

Brown Rice...A Louisiana Tradition

Now Provided by WIC!



Learn how healthy and great tasting brown rice can be a part of your family's meals. Enjoy it for breakfast, lunch, or dinner. Use it in your favorite family recipes.



Brown Rice...A Louisiana Tradition



Brown rice is a whole grain food. White rice starts out as brown rice, but has the outer bran layer removed. The bran layer contains fiber, vitamins and minerals. It also gives brown rice its nutty taste, chewy texture and tan color.

Brown Rice is a Smart Choice!

Brown rice can substitute for white rice in many of our favorite Louisiana foods. Use brown rice in Jambalaya, Gumbo, Rice Dressing, Red Beans & Rice, Dirty Rice and Rice Pudding.

Brown Rice in WIC!

Louisiana WIC will start offering brown rice as a whole grain food option in October 2009. Children ages 1-5 years, will get 2 pounds of whole grains each month. All women will get 1 pound of whole grains each month. You can choose either whole wheat bread or brown rice to enjoy.

How do I cook Brown Rice?

You cook brown rice the same way that you cook regular white rice. You can cook it on the stove top, in the oven, in a microwave oven or in a rice cooker. Just remember to use twice as much water as uncooked rice. If you cook 2 cups of uncooked rice, use 4 cups of water. You can substitute chicken, beef or vegetable broth for water in equal amounts.



How do I store brown rice?

Store uncooked brown rice in an airtight container at room temperature up to 6 months. You can also store uncooked rice in the refrigerator or freezer for longer periods of time.

Should I rinse my rice before cooking?

No, rinsing brown rice is not necessary. Rinsing enriched white rice removes the nutrients and it is not recommended.



When I cook my rice it always turns out too hard or too soft, or too mushy. Why?

Make sure you have the right amount of water and rice. Use twice as much water as rice. **Also, don't open the lid or stir the rice while it is cooking.**

What can I do with leftover cooked rice?

Cover and refrigerate up to 6 days. Use it for quick meals and recipes.

How do I reheat cooked rice after it has been refrigerated?

Add 2 tablespoons of water for every cup of rice. Heat in a saucepan over medium heat and stir constantly. For the microwave oven, add 2 tablespoons of water for every cup of rice, cover and heat for 1 minute for each cup of rice.

Can I cook brown rice in the oven or microwave?

For the oven, boil your water first on the stove. Mix uncooked rice and boiling water in a baking dish. Stir, cover and bake at 350 degrees for 50-60 minutes. In the microwave, don't cook more than 1 cup of rice at a time. It won't cook properly. Combine 1 cup uncooked rice and 2 cups water. Stir, cover and cook on HIGH power for 5 minutes. Reduce power to 50% and microwave for 15 minutes or until all the water is absorbed. Fluff with a fork.

Easy tips for using your brown rice:

- ❖ When cooking brown rice, make a double batch. This will save you time in the kitchen. Reheating rice is fast.
- ❖ If new to using brown rice, start by mixing half cooked brown and half cooked white rice in your favorite meals. This will encourage the whole family to eat more whole grains.
- ❖ Use a rice cooker for easy preparation. Follow the manufacturer's directions.