

How to Cook Rice

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup (46g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 1 5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 1mg	6%
Potassium 116mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Ingredients:



1 cup
brown rice



1/8 teaspoon
salt



2 cups
water

Tools Needed:



saucepan
with lid



dry measuring
cups



liquid
measuring cup



measuring
spoons



fork



colander



stovetop

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*Note: Check the directions on your rice package.
Cooking time and amount of water may vary.*

Directions:

1

Wash hands with warm water and soap, scrubbing for at least 20 seconds.



2

Rinse 1 cup of rice in a colander under water until the water runs clear.



3

Add 1 cup rice, 2 cups water, and a pinch of salt to saucepan.



4

Turn stovetop to high heat.



5

Once water is boiling, reduce heat to medium-low, and cover with lid. Let rice cook for 45 minutes or until water is absorbed. (Try your best not to remove the lid during this time!)



6

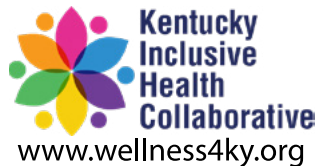
Turn off burner, and remove from heat. Let sit until ready for use, and then fluff with a fork before serving or using in another recipe.



Source: Jeannie Najor, Program Coordinator II , University of Kentucky Nutrition Education Program

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