

HEALTHY

rice bowls

POPULAR

EASY



USA Rice[®]
FEDERATION

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Brown rice is in...

the new WIC Food Package!

What is whole grain brown rice?

Everyone knows and loves white rice, but brown rice is less familiar to many people. Brown rice is a “whole grain” rice before the bran layer is removed to make white rice. The bran layer contains fiber and many nutrients, and gives brown rice a nuttier taste and chewier texture. Because of the bran layer, brown rice also takes longer to cook than white rice.

When you choose brown rice, you get great taste and nutrition. Check the many reasons why this whole grain is so popular AND recommended by nutritionists.

Brown rice:

- One cup of cooked rice provides two of three daily servings of whole grains recommended by the Dietary Guidelines for Americans and MyPyramid.
- Is naturally low in calories.
- Has only a trace of fat and no trans or saturated fats.
- Is cholesterol- and sodium-free.
- Is gluten-free and the least allergenic of all grains.



Whole grains like brown rice may prevent some forms of heart disease and cancer and can help lower blood cholesterol.

Brown Rice Makes Nutrition Sense!





So fast. So easy. So good.

Brown rice is the perfect partner for other healthy foods in the WIC Food Package. Simply begin with brown rice and add colorful veggies and lean protein foods. Just follow these three easy steps.



1

Begin with Brown Rice

- One cup equals 2 whole grain servings.



2

Pack in Perfect Produce

- One cup of vegetables equals 2 vegetable servings.
- Choose colorful veggies – greens, reds, oranges – for greater nutrients.
- Vegetables are low calorie and fill you up!



3

Top with Lean Protein Foods

- One ounce of lean protein food equals one meat/bean serving.
- Choose lean protein foods like poultry, meats, seafood, canned fish and beans.

Last Step

Sauce or season your Rice Bowl as you like...Asian, Mexican, Indian, Southwest... wherever your creativity takes you!

Build Healthy Rice Bowls with layers of flavor...

Here are some thought-starters for rice bowl combinations, or create your own!

Just begin with brown rice....

RICE BOWL VARIETIES	VEGETABLES OR FRUIT	PROTEIN	SAUCE, SEASONING OR GARNISH
Southwest Fajita Bowl	Green and red pepper strips, onions, corn	Grilled chicken or beef strips	Garnish with shredded cheese, salsa
Sweet & Sour Bowl	Green and red pepper strips, green onions, pineapple	Stir-fried chicken or pork strips	Sweet and sour sauce, crispy wonton strips
Taco Bowl	Tomatoes, onions, green pepper strips	Taco-seasoned ground beef or chicken	Garnish with cheddar cheese, low-fat sour cream and tortilla chips
Vegetarian Salad Bowl	Cucumbers, tomatoes, carrots, celery	Black, pinto or kidney beans	Italian salad dressing. Garnish with shredded cheese
Thai Bowl	Red peppers, hot peppers, pea pods, carrots, green onions	Chicken, pork or seafood	Thai peanut sauce or curry sauce. Garnish with fresh cilantro or basil
Fruit & Nut Breakfast Bowl	Mangos, bananas or apples	Walnuts or almonds	Brown sugar, cinnamon, raisins or milk
Huevos Breakfast Bowl	Diced tomatoes, green onions, green peppers	Cooked scrambled eggs	Taco sauce. Garnish with cheddar cheese and fresh cilantro



Chicken Vegetable Rice Bowls with Chiles & Beans

MAKES 6 SERVINGS

1 can (14.5 oz)	diced tomatoes with garlic and onions
1 to 2 Tbsp.	chipotle peppers in adobe sauce or minced jalapeño peppers
2 cups	shredded cooked chicken
1 cup	cooked black beans, pinto beans or kidney beans
2 tsp.	vegetable oil
1	small green bell pepper, diced
1	small red bell pepper, diced
1	small green zucchini or yellow squash, diced
1	clove garlic, minced
	Salt and pepper to taste
4 cups	cooked brown rice (follow package directions)
1/2 cup	chopped fresh cilantro

1. In saucepan combine tomatoes and chipotle or jalapeño peppers. Over medium heat, simmer 10 minutes. Stir in chicken and beans and heat thoroughly; set aside.
2. Meanwhile, in large skillet heat oil over medium high heat. Add bell peppers, zucchini and garlic. Cook, stirring frequently, 5 minutes or until tender-crisp; salt and pepper to taste.
3. Assemble rice bowl: spoon rice into bowl. Top with vegetables, chicken, beans and sauce, and garnish with cilantro.

Each serving provides: 330 calories, 22 grams protein, 8 grams fat, 42 grams carbohydrate, 5 grams dietary fiber, 40 milligrams cholesterol and 200 milligrams sodium.

Teriyaki Chicken Rice Bowl

MAKES 6 SERVINGS

1 Tbsp.	vegetable oil, divided
1 lb.	boneless chicken breasts, cut in 1-inch pieces
4 cups	mixed fresh vegetables (such as broccoli, red bell peppers, carrots, snow peas)
1/3 cup	bottled low-sodium teriyaki sauce (or favorite Asian sauce)
4 cups	cooked brown rice (follow package directions)
	Thinly sliced green onions, optional

1. In large skillet, heat 1/2 tablespoon oil over medium-high heat. Cook chicken, stirring occasionally, 10 minutes or until lightly browned. Remove from skillet and set aside.
2. In same skillet, add remaining oil and the vegetables. Cook, stirring frequently, 5 minutes or until vegetables are tender-crisp.
3. Return chicken to skillet with vegetables. Add teriyaki sauce, toss to mix well and heat thoroughly. Spoon rice into individual serving bowls; top with chicken and vegetables. If desired, top with sliced green onions.

Each serving provides: 290 calories, 23 grams protein, 4 grams fat, 39 grams carbohydrate, 4 grams dietary fiber, 45 milligrams cholesterol and 460 milligrams sodium.



Brown Rice Basics

Brown rice is an easy choice with your WIC voucher! You can find brown rice along side white rice on supermarket shelves in regular, instant or quick-cooking forms. Brown rice combines well with other healthy foods in the WIC Food Package to make your favorite dishes. Rice bowls are also a great way to use leftover meats, beans and vegetables.

STORING RICE:

- Store uncooked brown rice up to 6 months in the pantry, or refrigerate or freeze rice for longer shelf life.
- Plan ahead for your next meal by cooking extra brown rice. Store cooked rice in the refrigerator for up to 5 days or in the freezer for up to 6 months. Now you are one step ahead to another meal!

TIPS:

- Different types of rice require different cooking directions. For best results, follow package directions.
- Consider using an electric rice cooker. It is easy to use, makes perfect rice, and keeps rice warm until you are ready to eat.
- Think variety! Brown rice works well for quick main dishes, side dishes, soups and salads, and more.

MIX IT UP!

- Try mixing cooked brown rice with cooked enriched white rice to enjoy all the health benefits of rice.

Brown Rice Cooking Directions

Combine 1 cup of uncooked brown rice and 2½ cups of water in a 2 to 3-quart saucepan. Heat to boiling, stirring once or twice. Reduce heat; cover and simmer for 40-45 minutes or until tender.

For more information about cooking brown rice and healthy recipes, visit www.usarice.com/consumer.

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