COOKING WITH RICE

Rice A’ghetti, Rice and Beans, and Spanish Rice

Refrigerate leftover cooked rice and rice dishes within 2 hours.

Rice A’ghetti
Makes 7 servings, ½-cup each

2 tablespoons vegetable oil
½ cup enriched white rice
½ cup whole wheat spaghetti, broken into 1 inch pieces
½ cup chopped onion
2½ cups water
2 small bouillon cubes, chicken or beef flavor, or ½ teaspoon salt
Choice of seasonings

1. In large saucepan, heat oil on medium-high heat.
2. Add rice, spaghetti, and onion. Cook and stir mixture for 5 to 10 minutes until grains are lightly toasted.
3. Add the water carefully and quickly. Steam will come from the hot pan. Add bouillon and seasonings. Turn heat to lowest setting.
4. Cover and simmer over low heat for about 20 minutes or until liquid is absorbed and spaghetti and rice are tender.
5. Stir before serving to evenly mix seasonings.

NOTE
Regular spaghetti can be used but will not have the fiber and same nutrients as whole wheat spaghetti.
Kids can help by breaking the spaghetti into small pieces.

Seasonings for rice recipes
Check bulk food sections for lower cost spices and herbs.
- Tex-Mex: 1 teaspoon each of chili powder, cumin, and oregano
- Italian: 2 teaspoons Italian herb mix, or mix of oregano, thyme, basil, and rosemary
- Asian: Omit bouillon or salt. Add 2 tablespoons soy sauce.
- Curry: 1½ teaspoons curry powder
- Add to any of the above: ¼ teaspoon red pepper flakes, ¼ teaspoon garlic powder or 1 clove of fresh garlic, minced

Nutrition Facts per serving: 130 calories, calories from fat: 40, total fat 4.5 g, saturated fat 0 g, trans fat 0 g; cholesterol 0 mg, sodium 260 mg, total carbohydrate 21 g, fiber 2 g, sugars 2 g, protein 3 g. Percent daily value: Vitamin A 0%, Vitamin C 2%, Calcium 2%, Iron 4%.

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EXTENSION
For beans, choose from black, red, or white beans, chickpeas, black eyed peas, or lentils.

If you do not use beans, the amount of protein in the recipe is decreased.

Rice and Beans
Makes 8 side-dish servings—about ¾ cup each, or 4 main dish servings

1 cup chopped onion
1 cup chopped bell pepper or celery or mixture of the two
2 tablespoons vegetable oil
1 cup enriched white rice
2 cups water
½ teaspoon salt
1/8 teaspoon ground black pepper
Choice of seasonings from page 1
16-ounce can beans, drained and rinsed

1. In a 2 quart or larger pan, cook onion and pepper/celery in oil until tender. Add rice and stir 2–3 minutes until rice is coated with oil.

2. Add water carefully and quickly. Steam will form in the pan. Add salt, pepper and choice of seasonings.

3. Reduce heat to lowest setting. Cover and simmer for 20 minutes, or until rice is tender. Check after 10–15 minutes to see if more water is needed but do not stir.

4. When rice is tender, add beans and stir to mix. Let stand 2–3 minutes to heat the beans. If beans are cold from the refrigerator, heat on very low heat about 5 minutes or until hot.

Rice and Vegetables
Instead of beans, add 1½ cups chopped, mixed frozen or fresh vegetables after adding water. To use canned or pre-cooked vegetables, add at the end of cooking time to just reheat the vegetables.

Nutrition Facts per ¾ cup serving: 190 calories, calories from fat: 35, total fat 4 g, saturated fat 0 g, trans fat 0 g, cholesterol 0 mg, sodium 260 mg, total carbohydrate 35 g, fiber 4 g, sugars 2 g, protein 6 g. Percent daily value: Vitamin A 2 %, Vitamin C 15 %, Calcium 4 %, Iron 10 %.
Spanish Rice
Makes seven ½-cup servings

1 cup chopped onion
1 cup chopped bell pepper or celery, or mixture of the two
2 tablespoons vegetable oil
1 cup long grain brown rice
2 cups water
1 small chicken or beef bouillon cube, or ¼ teaspoon salt
8 ounce can of tomato sauce
Tex-Mex or Italian seasoning choice from page 1

1. Use a 2-quart or larger pan. On medium heat, cook the onion and pepper or celery in the oil until it softens, about 5 minutes.
2. Add brown rice and continue to cook and stir about 5 minutes.
3. Carefully and quickly add water. Steam will form in the pan. Add bouillon, tomato sauce and seasonings. Stir to combine all ingredients.
4. Cover and cook on lowest heat setting for 45 minutes, or until rice is tender.
5. Stir to mix all ingredients and serve.

