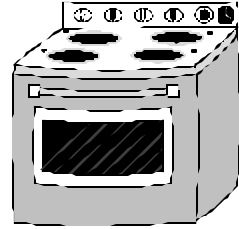


# Convenient

Your choices of cooking rice are many.



## On the Rangetop

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.

This information is provided through the Dunn County Nutrition Education Program. The Wisconsin Nutrition Education Program comes through funding provided by the United States Department of Agriculture, the University of Wisconsin -Extension and Dunn County. For further information call Lana or Karen, Dunn County Extension at 715.232.1636.

This is an equal opportunity program. If you believe you have been discriminated against because of race, color, national origin, sex, handicap, political beliefs, or religion, write immediately to the Secretary of Agriculture, Washington D.C. 20250.

# Rice is...

**N**utritious

**I**nexpensive

**C**onvenient

**E**njoyable

**UW**  
**Extension**

### Nutrition Education Program

Dunn County UW-Extension  
390 Red Cedar St., Suite D  
Menomonie WI 54751-2265  
(715) 232-1636

Family Living Programs • Cooperative Extension • University of Wisconsin -Extension

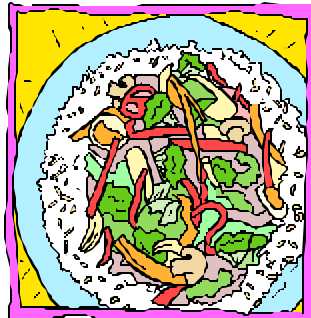
WNEP education is supported by the USDA Food Stamp Program, UW Extension, and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call 715-232-7360.

# 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

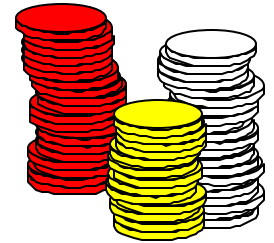
- **Shelf** – Store uncooked in tightly sealed container up to 2 years.
- **Refrigerator** – Refrigerate uncooked rice for longer shelf life. (Cooked rice may be refrigerated up to 7 days.)
- **Freezer** – Cooked rice may be kept frozen up to 6 months.

# 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 about 30 seconds per cup.

**Menu Idea:**

Hamburger-Rice Skillet  
Carrot Sticks  
Toast  
Yogurt  
Lowfat Milk

**Menu Idea:**

Ham Slice  
Broccoli Spears  
Glorified Rice  
Whole Wheat Bread  
Lowfat Milk

**Menu Idea:**

Chicken Breast  
Herbed Rice Mix  
Corn  
Dinner Rolls  
Fresh Fruit  
Lowfat Milk

**Menu Idea:**

Tacos  
Rice Pudding  
Melon  
Lowfat Milk

# Main Dish

## 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 (16 oz.) tomatoes
- 1 can (6 oz.) tomato sauce
- 1 teaspoon Worcestershire sauce
- 1/2 cup water
- 1 teaspoon salt
- 1/2 cup shredded cheese (optional)

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

# Salad

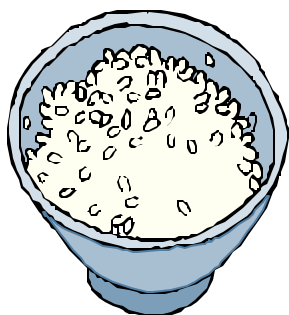
## Glorified Rice

(6 servings)

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

- 1 cup cooked rice, cooled
- 1 can (13 1/2 oz.) crushed pineapple, drained
- 1/3 cup miniature marshmallows
- 1 Tablespoon drained, chopped maraschino cherries (optional)
- 1 carton (8 oz.) lowfat whipped topping

Mix together the first four ingredients, fold in whipped topping.



# Side Dish

## 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
- 1/2 teaspoon celery salt
- 1 teaspoon basil leaves
- 1/8 teaspoon garlic powder
- 2 teaspoons instant chicken or beef bouillon granules

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

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

# Dessert

## Easy Rice Pudding

(2 servings)

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

- 3/4 cup 2% lowfat milk
- 3 Tablespoons raisins
- 1 Tablespoon sugar
- 1 teaspoon margarine
- Pinch of cinnamon
- 1/3 cup uncooked rice

Mix milk, raisins, sugar, margarine and cinnamon in a sauce pan. Bring to a boil. Turn heat to lowest setting. Stir in rice and cover pan. Simmer until rice is tender, about 30-40 minutes. Serve warm or cold.

