



**Rice Recipes: Full of recipes helpful for controlling calorie intake and best suited for a gorgeous party!
(Akiko's Healthy Recipes Book 4)**

Akiko Sugahara, Masako Sugahara

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Rice can either be a low-calorie food or a high-calorie food. It all depends on the preparation. So, believe it or not, rice can be used as an effective part of a weight-loss plan. Make rice with extra water, and you get *kayu*, a type of rice gruel. Steaming rice with beans gives you *okowa*. Make Chinese *chimaki* by adding some meat and vegetables. Or, you can fry rice to make *paella* with vegetables, meat, and seafood. Rice isn't just a Japanese or Asian staple. You can mix and match with all kinds of international dishes.

In this book, I share a wide variety of rice recipes together with nutritional information. You'll also find some general articles on rice and its relationship to dieting and health.

I hope you find *Rice Recipes* a valuable tool in your healthy lifestyle toolbox.

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