



HEALTHY WAYS BROWN RICE



Preparation Tips:

Make half of your grains whole grains!

- In a sauce pan, bring 1 cup brown rice, 2 1/2 cups water and 1/4 teaspoon salt to boil. Reduce heat to low and cover. Cook for 35-45 minutes, until water absorbs. Fluff with fork only at the end!
- Tip: Cook extra brown rice and store in the refrigerator to use in multiple recipes!

RECIPES

Breakfast Bowls

Ingredients:

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| 1 cup low fat or non fat milk | 2 tbsp peanut butter |
| 2 tbsp maple syrup, honey, or sugar | 1 medium apple, diced (or other cut up fruit) |
| 1/4 cup dried cranberries or raisins | 2 cups cooked brown rice |
| 1/2 tsp cinnamon | 1/2 tsp vanilla (optional) |

Directions:

1. Stovetop: In a saucepan, combine milk, maple syrup/honey/sugar, peanut butter, cranberries/raisins, apple and vanilla (if using). Stirring occasionally, bring mixture to a boil. Cook for 5 minutes, or until apple has softened. Add brown rice and cinnamon. Cook for another 5 minutes. Serve warm.
2. Microwave: In a microwave-safe bowl, whisk together milk, maple syrup/honey/sugar, peanut butter and vanilla (if using). Add cranberries/raisins and apple; cook on high for 1-2 minutes, stirring halfway through. Add brown rice and cinnamon and cook for 2 more minutes, or until rice is warmed through.

Rice and Beans

Ingredients:

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| 1 tbsp oil | 1/2 tsp garlic powder |
| 1 onion, chopped (or 1/2 tsp onion powder) | 1 tsp garlic powder |
| 1 (15oz) can beans (any kind), undrained | 1 cup brown rice |
| 1 (14.5 oz) can beans (any kind), undrained | 2 cups water |

Directions:

1. In a saucepan, heat oil over medium heat. Add onion to pan and cook, stirring frequently, until tender- about 5 minutes. Skip this step if using onion powder.
2. Add beans, tomatoes, garlic powder, and spices (if using). If using onion powder, add now.
3. Bring pot to a boil; stir in rice and water.
4. Cover, reduce heat and simmer for 25-35 minutes, or until rice is cooked through. Serve warm.

Easy Rice Casserole

Ingredients:

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| 2 cups cooked brown rice | 1-2 teaspoons dried herbs/spices (optional) |
| 1 cup shredded cheese topping (optional) | Salt and pepper to taste |
| 1 1/2 cups beans or cooked meat/poultry/seafood | 2 cups fresh, frozen, or canned vegetables of choice |
| 1 (16 oz) can diced tomatoes OR 1 (10 oz) can cream of mushroom/chicken soup + 1/2 cup milk | |

Directions:

1. Pre-heated oven 350 degrees.
2. Combine ingredients in greased casserole dish. Top with cheese, if using.
3. Bake 20-25 minutes or microwave on 50% power for 15-30 minutes, rotating when needed.
4. Serve warm.



MAKE IT A MEAL: RECIPES



Chicken & Vegetable Fried Rice

Ingredients:

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| 1 tbsp oil + 1 tsp oil | 1 onion, chopped |
| 2 garlic cloves, minced (or 1 teaspoon s garlic powder) | 1 tsp ginger, grated (or 1/4 tsp ginger powder) |
| 1 1/2 cups cooked chicken, or 2 (5oz) can chicken, drained | 1 (15 oz) can peas, drained and rinsed |
| 1 (15 oz) canned carrots, drained and rinsed | 4 cups cooked brown rice |
| 4 tbsp low sodium soy sauce | 2-4 eggs, beaten lightly (optional) |

Directions:

1. Heat oil in a large pan over medium heat. Add onion and cook, stirring frequently, until soft, about 5 minute
2. Add garlic, ginger, chicken and carrots. Cook for 2-3 minutes, stirring constantly, until fragrant.
3. Stir in rice and canned peas and drizzle with the soy sauce. Stir to combine and heat through.
4. If adding eggs, push rice to the side of the pan and add 1 tsp of oil. Use a spatula to slightly scramble the egg. Toss the egg and rice together. Serve warm.

Mexican Skillet

Ingredients:

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| 1 lb lean ground turkey or beef | 1 tbsp chili powder |
| 1 onion, chopped | 1 tsp cumin |
| 1 bell pepper, chopped | 1/2 tsp garlic powder |
| 1 (15oz) can black/pinto beans, drained & rinsed | 1/2 tsp oregano (optional) |
| 1 (15oz) can whole kernel corn, drained & rinsed | 1/2 tsp salt |
| 1 (15 oz) can diced tomatoes or 1 (16oz) jar salsa | 1/2 tsp pepper |
| 2 cups cooked brown rice 1/2 cup water | |

Directions:

1. In a large skillet over medium heat, cook ground meat, stirring frequently, until browned. Add pepper and onion; cook until meat is cooked all the way through and vegetables are soft.
2. Stir in seasonings, tomatoes/salsa, beans, corn and water. Cook until mixture begins to bubble. Reduce heat to low and cook for 5 minutes. Add cooked rice and stir to combine. Serve warm.

Brown Rice & Orange Salad

Ingredients:

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| 2 cups cooked brown rice | 2 tbsp mandarin orange juice |
| 1 cup mandarin oranges, drained (save juice) | 1 tbsp oil |
| 1/4 cups finely chopped onion | 1 tbsp vinegar |
| 1 (15 oz) can beans (any kind), drained & rinsed | 1/4 tsp ground black pepper |
| 1 cup dried cranberries | 1/2 tsp salt |

Directions:

1. In a large bowl, mix together rice, mandarin oranges, drained beans, onion and cranberries.
2. In a small bowl, whisk together mandarin orange juice, oil, vinegar, salt and pepper.
3. Pour dressing over the salad, Mix well. Let rest at room temperature for flavors to combine.

Brown Rice Banana Pudding

Ingredients:

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| 1 cups cooked brown rice | 1 medium banana, mashed |
| 1 cup low fat or nonfat milk | 1 tsp vanilla extract (optional) |
| 1 tbsp maple syrup or brown sugar | 1/2 tsp cinnamon |
| Pinch of salt | 1/4 cup dried cranberries or raisins |

Directions:

1. Combine the rice, milk, maple syrup/brown sugar, salt, cinnamon and vanilla (if using) in a medium saucepan. Bring to a boil over medium-high heat. Reduce the heat and simmer, stirring occasionally, until slightly thickened, about 5-10 minutes. Transfer the rice mixture to a medium bowl and let cool.
2. Stir in the banana, Top with cranberries or raisins! Serve warm or cold.