

Rice



Health Benefits

- Good source of fibre and high levels of magnesium.
- Brown rice is a great choice for heart health and digestive health.



Storage

Uncooked rice should be stored in a tightly closed container. Cooked rice can be stored for 3 days in the refrigerator.

Preparation (white rice)

Heat 1 1/2 cups water in a saucepan with 1 cup of rice. Bring water to a boil. Once its boiling add a pinch of salt. Maintain a simmer. Cook, stirring, cover until water is absorbed. Turn off the heat and let the rice sit for about 10 min. Fluff the rice with a fork.

Preparation (brown rice)

Heat 2 cups water in a saucepan with 1 cup of rice. Bring water to a boil. Once its boiling add a pinch of salt. Maintain a simmer. Cook, stirring, cover until water is absorbed. Turn off the heat and let the rice sit for about 10 min. Fluff the rice with a fork.

Rice



Colorful rice salad

Ingredients:

4 1/2 cups cooked brown rice
2 bell peppers, diced
1 small onion, chopped
1 can of corn, drained, and rinsed
1 can of black beans, drained and rinsed
3 tomatoes, diced
1 cup of coriander (optional), roughly chopped
Dressing of choice
Salt and pepper to taste

Directions:

1. Place salad ingredients and rice in a bowl. Drizzle with dressing of choice. Toss, then serve. Fantastic served straight away and even the next day.

Servings: 8

*Recipe adapted from recipetineats.com

