extension.usu.edu

UtahStateUniversity
COOPERATIVE EXTENSION

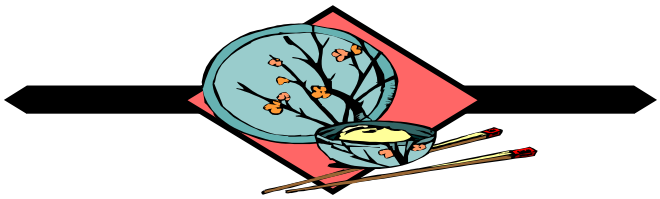
# RICE

**NEP**

Nutrition Education Program

**Department of Workforce Services**

Utah's Job Connection



# RICE

Rice is a versatile, economical food for family meals. It can be used in almost any cuisine. Because of its bland flavor, it blends easily with other foods and seasonings. It is available in many convenient forms. All are nutritious, delicious, and can be an important part of any meal.

## Things to Know

- Rice is found in the grain group in the Food Guide Pyramid.
- A diet should include 6-11 servings from this group daily.
- One serving consists of ½ cup cooked rice.
- Rice is a good source of energy and can supply vitamins and minerals to the diet.
- Rice cakes, plain brown and white rice are examples of rice that could be included in a diet daily. An "occasional" choice would be fried rice because of the added fat.
- In a menu rice can be used as a:
  - cereal;
  - vegetable, such as a substitute for potatoes or a base for meat;
  - dessert, such as puddings or custards.
- There are three lengths of rice grain. Each one has different results when cooked.

  **Long** grain rice is clear and translucent. The grains are distinct and separate after cooking.

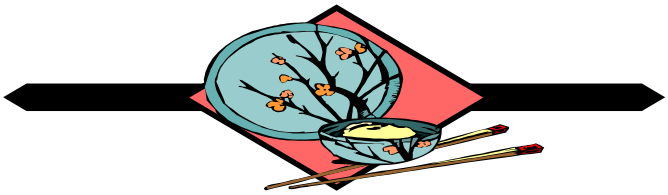
  **Medium** grain rice is plump in shape but not round. When cooked, these grains are more moist and tender than long grained.

  **Short** grain rice is usually the least expensive of the three lengths. It tends to be more moist and tender and will cling together when cooked.
- Types of Rice

  **White** rice is rice from which hulls, germ, outer bran layers and most of the inner bran are removed in the milling process. The grains are bland in flavor and are fluffy and distinct when cooking directions are followed.

  **Brown** rice is the whole, unpolished grain of rice with only the outer fibrous inedible hull removed. Brown rice requires more water and longer cooking time than white rice. It has a delightful, chewy texture, with a distinctive nut-like flavor. Brown rice shelf life is very short, about six months.

  **Precooked** rice is completely cooked. It needs only to stand in boiling water to be ready for serving.



## Skills

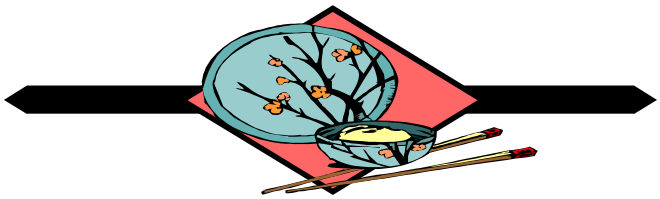
Some rules are a must in preparing rice. Nutrients are lost if the product is not handled properly.

- Do not wash rice before cooking or rinse it after cooking. Nutrients on the surface of the rice are washed away if this is done.
- Do not use too much water when cooking rice. Some vitamins dissolve in water. Any water drained off means wasted food value.
- Cooking rice in too much water makes soggy rice. Too little water results in a dry product.
- Do not stir rice after it comes to a boil. This breaks up the grains and makes the rice gummy.
- Do not leave rice in a pan in which it is cooked for more than 5-10 minutes or the cooked rice will pack.
- Cooking directions:

  For best results, always follow package directions. When directions are not available, use this easy method:

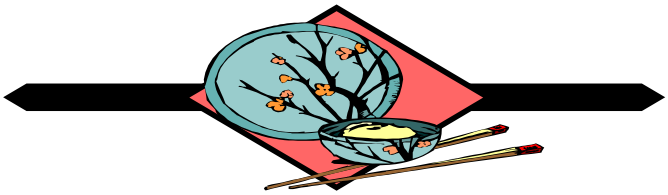
  1 . Combine 1 cup rice, liquid (see chart below), 1 teaspoon salt (optional), and 1 tablespoon butter or margarine (optional) in 2-3 quart saucepan.
  2. Heat to boiling; stir once or twice. Lower heat to simmer; cover with tight fitting lid.
  3. Cook according to time specified on chart. Do not stir.
  4. At the end of cooking time, taste the rice to see if it is tender and tilt pan to see if the water is absorbed. If not, replace the lid and cook 2-4 minutes longer. Fluff it with a fork.

| 1 cup uncooked rice | Liquid | Cooking Time |
|---|---|---|
| White long grain | 1 3/4 – 2 cups | 15 minutes |
| White medium or short grain | 1 1/2 cups | 15 minutes |
| Brown | 2 – 2 1/2 cups | 45 to 50 minutes |
| Parboiled | 2 – 2 1/2 cups | 20-25 minutes |



## Storage

- Once opened, rice should be stored in containers that keep out moisture, dust and pests.
- Cooked rice can be stored in a tightly covered container in the refrigerator for up to one week.
- Cooked rice can be frozen for up to six months if kept in a tightly covered container.



