



Rice, Long Grain

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, wild rice, brown rice, broth, and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
- Use long-grain rice when stuffing baked green peppers or tomatoes.

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



Enchilada Rice

Makes 6 servings

Ingredients:

- 2 cups rice, cooked
- 1 can (24 ounces) beef
- ½ cup onion, diced
- 1 packet taco seasoning mix
- ¼ cup instant nonfat dry milk powder
- 1 cup water
- ½ cup low-fat cheddar cheese, shredded

Directions: Wash hands with soap and water.

1. Cook rice according to package directions or use leftovers.
2. In a large skillet, cook meat on medium heat until browned, then add onions.
3. Drain fat and discard.
4. Add taco seasoning, instant nonfat dry milk powder, water, and rice.
5. Simmer for 10 minutes.
6. Add shredded cheese on top and serve.

Rice Pudding

Makes 5 servings

Ingredients:

- 1½ cups low-fat milk
 - ¼ cup brown sugar
 - 1 egg, beaten
 - 1½ cups rice, cooked
 - ½ teaspoon cinnamon
 - 1 teaspoon vanilla
 - ¼ teaspoon nutmeg (optional)
 - 1 banana, mashed
- (optional)*Variations: add a grated apple or ½ cup of any dried fruit.

Directions: Wash hands with soap and water.

1. In a medium saucepan, combine milk, brown sugar, and egg. Stir until sugar is dissolved.
2. Add rice, cinnamon, and nutmeg (optional).
3. Bring to a slow boil over medium heat, stirring continuously to avoid scalding the milk.
4. Reduce heat to low. Continue cooking and stirring continuously for 10 minutes or until mixture is thick.
5. Remove from heat. Stir in vanilla and mashed banana (optional).
6. Cover and let stand for a few minutes.
7. Serve warm or cold.