

Adding Brown Rice To Your Daily Diet

(NAPSA)—Any way you serve it, brown rice is a nutrition winner. Just one cup of cooked brown rice gives you important phytonutrients and two of the three daily whole grain servings recommended by the U.S. Dietary Guidelines. Brown rice has earned FDA's approval for the whole grain health claim which states, "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may help reduce the risk of heart disease and certain cancers."

There are many easy ways to include more brown rice in your diet. For breakfast, cook up the microwaveable variety as a hearty nutritious hot cereal. Add raisins, dried cranberries or chopped prunes and a touch of cinnamon. Or scramble eggs in a pan with half a cup of cooked brown rice. For lunch, pair it with black beans, shredded chicken and fresh salsa for a healthy burrito, or have a vegetable pilaf with cooked vegetables and toasted pecans or almonds.

Use brown rice as a healthful filler in meat loaf or substitute it in ethnic recipes such as Asian stir-fry or Mexican dishes. Make rice pudding out of brown rice with rice or almond milk, golden raisins and sugar.

Here's a delicious recipe that delivers the nutty flavor of nutritious brown rice:

Confetti Rice Pilaf

Yield: Makes 6 servings

- 2 teaspoons olive oil**
- ½ cup cubed or julienne carrots**
- ½ cup cubed or julienne zucchini**



There are so many easy and delicious ways to add brown rice to your diet.

- ½ cup cubed or julienne yellow squash**
- 1 clove garlic, minced**
- 3 cups cooked brown rice (cooked in low-sodium chicken broth)**
- ¼ teaspoon ground black pepper**
- ¼ teaspoon minced fresh rosemary leaves or favorite herb**

Heat oil in large skillet over medium heat. Add carrots, zucchini, squash and garlic; cook until vegetables are tender crisp. Stir in rice, pepper and rosemary. Cook until thoroughly heated.

Serving suggestion: Makes a great side dish for grilled meats, poultry or seafood.

Nutrition Facts: Calories 99; Total Fat 2g; Cholesterol 0mg; Sodium 82mg; Total Carbohydrate 17g; Dietary Fiber 2g; Protein 3g

To julienne vegetables, slice diagonally. Cut each slice into matchstick-size strips.

For more information and recipes, visit www.usarice.com/consumer.