

The Benefits Of Brown Rice Can Be Delicious

(NAPSA)—Finding healthy whole grains has just become easier now that brown rice, a 100 percent whole grain food, has joined the ranks of foods to carry the Food and Drug Administration's health claim: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and some cancers."

Brown rice and other whole grain foods are widely recommended by the American Heart Association, American Cancer Society and the 2005 Dietary Guidelines for Americans for their protective effects.

In fact, the Dietary Guidelines recommend making half of all grain servings whole, or three daily whole grain servings in a standard 2,000-calorie reference diet.

According to the USA Rice Federation, 100 percent whole grain brown rice is an economical, nutritious and versatile food that contains 15 vitamins and minerals, including B vitamins, potassium, magnesium, selenium, iron and fiber.

Since eating just 1 cup of brown rice is equivalent to two of the three recommended daily whole grain servings, the new health claim may help many people meet their whole grain goals.

There are so many delicious ways to serve brown rice: pilafs, casseroles, meat or bean dishes.

Here's a great recipe that makes the most of this tasty grain:



Brown rice can be a delicious way to meet your daily whole grain goals.

Brown Rice Tabbouleh

3 cups cooked brown rice

$\frac{3}{4}$ cup chopped cucumber

$\frac{3}{4}$ cup chopped tomato

$\frac{1}{2}$ cup chopped fresh parsley

$\frac{1}{4}$ cup chopped fresh mint leaves

$\frac{1}{4}$ cup sliced green onions

$\frac{1}{4}$ cup olive oil

$\frac{1}{4}$ cup lemon juice

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon freshly ground black pepper

Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl. Toss well and chill.

Serving Suggestion: Serve as a salad or spoon into pita.

Makes 6 servings.

Each serving provides 201 calories, 3 grams protein, 10 grams fat, 25 grams carbohydrate, 2 grams dietary fiber, 0 milligrams cholesterol and 204 milligrams sodium.

For more healthy rice ideas, visit www.usarice.com/consumer.