

# Cooking Corner Tips To Help You

## Recipes That Celebrate The Goodness Of Brown Rice

(NAPSA)—Busy cooks looking for simple, innovative ways to create family-pleasing, change-of-pace meals and increase their consumption of whole grains may welcome a helpful new brochure titled “Brown Rice Whole Grain Goodness.”

The free full-color brochure, produced by USA Rice Federation, features a selection of delicious, good-for-you recipes, as well as time-saving tips and helpful nutrition information.

“We are pleased to offer this new brochure to consumers, many of whom are pressed for time, but who still want to prepare flavorful, healthy meals,” says Anne Banville, vice president of domestic promotion, USA Rice Federation. “All of the recipes are quick, easy to prepare and good for you, in keeping with the 2005 U.S. Dietary Guidelines and MyPyramid recommendations to increase whole-grain consumption and get the most nutrition from calories consumed. We hope that our brochure will serve as a go-to resource for cooking tips as well as satisfying and great-tasting brown rice recipes.”

Many of the featured recipes combine brown rice with other nutrient-rich foods to provide maximum nutrition. With its sweet, nutty taste, 100 percent whole-grain brown rice adds satisfying flavor and nutrition at just 108 calories per half-cup serving with no sodium and no trans fat. In addition, brown rice is a complex carbohydrate that provides 15 essential nutrients including the B-vitamin folate, niacin and potassium, and is a good source of dietary fiber.



### **Brown rice tastes delicious in this Orange Chicken and Vegetable Rice Bowl recipe.**

There are breakfast, lunch and dinner recipes to please every palate—from wholesome and delicious Country Breakfast Cereal to savory Orange Chicken & Vegetable Rice Bowl and hearty Chunky Vegetarian Chili.

What’s more, these good-for-you recipes reflect the latest Dietary Guidelines and MyPyramid recommendations, which say that carbohydrates such as grains should provide 45-65 percent of daily calories. A half-cup serving of brown rice equals one whole serving of the recommended three daily servings of whole grains.

For your free copy of the “Brown Rice Whole Grain Goodness” brochure, visit [www.usa.rice.com/consumer](http://www.usa.rice.com/consumer) to download the brochure or send a business-size, self-addressed, stamped envelope to: “Brown Rice Whole Grain Goodness,” c/o USA Rice Federation, 4301 N. Fairfax Dr., Suite 425, Arlington, VA 22203.