Cracked Wheat and Rice Pilaf

• Cracked wheat is made from whole wheat berries that have been broken into smaller pieces. It is a whole grain that adds a pleasant nutty and chewy texture to rice dishes and iron to your diet. It has the same cooking time as white rice. Look for cracked wheat with other “specialty” grains, usually near the flour in some supermarkets. Also check bulk food bins for cracked wheat.

• Try cracked wheat instead of whole wheat spaghetti in the Rice A’Ghetti recipe. Cooking time will be about 20 minutes after water is added.

• Instead of brown rice, try using half white rice and half cracked wheat in the Spanish Rice recipe.

Nutrition Facts per serving: 150 calories, calories from fat: 45, total fat 5 g, saturated fat 0 g, trans fat 0 g, cholesterol 0 mg, sodium 320 mg, total carbohydrate 26 g, fiber 3 g, sugars 3 g, protein 3 g. Percent daily value: Vitamin A 4%, Vitamin C 30%, Calcium 2%, Iron 2%.

White rice can be substituted in this recipe. If using white rice, reduce water to 1¾ cups and cooking time to 20 minutes.
Basic Directions for Cooking Rice

Many types of rice are available. Always use package directions for “instant” or quick cooking rice. For regular rice, follow package directions or use these guidelines.

<table>
<thead>
<tr>
<th>To make six ½-cup servings:</th>
<th>Water</th>
<th>Optional salt</th>
<th>Rice</th>
<th>Cooking time</th>
</tr>
</thead>
<tbody>
<tr>
<td>White rice, long grain</td>
<td>1¾ cups</td>
<td>½ teaspoon</td>
<td>1 cup</td>
<td>20 minutes</td>
</tr>
<tr>
<td>White rice, short grain</td>
<td>1½ cups</td>
<td>½ teaspoon</td>
<td>1 cup</td>
<td>15 minutes</td>
</tr>
<tr>
<td>Brown rice, long grain</td>
<td>2½ cups</td>
<td>½ teaspoon</td>
<td>1 cup</td>
<td>45 minutes</td>
</tr>
</tbody>
</table>

1. Measure water and salt into a 2 quart pan and bring to a boil.
2. Stir in rice. Cover pan and turn heat to lowest setting.
3. Cook the recommended time until water is absorbed and rice is tender.
4. Serve immediately.

Shopping tips
- Look for enriched white rice. It has more folic acid, B vitamins, and iron.
- Long grain rice is light and fluffy when cooked.
- Short and medium grain rice is moist and sticky when cooked.
- Save money by using regular rice, not “instant,” and add your own seasonings.
- Larger packages usually cost less per pound. Check the unit prices on the store shelf for the best price.
- Rice from bulk bins may cost less per pound.

Additional storing and cooking tips
- Store in a tightly closed container.
- 1 pound of rice is 2½ cups raw. It makes 7½ cups cooked.
- A little oil or butter keeps rice grains from sticking together and from foaming while cooking.
- Rapid boiling and stirring mashes the grains and makes rice gummy.
- If the cooked rice is too mushy, use less water.
- Soaking brown rice in water for several hours in the refrigerator. This will shorten the cooking time to 20 minutes. Use the same water to cook the rice.
- After cooking, soak the empty pan in cold water for quick cleanup.
- Use leftover cooked rice in tortillas, soups, casseroles, or omelets.

Cooked white or brown rice has 100 calories per half cup with 22 g of carbohydrate.

Brown rice has more fiber, vitamins, and minerals than white rice. It has a nutty, chewy texture.