aside.
- 2 Meanwhile, preheat grill to medium-high and grease grate well. Grill corn for 10 to 12 minutes or until well marked and tender. Cool slightly. Slice corn kernels off cob.
- 3 Whisk together sour cream, feta, lime zest, lime juice, oil, garlic, cumin, paprika, salt and pepper.
- 4 Toss together rice and corn with sour cream mixture. Stir in green onion, jalapeños and 2 tbsp cilantro.
- 5 Transfer to serving dish. Garnish with remaining cilantro and serve with lime wedges.

Recipe Tip

Serve Street Corn and Rice with grilled shrimp, chicken, steak or pork.

Grilled corn also makes a delicious filling for burritos or as a tasty base for rice salad bowls.

Serve warm or cold.

Ingredients

- 1 cup Mahatma® White Rice
- 2 ears corn, husks and silks removed
- ⅓ cup feta, crumbled
- ⅓ cup sour cream
- 1 tsp lime zest
- 3 tbsp lime juice
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp paprika
- ½ tsp pepper
- ½ tsp salt
- 4 green onion, chopped
- 2 jalapeños, seeded and diced
- ¼ cup fresh cilantro, finely chopped and divided
- Lime wedges, for serving

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Shrimp & Rice Bowls



20 mins

Instructions

- 1 Prepare rice according to package directions.
- 2 Thread shrimp on skewers. Brush shrimp with reserved oil from tomatoes.
- 3 Cook skewered shrimp over hot coals 4 minutes. Turn and brush with additional oil.
- 4 Grill 4 to 5 minutes or until done. In large bowl, combine rice, corn, tomatoes, cheese, basil and salt.

Recipe Tip

Once your shrimp is ready to go, the rest is easy as a rice bowl should be. Add in the drained corn and chopped sun-dried tomatoes—preferably ones that have been marinated in oil—along with cheese, and fresh slivered basil leaves.

Ingredients

- 1 pouch Mahatma® Ready to Heat Jasmine Rice
- 1 lb medium shrimp, peeled and deveined
- 1 (11 oz) can corn, drained
- 1/4 cup drained and chopped sun-dried tomatoes in oil, reserving oil
- 1 cup shredded Italian cheese blend
- 1/4 cup plus 1 tablespoon slivered fresh basil leaves
- 1/2 teaspoon salt

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Grilled Summer Vegetable Rice Salad



Instructions

- 1 Cook rice according to package directions.
- 2 Meanwhile, preheat grill to medium-high heat; grease grates well. Grill corn for 10 to 15 minutes or until lightly charred all over. Grill asparagus, zucchini and red onion for 2 to 3 minutes per side or until well-marked and tender.
- 3 Slice corn from cobs; chop remaining vegetables into bite-sized pieces. Whisk together olive oil, balsamic vinegar, garlic, salt and pepper; toss with grilled veggies until lightly coated.
- 4 Top rice with veggies. Garnish with basil and cheese.

Recipe Tip

This versatile salad can be served as a side dish with grilled chicken, seafood, steak or pork. For a vegetarian option, serve with chickpeas or lentils for added protein.

Ingredients

- 2 cups Mahatma® Basmati Rice
- 2 cobs corn, husks and silk removed
- 1/2 lb asparagus, trimmed
- 2 zucchini, cut lengthwise into 1/2-inch thick slices
- 1 red onion, sliced into 1/2-inch thick rounds
- 1/4 cup olive oil
- 2 tbsp balsamic vinegar
- 1 clove garlic, minced
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup finely chopped fresh basil
- 1/2 cup crumbled cotija cheese, crumbled

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Grilled Chicken Souvlaki Rice Bowl



6



20 mins

Instructions

- 1 In resealable freezer bag, combine chicken, olive oil, dill, lemon zest, garlic, chili flakes, salt and pepper; mix well. Seal and refrigerate for at least 30 minutes or up to 4 hours.
- 2 Prepare rice according to package directions. Set aside.
- 3 Preheat grill to medium-high. Remove chicken from marinade; grill for 5 to 7 minutes per side or until chicken is cooked through and instant-read thermometer inserted in center reads 165°F.
- 4 Serve chicken over bed of rice; top with cucumber, tomatoes, cheese and olives. Drizzle with tzatziki and sprinkle with parsley.

Recipe Tip

Substitute chicken breasts for thighs if desired.

Ingredients

- 3 cups Mahatma® Basmati Rice
- 3 lb boneless skinless chicken thighs
- 1/3 cup olive oil
- 3 tbsp fresh dill, chopped
- 1 tbsp lemon zest
- 1 tbsp garlic, minced
- 1 tsp chili flakes
- 1 tsp salt
- 1/2 tsp black pepper
- 2 cups cucumber, chopped
- 2 cups cherry tomatoes, halved
- 2/3 cup feta cheese, crumbled
- 1/3 cup pitted kalamata olives
- 3/4 cup tzatziki sauce
- 3 tbsp fresh parsley, chopped

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Mojo Chicken and Yellow Rice Bowl



8



40 mins

Instructions

- 1 Whisk together oil, orange juice, lime juice, brown sugar, half of the garlic, cumin, chili powder, oregano, 1 tsp salt, and 1/2 tsp pepper. Toss mojo marinade with chicken. Cover and refrigerate for at least 1 hour or up to 8 hours.
- 2 Preheat grill to medium-high heat; grease grates well. Grill chicken for 6 to 8 minutes per side or until grill-marked, cooked through and the thermometer inserted in the thickest portion of thigh registers 165°F. Let stand for 5 minutes before slicing.
- 3 Meanwhile, toss red onion slices with cider vinegar, sugar, and 1/4 tsp salt. Let stand for 15 to 20 minutes or until lightly pickled.
- 4 Melt butter in a large saucepan set over medium heat. Cook remaining garlic and turmeric for 3 to 5 minutes or until softened. Stir in rice, and remaining salt and pepper. Cook for 1 to 2 minutes or until well coated. Stir in chicken broth and bay leaves; bring to boil. Reduce heat to low. Cover and cook for 15 to 20 minutes or until most of the liquid is absorbed. Cover and let stand for 5 minutes before fluffing with fork. Remove bay leaves.
- 5 Top rice with chicken, avocado slices, pickled red onions, and a sprinkle of cilantro. Serve with lime wedges.

Recipe Tip

Substitute chicken breasts for thighs if desired.

Ingredients

- 2 cups Mahatma® Jasmine Rice
- 1/4 cup olive oil
- 1/3 cup orange juice
- 1/4 cup lime juice
- 1 tbsp brown sugar
- 6 cloves garlic, minced, divided
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 tsp dried oregano
- 1 3/4 tsp salt, divided
- 3/4 tsp pepper, divided
- 2 lb boneless skinless chicken thighs
- 1 red onion, thinly sliced
- 1/3 cup cider vinegar
- 1/2 tsp sugar
- 2 tbsp butter
- 1 tbsp ground turmeric
- 4 cups sodium-reduced chicken broth
- 2 bay leaves
- 2 avocados, halved, pitted, peeled and sliced
- 1/4 cup finely chopped fresh cilantro
- Lime wedges, for serving

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