

Convenient

Your choices of cooking rice are many.

On the Stove

To 1 cup rice	Liquid	Salt (optional)	Cooking time	Yield
Regular milled	2 cups	1 tsp	15 minutes	3 cups
Parboiled	2 1/2 cups	1 tsp	20-25 minutes	3 1/2 cups
Brown	2 1/2 cups	1 tsp	45 minutes	3 1/2 cups
Precooked	1 cup	1/4 tsp	5 minutes (standing)	2 – 3 cups

Cover with tight fitting lid. Bring to boil, stir once or twice. Lower heat to simmer. Cover pan and cook without raising lid or stirring for time identified.

Do not wash rice before or after cooking – many vitamins and minerals can be washed away.

In the Microwave

Combine above ingredients in a deep microwave-proof baking dish. Cover and cook on HIGH 5 minutes or until boiling. Reduce to MEDIUM and cook 15 more minutes. (30 minutes for brown rice.) Fluff with a fork.

In the Conventional Oven

Use boiling liquid. Combine above ingredients in an oven-safe dish or pan. Cover tightly and bake at 350° F. for 25-30 minutes for regular rice; 1 hour for brown rice. Fluff with a fork.



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These recipes and more are available at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>
& <https://spendsmart.extension.iastate.edu/recipes/>

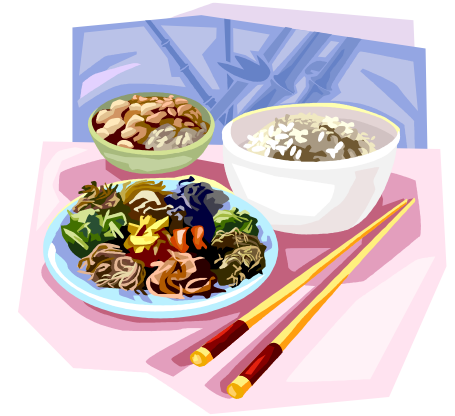
Rice is...

Nutritious

Inexpensive

Convenient

Enjoyable



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UNIVERSITY OF WISCONSIN-MADISON

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Nutritious

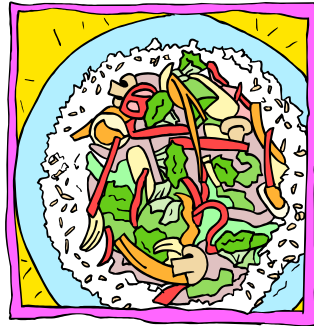
Rice is fat, cholesterol and sodium free.

Rice has a neutral flavor and is non-allergenic.

Rice is a source of complex carbohydrates.

Brown Rice

Rice kernels include the bran layer; rich in minerals and vitamins, especially the B-complex group.



Regular White Rice

Rice that has the hull and bran layers removed. Most white rice is enriched, giving it nutritional value similar to brown rice.

- Long Grain – cooked grains are separate, light and fluffy.
- Short Grain – kernel is almost round. Cooked grains cling together.
- Medium Grain – cooked grains are moist, tender and slightly clingy.

Precooked Rice

Rice that has been completely cooked and dehydrated. This process speeds cooking time.

Parboiled Rice

A steam pressure process done to rice before hulling and milling to preserve the nutritive value. Grains are extra fluffy and separate.

Tips for Storing Rice

Shelf – Store uncooked in tightly sealed container up to 2 years.

Refrigerator – Refrigerate uncooked rice for longer shelf life. (Cooked rice may be refrigerated up to 7 days.)

Freezer – Cooked rice may be kept frozen up to 6 months.

Broccoli Rice Casserole (12 servings)

*Per serving: 237 calories,
10 grams of fat*

- 1½ cups rice
- 3½ cups water
- 1 onion (medium, chopped)
- 1 can cream of mushroom, or chicken, or celery, or cheese soup (10.75oz, condensed, reduced sodium)
- 1½ cups milk (1%)
- 7½ cups broccoli or cauliflower or mixed vegetables (frozen, chopped)
- ½ pound cheese (grated or sliced)



1. Preheat oven to 350° and grease a 12x9x2 inch baking pan.
2. In a saucepan, mix rice, salt, and 3 cups of water and bring to a boil.
3. Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for additional 15 minutes.
4. Sauté onions in margarine (or butter) until tender.
5. Mix soup, milk, ½ cup of water, onions, and rice. Spoon mixture into baking pan.
6. Thaw and drain the vegetables and then spread over the rice mixture.
7. Spread the cheese evenly over the top and bake at 350° for 25-30 minutes, until cheese is melted and rice is bubbly.

Menu Idea

Broccoli Rice Casserole
Whole Wheat Dinner Rolls
Apple Slices
Low fat Milk

**Try one of these
recipes to use
leftover rice!**

**Fiesta Rice Salad
(4 servings)**

*Per serving: 210 calories,
4 grams of fat*

- 1 cup brown rice, cooked
- 1 carrot, shredded
- 1 cup broccoli, chopped fine
- 1 red onion, small, chopped
- 1 cup tomato, chopped
- 1 bell pepper (sweet, green, red, yellow)
- 1 can kidney beans (15oz, drained & rinsed)
- 2 Tablespoons cilantro, chopped fine
- 2 Tablespoons red wine vinegar (or white or cider)
- 1 Tablespoon vegetable oil
- Salt & Pepper (optional)

1. Wash and chop vegetables and mix with cooked rice.
2. In a small bowl, add vinegar, oil, cilantro, salt and pepper OR use your favorite dressing. Pour over rice mixture.
3. Add beans and toss well.
4. Serve cold and enjoy!

Tip -
For variety, use vegetables that are in season!

