LONG GRAIN RICE

Key Points

- Long grain rice has a firm and dry texture. It is used for dishes such as salads, pilafs, and side dishes.
- Brown rice is higher in fiber than white rice; which can help lower cholesterol levels, keep your glucose levels in healthy range, and promote digestive and heart health.

Easy Fried Rice

Ingredients:
- 1 Tablespoon sesame oil (or vegetable oil)
- 1/2 small onion, chopped
- 1 cup frozen peas and carrots, thawed
- 1 large egg, beaten
- 1 and 1/2 cups cooked, white or brown rice
- 1-2 Tablespoons soy sauce
- 1 Tablespoon green onions, chopped (optional)

Directions:
1. Preheat a large skillet to medium heat.
2. Add oil, onion, peas, and carrots to skillet. Cook until vegetables are tender (about 4-5 minutes), stirring as needed.
3. With a spatula or wooden spoon, move the vegetables to the side of the skillet and pour beaten eggs into the other side of the skillet.
4. Stir or scramble the eggs until lightly cooked. Mix the scrambled eggs with the cooked vegetables in the skillet.
5. Add the cooked rice and soy sauce to the skillet and mix to combine. Sprinkle green onions on top, if using.

Makes 4 servings

Recipe adapted from www.therecipecritic.com

Quick Tips

- Day old rice may work best as it prevents the fried rice from becoming mushy.
- Fried rice is very versatile! Use whatever chopped vegetables you have in your fridge (summer squash, corn, carrots, broccoli)

How to Cook Rice:

1. Measure 1.5 cups of water for every 1 cup of long-grain white rice. For brown rice, measure 2 cups of water for every 1 cup of rice.
2. In a pot, bring water to boil. Add a pinch of salt (optional).
3. Once water is boiling, add uncooked, rice.
4. Reduce heat to bring rice to a steady simmer and cover your pot with a lid.
5. Allow white rice to simmer for 20-25 minutes. Brown rice will need 45 minutes to cook.
6. Turn off heat, let sit for 5 minutes.
8. Store unused rice in plastic storage bags: Flatten and place in freezer for a quick side dish on another day.

1 cup of white rice = 2 cups cooked
1 cup brown rice = 3 cups cooked

Recipe adapted from www.delish.com