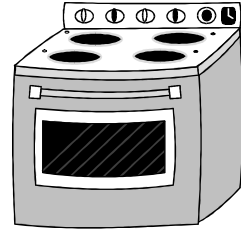


# Convenient

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 teaspoon	15 minutes	3 cups
Parboiled	2 1/2 cups	1 teaspoon	20-25 minutes	3 1/2 cups
Brown	2 1/2 cups	1 teaspoon	45 minutes	3 1/2 cups
Precooked	1 cup	1/4 teaspoon	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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### Nutrition Education Program

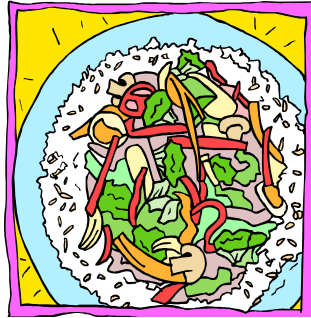
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WNEP education is supported by the USDA Food Stamp Program, UW Extension, and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call 715-232-7360.

# 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

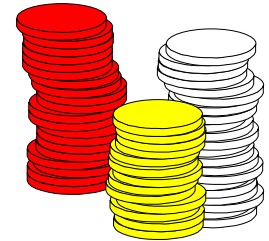
- **Shelf** – Store uncooked in tightly sealed container up to 2 years.
- **Refrigerator** – Refrigerate uncooked rice for longer shelf life. (Cooked rice may be refrigerated up to 7 days.)
- **Freezer** – Cooked rice may be kept frozen up to 6 months.

# 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

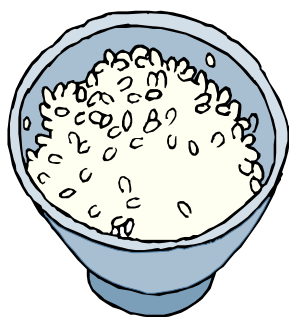
**Glorified Rice**

(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.

