Louisiana Harvest of the Month

Air Fried Calas

Home Recipe

Serves: 6
Prep Time: 10 minutes
Cook Time: 12 Minutes

Ingredients

- 2 cups of cooked rice, chilled
- 6 Tbsp of flour
- 3 Tbsp of sugar
- 2 tsp of baking powder
- ¼ tsp of salt
- 1/8 tsp of nutmeg
- 2 eggs, beaten
- ¼ tsp of vanilla
- Nonstick spray
- Confectioners' sugar, for dusting

Cooking Instructions

1) In a large bowl break up the 2 cups of cold rice so that no lumps remain. Stir in the dry ingredients and mix until the rice is well coated.
2) Fold in the beaten eggs and vanilla and mix until a thick batter is formed.
3) Line the air fryer with parchment paper and spray a thin layer of nonstick spray. Using two tablespoons form egg shaped balls with the batter and place them in the air fryer 1 inch apart. (Use one spoon to push the mixture off the other onto the parchment paper)
4) Spray the tops of your Calas with nonstick spray and cook for 12 minutes at 375 F or until golden brown, flipping halfway through.
5) Sprinkle with confectioner's sugar and serve hot.

Nutrients Per Serving

Calories	70
Total Fat	0.5 g
Saturated Fat	0 g
Cholesterol	30 mg
Sodium	60 mg
Carbohydrates	14 g
Dietary Fiber	0 g
Total Sugars	2 g
Protein	2 g
Calcium	103 mg
Iron	1 mg
Potassium	9 mg

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