

How to Use Rice

Tips & Tricks

Save time by preparing large batches of rice and freezing excess for later use.

Creative Eats

Soup- Change up the classic “chicken noodle” soup by exchanging the noodles for rice.

Rice pudding- Boil together cooked rice, milk, vanilla, and a little sugar until thick. Top with cinnamon and dried fruit. Makes for an excellent breakfast!

Burrito bowls- In a large bowl, combine rice, beans, chopped lettuce, tomatoes, corn, and salsa for a satisfying dish.

Stir fry- Rice is the perfect base to any stir fry. Add in beans or meat with whatever vegetables you can find in your kitchen. Season well.



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HEALTHY CHOICES

Lemon Chicken Rice

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Ingredients

- 1 tablespoon oil
- 2 chicken breasts, cut in strips (skinless preferred)
- 1 clove garlic, minced
- 1 cup uncooked rice (whole-grain preferred)
- 2 cups chicken broth (low-sodium preferred)
- ½ cup water
- Juice of 1 lemon
- 1 tablespoon grated lemon peel
- 2 green onions, chopped
- ½ teaspoon pepper

Directions

In a large skillet sauté chicken and garlic in oil until light brown. Stir in rice, broth, water, lemon peel, lemon juice, green onions and pepper. Cover and simmer 20-25 minutes or until liquid is absorbed.

Yields 4-6 servings

Extension

UtahStateUniversity.



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