

10 tips

FOR CHOOSING, STORING, & PREPARING RICE

When it comes to the many types of rice available, there are no hard and fast rules for which to use in a particular recipe; it's typically a matter of personal preference. Enjoy your rice dishes even more with these simple tips:

1 Get the scoop on rice
Long grain rice works well in entrees, side dishes, soups, salads, and for any dish in which you prefer separate, distinct grains. Medium and short grain rice are good choices for creamier dishes such as risotto, rice pudding, sushi, and other Asian dishes.

2 Take your taste buds on an adventure
You can enjoy global and exotic cuisine with locally-grown rice. U.S. rice farmers grow high-quality aromatic rice such as jasmine, basmati, black japonica, and red rice. Try them all!

Look for the logo
Be sure your rice package sports the "Grown in the USA" logo to ensure you're feeding your family a wholesome, nutritious, safe, sustainable, and locally-grown food.

3

Know the generous shelf life
Enriched white, parboiled, or pre-cooked rice will keep almost indefinitely on the pantry shelf. Brown rice contains natural oil in the bran layer, so it will stay fresh for about six months; refrigerate or freeze to extend the shelf life for up to one year.

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5 Seal for freshness
Once opened, rice should be stored in a tightly-closed container and kept in a cool, dry place.



6 Cook once, eat all week
Cooked rice can be stored in the refrigerator in a tightly-closed container for three to five days, or it can be frozen for up to 6 months.



7 Reheat with some liquid
To reheat rice, add 2 tablespoons of liquid for each cup of cooked rice. Cover and heat on the stovetop (5 minutes) or in a microwave (on HIGH for 1 minute) and fluff with a fork.



8 Keep a lid on it
To make perfect rice on the stovetop, keep the lid on the pot during cooking to prevent steam from escaping. Do not stir.



Read the label
Different types of rice require different cooking times and methods. For best results, always follow directions on the package.



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Stick a fork in it
Once rice is cooked, fluff with a fork or slotted spoon.



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Inspired? Here is a wholesome rice recipe to try:

Indian-Spiced Shrimp On Coconut-Pineapple Rice

Makes 6 servings

Ingredients:

- 1 (8-ounce) can pineapple tidbits in 100% juice
- 1 (14-ounce) can light coconut milk
- 1/2 cup water
- 3/4 teaspoons salt, divided
- 1 cup uncooked long grain white rice
- 1 tablespoon garam masala or curry powder
- 1 teaspoon pepper
- 1 1/2 pounds medium shrimp, peeled and deveined
- 1 tablespoon canola oil
- 1/2 cup plus 2 tablespoons chopped green onions, divided

Directions: Drain pineapple reserving 1/4 cup juice in medium saucepan. Add water, coconut milk, and 1/4 teaspoon salt and bring to a boil in medium saucepan over medium-high heat. Stir in rice; cover and reduce heat to simmer. Cook 15 minutes, or until liquid is absorbed. Remove from heat. Stir in pineapple and 1/2 cup green onions. Meanwhile, in large skillet, heat the oil over medium high heat. Add the shrimp, sprinkle with the



remaining salt, garam masala, and pepper. Cook the shrimp 4 to 5 minutes or until opaque in center, stirring frequently. Spoon rice onto platter; top with shrimp and remaining 2 tablespoons green onions.

Nutrition Facts: Calories – 340, Total Fat – 9g, Cholesterol – 170 mg, Sodium – 460 mg, Total Carbohydrate – 36 g, Dietary Fiber – 1 g, Protein – 26 g

