

HOW TO USE RICE

How to Store

Store uncooked rice in a closed container at room temperature. Refrigerate leftover cooked rice soon after serving and use within 3-5 days. Cooked rice also freezes well.

Five Tips for How to Use

- Bowls – Rice makes a great base for grain bowls. Top with your favorite, vegetables, protein, and sauce.
- Burritos – Add brown rice and beans plus your favorite veggies for a filling burrito.
- Casseroles – Add cheese and vegetables, like broccoli, and bake a rice casserole.
- Fried rice – There are many variations on fried rice. Add carrots, celery, or peas and whatever protein you have, such as chicken, tuna, or eggs. Try adding ingredients like pineapple for a tropical twist.
- Soup – Make a big batch of chicken and rice soup, adding ingredients like chiles, herbs, and lemon to boost flavor.



**Turn over for
recipe**



Fried Rice

Serves: 4

Ingredients:

- 1 tablespoon sesame oil
- 1 tablespoon vegetable or olive oil
- 2 cloves garlic, minced
- 2 chicken breasts, diced
- 1 cup diced carrot
- 1 cup chopped broccoli
- 2 cups cooked brown rice
- ½ cup frozen or canned peas
- 2-3 tablespoons soy sauce, to taste
- Salt and pepper, to taste

Instructions:

1. Heat oil in a skillet and sauté the chicken with the garlic and a pinch of salt and pepper.
2. Add the carrots and broccoli and cook until tender.
3. Add the brown rice, soy sauce, and peas. Mix thoroughly until warmed.
4. Taste and adjust seasoning, if needed.
5. Serve hot.

Tips:

- If you do not have sesame oil, use regular vegetable or olive oil.
- Substitute or add in different vegetables, like diced onion.
- Use canned, frozen, or fresh vegetables.
- Top with sliced green onions or a fried egg.