

HEALTHY rice bowls

FAST, EASY & DELICIOUS FOR TODAY'S BUSY FAMILY!

On busy nights, healthy dinner intentions often fall by the wayside in place of convenience—but not anymore! During your next in-store class, community event, or culinary demonstration, teach your shoppers to choose both nutrition and convenience with rice bowls.

Rice bowls are an easy, delicious, and budget-friendly way to provide shoppers and their families a nutritious meal that fits the U.S. Dietary Guidelines for Americans and MyPlate recommendations. Just encourage shoppers to follow these simple guidelines for a tasty meal the whole family will love!



TIP: Cook extra rice and keep it on hand for a quick start to your next meal. Cooked rice can be stored in the refrigerator for 3 to 5 days or frozen for up to six months.

STEP ONE Make Rice the Foundation

Place ½ cup of cooked rice in a bowl for each member of the family, or put ½ cup of rice per person in one large bowl to create a family-sized rice bowl.

Use your family's favorite rice type, or try a new variety such as U.S. jasmine or basmati for authentic global flavors. Brown, wild, red, and black rice are 100% whole grain; one cup of cooked whole grain rice provides two of the three daily recommended servings of whole grains. White rice is enriched with iron, niacin, and thiamin and fortified with folic acid. One cup of enriched white rice provides approximately 23% of the Daily Value of folate.

STEP TWO Pack in the Produce

Add one cup of chopped vegetables, sautéed or roasted. Each ½-cup serving of vegetables provides more than 15 different nutrients and only about 25 calories. A perfect rice bowl will have a variety of colorful veggies and at least one cup of produce to keep you feeling full with fewer calories. Your dish will never taste the same way twice if you vary the vegetables you use!



STEP THREE Add Lean Protein to Balance the Meal

Top each bowl with three ounces per person of lean protein, such as chicken, fish, ¼ cup of dried beans, tofu, or a chopped hard-boiled egg. This protein will add flavor and fill you up without excess saturated fat.



STEP FOUR Season and Enjoy

Sprinkle with chopped herbs or spices, or top with lemon juice and zest. Add crunch with toasted nuts. Sauce or season your healthy rice bowl as you like... Asian, Mexican, Indian, Southwest...wherever your creativity takes you. The possibilities are endless!

Here are some flavor suggestions to get your shoppers started:

Southwest Fajita Bowl

Combine rice with green and red pepper strips, onions, corn, grilled chicken or lean beef strips and garnish with shredded cheese and salsa.

Vegetarian Salad Bowl

Mix rice with spinach or kale, cucumbers, tomatoes, carrots, celery, beans, Italian dressing and garnish with shredded cheese.



Thai Bowl

Combine rice with red peppers, hot peppers, snap peas, carrots, green onions, chicken (or pork or seafood) and flavor with Thai peanut or curry sauce and garnish with fresh cilantro or basil.

Illustrations: Marish, Stolenpencil, and Giraffarte | Dreamstime.com

