

reach for the RIGHT RICE

YOUR TRUSTY GUIDE TO THE RICE AISLE



and has an exceptional ability to absorb flavors.

Sprouted Rice: brown rice that is allowed to germinate until the flavor and nutritional benefits are maximized. Its mild, nutty flavor is a cross between white and brown rice.

Wild Rice: a whole grain that is high in protein and often blended with white or brown rice.

Rice Blends: a blend of multiple rice types creates a versatile product that pairs well with all flavors and cuisines.

Choose your favorite type of rice and try out this delicious recipe:



Mediterranean Eggplant, Artichoke and Feta Rice Salad

Makes 6 servings

Ingredients:

- 1 medium eggplant, cut lengthwise into ½-inch slices
- 2 tbsp vegetable oil
- 3 cups cooked rice, cooled
- 1 (6-oz) jar marinated artichoke hearts, drained and coarsely chopped, liquid reserved
- ½ cup pitted kalamata olives, chopped
- ¼ cup sliced fresh basil leaves
- 1 (4-ounce) package crumbled feta cheese with basil and tomato
- Salt and pepper

Directions: Preheat broiler. Brush eggplant slices with oil. Broil 4 inches from heat source for 12 to 15 minutes, turning once, until tender and lightly browned; cool. Cut eggplant into 1-inch pieces and place in large bowl. Add rice, artichoke hearts, olives and basil. Combine reserved liquid from artichoke hearts and feta cheese. Drizzle over salad and gently toss to coat. Season with salt and pepper to taste.

***Nutrition Facts:** Calories – 270; Fat – 14g, Sodium – 500mg, Carbohydrate – 31g, Dietary Fiber – 5g, Protein – 7g *Long grain white rice is used in nutritional analysis.



Whether you're seeking convenience, flavor, nutrition, or affordability, there is something for everyone in the rice aisle.

Enriched White Rice: instant rice, this rice is pre-enriched with iron, niacin, and thiamin and fortified with folic acid, one cup of enriched white rice provides approximately 23% of the Daily Value of folic acid.

Whole Grain Brown Rice: retains the nutritious bran and germ layers, with all the fiber, antioxidants, vitamins, and minerals.

Pre-cooked Rice: also known as quick-cooking or

pouches, it is convenient, ready in seconds, and offers a delicious, healthy option with less prep and mess.

Ready-to-Heat Rice: a great option that can offer bold flavors to enhance any meal. available in microwavable single-serve cups and

Seasoned Rice: a great option that can offer bold flavors to enhance any meal.

Aromatic Rice: known for its natural aroma and flavor, popular U.S. varieties include jasmine,

basmati, black japonica, and red rice.

Parboiled Rice: is rice that is partially boiled before the hull is removed. This process results in cooked grains that are firm, separate, and fluffy.

Arborio Rice: primarily used in risotto, this rice develops a creamy texture around a chewy center



For more information on rice varieties, health benefits, and great-tasting recipes, visit www.thinkrice.com