

# RICE

Prep time	Cook time	Total time
3 min	30 mins	33 mins

## Ingredients

- Organic Brown rice  
[note can use Long, Medium, Short, Basmati, or Wild Rice - note long grain, Basmati, wild rice cooks up less sticky than medium or short grain rice. Note, nutritionally, I am not a fan of Jasmine]



## Instructions

1. Measure 1c brown rice - Pour it into a medium-sized bowl, add enough cold tap water to cover rice.
2. Rinse the rice - Use your hand to swish the rice around for about 2min.
3. Strain the water from the rice - Pour out the water through mesh strainer or cover bowl w/ plate to keep rice from spilling. Then, tilting bowel to the side, drain the water.
4. Add 2c fresh water – Pour fresh water into pan of rinsed rice and cover pan with lid  
[Note: wild rice may need a smidge more water]
5. Add seasoning – add 1/8 tsp of salt &/or fresh or dried herbs [garlic, oregano, dill, curry, etc - your choice of herb scan change the whole nature of the dish...so, try a variety and enjoy]
6. Bring to boil – turn stovetop to high and bring rice to boil
7. Simmer – once rice is boiling, briefly lift lid to stir, and then reduce the heat to low, cover and simmer for 20-40 minutes until all the water is absorbed [time varies depending on the type of rice]  
[NOTE: don't lift lid during simmering as it will let out the steam and the rice will not cook properly]
8. Serve - enjoy

Rice is the seed of a *Oryza* grass family. Varieties include Long, Medium, Short, Basmati, and Wild Rice. White rice is a refined grain, not a whole grain, because the germ and bran have been removed. White rice is devoid of most nutrients and fiber. Whole grain rice is usually brown though it can come in other colors. Rice is one of most easily digested grains. Whole grain rice naturally has a low glycemic index (ie will not raise blood sugar very fast). Rice bran lowers LDL cholesterol and is good source of resistant starches that help prevent colon cancer. Brown rice is relatively high in vitamins B1, B3, B5, and pantothenic acid. It is also high in manganese a mineral that supports many of the body's chemical processes such as digestion of fats, proteins, and carbohydrates. Additionally, whole grain rice is a good source of selenium, magnesium, phosphorus, copper, zinc, and iron. Rice has protective phytochemicals that serve as antioxidants and help to protect from breast & other hormone-dependent cancer. There are a couple of warnings about brown rice.

First, it does contain a decent amount of phytic acid which can impair mineral absorption. Phytic acid levels can be reduced by soaking and rinsing before cooking. Second, compared to other common pesticide treated foods, rice accumulates higher amounts of mercury and arsenic. Organic rice is not treated with pesticides; however, pesticides can still be found in the soil. California, organic brown rice has lowest level of pesticide residues in their soil; hence, the lowest arsenic & mercury levels. Currently, Lundberg company reports the lowest arsenic levels.