



Rice

Rice is a low-fat, nutritious food. It can be served as a dessert, side dish or mixed into main dishes to add extra nutrients. Rice provides important nutrients like fiber, iron, B-vitamins, and protein.

Nutrition Information

Rice is part of the grain group. Foods from the grain group provide our body with its number one source of energy.

Based on MyPyramid, $\frac{1}{2}$ cup of cooked rice provides 1 ounce of grains from the grain group.

A typical person should aim to eat 6 ounces of grains every day. At least 3 ounces should be whole grains.



Storage

Store uncooked rice in a cool, dry place. Rice must be kept in an airtight container.

Store cooked rice in a tightly covered plastic container in the refrigerator.

Use within 5 to 7 days!

Cooked rice can be frozen for up to 6 months.

Rice Cooking Tips

1. Do not wash rice before cooking, it washes away nutrients.
2. Use 2 cups of water for 1 cup of rice.
3. Heat water to a full, rolling boil.
4. Add rice.
5. Cover with a tight fitting lid while cooking.
6. Reduce heat to low and cook rice for 20 minutes.



Know how. Know **now**.



Recipes



Beef Stroganoff

4 servings

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|---------------------------------------------------------------------|--------------------------------|
| 1 T. vegetable oil | 1/3 c. water |
| 1 onion, chopped | 1 tsp. beef bouillon granules |
| 8 oz. mushrooms, sliced
or 1 (6.5 oz.) can
mushrooms, drained | 1 c. low-fat yogurt, plain |
| 2 T. all-purpose flour | 2 c. sliced beef, cooked |
| 1/4 tsp. garlic powder | 2 c. cooked rice or
noodles |
| pepper, to taste | |

1. In a skillet, heat the oil and sauté the onions and mushrooms.
2. Stir in flour, garlic powder, and pepper.
3. Stir in water, beef bouillon granules, and yogurt. Simmer 12 to 15 minutes.
4. Add beef. Heat until hot.
5. Serve over cooked rice or noodles.

Nutrition Information per Serving: Calories 320, Total Fat 8 g (13% DV), Saturated Fat 2.5 g (12% DV), Cholesterol 60 mg (19% DV), Sodium 1440 mg (60% DV), Total Carbohydrate 34 g (11% DV), Dietary Fiber 2 g (8% DV), Sugars 8 g, Protein 28 g, Vitamin A 0%, Vitamin C 6%, Calcium 15%, Iron 20%.



Easy Sausage, Red Beans, and Rice

6 servings

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|------------------------------------------------------|---------------------------------------|
| 1 lb. smoked sausage | 1 (14.5 oz.) can tomatoes,
chopped |
| 1 onion, chopped | 1/2 tsp. dried oregano |
| 1 green pepper, chopped | 1/2 tsp. pepper |
| 1 clove garlic, minced | 3 c. hot cooked rice
(optional) |
| 2 (15 oz.) cans kidney beans*,
rinsed and drained | |

1. Cut sausage into 1/2-inch slices.
2. In a medium saucepan, cook sausage over medium heat for 5 to 8 minutes. Drain fat.
3. Add onion, green pepper, and garlic. Sauté until tender.
4. Add beans, tomatoes, oregano, and pepper. Stir well.
5. Simmer uncovered for 20 minutes.
6. Serve over rice.

* Substitute 4 cups cooked beans for the canned kidney beans.

Nutrition Information per Serving: Calories 480, Total Fat 22 g (33% DV), Saturated Fat 9 g (44% DV), Cholesterol 50 mg (17% DV), Sodium 950 mg (40% DV), Total Carbohydrate 52 g (17% DV), Dietary Fiber 18 g (71% DV), Sugars 9 g, Protein 24 g, Vitamin A 30%, Vitamin C 240%, Calcium 6%, Iron 20%.

All recipes can be found in The Cook's Helper 2nd edition, University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>