

Rice, A-WHOLE-NOTHER GRAIN

As you pack your pantry with whole grain goodness, make room for U.S.-grown brown rice – it's a-whole-nother grain with a whole lot of benefits. The proof is in the [rice] pudding, as they say. Here's the pudding:



A Whole Lot of Benefits:

WEIGHT-FRIENDLY

With a mere 100 calories per ½ cup (125 mL) serving, brown rice fits in your weight management plan. In fact, one study found that a serving of rice provides satiety – that feeling of fullness – suggesting it may assist in maintaining a calorie-controlled eating plan.

100% WHOLE GRAIN

One cup of cooked brown rice equals two whole grain servings. Wild, black, red, and purple rice are also 100% whole grain.

GOOD NEWS!

A diet rich in whole grains, such as brown rice, and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers.

EASY-ON-THE-WALLET

A half-cup serving costs just 10 cents.

CANADA'S FOOD GUIDE APPROVED

Pair U.S.-grown rice with lean proteins, vegetables, fruits, beans, nuts, or soy foods and you've got a healthy, low-cost meal.

GLUTEN-FREE

No gluten protein in this grain!

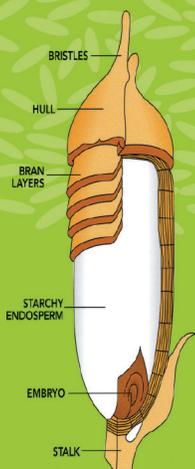
NUTRITIONAL PUNCH

With only a trace amount of fat, this tiny but mighty grain is sodium-free* and contains an abundance of vitamins and minerals. In addition, this plant-based food contains naturally occurring phytonutrients that may help reduce the risk for heart disease, type II diabetes, and certain cancers.

(*Based on ½ cup serving)

ENERGY BOOSTER

Rice is a complex carbohydrate that helps fuel your body and brain.



Whole Grains Explained

Every grain starts life as a whole grain. The whole grain is the entire seed of a plant and includes the bran layers, the germ (embryo), and the starchy endosperm. Together, these components – the whole grain – provide protein, fibre, and many important vitamins, minerals, and nutrients.

Tips to Increase Your Whole Grain Intake

MIX IT UP – Blend brown & white rice together in your favourite dish for more complex flavour, colour, and nutrients. It's also a great way to encourage kids to eat more whole grains.

DOUBLE TIME – Cook a double batch of brown rice and keep it on hand for a quick start to your next meal.

RICE BOWLS – It's a one-dish wonder! Start with rice, toss in your favourite vegetables or fruits, mix in beans, lean protein, and top with your favourite seasonings – Voila!

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Brown Rice with Sizzling Chicken and Vegetables



INGREDIENTS (MAKES 4 SERVINGS):

3 tbsp (45 mL) low-sodium soy sauce	1 small white onion, cut into small wedges (about 1/8-inch (0.3 cm) thick wedges)
1/4 cup (60 mL) water	3 medium carrots, peeled and thinly sliced diagonally (1 cup (250 mL) total)
1 tbsp (15 mL) honey	1 1/2 (375 mL) cups small broccoli florets
1 tbsp (15 mL) cornstarch	1 medium red bell pepper
1 1/2 tbsp (22 mL) canola or corn oil	3 cups (750 mL) hot cooked brown rice
2 cloves garlic, minced	
1 lb (454 g) boneless chicken breast, cut into 1-inch (2.5 cm) cubes	

DIRECTIONS: Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside. Heat oil in a wok or large skillet. Add minced garlic; sauté about one minute until garlic is golden. Add chicken; cook about 5-6 minutes, then push chicken to the side. Add onions to center of skillet; cook until slightly tender and push to the side. Continue with carrots, broccoli, and peppers separately, placing each in the center of pan, cooking until slightly tender and pushing to the side. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

Nutritional Information: Calories 490, Total Fat 10g, Cholesterol 75mg, Sodium 680mg, Total Carbohydrate 61g, Dietary Fibre 6g, Protein 39g

Wild & Brown Rice Massaged Kale Salad



INGREDIENTS (MAKES 6 SERVINGS):

4 cups (1 L) washed, stemmed and cut kale	8 dried apricots, chopped
1/2 tsp (2 mL) salt	1/2 cup (125 mL) pomegranate seeds
1/2 lemon, zested and juiced	1/4 cup (60 mL) feta cheese, crumbled (optional)
1 tsp (5 mL) cold pressed extra virgin olive oil	SALAD DRESSING
1/4 cup (60 mL) pumpkin seeds	1/4 cup (60 mL) orange juice
1 cup (250 mL) cooked wild rice, cooled	2 tbsp (30 mL) extra virgin olive oil
3/4 cup (175 mL) blueberries, washed	1 clove garlic, minced
	Salt and pepper, to taste

DIRECTIONS: Place the kale into a large bowl. Sprinkle with salt, lemon juice, zest, and olive oil. Massage the kale leaves between your hands until you see the kale turn a dark, shiny green. Toast the pumpkin seeds by placing them in a dry skillet over medium heat. Stir the seeds with a wooden spoon until they begin to puff up and turn slightly golden. Remove the seeds from the heat and set aside to cool. Combine the massaged kale, wild and brown rice, blueberries, apricots, pomegranate seeds and pumpkin seeds in a large bowl.

Make the dressing by whisking together the orange juice, olive oil, garlic and salt and pepper. Mix the dressing into the rice. If desired, top with the crumbled feta cheese. Serve immediately.

Nutritional Information: Calories 260, Total Fat 11g, Cholesterol 10mg, Sodium 125mg, Carbohydrates 38g, Fibre 4g, Protein 8g