**Rice Basics**

Choose brown rice more often to get fiber and more vitamins and minerals.

**Shop and Save**

- When brown rice is processed to make white rice, the bran layer and the germ - and their nutrients - are removed. White rice labeled *enriched* has some nutrients added back. Enriched rice should not be rinsed before cooking.
- Store-brand or bulk rice often costs less than name-brand, pre-cooked, or seasoned rice mixes. Use the cost per ounce on the shelf sticker to compare.

**Cook Rice Ahead!**

Cook enough rice for several uses at one time. Store in the refrigerator or freezer depending on how soon you plan to use it. Use in recipes or add 1 to 2 Tablespoons of water and quickly re-heat in a saucepan or microwave.

<table>
<thead>
<tr>
<th>Type of Rice</th>
<th>Texture and Cooking Proportions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Long-grain rice</strong></td>
<td>Light and fluffy; pieces do not stick together.</td>
</tr>
<tr>
<td>including basmati</td>
<td>1 cup rice + 2 cups liquid = 3 cups cooked rice</td>
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<tr>
<td>and jasmine rice</td>
<td></td>
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<tr>
<td><strong>Medium-grain rice</strong></td>
<td>More moist and sticky than long-grain rice.</td>
</tr>
<tr>
<td>including arborio rice</td>
<td>1 cup rice + 1½ cups liquid = 2½ cups cooked rice</td>
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<tr>
<td><strong>Short-grain rice</strong></td>
<td>Chewy; sometimes called “sticky rice.”</td>
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<tr>
<td>including sushi rice</td>
<td>1 cup rice + 1¼ cups liquid = 2¼ cups cooked rice</td>
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<tr>
<td><strong>Brown rice</strong></td>
<td>Keeps the bran and germ of the kernel; long and medium grain are the most common.</td>
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<tr>
<td></td>
<td>1 cup rice + 2 ¼ cups liquid = 3 ¼ cups cooked rice</td>
</tr>
</tbody>
</table>

**Rice Math**

1 pound uncooked rice = 2 ¼ cups to 2 ½ cups

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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 211. USDA is an equal opportunity provider and employer.

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How to Cook Rice

**Stovetop**
1. Choose a saucepan with a tight-fitting lid. Rice will triple in size during cooking.
2. Check the package for the recommended ratio of rice to liquid (water or broth) or use the table on the front of this *Monthly*.
3. Bring liquid to a boil, add rice and stir. Cover the saucepan with lid.
4. Reduce heat to very low. Simmer until tender: white rice for 18 to 20 minutes; brown rice for 40 to 50 minutes.
5. Taste the rice for tenderness. If not tender, cover and cook 2 to 4 minutes more. Add liquid if needed.
6. Remove the rice from heat. Let it rest with the lid on for 10 minutes. Fluff it with a fork and serve.

**Oven**
1. Combine boiling liquid with rice in a baking dish using the ratio of rice to liquid listed in the table on the front of this *Monthly*. Stir carefully. Cover tightly.
2. Bake at 350 degrees F: white rice for 25 to 30 minutes; brown rice for 1 hour.

**Rice Cooker**
1. Add amounts of rice and liquid recommended in the directions for the rice cooker using the measuring cup that comes with the rice cooker.
2. There may be settings for white or brown rice. The cooker will stop automatically by sensing temperature and moisture.

Build a Rice Bowl

1. Start with 1 cup cooked rice. Try brown rice for a whole-grain choice.
2. Add 1 cup fruit, vegetables or a mix – fresh, frozen or canned and drained.
3. 1 cup of cooked, lean protein – beans, eggs, meat, chicken, fish or tofu.
4. Top it off with nuts, cheese, spices, yogurt or sauce.
5. Enjoy!

Go to FoodHero.org for Stir Fry Rice and other easy, tasty recipes using rice.

When kids help make healthy food, they are more likely to try it. Show kids how to:
- set the timer for cooking rice.
- package cooked rice to store in the refrigerator or freezer.
- chop fruits, veggies or proteins for a Rice Bowl.