



Give Them More
— of the —
Good Stuff!

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.

Store Well Waste Less

Dry rice:

- Store dry rice in a tightly sealed container or bag to keep out dust, moisture and pests.
- White rice can be stored in the cupboard for several years.
- Brown rice stored in the cupboard is best if used within 6 months. To store longer, refrigerate up to 12 months or freeze for up to 2 years.

Cooked rice:

- Store cooked rice in a tightly sealed container in the refrigerator for 3 to 5 days or freeze for up to 6 months. To freeze, divide into single-use portions. Label container with amount and date.

Type of Rice	Texture and Cooking Proportions
Long-grain rice including basmati and jasmine rice	Light and fluffy; pieces do not stick together. 1 cup rice + 2 cups liquid = 3 cups cooked rice
Medium-grain rice including arborio rice	More moist and sticky than long-grain rice. 1 cup rice + 1½ cups liquid = 2½ cups cooked rice
Short-grain rice including sushi rice	Chewy; sometimes called “sticky rice.” 1 cup rice + 1¼ cups liquid = 2¼ cups cooked rice
Brown rice	Keeps the bran and germ of the kernel; long and medium grain are the most common. 1 cup rice + 2 ¼ cups liquid = 3¾ cups cooked rice

Rice Math

1 pound uncooked rice =
2¼ cups to 2½ cups



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Enjoy Rice

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](https://www.foodhero.org) for Stir Fry Rice and other easy, tasty recipes using rice.



Kids Can!

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.