**Chicken, Rice, and Fruit
Salad**

(3 servings)

*Per serving: 216 calories,
4 grams of fat*

- 1 cup brown or white rice, cooked
- 2 teaspoons parsley, diced (or 2 Tablespoons fresh, finely chopped)
- ½ teaspoon black pepper, ground
- ¼ clove garlic (finely chopped)
- 1 Tablespoon Ranch dressing, fat-free
- 2 Tablespoons mayonnaise, fat-free
- 1 cup apple or cantaloupe (cut into chunks)
- ⅓ grape halves (red or purple, cut into chunks)
- ½ cup celery (chopped)
- 1¼ cups chicken, cooked (cut into bite-sized pices)
- 6 lettuce leaves

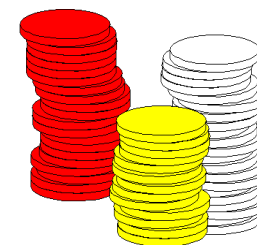
2. If not using leftover or "planned over" rice - cook rice according to package directions without adding salt. Chill.
3. In a serving bowl, mix parsley, black pepper, garlic, dressing, and mayonnaise together.
4. Add cooled rice, apple, grapes, celery, and chicken. Stir gently.
5. Serve cold on a bed of clean lettuce leaves, if desired.
6. Cover and refrigerate leftovers within 2 hours.

Inexpensive

1/2 cup of cooked rice—1 serving

Cost Comparisons of Rice Forms

- Regular white rice = 4 cents per serving
- Brown rice = 5 cents per serving
- Instant rice = 21 cents per serving



What about wild rice?

Wild rice is a native American plant that grows in the wetland areas. Wild rice is also grown commercially. It is a more expensive rice form, averaging about five times the cost of regular white rice.



Enjoyable

Try the enclosed recipes using rice as a main dish or side dish. Rice is also delicious in a salad or as a dessert.

Reheating Cooked Rice

- You may reheat refrigerated, cooked rice by adding 2 Tablespoons liquid to 1 cup rice. Cover and heat 4-5 minutes on top of range or in oven at 350° F.
- In the microwave oven, cook on HIGH for about 30 seconds per cup.

Menu Idea
Hamburger Rice Skillet
Carrot Sticks
Toast
Yogurt
Low fat Milk

Hamburger Rice Skillet

(6 servings)

*Per serving: 237 calories,
 14.5 grams of fat*

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 1 cup uncooked rice
- 1 can (16oz) tomatoes
- 1 can (6oz) tomatoes sauce
- 1 teaspoon Worcestershire sauce
- ½ cup water
- 1 teaspoon salt
- ½ cup shredded cheese (optional)

1. Brown beef with onions and green pepper.
2. Drain off fat.
3. Add rice and cook, stirring constantly for 2 minutes.
4. Add tomatoes, tomato sauce, Worcestershire, water, and salt.
5. Bring to boiling; reduce heat.
6. Cover; simmer 25-30 minutes or until rice is tender; stir occasionally.
7. Remove cover; sprinkle with shredded cheese if desired.

Menu Idea
Ham Slice
Broccoli Spears
Glorified Rice
Whole Wheat Dinner Roll
Low fat Milk

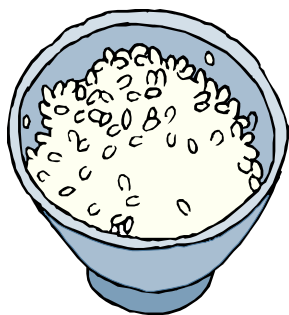
Glorified Rice

(6 servings)

*Per serving: 189 calories,
 8.5 grams of fat*

- 1 cup cooked rice, cooled
- 1 can (13.5oz) crushed pineappled, drained
- ⅓ cup miniature marshmallows
- 1 Tablespoon drained, chopped maraschino cherries (optional)
- 1 carton (8oz) low-fat whipped topping

1. Mix together the first four ingredients.
2. Fold in whipped topping



Menu Idea
Chicken Breast
Herbed Rice Mix
Corn
Dinner Roll
Low fat Milk

Herbed Rice Mix

(6 servings)

*Per serving: 114 calories,
 2 grams of fat*

- 1 cup regular long grain enriched rice
- 1 Tablespoon instant minced onion
- ½ teaspoon celery salt
- 1 teaspoon basil leaves
- ⅛ teaspoon garlic powder
- 2 teaspoons instant chicken or beef bouillon granules

1. Mix 1 cup of *Rice mix with 2 cups cold water and 1 teaspoon margarine in a saucepan.
2. Bring to boil on high heat.
3. When it boils, turn heat to simmer. Stir once with a fork.
4. Cover tightly and simmer 20 minutes, or until all liquid is gone.
5. Refrigerate leftovers.

***Dry rice mix can be made ahead and stored, tightly covered, in a cool, dry place for up to 6 months.**

Menu Idea
Tacos
Rice Pudding
Melon
Low fat Milk

Easy Rice Pudding

(2 servings)

*Per serving: 231 calories,
 2 grams of fat*

- ¾ cup 2% lowfat milk
 - 3 Tablespoons raisins
 - 1 Tablespoon sugar
 - 1 teaspoon margarine
 - Pint of cinnamon
 - ⅓ cup uncooked rice
1. Mix milk, raisins, sugar, margarine, and cinnamon in a sauce pan.
 2. Bring to a boil.
 3. Turn heat to lowest setting.
 4. Stir in rice and cover pan.
 5. Simmer until rice is tender, about 30-40 minutes.
 6. Serve warm or cold.



rice-pudding fotosearch.com ©