Brown Rice: Rich and Nutritious

Brown Rice is Healthier than White Rice Because it is a Whole Grain.

Learning for Life

The University of Georgia Cooperative Extension

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Benefits

- Provides needed fiber
- Low in fat and sodium
- Contains B vitamins, magnesium and selenium
- No cholesterol or trans fats
- Good for people with food allergies
Types

- Long-cooking - takes at least 45 minutes to cook
- Instant - 10 minutes to prepare
- Boil-in-bag - cooks quickly with no pan to wash
- Rice mixes - contains added salt and fat

Brown Rice vs. White Rice

- Whole grain
- More nutritious
- Nuttier, richer flavor
- Slightly more chewy

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Easy Baked Brown Rice

1 ½ cups uncooked brown rice, long or medium grain
2 ½ cups reduced sodium chicken or beef broth
1 cup mushrooms, sliced
½ cup chopped onion
½ teaspoon black pepper
1 teaspoon Mrs. DASH table blend
1/2 cup slivered almonds

1. Preheat oven to 375 degrees F.
2. Microwave mushrooms and onion for 1 minute.
3. Bring broth to a boil. Pour broth over rice in 1 quart baking dish with lid. Stir in mushrooms and onion.
4. Add pepper and Mrs. DASH.
5. Cover with lid and bake on middle rack of oven for one hour.
6. Fluff with fork before serving

Servings: 8
Freezes well or can be kept in refrigerator for 3 days.

Nutrition Analysis:
Calories: 178  Carbohydrate: 30 grams  Protein: 5 grams  Fat: 4.5 grams
Saturated fat: Less than 1 gram  Cholesterol: 0 milligrams
Sodium: 176 milligrams  Dietary Fiber: 2 grams