



1785

# The University of Georgia®

®

## 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**

Contact your local office at



## **B e n e f i t s**

- 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



1785

# FOODS

- 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



**Publication # FDNS-E -102**

**Reviewed by Connie Crawley May 2011  
and 2013**

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family and Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

**An Equal Opportunity Employer/Affirmative Action Organization**

**Committed to a Diverse Work Force**

# Easy Baked Brown Rice

**1 1/2 cups uncooked brown rice, long or medium grain**

**2 1/2 cups reduced sodium chicken or beef broth**

**1 cup mushrooms, sliced**

**1/2 cup chopped onion**

**1/2 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