
Cooking With Rice

Key Nutrients

- B Vitamins - turn food into energy
- Iron - carries oxygen in our blood
- Carbohydrates - give us energy

Serving Size

One-half cup cooked rice provides one serving from the Breads and Cereals group.

Storage and Safety

Store uncooked rice in a tightly covered container in a cool, dry place (insects and rodents can be attracted to rice).

White rice won't get stale, but brown rice should be used up within 6 months. You can keep brown rice fresh longer if you store it in the freezer or refrigerator.

Refrigerate cooked rice within 2-3 hours or sooner. Freeze leftovers if you can't use them within a few days.

Preparation and Cooking

Combine 1 cup rice, water (1 3/4 for white/long grain, or 1 1/4 for white short grain, or 2 1/4 for brown), and 1 teaspoon salt (optional) in medium saucepan.

Heat to boiling. Reduce heat; cover and simmer. Cook white rice for about 15 minutes; brown rice takes 45 minutes.

If rice is not quite tender or you still see some liquid, replace lid and cook 2 minutes longer.

Uses and Tips

- add corn and barbecue sauce to hot, cooked rice
- add cooked beans, salsa, and shredded cheese to hot, cooked rice
- cook rice in broth; add sautéed onions, nuts and raisins; top with green onions
- add steamed vegetables and parmesan cheese to hot, cooked rice
- add frozen peas, raisins, walnuts, and dressing to cold rice for a tasty salad
- rice casserole: mix with cream soup, canned or frozen veggies, tuna, and bake
- fried rice: stir-fry with frozen peas, celery and onion; add rice and soy sauce
- add leftover rice to soups
- hot rice for breakfast - add raisins, milk, and a little cinnamon or vanilla

Source: Modified. Elaine Husted, OSU Extension, Grant County. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>