**All about Rice**

Varieties of rice include white, brown, and specialty rice such as Basmati and Jasmine. There are three kernel sizes - short, medium and long. On the shelf you will find instant, parboiled and rice mixes, along with white and brown rice. Learn more about rice:

- White rice is enriched with B vitamins and iron and has 103 calories, 0 fiber, 2 grams of protein and 0 fat per ½ cup.
- Brown rice is whole grain and has a nutty taste. One half cup of brown rice has 120 calories, 2 grams of fiber, 3 grams of protein and 0 fat.
- Long grain cooks up drier and fluffier.
- Short grain cooks up chewier and stickier.

To cook rice in microwave, rice cooker, or stove top follow directions on package. According to FDA cooking whole grain rice similar to how pasta is cooked can reduce arsenic content. Store uncooked rice in a closed container or plastic bag. Store cooked rice in refrigerator for 4 - 6 days or freezer for 6 months.

Source: fns.usda.gov/usda-foods/household-programs-product-information-sheet and chopchopfamily.org

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**Teriyaki Rice Bowl** *Serves 6*

**Ingredients**

- 1 Tablespoon oil (canola or vegetable)
- ¾ pound boneless chicken, beef, or pork (thinly sliced)
- 2 cloves garlic, minced or ¼ teaspoon garlic powder
- 2 cups water
- ½ cup teriyaki sauce (low sodium if available)
- 2 cups instant brown rice, uncooked
- 1 (16-ounce) package frozen stir fry vegetables

**Directions**


Nutrition Information: Calories 270, Fat 5g, Sodium 440mg, Carbohydrate 37g, Dietary Fiber 3g, Protein 17g (analyzed using low sodium teriyaki sauce) | Source: spendsmart.extension.iastate.edu | Photo Source: Mary Ehret/Penn State

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**Nutrition Links Thrifty Tips:**

- Use leftover rice for fried rice or rice pudding.
- Enjoy rice for breakfast. Add chopped apples and sprinkle with brown sugar and cinnamon. Cover with low fat milk.
- Add leftover rice to stews.

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/rice-bowl-breakfast-fruit-and-nuts
**Enjoying Blueberries and Cranberries**

Blueberries and cranberries are packed with valuable nutrients for good health. Here are some hints to store large quantities of fresh, frozen or dried berries.

Store frozen blueberries in containers that are made to hold frozen foods. Examples are freezer bags, freezer safe plastic containers, or glass jars. Check the label to see if it is freezer safe.

**Easy ways to use fresh, frozen or dried berries**

- Use frozen blueberries or reconstituted dried cranberries as the fruit part of the smoothie. To reconstitute dried cranberries, place in bowl, cover with boiling water. Let stand for 5 minutes. Drain then cool in refrigerator.
- Top oatmeal, cold cereal, and yogurt with blueberries.
- Mix blueberries with plain yogurt and a little sugar to make your own flavored yogurt.
- Top salads with dried cranberries.
- Use in muffins, pancakes, and make your own fruit sauces.

Source: Just Say Yes to Fruits and Vegetables, New York Dept. of Health

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**Fruit Smoothies** Serves 2

**Choose ½ cup of any fruit:** bananas, strawberries, cranberries, blueberries

**Choose 1 cup of any base:** low-fat plain or vanilla yogurt

**Choose ½ cup of any liquid:** low-fat milk, plant based beverage or 100% fruit juice

**Directions:**
1. Wash hands with soap and water. If using fresh fruit, rinse/rub produce under cool running water just before cutting.
2. Place all ingredients in a blender and mix until smooth. Refrigerate any leftovers immediately.

**For example:** ¼ cup blueberries + ¼ cup of frozen banana, 1 cup low-fat vanilla yogurt and ½ cup low-fat milk

Nutrition Information: Calories 110, Fat 1.5g, Sodium 115mg, Carbohydrate 14g, Fiber 1g, Protein 8g | Source: Eating Smart Moving More, North Carolina Extension

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