



Brown Rice

(1 serving = 1 cup)

Brown rice is not only a very healthy grain, but is also a versatile, tasty, easy to digest, and soothing grain. To make it more easily digestible and softer to eat *soak the rice before cooking it*. Brown rice is available in both short-, medium-, and long-grain varieties. Generally speaking, long-grain rice is fluffier, short grain is chewier. Try both!

Ingredients

1 ½ cup brown rice (long grain or short grain)

2 ½ cup water

pinch salt

Procedure

1. First wash rice by covering it with water and swirling it in the water with your hands. Gently pour off the water through a strainer.
2. Combine new water (2 ½ cups) and rice in a bowl and soak for 6-8 hours or overnight. If you are in a hurry, you can soak it for a 15 minutes to a half hour prior to cooking.
3. Pour the rice with its same soaking water in a pot with a pinch of salt. Bring to a boil and reduce to a simmer.
4. Simmer with a tight lid for about 45 minutes or until you see that all the water has been absorbed into the rice when you tip the pot. Turn off the heat, and let the rice sit with the lid on for another 15 minutes.
5. Fluff with a fork and eat!

Basic Nutrition Profile for one serving....

Kcal	257 kcal	Fat	2 grams
Protein	5 grams	Saturated Fat	0 grams
Carbohydrate	54 grams	Monounsaturated Fat	0 grams
Fiber	3.5 grams	Polyunsaturated Fat	0 grams

This recipe is a great source of.....

Potassium	190 grams
Magnesium	103 milligrams
Selenium	19 micrograms
Niacin	3 milligrams

-Also a full range of B-Vitamins

Phytonutrients found in this recipe.....

Oryzanol

For more information on phytonutrients see handout on **The Benefits of Phytonutrients** available in Carol Ann's Library

Possible Medicinal Benefits of this Recipe.....

Nausea, Maintains sugar control, Supports good bacteria in the gut

