Crispy Rice Cakes with Greens and Mushroom Relish

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These crispy rice cakes transform leftover rice into a delicious golden brown based topped with a savory mushroom and herb 'relish'. This is a great seasonal, budget friendly side dish. Pair with your favorite protein for a full meal or eat as a side or snack.

Nutritional Info

Per serving- 2 rice cakes

Calories: 220
Carbs: 28g
Fiber: 3g
Protein: 6g
Fat: 10g
Sugars: 2g
Sodium: 180mg

Ingredients

Rice Cakes
- 2 cups of already cooked rice (cold or leftover rice works best)
- 1 cup of finely chopped spinach or kale
- 1 tbsp of olive oil or avocado oil
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste

Mushroom Relish
- 1 cup black pearl oyster mushrooms, finely chopped
- 1 tbsp olive oil
- 1 tbsp fresh cilantro OR dill, chopped
- 1 tbsp lemon juice or vinegar.
- pinch of salt

Instructions

1. In a bowl, mix rice, chopped greens, garlic and onion powder, salt and pepper.
2. Form into 6 small to medium sized patties
3. Heat oil in a skillet over medium heat
4. Cook patties 4-5 minutes on each side or until golden and crispy (NOT burned)
5. In a seperate pan sautee mushrooms in olive for 3-4 minutes until tender
6. Stir in herbs at the very end and add lemon juice to finish the 'relish'
7. Serve Rice cakes warm and top with mushrooms and garnish with a few chopped herbs.
8. Great as a side or pair with your favorite lean protein for a balanced meal.

Additional Info

- Leftover grains can be very useful and budget friendly to use in new dishes!
- Cooking rice, cooling it (overnight) and the reheating can help support a better blood sugar response. The starches start to break down in the cooling process making it lower glycemic (same for mashed potatoes)
- Mushrooms add a savory or 'umami' favor without meat but still leaving a satisfying flavor.

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