



Healthy Recipes for Healthy Living

Dr. Reina Persaud, ND

Italian Rice Balls



2 cups Brown/Wild Rice, cooked in 4 cups of water
2 eggs
8 oz. Ricotta (or soy)
8 oz. Shredded Mozzarella (or soy)
4 oz. Tofu ground round

2 heaping tablespoons Parmesan cheese (or soy)
Salt & Pepper
1/2 cup Seasoned Bread (wheat/gluten free)
Crumbs (bread crumbs for coating rice balls)
Olive oil

To the cooked rice add all of the ingredients except the last two. Mixture should be slightly wet. If it won't form into balls, add more bread crumbs. If too dry, add another egg. Form into the size of meatballs. Roll in additional bread crumbs.

Gently place into skillet with enough oil to come up 3/4ths of the way of the rice ball. Cook until well browned on all sides. Makes about 30 rice balls. Optional: Chopped meat and/or peas can be added to the mixture.