# Fried Rice

Ingredients:

2 Tbsp. oil
1 onion, chopped
2 eggs
4 cups rice, cooked
2 Tbsp. soy sauce
1/4 tsp. pepper

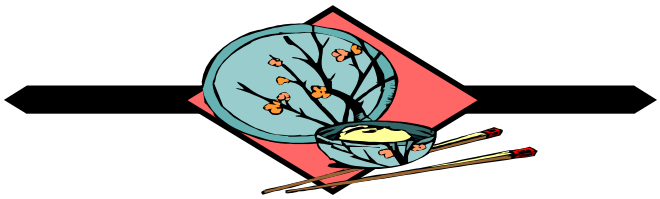
Directions:

Cook onion in oil until tender. Beat eggs and add to onion; stir. Add remaining ingredients. Cook until warmed through.

Yield: 4 servings

## Fried Rice Nutrition Facts

| | | | |
|---|---|---|---|
| **Serving Size** | | | **1 cup** |
| **Servings Per Container** | | | **4** |
| **Amount per serving** | | | |
| **Calories 300** | **Calories from Fat** | | **97** |
| | | | **% Daily Value** |
| Total Fat 13g | | | 17 % |
| Saturated Fat 5g | | | 7% |
| Cholesterol 30 mg | | | 41% |
| Sodium 660 mg | | | 66% |
| Total Carbohydrate 5g | | | 14% |
| Dietary Fiber 0g | | | 4% |
| Sugars 5g | | | |
| Protein 5g | | | |
| Vitamin A | 4% | Vitamin C | 4% |
| Calcium | 5% | Iron | 13% |



# Spanish Rice

Ingredients:

1 lb. lean ground beef
1 cup chopped onion
1 cup cut-up green peppers
1 Tbsp. chili powder
2 tsp. salt
1 cup uncooked rice
2 cups water
2 cups whole tomatoes

Directions:

Sauté ground beef, onion and green peppers until meat is brown and onions are tender. Add chili powder and salt. Lightly brown uncooked rice in hot pan. Combine with hamburger mixture, water, and whole tomatoes. Pour into 2 quart casserole. Bake at 350° for 30 to 45 minutes.

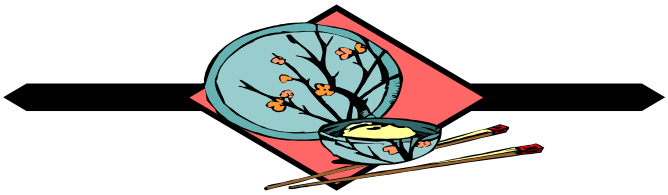
## Spanish Rice Nutrition Facts

| | |
|---|---|
| **Serving Size** | **1 cup** |
| **Servings Per Container** | **8** |

**Amount per serving**
**Calories 267** **Calories from Fat 96**

| | **% Daily Value** |
|---|---|
| Total Fat 13g | 17% |
| Saturated Fat 5g | 21% |
| Cholesterol 30 mg | 15% |
| Sodium 660 mg | 33% |
| Total Carbohydrate 5g | 9% |
| Dietary Fiber 0g | 6% |
| Sugars 5g | |
| Protein 5g | |

| | | | |
|---|---|---|---|
| Vitamin A | 16% | Vitamin C | 57% |
| Calcium | 4% | Iron | 17% |



# Rice Pudding

Ingredients:

4 cups milk
1/3 cup uncooked rice
1/2 cup sugar
1/2 tsp. salt
1/4 cup raisins
1 tsp. vanilla
1/4 tsp. nutmeg

Directions:

Combine all ingredients in a two-quart casserole. Stir well. Bake at 250° for about 2 hours or until rice is tender and pudding thickens. Stir every 30 minutes.

## Rice Pudding Nutrition Facts

| | |
|---|---|
| **Serving Size** | **1/2 cup** |
| **Servings Per Container** | **4** |

**Amount per serving**
**Calories 303** **Calories from Fat 44**

| | **% Daily Value** |
|---|---|
| Total Fat 13g | 7% |
| Saturated Fat 5g | 15% |
| Cholesterol 30 mg | % |
| Sodium 660 mg | 17% |
| Total Carbohydrate 5g | 19% |
| Dietary Fiber 0g | 2% |
| Sugars 5g | |
| Protein 5g | |

| | | | |
|---|---|---|---|
| Vitamin A | 10% | Vitamin C | 4% |
| Calcium | 31% | Iron | 6% |