

# BROWN RICE

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

## CHARACTERISTICS

- Did you know all white rice starts out as brown rice? Brown rice is a whole grain because it still has its outer layer (which is full of nutrients and fiber!).
- Brown rice is chewier than white rice, and has a mild nutty flavor.
- Compared to white rice, brown rice contains about 4-5 times as much fiber, which is essential for good digestive health.
- 1 cup of cooked brown rice contains:
  - 15% of your recommended daily value of vitamin B6 to support your metabolism and immune system
  - 21% of your recommended daily value of magnesium to support your bone development and help regulate your blood pressure and blood sugar



## PREPARE

Because of its outer layer, brown rice takes longer to cook than white rice.

To prepare brown rice perfectly every time:

1. In a pot with a lid, boil 2 cups water for every 1 cup rice.
2. Once water is boiling, add brown rice, cover pot with lid, and reduce heat to low.
3. Simmer for 45 minutes, then turn off heat and let steam (continue to cook in the pot) for 15 minutes (do not remove lid while rice is simmering and steaming).
4. Remove lid, fluff rice with a fork, and enjoy!

Try brown rice:

- *Swapped* for white rice in classic dishes like beans and rice, stir-fries, or fried rice
- *Added* to a soups or salads for extra fiber and nutrients
- *Seasoned* and served as a healthy, side with your favorite protein

## STORE

- Uncooked brown rice can be stored at room temperature for about six months.
- Cooked rice can be stored in the refrigerator in a covered container for about 4 to 6 days.
- Once cooked, rice can also be stored in the freezer and then reheated in the microwave when you're ready to use it.