



**Nutrition Facts** (Serving size 1½ cups): Calories-340; Protein-10g; Carbohydrate-52g; Total Fat-11g; Saturated Fat-1.5g; Cholesterol-95mg; Fiber-5g; Sodium-720mg; Vitamin C-10%; Vitamin A-70%; Iron-10%; Calcium-6%

*Adapted from Washington State University Extension Food Sense*

**Food Sense Tip**

- Brown rice is high in fiber. If you are not used to eating brown rice, try mixing your rice mixture half white and half brown.

1. Heat a large, non-stick skillet over medium heat. Add oil to skillet; add eggs and cook until done, stirring often. Add peas and carrots, cooked rice, and soy sauce.
2. Continue cooking until heated through (about 2 minutes). Sprinkle green onions on top and serve.



**Directions**

Prep time: 15 minutes | Cooking time: 15 minutes | Number of servings: 4

- 2 tablespoons vegetable oil
- 2 eggs, lightly beaten
- 1 cup peas and carrots, frozen
- 4 cups brown rice, cooked (see back)
- 2 tablespoons soy sauce
- 2 green onions, chopped

**Asian Fried Rice**

QUICK WHOLE GRAINS



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### Cooking Brown Rice

Brown rice is a whole grain. There are different types of brown rice. Short grain, long grain, and basmati are three kinds. All of these can be prepared with the directions below. Place any extra cooked brown rice in an airtight container and refrigerate for up to a week or freeze. Use as a side dish or make a whole grain salad with your favorite vegetables and leftover cooked chicken, beef, or pork.

#### Stovetop

2 cups (uncooked) brown rice, medium or short grain

Pinch of salt

4 cups of water

1. Rinse and drain rice. Place rice in a medium pot with salt and water. Bring to a boil. Turn heat to low.
2. Cover pan and let the rice simmer for 45 to 50 minutes or until all the water is absorbed. Do not stir the rice while it is cooking.  
*Makes about 5½ cups cooked.*

#### Rice Cooker

3 cups (uncooked) brown rice, medium or short grain

Pinch of salt

4½ cups of water

1. Rinse and drain rice. Place all ingredients in rice cooker and cook according to equipment directions.  
*Makes about 6 cups cooked.*

**Nutrition Facts** (Serving size ½ cup):  
Calories-110; Protein-2g; Carbohydrate-24g;  
Total Fat-1g; Saturated Fat-0g; Cholesterol-0mg; Fiber-1g; Sodium-0mg; Vitamin C-0%;  
Vitamin A-0%; Iron-4%; Calcium-2%

### Oven

1½ cups (uncooked) brown rice, medium or short grain

2½ cups of water

1 tablespoon unsalted butter

1 teaspoon salt

1. Preheat oven to 375° F. Place the rice in an 8-inch square glass baking dish.
2. Bring the water, butter, and salt to a boil in a kettle or covered saucepan. Once the water boils, pour it over the rice, stir evenly, and cover the dish tightly with aluminum foil.
3. Bake on the middle rack of the oven for 1 hour.
4. After 1 hour, remove cover, and fluff the rice with a fork. Serve immediately.  
*Makes about 4 cups cooked.*

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