



# 5 Tips For Cooking Whole Grain Rice



## 1. Pick the Right Pan and Burner

Pick a pan with a tight-fitting lid. Use a large pan. A larger cooking surface allows for a more consistent texture of the finished rice.

## 2. Ratio Matters

Use the table below for rice to liquid ratios. Cook rice in broth or slightly salted water for the best flavor.

Grain:	Liquid:
1 cup brown rice	2 ½ cups water or broth
1 cup wild rice	4 cups water or broth



## 3. Simmer

Bring the rice and water to a boil and reduce heat to LOW. You should see a small bubble or two break the surface of the water each second. Cover with lid.

## 4. Watch the Clock

Cooking time will vary depending on your stove. You should begin checking after 30 minutes to ensure the rice doesn't burn.

Grain:	Cooking Time
1 cup brown rice	40-50 minutes
1 cup wild rice	45-55 minutes



## 5. Patience is Key

Once the rice is done cooking, let it stand for 5 minutes with the lid on. Next. Fluff the rice with a fork. Now it's ready to enjoy!



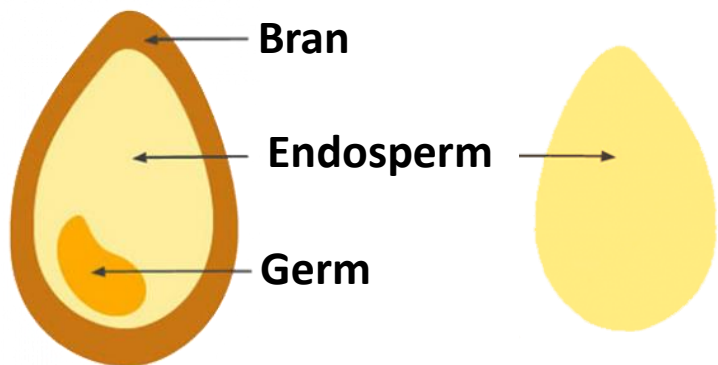
# Benefits of Using Whole Grain Rice

## 1. It's So Nutritious!

Whole grains such as brown and wild rice contain the entire grain kernel. They're full of FIBER, B VITAMINS, MAGNESIUM, & IRON.

WHOLE GRAIN

"WHITE" GRAIN



Refined grains, such as white rice, have had the nutritious bran and germ removed during processing.

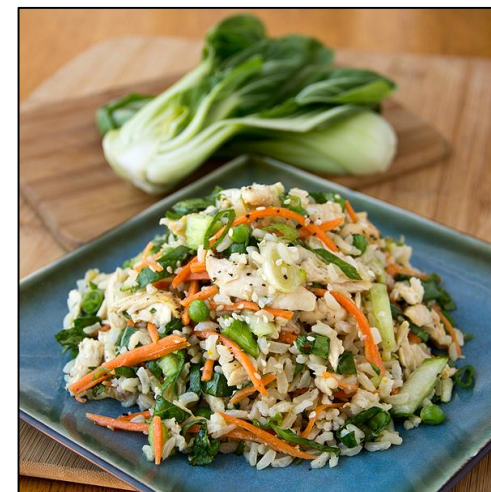
## 2. Blood Sugar Control!

Because brown rice has more FIBER than white rice, it has a lower glycemic index (which means that it doesn't cause a spike in your blood sugar like white rice does).



Brown rice is an excellent grain choice for people who have diabetes!

## 3. It's Hearty and Delicious!



- Use it in fried rice!
- Mix it with black beans!
- Add it to soups!
- Try it in sushi rolls!
- Toss into salads!