



Rice, Medium Grain

MyPlate Food Group: **Grains**



Nutrition Information

- $\frac{1}{2}$ cup cooked medium grain rice counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. Medium grain rice is a refined grain.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins.
- Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- For specific information about medium grain rice, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- Create a rice pilaf by mixing barley, wild rice, medium grain rice, broth, and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
- Use medium grain rice when stuffing baked green peppers or tomatoes.

Storing Foods at Home

- Store unopened packages of rice in a cool, clean, dry place.
- After opening rice, keep package tightly closed.
- Once prepared, store any leftover rice in the refrigerator in a sealed container not made from metal.

MyPlate Facts

- Try to make at least $\frac{1}{2}$ of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.



USDA Foods

Orange-Raisin Rice

Makes 8 servings

Ingredients:

4 cups rice, cooked
½ cup honey
1 cup raisins
1 tablespoon butter
½ cup orange juice
½ cup chopped nuts like walnuts or pecans (optional)

Directions: Wash hands with soap and water.

1. Cook rice according to package directions or use leftovers.
2. In a small saucepan, heat honey until warm.
3. Add rice, raisins, and butter.
4. Cook over medium heat for 5 minutes.
5. Stir in orange juice.
6. Sprinkle with chopped nuts (optional).
7. Serve warm or cold.

Recipe adapted from University of Tennessee, Knoxville

Spinach Rice Casserole

Makes 12 servings

Ingredients:

1 cup onion, chopped
2 cloves garlic, minced
3 tablespoons butter
1 pound fresh spinach (or other greens such as bok choy, Swiss chard or kale), chopped
4 eggs, beaten
4 cups rice, cooked
1 cup low-fat milk
1½ cups low-fat cheese, shredded
2 tablespoons soy sauce, low or reduced sodium
Black pepper, to taste

Directions: Wash hands with soap and water.

1. In a large skillet, sauté onions and garlic in butter over medium heat. When onions are soft, add spinach. Cook 2 minutes or until wilted.
2. Combine all ingredients and mix well. Spread into a well-greased casserole dish and cover.
3. Bake at 350 degrees F for 35 minutes.
4. Remove cover and bake for 10 more minutes.

Recipe adapted from University of Maine Cooperative Extension