



# Healthy Ways to Eat Brown Rice



## How to cook brown rice:

In a saucepan, bring 1 cup brown rice, 2 ½ cups water and ¼ teaspoon salt to a boil. Reduce heat to low and cover. Cook for 35-45 minutes, until water absorbs. Fluff with fork only at the end!

**Tip:** Cook extra brown rice and store in the refrigerator to use in multiple recipes!

1. Add brown rice to soups, stews, casseroles and stir fries for a heart healthy dish.
2. Get your daily dose of whole grains by serving meat and vegetables over a brown rice.
3. Add cooked brown rice to your salad for a heartier meal.
4. Make Breakfast Bowls. Refrigerate leftovers and enjoy cold or hot throughout the week!

### **Ingredients:**

1 cup low-fat or nonfat milk	2 Tablespoons peanut butter
2 Tablespoons maple syrup, honey or sugar	1 medium apple, diced (or other cut up fruit)
¼ cup dried cranberries or raisins	2 cups cooked brown rice
½ teaspoon cinnamon	½ teaspoon vanilla (optional)

### **Directions:**

1. **Stovetop:** In a saucepan, combine milk, maple syrup/honey/sugar, peanut butter, cranberries/raisins, apple and vanilla (if using). Stirring occasionally, bring mixture to a boil. Cook for 5 minutes, or until apple has softened. Add brown rice and cinnamon. Cook for another 5 minutes. Serve warm.
  2. **Microwave:** In a microwave-safe bowl, whisk together milk, maple syrup/honey/sugar, peanut butter and vanilla (if using). Add cranberries/raisins and apple; cook on high for 1-2 minutes, stirring halfway through. Add brown rice and cinnamon and cook for 2 more minutes, or until rice is warmed through.
5. Make Rice & Beans.\*\* Add vegetables or serve on top of greens for a complete meal!

### **Ingredients:**

1 Tablespoon oil	½ teaspoon garlic powder
1 onion, chopped (or ½ teaspoon onion powder)	1 teaspoon dried oregano (or other herb/spice)
1 (15-oz.) can beans (any kind), undrained	1 cup brown rice
1 (14.5-oz.) can diced tomatoes, with juices	2 cups water

### **Directions:**

1. In a saucepan, heat oil over medium heat. Add onion to pan and cook, stirring frequently, until tender- about 5 minutes. Skip this step if using onion powder.
  2. Add beans, tomatoes, garlic powder, and spices (if using). If using onion powder, add now.
  3. Bring pot to a boil; stir in rice and water.
  4. Cover, reduce heat and simmer for 25-35 minutes, or until rice is cooked through. Serve warm.
6. Make Easy Rice Casserole. Use the ingredients you have on hand!

### **Ingredients:**

2 cups cooked brown rice	1 (16-oz.) can diced tomatoes OR 1 (10-oz.) can cream of mushroom/chicken soup + ½ cup milk
1 ½ cups beans or cooked meat/poultry/seafood	1-2 teaspoons dried herbs/spices (optional)
2 cups fresh, frozen or canned vegetable of choice	1 cup shredded cheese topping (optional)
Salt & Pepper to taste	

### **Directions:**

1. Preheat oven 350°F.
2. Combine all ingredients in a greased casserole dish. Top with cheese, if using.
3. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.

## 7. Make Chicken & Vegetable Fried Rice. A healthier twist on a take-out favorite.

### Ingredients:

1 tablespoon oil + 1 teaspoon oil	1 onion, chopped
2 garlic cloves, minced (or 1 teaspoon garlic powder)	1 teaspoon ginger, grated (or 1/4 teaspoon ginger powder) -optional
1 ½ cups cooked chicken (or 2 (5-oz.) cans chicken, drained)	1 (15-oz.) can peas, drained & rinsed
1 (15-oz.) can carrots, drained & rinsed	4 cups cooked brown rice
4 tablespoons low sodium soy sauce	2-4 eggs, beaten lightly (optional)

### Directions:

1. Heat oil in a large pan over medium heat. Add onion and cook, stirring frequently, until soft, about 5 minutes.
2. Add garlic, ginger, chicken and carrots. Cook for 2-3 minutes, stirring constantly, until fragrant.
3. Stir in rice and canned peas and drizzle with the soy sauce. Stir to combine and heat through.
4. If adding egg, push rice to the side of the pan and add 1 teaspoon of oil. Use a spatula to slightly scramble the egg. Toss the egg and rice together. Serve warm.

## 8. Make a Mexican Skillet. Top with avocado, shredded cheese or yogurt in place of sour cream.

### Ingredients:

1 lb. lean ground turkey or beef	2 cups cooked brown rice
1 onion, chopped	1 Tablespoon chili powder
1 bell pepper, chopped	1 teaspoon cumin
1 (15-oz.) can black/pinto beans, drained & rinsed	½ teaspoon garlic powder
1 (15-oz.) can whole kernel corn, drained & rinsed	½ teaspoon oregano (optional)
1 (15-oz.) can diced tomatoes or (16-oz.) jar salsa	½ teaspoon salt
½ cup water	¼ teaspoon pepper

### Directions:

1. In a large skillet over medium heat, cook ground meat, stirring frequently, until browned. Add pepper and onion; cook until meat is cooked all the way through and vegetables are soft.
2. Stir in seasonings, tomatoes/salsa, beans, corn and water. Cook until mixture begins to bubble. Reduce heat to low and cook for 5 more minutes. Add cooked rice and stir to combine. Serve warm.

## 9. Make Brown Rice & Orange Salad. \* Store in the refrigerator and eat throughout the week!

### Ingredients:

2 cups cooked brown rice	2 Tablespoons mandarin orange juice
1 cup mandarin oranges, drained (save juice)	1 Tablespoon oil
¼ cup finely chopped onion	1 Tablespoon vinegar
1 (15-oz.) can beans (any kind), drained & rinsed	¼ teaspoon ground black pepper
1 cup dried cranberries	½ teaspoon salt

### Directions:

1. In a large bowl, mix together rice, mandarin oranges, drained beans, onion and cranberries.
2. In a small bowl, whisk together mandarin orange juice, oil, vinegar, salt and pepper.
3. Pour dressing over the salad, Mix well. Let rest at room temperature for flavors to combine.

## 10. Make Brown Rice Banana Pudding. Enjoy as a breakfast or dessert!

### Ingredients:

1 cup cooked brown rice	1 medium banana, mashed
1 cup low-fat or nonfat milk	1 teaspoon vanilla extract (optional)
1 Tablespoon maple syrup or brown sugar	½ teaspoon cinnamon
Pinch of salt	¼ cup dried cranberries or raisins

### Directions:

1. Combine the rice, milk, maple syrup/brown sugar, salt, cinnamon and vanilla (if using) in a medium saucepan. Bring to a boil over medium-high heat. Reduce the heat and simmer, stirring occasionally, until slightly thickened, about 5-10 minutes. Transfer the rice mixture to a medium bowl and let cool.
2. Stir in the banana, Top with cranberries or raisins! Serve warm or cold.

Make half of your grains whole grains

\*Recipe from Share Our Strength's Cooking Matters™  
\*\*Recipe from Michigan Fitness Foundation's Harvest of the Month

