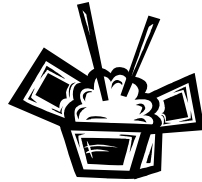


RICE IS CONVENIENT



COOKING RICE

◆ On the Range top

To 1 cup Rice	Liquid	Salt (opt)	Cooking Time	Yield
Regular milled	2 cups	1 tsp.	15 minutes	3 cups
Parboiled	2 ½ cups	1 tsp.	20-25 minutes	3 ½ cups
Brown	2 ½ cups	1 tsp.	45 minutes	3 ½ cups
Precooked	1 cup	¼ 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 microproof 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

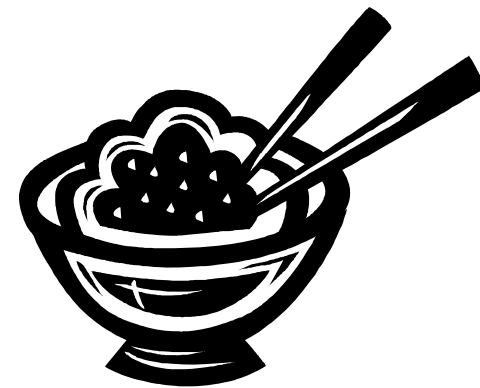
Use boiling liquid. Combine above ingredients in an oven safe dish or pan. Cover tightly and bake at 350 ° F. for 25-30 minutes for regular rice; 1 hour for brown rice. Fluff with fork.

Revised May 2006




WNEP Education is supported by the USDA Food Stamp Program, UW-Extension, Food Share, and local partners. To find out more about Food Share call (715) 537-5691.

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Nutritious Inexpensive Convenient Enjoyable

		Cooperative Extension Family Living Programs	
Wisconsin Nutrition Education Program		Barron County UW-Extension Barron County Courthouse 330 E. LaSalle Avenue Room 2206 Barron, WI 54812-1567 715-537-6250	

RICE IS NUTRITIOUS

Rice is sodium, cholesterol, and fat 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. Brown rice is a whole grain.

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.



RICE IS INEXPENSIVE

Rice is included in the Grain group of MyPyramid
 $\frac{1}{2}$ cup of *cooked* rice = 1 ounce

Cost Comparison – April 2006

Regular white rice = 12 cents per serving
Brown rice = 15 cents per serving
Instant rice = 29 cents per serving
Basmati rice = 30 cents per serving



What about wild rice?

Wild rice is a native American grass that grows in wetland areas.

Wild rice is also grown commercially. It is more expensive, averaging about five times the cost of regular white rice.

Wild rice is a whole grain.

RICE IS 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 or range or in oven at 350°.
- ▼ In the microwave oven cook on **HIGH** about 30 seconds per cup.