

Stay Healthy With Brown Rice

(NAPSA)—The next time you're looking for a healthy and affordable ingredient, think rice. Brown rice, more specifically, is a versatile and inexpensive anchor for any meal and provides numerous health advantages to go along with its more flavorful qualities.

In general, all kinds of rice are complex carbohydrates free of trans-fat, sodium and gluten. In addition, brown rice is a 100 percent whole-grain product. Research has shown diets rich in whole grains reduce the risk of heart disease, certain cancers and type 2 diabetes. Brown rice also contains plenty of fiber, an important nutritional source and good tool for dieters. Foods rich with fiber are more filling and may decrease the likelihood of overeating.

Health benefits aside, brown rice boasts a variety that is convenient and tastes great. With its nutty flavor and satisfying texture, natural brown rice provides whole-grain goodness any time of the day. Products such as Success Brown Rice let you get the nutritional value of brown rice in 10 minutes, one-fourth the time of the long-cooking variety. It is the original no-measure, no-mess boil-in-bag rice. That feature also eliminates any potential cooking mistakes and it can even stay in the water up to 30 minutes after it cooks and still be excellent.



Brown rice can be versatile, easy to make and good for you.

For those who want to make even more of brown rice, here are a few “stir-in” suggestions:

- **Citrus Rice**—To hot, cooked brown rice, add grated orange, lemon or lime zest for a fresh lively taste.

- **Coconut Rice**—While cooking brown rice, substitute light coconut milk for one cup of water. After the rice is done, stir in fresh lime juice and chopped cilantro.

- **Slightly Mexican**—To hot, cooked brown rice, add diced tomatoes, green onions, Monterey Jack cheese and cilantro. Alternatively, instead of tomatoes, try your favorite salsa.

- **Portobello Mushroom Rice**—To hot, cooked brown rice, add sautéed chopped portobello mushrooms and toasted chopped pecans. Top with crumbled feta cheese.

You can find more tips, nutritional information and brown rice recipes at www.successrice.com or (800) 226-9522.