



# Brown Rice



## Why eat brown rice:

- Good source of fiber which aids in digestion.
- Increases heart health and reduces risk of heart disease.
- Rich in vitamins and minerals.

## How to store:

- Store uncooked for up to 6 months.
- Store cooked rice in fridge for up to 3 days.
- Store extra cooked rice in the freezer for up to 6 months.

## Chicken and Veggies Stir Fry

Makes 4 servings

### Ingredients:

- 1 cup brown rice
- ½ pound broccoli
- 2 medium celery stalks
- 1 medium carrot
- 1 small jalapeño or other chili pepper
- 1 clove garlic
- 6 ounces boneless chicken pieces, remove skin and chop
- ¼ cup low-sodium soy sauce
- 1 Tablespoon brown sugar
- 1 Tablespoon cornstarch
- 2 Tablespoons canola oil
- ½ teaspoon ground ginger

### Directions:

1. Cook rice following package directions. Set aside. Cover to keep warm. While rice is cooking, make veggie mixture.
2. Rinse and chop broccoli and celery. Peel, rinse, and chop carrots. Rinse and mince jalapeno. Peel and finely chop garlic.
3. In a small bowl, stir together soy sauce, brown sugar, and cornstarch. Add 1 teaspoon of the minced jalapeño. Stir.
4. In a medium skillet over medium-high heat, heat oil. Add ground ginger and stir. Add chicken. Cook, stirring occasionally, until slightly browned and starting to cook through, about 2 minutes.
5. Add chopped veggies. Stir. Cook until veggies are tender and chicken is completely cooked but not dry, about 5–7 minutes.
6. Add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes.
7. Serve over warm brown rice.

### Quick Tips:

- While cooking, replace one cup of water for one cup of vegetable broth to make a more flavorful rice.
- Use in stews, stuffed peppers, a stir fry, with eggs, on top of a green salad, or in any recipe that calls for white rice.
- Add in your meals to help you feel fuller throughout the day.
- Flip over for tips on how to cut down on cooking time!

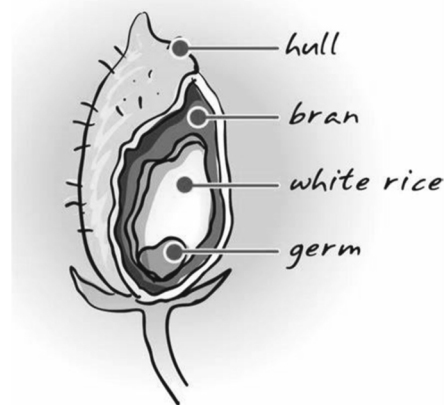
Nutrition Facts	
6 servings per container	
Serving size	0.5 cup(s) (183g)
Amount per serving	
<b>Calories</b>	<b>210</b>
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 3g</b>	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 158mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## How to Cook Brown Rice

***\*Before cooking brown rice, rinse and drain it\****

*whole rice grain*



### *Stove Top:*

1. Add one cup of rice and 2  $\frac{1}{2}$  cups of water to a medium saucepan.
2. Bring water to a boil.
3. Cover and set on medium-low heat.
4. Cook for 45 minutes, or until all of the water has evaporated, stirring occasionally.
5. Take off heat and allow rice to sit for 10 minutes, still covered.

### *Microwave:*

1. In a large microwavable bowl, add 1 cup of rice and 4 cups of water.
2. Cover and heat until the water boils, about 8-12 minutes.
3. Uncover and heat for 25-30 more minutes, or until all of the water is absorbed.

### *Oven*

1. Heat oven to 375°.
2. Add 1 cup of rice and 2  $\frac{1}{2}$  cups of water to a 9 x 13 pan. Cover with aluminum foil.
3. Bake for 50 minutes, or until all the water is absorbed.

## How to Cut Down On Cooking Time

Heat  $\frac{1}{2}$  tablespoon of oil in a skillet over medium heat. Toast the rice on the skillet for 5-8 minutes, or until crispy. Use one of the above methods, cooking for half of the time called for; if using the microwave to cook, only cut the uncovered cooking time in half.

Put 1 cup of rice and 2  $\frac{1}{2}$  cups of water in a bowl and cover. Soak for at least 2 hours, if not overnight. Cook the rice and water together using one of the methods above for half the time called for (only cut the uncovered cooking time in half for the microwave).

Cook your whole packet of brown rice at once with 2  $\frac{1}{2}$  cups of water (or 4 cups if microwaving) for every cup of rice. Freeze the leftovers.

## How much should I eat?

The recommendation is to eat 6 ounces of grains every day, with at least half of them being whole. One ounce is a piece of bread or a half cup of rice. This is about the size of a lightbulb.

**6 oz. of grains every day:**

