

## Rice, Brown, Long-Grained, Parboiled

MyPlate Food Group: **Grain**



### Product Description

- Brown rice is 100% whole grain U.S. No. 1 long-grain rice.
- Whole grains provide fiber and other nutrients that are good for your health.

### Storage

- Store rice in an air-tight container, preferably glass (like a Mason jar) to keep out moisture, contaminants, and insects.
- Store rice in a cool, clean, and dry place (such as a cupboard).

### Uses and Tips

- Before boiling rice, make sure to rinse it in a strainer. This will help to remove any dusty starch on the surface of the rice along with any leftover chaff (husk surrounding a seed, the part of the grain that is usually thrown away) or stray particles.
- Rice is a great side dish for meat, poultry, fish, and vegetables.
- When boiling rice on the stove, make sure to use 1 cup of rice to 2 cups of water.
- Follow directions on package for the best results

### Nutrition Information

- 1/2 cup of cooked brown rice counts as a 1 ounce in the ChooseMyPlate.gov Grain Group. For a 2,000-calorie diet, the daily recommendation is about 5-8 ounces of grains, depending on age and gender.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

### Nutrition Facts

Serving size: 1/2 cup (80g), rice, brown, long-grain, cooked

#### Amount Per Serving

**Calories** 120      **Calories from Fat** 9

#### -% Daily Value\*

<b>Total Fat</b> 1g		<b>2%</b>
Saturated Fat 0g		<b>0%</b>
<i>Trans Fat</i> 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 0mg		<b>0%</b>
<b>Total Carbohydrate</b> 34g		<b>26%</b>
Dietary Fiber 2g		<b>8%</b>
Sugars 0g		
<b>Protein</b> 3g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 4%	

\*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## Black Bean and Rice Salad

Makes about 3 servings

### Ingredients

- 1/2 cup onion (chopped)
- 1/2 cup green bell pepper (chopped)
- 1 cup brown rice (cooked and cooled)
- 1 can black beans (15.5 ounces, drained and rinsed)
- 1/4 cup rice vinegar (or white wine vinegar or lemon juice)
- 1 clove garlic (chopped, or 1/2 teaspoon garlic powder)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 Tablespoons vegetable oil

### Directions

1. In a mixing bowl, stir together onion, green bell pepper, rice, and beans.
2. In a jar with a tight fitting lid, add vinegar, salt, pepper, and vegetable oil. Shake until dressing is evenly mixed.
3. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour.
4. Serve cold or as a side dish or main dish.

### Tip

Full of protein, fiber, and flavor, this salad works well as a side dish or stands alone as a main dish. It can also be made ahead of time and refrigerated.

*Recipe adapted from What's Cooking? USDA Mixing Bowl*

## Broccoli Rice Casserole

Makes about 12 servings

### Ingredients

- 1 1/2 cups rice
- 3 1/2 cups water
- 1 onion (medium, chopped)
- 1 can cream of mushroom or cream of chicken soup (about 10.75 ounces)
- 1 1/2 cups milk
- 7 1/2 cups broccoli or cauliflower or mixed vegetables (frozen, chopped)
- 1/2 pound cheese (grated or sliced)
- 3 Tablespoons butter (or light buttery spread)

### Directions

1. Preheat oven to 350°F and grease a 12x9x2 inch baking pan.
2. In a saucepan, mix rice, salt, and 3 cups of water. Bring to a boil.
3. Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for additional 15 minutes.
4. Sauté onions in butter (or light buttery spread) until tender.
5. Mix together soup, milk, 1/2 cup water, onions, and rice. Spoon mixture into baking pan.
6. Thaw and drain the vegetables and then spread over the rice mixture.
7. Spread the cheese evenly over the top and bake at 350°F for 25-30 minutes, until cheese is melted and rice is bubbly.

*Recipe adapted from What's Cooking? USDA Mixing Bowl*