

MEXICAN RICE



Preheat oven to 350 degrees F. Heat oil or lard in a large skillet. Sauté onion and rice until lightly browned, about 10 minutes, stirring constantly.

In a large saucepan, combine the chicken broth, tomato juice, tomatoes, cilantro, garlic, salt, and pepper. Season to taste with cumin. Bring to a boil. Combine the broth mixture with the rice and transfer to a casserole dish. Cover and bake 25 to 30 minutes, until rice is fluffy.

Makes 6 to 8 servings

1/4 cup olive oil or melted lard
1 onion, chopped
2 cups long grain rice
2 cups chicken broth
1 cup tomato juice
1 cup tomatoes, diced
1 tablespoon cilantro, chopped
1 teaspoon garlic, minced
1 teaspoon salt
Pinch of ground white pepper
Ground cumin

K-TOWN CORN CASSEROLE

The Hopi town of Kykotsmovi, near Third Mesa, is known locally as K-Town. On the way to K-Town, you may see fields of corn growing in bushy hills. To most southwestern cultures, corn is a life-sustaining food with a spiritual element. For the Hopi, the growing season of corn is linked to the human cycles of life. Hopi villages celebrate the corn harvest every September. Serve this delicious dish at your next celebration.



Preheat oven to 350 degrees F. Melt the margarine over low heat. Add cream cheese and stir until melted. Add corn, onion, chiles, and salsa to cream cheese mixture. Season to taste with salt. Bake 35 minutes, uncovered, in a 2-quart casserole coated with nonstick cooking spray.

Makes 8 servings

1/4 pound (1 stick) margarine
1 (8-ounce) package cream cheese
1 (12-ounce package) frozen white corn, thawed
1/4 cup onion, chopped
1 (4-ounce) can diced green chiles
2 tablespoons hot salsa
Salt