



A cooking and nutrition Fact Sheet

August 2010

Rice

Storing

- Store rice at room temperature in an airtight container.
- Cooked rice can be refrigerated for up to one week or frozen for up to six months.

Cooking

- Do not wash rice, it loses nutrients.
- A general rule is to use twice as much water/ liquid as rice when cooking.

Cooking Chart			
1 Cup Uncooked	Liquid	Cooking Time	Yield
instant/ minute rice	1 cup	5 minutes	2 cups
long grain white rice	2 cups	15-20 minutes	3 cups
brown rice	2 cups	50-55 minutes	4 cups
quick cooking brown rice	2 cups	30 minutes	4 cups
rice mixes - follow package directions			

Did you know rice is...

- gluten free
- cholesterol free
- low in sodium
- an excellent source of complex carbohydrates

Stove top:

Bring 2 cups water to a boil in a saucepan. Add 1 cup rice. Turn heat to low. Cover. Cook 15 to 20 minutes for white rice and 50 to 55 minutes for brown rice.

Bake:

Cook in a covered baking dish at 350°F for 30 to 35 minutes for white rice and 55 to 60 minutes for brown rice.

Microwave:

Follow package directions. Long grain rice takes 18 to 20 minutes on HIGH. Bring brown rice to boil on HIGH and then cook at 50% power for 30 minutes.

Porcupine Meatballs

Yield: 8 servings

2 pounds hamburger
 2 cups cooked rice
 2 eggs, beaten
 ¼ cup finely chopped onion
 1- 8 ounce can tomato sauce
 Salt and pepper to taste

1. Preheat oven to 350°F.
2. Prepare cookie sheet by lining it with foil. Lightly oil the foil.
3. Mix all ingredients together in a large bowl. Roll into small balls and place on cookie sheet.
4. Bake for 20 to 30 minutes or until cooked in middle.

☆Variation

- Cocktail meatballs: Mix 1 bottle chili sauce and 1 small jar currant or grape jelly. Bring to a simmer in a small pan. Add cooked meatballs and keep warm.

Rice Pizza

Yield: 6 servings

Crust

- 3 cups cooked rice
- 2 eggs, beaten
- 1 cup shredded mozzarella cheese

1. Mix rice, eggs and cheese.
2. Press into 12 inch pizza pan or 2 pie pans.
3. Bake at 450°F for 20 minutes.

Toppings

- 1- 16 ounce can tomato sauce
- 2 teaspoons Italian seasoning
- ½ teaspoon garlic
- ½ teaspoon onion powder
- 1 cup shredded mozzarella cheese

1. Combine tomato sauce, Italian seasoning and garlic powder.
2. Spread sauce on cooked rice crust and top with cheese.
3. Bake at 450°F for an additional 10 minutes.

Spanish Rice

Yield: 4 servings

- 1 pound ground meat
- 1 cup chopped onion
- 1 cup chopped celery
- 1 teaspoon chili powder
- 2¼ teaspoons garlic salt
- 1- 15.5 ounce can chopped tomatoes
- 3 cups cooked rice

1. Cook meat, onions, and celery until vegetables are soft but not brown. Drain fat.
2. Add seasonings, tomatoes with juice, and rice.
3. Cook on low until liquid is absorbed.

Broccoli Rice

Yield: 4 servings • Serving: 1 cup

- 2 Tablespoons butter, margarine or vegetable oil
- ½ cup chopped onion
- ¼ cup chopped celery
- 2 cups chopped broccoli, steamed or cooked
- ½ cup milk
- 1½ to 2 cups cooked rice (white, brown or wild)
- ½ cup shredded cheese

1. Preheat oven to 350°F. Lightly oil or spray with non-stick spray a 9 inch x 9 inch baking dish.
2. In a large skillet, melt butter. Add celery and onion and cook until just softened. Remove from heat.
3. Add broccoli, milk and rice. Stir until just mixed.
4. Place mixture into prepared baking pan, sprinkle with cheese and bake for 45 minutes.

★Variation

- Meat, Broccoli and Rice: 1 to 1½ cups leftover cooked meat can be added to the recipe.

Brown rice	White Rice
Outer husk removed	Outer husk, bran and germ removed
More nutritious than white rice	Enriched white rice adds back some of lost nutrients
Store in freezer to extend shelf life	Store in cupboard

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