

# All About Cooking Rice

## NUTRITION EDUCATION PROGRAM FACT SHEETS

Rice is one of the most commonly eaten grains. Over half of the world's population relies on rice as a staple food. Rice is cooked by boiling or steaming and absorbs water while cooking.

### Basics of Cooking Rice

1. Combine 1 cup rice, liquid (see chart below), 1 teaspoon salt (optional), and 1 tablespoon butter or margarine (optional) in a 2 to 3-quart saucepan.
  2. Heat to boiling; stir once or twice as it begins to boil. Lower heat to a simmer; cover with a tight-fitting lid.
  3. Cook according to time specified on chart. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Stir and serve.
- As a general rule, 1 cup of uncooked rice will equal about 3 cups of cooked rice.
  - Leftover rice can be used later in the week to make fried rice or chicken rice casserole.

| <b>1 Cup Uncooked Rice</b>   | <b>Liquid</b>             | <b>Cooking Time</b> |
|------------------------------|---------------------------|---------------------|
| Long grain rice              | 1 ¾ to 2 cups             | 15 minutes          |
| Medium or short grain rice   | 1 ½ cups                  | 15 minutes          |
| Brown rice                   | 2 to 2 ½ cups             | 45 to 50 minutes    |
| Converted rice               | 2 to 2 ½ cups             | 20 to 25 minutes    |
| Instant rice; flavored mixes | Follow package directions |                     |



## Types of Rice

**Brown Rice** is a whole grain that has a mild nutty flavor. It is chewier and more nutritious than white rice. It is a good source of fiber and many B vitamins.

**White Rice** is the name given to milled rice that has had its husk, bran, and germ removed. White rice is usually enriched with vitamins, but does not have as much fiber as brown rice.

**Converted Rice** is rice that has gone through a steam-pressure process before milling, producing extra fluffy and more separate looking rice.

**Instant Rice** is white or brown rice that has been completely cooked and dehydrated after milling. This process reduces the time it takes to cook the rice. This type of rice usually costs more than regular rice.

**Long Grain Rice** has a long, slender kernel. When cooked, the grains are separate, light, and fluffy.

**Medium and Short Grain Rice** tends to be stickier and works well when using chopsticks.

**Wild Rice** is a combination of four different rice varieties. It has its own unique texture and flavor. It is high in protein and fiber and low in fat.

## Chicken Rice Casserole Makes 6 servings

### Ingredients

- 2 c. Cooked chicken, diced
- 2 c. Rice, cooked
- 1 (10.75) oz. can cream of chicken soup
- 2/3 c. Low-fat milk
- 1 c. Green peas
- Salt, to taste
- Pepper, to taste
- 1/2 c. Cheddar cheese, shredded

### Directions

1. Preheat oven to 350°F. Spray a 2-quart baking dish with non-stick cooking spray. Set aside.
2. In a large bowl, mix all ingredients except cheese.
3. Pour into prepared baking dish and top with cheese.
4. Bake for 30 minutes.

### Nutrition Information per

**Serving:** Calories 460, Total Fat 12 g (19% DV), Saturated Fat 5 g (26% DV), Cholesterol 60 mg (20% DV), Sodium 600 mg (25% DV), Total Carbohydrate 60 g (20% DV), Dietary Fiber 2 g (8% DV), Protein 25 g, Vitamin A 20%, Calcium 20%, Iron 20%.

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