



Brown Rice and Swiss Chard Souffle

This light and fluffy savory dish is great to serve for guests. Made with [Pamela's All-Purpose Flour Artisan Blend](#).

Ingredients

FOR THE WHITE SAUCE

- 2 tablespoons butter
- 3 tablespoons Pamela's All-Purpose Flour Artisan Blend, Pamela's Baking & Pancake Mix, or Pamela's Bread Mix
- 3/4 cup milk

FOR THE SOUFFLE

- 5 eggs, large
- 2 cups grated extra sharp cheddar cheese
- 1 cup cooked brown rice
- 1 cup Swiss chard, lightly steamed and chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Pinch red pepper flakes

Dairy-Free Substitutions – this soufflé works best with dairy, but if you must avoid dairy, the following substitutions will work:

- Earth Balance in place of butter
- Unsweetened almond, soy or rice milk in place of milk
- Daiya dairy-free cheddar style shreds in place of cheddar cheese

Directions

Preheat oven to 350° with rack in center. Butter or spray a soufflé dish. Separate egg whites from yolks, putting 5 egg whites into the bowl of a stand mixer with whisk attachment, and 4 egg yolks into a separate bowl. Fifth egg yolk may be discarded or saved for different use.

To make white sauce: In medium saucepan on medium-low heat, melt butter, then add flour and whisk until smooth.



Slowly add the milk, whisking constantly to prevent lumps.



Cook until thickened, then turn heat to low.

To make the soufflé: Whisk egg yolks one at a time into the white sauce. Stir in the cheese until completely melted, then add rice and chard. Remove from heat. Add salt, pepper and red pepper flakes to season and mix well.

Using the stand mixer, whip egg whites to stiff, but not dry, peaks. Using rubber spatula, gently

fold one spatula-full of soufflé mixture into whipped egg whites until combined completely. Lightly fold the remainder of soufflé mixture into the whipped whites. Pour into soufflé dish, gently leveling the top.



Carefully place in oven and close the oven door softly to avoid shaking soufflé. Bake in center of the oven for 50 to 55 minutes, or until toothpick inserted near center comes out clean. Serve immediately.

NOTE

This soufflé works best with dairy products, but if you must avoid dairy, the following substitutions will work:

Replace butter with Earth Balance; milk with unsweetened almond, soy or rice milk; cheddar cheese with Daiya dairy-free cheddar-style shreds.

VARIATION

Lightly steamed and chopped asparagus, spinach or broccoli can be used instead of Swiss chard. The soufflé can also be made with no vegetables but baking time would be reduced to about 40 minutes.

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