Michele Sodon

BROWN RICE & GOAT CHEESE CAKES

NUTRITION PER SERVING:

CALORIES	154
PROTEIN	7 G
CARBOHYDRATE	28 G
TOTAL FAT	14 G

PREP TIME:	40 MINUTES
COOK TIME:	20 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1 CAKE

INGREDIENTS:

¾ C	MEDIUM-GRAIN BROWN RICE
1 ½ C	WATER
4 TSP	EXTRA-VIRGIN OLIVE OIL, DIVIDED
6 MED	SHALLOTS, CHOPPED
2 MED	CARROTS, SHREDDED USING THE LARGE HOLES OF A BOX GRATER
½ C	TOASTED PECANS, (SEE TIP)
3 OZ	GOAT CHEESE
1 LARGE	EGG WHITE
½ TSP	DRIED THYME
½ TSP	SALT
½ TSP	FRESHLY GROUND PEPPER

01 Bring rice and water to a boil in a medium saucepan. Reduce heat to low, cover, and simmer at the lowest bubble until the water is absorbed and the rice is tender, 30 to 50 minutes (see Test Kitchen Note). Remove from the heat and let stand, covered, for 10minutes.

02 Meanwhile, heat 2 teaspoons oil in a large skillet over medium heat. Add shallots; cook, stirring often, until soft, 2 to 3 minutes. Add carrots, reduce the heat to low and cook, stirring often, until softened and the shallots are lightly browned, about 4 minutes. Remove from the heat.

03 Preheat oven to 400°F

04 Transfer the cooked vegetables and rice to a large food processor. Add pecans, goat cheese, egg white, thyme, salt and pepper. Pulse until well blended but still a little coarse. Scrape into a large bowl. With wet hands, form the mixture into six 3-inch patties (about 1/2 cup each).

05 Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium heat. Add the patties and cook until well browned, 3 to 4 minutes per side. Transfer to a baking sheet and bake until an instant-read thermometer inserted into the middle registers at least 160°F, 10 to 15 minutes.

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