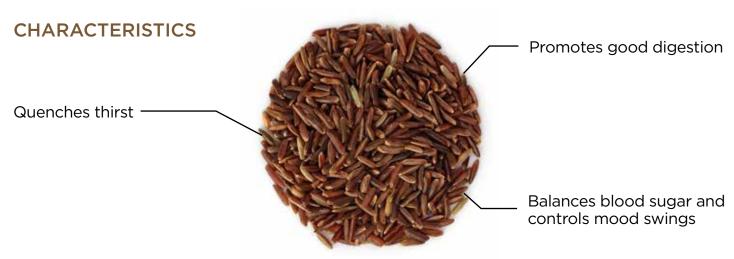
### **BROWN RICE**

Unlike white rice, brown rice has all bran layers intact and thus contains all of its naturally present nutrients. These layers of bran act to protect the grain and to help maintain its fatty acids. Brown rice contains the highest amount of B vitamins out of all grains. Additionally, it contains iron, vitamin E, amino acids, and linoleic acid. Brown rice is high in fiber, extremely low in sodium, and is composed of 80% complex carbohydrates.



#### **BUYING AND STORING**

Look for quality brown rice that contains a small amount of green grains. Buying high quality organic brown rice is recommended, which is best stored in airtight glass jars in a dark cupboard.



# VERSATILE RICE PILAF

PREP TIME 5 minutes **COOK TIME** 55 minutes YIELD 8 servings

### **INGREDIENTS**

- 2 cups brown rice
- 2 tsp oil or butter
- 4 cups broth or water
- 5 cups nuts or seeds
- 2 cups fresh vegetables, chopped
- herbs and seasonings to taste

- DIRECTIONS Heat oil/butter in a heavy skillet with a tight fitting lid on medium heat.
- Add rice, stirring for 5 minutes or until grains are lightly roasted.
- Add broth/water, cover tightly, and cook for 45 minutes.
- Stir in vegetables, nuts, and herbs; cover and continue to cook for 5 minutes.

\*Pilafs involve sautéing the raw grains to add a nutty, toasted flavor. Always use a wooden spoon to stir rice to avoid breaking the grains. ©Integrative Nutrition

## CREAMY RICE PUDDING

PREP TIME 5 minutes COOK TIME 10 - 20 minutes YIELD 4 servings

### **INGREDIENTS**

- 1 cup amasake (creamy sweetener found in refrigerated section of health food store)
- 1/2 cup water or apple juice
- 2 cups cooked (leftover) rice
- 3 tablespoons chopped raisins
- 3 tablespoons sunflower seeds or chopped nuts
- 1 teaspoon cinnamon or grated lemon peel
- 1 teaspoon vanilla

### **DIRECTIONS**

- Combine all ingredients.
- Heat and simmer for 10-20 minutes; the longer you cook it, the softer it will get.
- Serve warm or cool.

### CONGEE

Congee is the product of cooking rice for an extended period over low heat. It enables the body to assimilate and to absorb the medicinal properties of rice.

Congee is an excellent first food for infants, convalescents, people under stress, or those with a weakened digestive or immune system. Congee is extremely beneficial for someone with an inflamed digestive tract or extreme diarrhea.



### **DIRECTIONS**

- 1. Simmer 2 tablespoons of rice in 2 cups of water over the lowest possible heat, or in a crockpot, for 4 to 6 hours.
- 2. Add seasonings, beans, vegetables, or spices and enjoy.

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