



Rice, Brown, Long Grain, Parboiled

MyPlate Food Group: Grains

Nutrition Information

- Grains are divided into 2 subgroups: Whole grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins. B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, oatmeal, whole cornmeal, and brown rice.

Uses & Tips

- Create a whole grain pilaf by mixing barley, wildrice, brown rice, broth, and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
- Experiment with whole grains. Try using brown rice when stuffing baked green peppers or tomatoes.
- Switch to brown rice instead of white rice as a sidedish, or try a mixture of both!

MyPlate Facts

- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods may help reduce blood cholesterol levels and may lower the risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity.

Storing Foods at Home

- Store unopened packages of rice in a cool, clean, dry place.
- After opening rice, keep package tightly closed.
- Once prepared, store any leftover rice in the refrigerator in a sealed container not made from metal.



GOLDEN
HARVEST FOOD
BANK



Asian Fried Rice

Makes 4 servings

Ingredients:

- 4 cups brown rice, cooked
- 2 tablespoons vegetable oil
- 2 eggs, lightly beaten
- 1 cup peas and carrots, frozen
- 2 tablespoons soy sauce, low or reduced sodium
- 2 green onions, chopped

Directions: Wash hands with soap and water.

1. Cook brown rice according to package directions.
2. Heat a large, non-stick skillet over medium heat. Add oil to skillet; add eggs and cook until done, stirring often. Add peas and carrots, cooked rice, and soy sauce.
3. Continue cooking until heated through (about 2 minutes). Sprinkle green onions on top and serve.

Rice Pilaf

Makes 8 servings

Ingredients:

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 1 cup brown rice
- 1½ cups low-sodium chicken broth
- 1 cup water
- 1 tablespoon dried parsley
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper
- ¼ cup toasted nuts (optional)
- ¼ cup chopped dried fruit (optional)

Directions: Wash hands with soap and water.

1. In a skillet, heat oil over medium heat.
2. Add onion, and cook for 3 minutes.
3. Add rice and mix to coat rice with oil
4. Add chicken broth, water, parsley, garlic powder, and pepper.
5. Bring to a boil, turn heat to low, cover pan and let cook for 30-45 minutes or until liquid is gone. If using instant brown rice follow cooking time on package.
6. Add optional ingredients, if using.
7. Once liquid is gone, stir rice and serve hot..