

# Tasty Herb and Spice Brown Rice Balls

*Cancer Prevention Month is coming to an end, but good health can last all year with the healthy habits you've started now. These tasty, whole-grain balls can be batch-cooked and stored in the freezer for a fast anytime meal. Brown rice, garlic, and a variety of herbs and spices pack potent plant compounds studied for their role in cancer prevention, and these savory treats provide some fiber. Whip these up for a quick dinner or serve alongside fruit for a non-traditional breakfast*

Makes 8 servings. Yield: about 24 balls

Prep Time: 20 minutes

Cook time: 60 minutes

Per serving: 240 calories, 5 g total fat (1.5 g. saturated fat), 41 g carbohydrate, 7 g protein, 2 g fiber, 150 mg sodium..

## INGREDIENTS

2 cups Jasmine brown rice  
3 garlic cloves, roasted and minced\*  
1 Tbsp. + 1/2 tsp. extra virgin olive oil, divided  
1 egg  
1/2 cup Parmesan cheese  
2 Tbsp. fresh parsley, minced

1 dash salt  
1 dash pepper  
1/4 tsp. onion powder  
1/2 tsp. cumin  
1/2 cup regular or gluten-free bread crumbs  
1/4 tsp. smoked paprika

## DIRECTIONS

1. Cook rice per package instructions.
2. To roast garlic, place unpeeled heads of garlic in a tin foil bundle, drizzle with 1/2 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.

\* Tip: you can roast the garlic earlier in the week when you are already using the oven.

## ABOUT THE AUTHOR

Melissa Halas-Liang is a registered dietitian nutritionist and certified diabetes educator with a masters in nutrition education. She is founder of SuperKids Nutrition Inc ([www.superkidsnutrition.com/healthykids](http://www.superkidsnutrition.com/healthykids)), which partners with AICR on the Healthy Kids Today, Prevent Cancer Tomorrow Campaign.

