

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

RICE - So Much More!

Rice can be served so many different ways.

Rice is cheap & easy to cook.

- Always follow the cooking directions on your rice package.
- Brown rice has 1.8 grams of fiber and white rice has only 1/2 gram of fiber per 1/2 cup serving.
- Add rice to soups, casseroles and pudding desserts.
- Cook rice in flavorful broths (chicken, beef), fruit juices or tomato juice.



Tips for Cooking Rice

- 1 Keep lid on saucepan when cooking rice. No peeking!
- 2 Do not stir rice after it comes to a boil.
- 3 Remove rice from saucepan once the rice is cooked.



Banana Rice Pudding Serves 3.

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|-------------------------|--|
| 1 medium banana, sliced | 1 tsp. vanilla extract |
| 1/4 cup water | 1 cup nonfat milk |
| 1 Tbsp. honey | 1-1/2 cups cooked rice, white or brown |

1. Combine banana, water, honey and vanilla extract in a medium saucepan.
2. Bring to a boil. Reduce heat and simmer for about 10 minutes.
3. Add rice and milk. Stir.
4. Bring to a boil. Simmer for 10 more minutes.
5. Serve warm.



NUTRITION FACTS (per serving w/brown rice) - Calories 200 ~ fat 1 g ~ calories from fat 10 ~ sodium 45 mg ~ total carbohydrate 42 g ~ fiber 3 g

Build A Nutritious Salad

- 1 Have fun. Be creative and mix salad ingredients to your liking.
- 2 Healthy salads are created with colorful fruits & vegetables.
- 3 Make a main dish salad by using foods from all 5 food groups.
- 4 Dress up your salad with low fat dressing.
- 5 Tasty salad toppers: cheese, dried or fresh fruit, fresh herbs, olives and nuts.



Orange-Spinach Salad Serves 6.

4 cups fresh spinach, trimmed, torn in pieces
3 oranges, peeled and sliced
1 small onion, thinly sliced
1 cup raisins
1/2 cup chopped nuts (walnuts, almonds)
Salt and pepper

Dressing:

1/4 cup vegetable oil
1/4 cup vinegar
1 Tbsp. sugar
1 tsp. grated orange peel
1/2 tsp. tarragon or parsley

1. Combine all salad ingredients except salt and pepper.
2. Combine all dressing ingredients. Blend well.
3. Pour dressing over salad. Add salt and pepper to taste.
4. Gently toss and serve.

***Make a main dish salad by topping with cooked chicken and shredded cheese.**

NUTRITION FACTS (per serving) - Calories 270 ~ fat 16 g ~ calories from fat 140 ~ sodium 30 mg ~ total carbohydrate 33 g ~ fiber 4 g

Tip of the Month: Enjoy a tasty salad using less salad dressing. Salad dressing slides off wet salad greens. Dry salad greens with a salad spinner or blot with paper towels.



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FAMILY NUTRITION PROGRAM
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