



Finger Food Rice Patty
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This rice patty recipe uses leftover rice mixed with onion, cheese, egg, and seasonings, pan-fried until crunchy for a savory vegetarian side dish.

Servings: 4

PREP TIME	COOKING TIME	TOTAL TIME
10 MIN	10 MIN	20 MIN

Ingredients

- 1 cup cooked rice
- 1/2 small onion, chopped
- 1/4 cup shredded Cheddar cheese
- 1 large egg, beaten
- 1 teaspoon minced garlic
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon fresh parsley, chopped
- 1/8 teaspoon onion powder
- 1 tablespoon canola oil

Nutrition

Calories 133, Total Fat 7g, Saturated Fat 2g, Trans Fat 0g, Polyunsaturated Fat 1g, Monounsaturated Fat 3g, Cholesterol 53mg, Sodium 196mg, Total Carbohydrates 12g, Dietary Fiber 0g, Sugar 0g, Protein 4g, Vitamin A 168IU, Vitamin C 1mg, Calcium 65mg, Iron 0mg, Phosphorous 78mg, Potassium 54mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Prep onion and parsley as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
3. Mix together cooked rice, onion, Cheddar cheese, egg, garlic, salt, red pepper flakes, black pepper, parsley, and onion powder by hand in a large bowl until well combined. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes.
CCP: Refrigerate at 40° F (4°C) or below.
4. Form rice patties by using a #12 scoop of rice mixture for each patty and flattening with a spatula.
5. Heat oil in a large skillet over medium-high heat. Fry patties in hot oil until lightly browned and to the stated CCP temperature, about 5 minutes per side.
CCP: Cook to a minimum internal temperature of 135°F (57°C).
6. Hold for service.
CCP: Hold at an internal temperature of 135°F (57°C) and above.

Serving instructions

Serve 1 patty using a spatula for approved diet types and textures.

****DIET TYPES****

- Diabetic (CCHO): YES
- Heart Healthy/Cardiac: YES
- Low Sodium: YES
- Vegetarian: YES
- Gluten Free: YES

****TEXTURES & CONSISTENCIES****

FF: YES

Allergens

egg, milk, lactose

Equipment

spatula, mixing bowl, plastic wrap, skillet, griddle, #12 scoop

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 10.12.24.

Tags

#12 scoop, griddle, skillet, plastic wrap, mixing bowl, heart healthy/cardiac, low sodium, diabetic, gluten free, allrecipes, spatula, side dish, dinner, lunch, rice, regular, finger food, vegetarian