



CRAWFISH CASSEROLE

- 1 stick butter
- 3 onions, chopped
- 1 cup bell pepper, chopped
- 1 cup celery, chopped
- 1 can cream of mushroom soup
- 1 can cheddar cheese soup
- 1 pound crawfish tail meat (or shrimp)
- 1 4-ounce jar pimento
- 2 cups Cajun Country Brown Rice, cooked
- Green onions

Preheat oven to 350 degrees. Sauté vegetables in butter until clear. Add crawfish and cook until crawfish are almost done. Add remaining ingredients, mix well and top with breadcrumbs. Bake for 40 minutes and serve.

—Jennifer Trahan

Yield: 6-10 servings

Bananas Foster Cheesecake Towers won the Bronze Medal in the Dessert Category Acadiana Culinary Classic. The dish was prepared by Island View Casino Resort of Gulfport, Mississippi.



Photo by Robby Bishop

Louisiana Rice is Twice as Nice

In south Louisiana, rice is a staple of the holiday table. Since 1942, the name Falcon has been synonymous with the rice industry in south Louisiana, where Evelyn and Edward Falcon first purchased rough rice from area farmers in the fall to be cleaned, treated and resold for seed just in time for spring planting. In 1950, a milling operation was installed, and soon thereafter Falcon Rice Mill began selling rice under the names “Ed’s,” “Randy’s,” and, eventually, “Falcon” rice. Other brands followed, including the popular Cajun Country brand.

The Falcon family of Crowley is

proud to continue milling Cajun Country Rice, with every grain in every bag grown right here in Louisiana. Falcon Rice Mill proudly maintains their status as the only rice mill owned and operated by the original family that started it decades ago, and one of the only mills that continues to support local agriculture by keeping Louisiana rice farmers at the heart of their operation. With distribution nationwide, the Falcon family promises to stay true to their strong Louisiana heritage for generations to come, producing medium and long grain, brown, jasmine and popcorn rice. ■

BROWN RICE VEGGIE MEDLEY

- 2 cups Cajun Country Brown Rice (or any other Cajun Country Rice variety), cooked
- 3 slices center-cut bacon or turkey bacon, cooked and crumbled
- 2 large yellow squash, cut into long, thin chunks
- 1 tomato, seeded and cut into long, thin chunks
- 3 cups raw spinach leaves
- 1/2 cup 2% shredded cheddar cheese
- 4 wedges Laughing Cow Light cheese
- 2 tablespoons light sour cream
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



Grease skillet with non-stick spray and bring to medium heat. Add squash, cover and cook for 5 minutes, stirring occasionally. Add tomato and spinach leaves, cover and continue cooking for 10 minutes, stirring occasionally. Add cheeses and sour cream. Mix and continue cooking until cheeses have melted. Add rice, season with salt and pepper and mix well. Top with bacon crumbles and serve.

Yield: 4-6 servings