



Give Your Family More of the Good Stuff!



Brown and White Rice Basics

Shop and Save

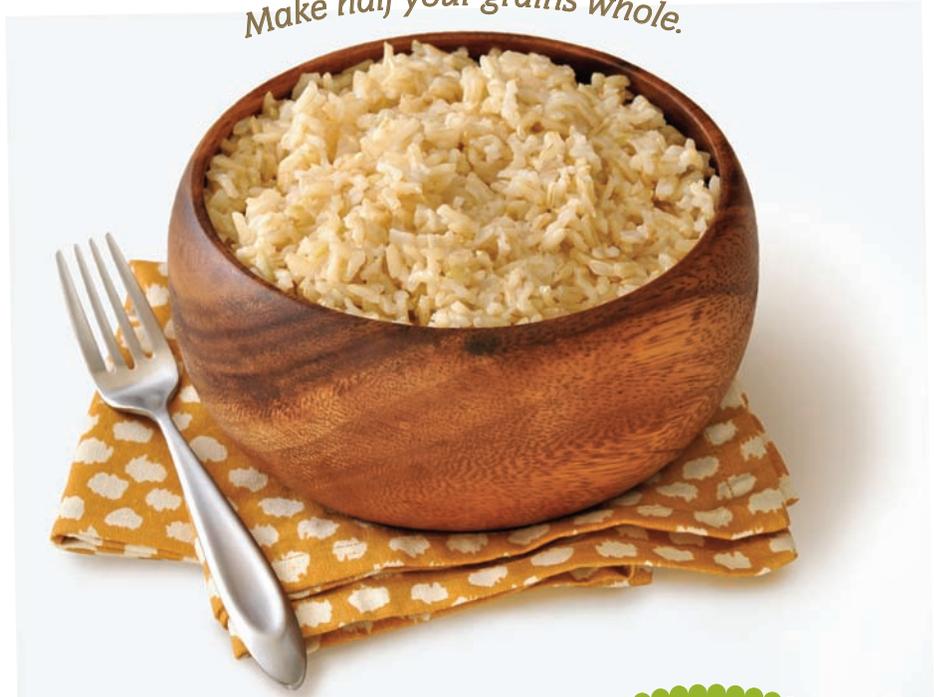
- Store-brand or bulk rice often costs the least (less than name-brand, instant, or pre-seasoned).
- You may find low prices on bulk rice at an international-foods market.
- A pound of bulk rice = 2 cups uncooked = 6 cups cooked.

What Type?

Brown rice is 100% whole grain while white rice is not. No matter what the color, there are 3 sizes of rice to choose from. Each size has a different texture. Learn more in this table:

Rice Grain Size	What's the texture like?
Long	Light and fluffy. Pieces do not stick together.
Medium	Compared to long grain, more moist and sticky.
Short	Chewy. Sometimes called "sticky rice."

Choose brown rice more often.
Make half your grains whole.



Did you know that wild rice is really a grass and not rice at all?

Longer Storage Means Less Waste



Dry Rice:

- Tightly seal rice to keep out dust, moisture, and pests.
- White rice can keep fresh in the pantry for several years.
- Brown rice will last up to 6 months in the pantry without getting an off flavor and will last longer in the refrigerator or freezer.

Cooked Rice:

- Tightly sealed rice stays fresh and safe in the refrigerator for 3 to 5 days or frozen up to 6 months.
- To freeze, divide rice into single-use portions and seal tightly in freezer containers or plastic freezer bags.
- Label with the date and amount of rice using a marker and tape.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 1-800-723-3638. USDA is equal opportunity provider and employer.

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Easy Rice Cooking

Cook Rice on the Stove

1. Add rice and water or broth to a medium-size (2 to 3 quart) saucepan. See table
2. Bring to a boil, stirring once or twice.
3. Cover with a tight-fitting lid and reduce heat to very low.
4. Set a timer. Cook until tender; white rice 18 to 20 minutes, and brown rice 35 to 45 minutes.
5. When the timer rings, remove lid to taste for doneness. If the rice is not tender or there is still some liquid in the pan, cover and cook 2 to 4 more minutes.
6. When done, remove the lid and take the pan off the heat. Fluff the rice with a fork or slotted spoon and serve.
7. Refrigerate or freeze any leftover rice within 2 hours.

1 cup of dry rice	+	Liquid	=	Amount of cooked rice
Long grain	:	2 cups	:	3 cups
Medium grain	:	1½ cups	:	2½ cups
Short grain	:	1¼ cups	:	2¼ cups
Brown	:	2¼ cups	:	3¼ cups

Go to [FoodHero.org](https://www.foodhero.org) for Rice Bowl recipes

Build a Rice Bowl

Layer four types of foods to make a meal that kids love to cook and eat.

- 1 Start with rice.
- 2 Then add fruit, vegetables, or both. Use fresh, frozen or canned.
- 3 Next, add a layer of lean protein – such as beans, eggs, chicken, fish or tofu.

Cook in a Rice Cooker

Add rice and water or broth to the cooker and press the start button. When rice is done the cooker will stop on its own. Rice cookers might be found at thrift shops or garage sales.

Reheat Leftover Rice

Add 1 to 2 Tablespoons water or broth, per cup of rice. Cover and heat. When done, fluff with a fork and serve.

- **Stove or oven:** heat rice on low for about 5 minutes.
- **Microwave:** cook on HIGH one minute per cup of refrigerated rice, or 2 minutes per cup of frozen rice.

- 4 Then top with a sauce, toppings, spice, or a mixture – such as soy sauce, salad dressing, pineapple juice, barbecue sauce, low-fat cheese or garlic powder.

