

AppleCheeseRiceBowl.txt

I created this combination in the early 80's by using leftovers one day when I wanted something for lunch that wasn't a sandwich. I still eat this periodically for lunch or dinner.

Marie Rice

[www.PartOfTheWhole.com](http://www.PartOfTheWhole.com)

Apple-Cheese-Rice Bowl

Cooked Rice

Butter

Cheese, cubed finely

Apple, chopped small

Add rice to fill the bowl about half way. If the rice was just cooked, add butter to taste. (I like lots of butter in mine.) If rice was cooked previously and is not currently hot, microwave bowl with butter added to rice.

Add cheese cubes. Stir in to the hot rice. These small cubes will start melting but won't fully melt (like cheese shreds would do), and that gives the dish a better texture. Use your favorite flavor cheese or a combination of cheeses. My favorite for this recipe is medium or sharp cheddar cheese.

Add chopped apple pieces and stir into the mixture. Use your favorite apple variety or a combination of apple varieties. My favorite currently is Granny Smith.

Any type of meat can also be added to the bowl for additional protein. As a teenage, I used to cut sandwich meat into slices and then cut the slices into smaller pieces and sprinkle over top the rest of the combination. At other times, I've shredded or diced leftover chicken or turkey or beef.

Instead of using a bowl, you can combine the ingredients on a plate. When I first started eating this combination, I was just using a paper plate. It was later that I began to like bowls better for this dish. (Probably because there was no leaking of butter like through the plates. ~!o!~)