DID YOU KNOW?

JANUARY IS BROWN RICE MONTH

FACT #1

Brown rice is a whole grain, which means that all parts of the grain are intact. Whole grains are high in protein, fiber, vitamins and minerals.

FACT #2

Due to its fiber content, brown rice can help our blood sugar stay healthy.

FACT #3

Rice can be safely frozen for 3-6 months in portioned containers.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

LEMON SCENTED BROWN RICE

Number of Servings: 6 • Serving Size: 1 cup

INGREDIENTS:

- 1 ⅔ CUP UNCOOKED BROWN RICE
- 3 ¼ CUP WATER
- 2 TEASPOON LEMON JUICE
- ⅛ TEASPOON CINNAMON
- 0.4 TEASPOON SALT

DIRECTIONS:

IN A SAUCE PAN ADD WATER, CINNAMON, LEMON JUICE, AND SALT. BRING TO A SIMMER. ADD RICE AND INFUSED WATER IN A PAN. COVER WITH FOIL. BAKE IN A 350 DEGREE OVEN FOR APPROXIMATELY 25 MINUTES UNTIL WATER IS ABSORBED AND RICE IS TENDER. FLUFF WITH A FORK AND ALLOW TO STAND FOR ANOTHER 5 MINUTES.