

Rice, A-WHOLE-NOTHER GRAIN

As you pack your pantry with whole grain goodness, make room for U.S.-grown rice – it's a-whole-nother grain with a whole lot of benefits. The proof is in the [rice] pudding, as they say. Here's the pudding:



A Whole Lot of Benefits:

WEIGHT-FRIENDLY

With a mere 100 calories per ½ cup serving, brown rice fits in your weight management plan. In fact, one study found that a serving of rice provides satiety – that feeling of fullness – suggesting it may assist in maintaining a calorie-controlled eating plan.

100% WHOLE GRAIN

One cup of cooked brown rice equals two whole grain servings. Wild, black, red, and purple rice are also 100% whole grain.

GOOD NEWS!

FDA recognizes that a diet rich in whole grains, such as brown rice, and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers.



EASY-ON-THE-WALLET

A half-cup serving costs just 10 cents.

MYPLATE APPROVED

Pair U.S.-grown rice with lean proteins, vegetables, fruits, beans, nuts, or soy foods and you've got a healthy, low-cost meal.

GLUTEN-FREE

No gluten protein in this grain!

NUTRITIONAL PUNCH

With only a trace amount of fat and sodium, this tiny but mighty grain contains more than 15 vitamins and minerals. In addition, this plant-based food contains naturally occurring phytonutrients that may help reduce the risk for heart disease, type II diabetes, and certain cancers.

ENERGY BOOSTER

Rice is a complex carbohydrate that helps fuel your body and brain.

Whole Grains Explained

Every grain starts life as a whole grain. The whole grain is the entire seed of a plant and includes the bran, the germ, and the endosperm. Together, these components – the whole grain – provide protein, fiber, and many important vitamins, minerals, and nutrients.



Tips to Increase Your Whole Grain Intake

MIX IT UP – Blend brown & white rice together in your favorite dish for more complex flavor, color, and nutrients. It's also a great way to encourage kids to eat more whole grains.

DOUBLE TIME – Cook a double batch of brown rice and keep it on hand for a quick start to your next meal.

RICE BOWLS – It's a one-dish wonder! Start with rice, toss in your favorite vegetables or fruits, mix in beans, lean protein, and top with your favorite seasonings – Voila!

Rice, A-WHOLE-NOTHER GRAIN



Brown Rice with Sizzling Chicken and Vegetables



INGREDIENTS (MAKES 4 SERVINGS):

- | | |
|-----------------------------------------------------|--------------------------------------------------------------------------|
| 3 cups hot cooked brown rice | 1 small white onion, cut into small wedges (about 1/8-inch thick wedges) |
| 3 tbsp low-sodium soy sauce | 3 medium carrots, peeled and thinly sliced diagonally (1 cup total) |
| 1/4 cup water | 1 1/2 cup small broccoli florets |
| 1 tbsp honey | 1 medium red bell pepper, cut into 1-inch pieces |
| 1 tbsp cornstarch | |
| 1 1/2 tbsp canola or corn oil | |
| 1 lb boneless chicken breast, cut into 1-inch cubes | |
| 2 cloves garlic, minced | |

DIRECTIONS: Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside. Heat oil in a wok or large skillet. Add minced garlic; sauté about one minute until garlic is golden. Add chicken; cook about 5-6 minutes, then push chicken to the side. Add onions to center of skillet; cook until slightly tender and push to the side. Continue with carrots, broccoli, and peppers separately, placing each in the center of pan, cooking until slightly tender and pushing to the side. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

Nutritional Information: Calories 490, Total Fat 10g, Cholesterol 75mg, Sodium 680mg, Total Carbohydrate 61g, Dietary Fiber 6g, Protein 39g

Wild & Brown Rice Massaged Kale Salad



INGREDIENTS (MAKES 6 SERVINGS):

- | | |
|------------------------------------------------|------------------------------------------|
| 1 cup cooked wild rice, cooled | 1/2 cup pomegranate seeds |
| 2 cups cooked brown rice, cooled | 1/4 cup pumpkin seeds |
| 4 cups kale | 1/4 cup feta cheese, crumbled (optional) |
| 1/2 teaspoon salt | 1/4 cup orange juice |
| 1/2 lemon, juiced and zested | 2 tablespoons extra virgin olive oil |
| 1 teaspoon cold pressed extra virgin olive oil | 1 clove garlic, minced |
| 6 ounces blueberries, washed | Salt and pepper, to taste |
| 8 dried apricots, chopped | |

DIRECTIONS: Place the washed, stemmed and cut kale into a large bowl. Sprinkle with salt, lemon juice and zest, and 1 teaspoon olive oil. Massage the kale leaves between your hands until you see the kale turn a dark, shiny green.

Toast the pumpkin seeds by placing them in a dry skillet over medium heat. Stir the seeds with a wooden spoon until they begin to puff up and turn slightly golden. Remove the seeds from the heat and set aside to cool.

Make the dressing by whisking together the orange juice, olive oil, garlic and salt and pepper.

Combine the massaged kale, wild and brown rice, blueberries, apricots, pomegranate seeds and pumpkin seeds in a large bowl.

Mix in the dressing. If desired, top with the crumbled feta cheese. Serve immediately.

Nutritional Information: Calories 260, Total Fat 11g, Cholesterol 10mg, Sodium 125mg, Carbohydrates 38g, Fiber 4g, Protein 8g