

seven ways to eat brown rice

1 make Spanish Rice

- 1 cup uncooked brown rice
- 1½ cups water
- 14.5 ounce can diced tomatoes with chilies

1 to 2 tablespoons taco seasoning mix

- Combine rice, water, tomatoes and taco seasoning in a large saucepan. Bring to a boil.
- Reduce heat to low and cover. Simmer for 45 minutes.
- Remove from heat. Let stand for 5 minutes. Fluff with a fork and serve.



add Spanish Rice to meals

- Top tacos with a spoonful of Spanish Rice.
- Add Spanish Rice to burritos before rolling up.
- Make a chicken, rice and cheese quesadilla.

2 breakfast rice

Cook brown rice the night before and store in the refrigerator.

Warm a bowl of brown rice in the morning and top with fruit:

Canned Fruit:

- chopped apple or applesauce
- canned peach or pear slices
- crushed pineapple
- mandarin oranges

Fresh Fruit:

- banana slices
- blueberries or raspberries



Top with a sprinkle of cinnamon and scoop of yogurt.

3 serve brown rice instead of white rice

- Serve brown rice with a stir fry meal.
- Use brown rice when making a casserole.

Brown rice has more nutrition than white rice... and it tastes better!



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4 chicken and rice

- Cook 1 cup chopped chicken breast in a skillet over medium heat until meat is no longer pink.

• Add 1 cup cooked rice, frozen peas and carrots, and chicken broth to the skillet. Stir until the broth is absorbed, about 3 minutes.

5 pudding

- 2 eggs
- 1 cup skim milk
- 1/4 cup sugar
- 1/4 tsp salt
- 1 tsp vanilla
- 1 cup cooked brown rice
- 1/2 cup raisins
- 1/2 tsp ground cinnamon

• Whisk sugar, eggs, and cinnamon in a bowl. Stir in rice and cinnamon. Mix together.

• Bake in a 350°F oven for 50 minutes.

• Serve warm or chilled.

that your family will love!

6 on tropical rice

- Mix leftover rice with crushed pineapple or mandarin oranges.

7 soup or chili

• Add brown rice to beef soup or tomato soup.

make quick and easy meals.

• Cook brown rice and store, tightly covered, in the refrigerator for up to 5 days, or in the freezer for up to 6 months.

eat at least half your grains whole grains.

• Choose 100% whole grain cereals, pasta and brown rice.

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