



Long Grain Brown Rice

Cereals & Grains

Cereals and Grains are staples in all diets. Enjoy our large variety of grains, cereals, pastas, and rice.

Long Grain Brown Rice

Augason Farms Long Grain Brown Rice stays fluffy after cooking and is great to use in salads, casseroles and stir-fry dishes.

Tropical Fruit, Rice & Tuna Salad

- 1 cup water
- 3/4 cup Augason Farms Long Grain Brown Rice
- 2/3 cup plain or vanilla yogurt
- 1 can (8 ounce) pineapple tidbits in juice, drained,
 - 1 teaspoon juice reserved
- 2 kiwis - peeled & sliced
- 1 medium mango - peeled, seeded & chopped (about 1 cup)
- 1 can (5 ounce) white tuna – drained & flaked
- 1 tablespoon coconut, toasted

In one-quart saucepan, heat water to boiling. Stir in brown rice. Reduce heat to low, cover and simmer about 20 minutes or until rice is soft or all water is absorbed. Uncover, cool 15 minutes. Refrigerate at least 1 hour or until cold. In medium bowl, mix rice, yogurt and reserved pineapple juice. Cover; refrigerate 1-2 hours to blend flavors. Cut kiwi slices into fourths. Gently stir kiwi, pineapple, mango and tuna into rice mixture. Sprinkle with coconut and refrigerate. Serves 4.

DIRECTIONS:

Makes 6 to 8 servings:

1. Add 1 cup of brown rice to 2 cups of cold water.
2. Add 1/2 teaspoon of salt and 1 tablespoon of butter or margarine.
3. Bring to a boil. Cover tightly and cook on low heat 15-20 minutes, or until done (without removing the cover).
4. Fluff with fork before serving.

Hint: Soaking brown rice 1 day before cooking increases the rice's nutritional value. It stimulates the early stages of germination (when a tiny sprout, less than a millimeter tall, grows from the rice grain). Sprouted rice contains more fiber, vitamins and minerals than non germinated rice. Soaked brown rice is also easier to cook because the hard outer husk has been softened and tastes sweeter.

Brown Rice Cheesy Casserole

- 2 1/2 cups cooked Augason Farms Long Grain Brown Rice
- 4 green onions, chopped
- 1 cup low-fat creamy cottage cheese
- 1 teaspoon dillweed
- 1/4 cup freshly grated Parmesan cheese
- 1/2 cup milk, skim or low fat
- 1/2 teaspoon mustard

Combine cooked rice, onions, cottage cheese, dillweed, Parmesan cheese, milk and mustard in a mixing bowl. Stir gently until well blended. Pour into a casserole dish sprayed with nonstick cooking spray. Bake at 350°F for 15-20 minutes. Serves 4-6.

Nutrition Facts

Serving Size 1/4 cup (45g)
Servings Per Container 45

Amount Per Serving			
Calories	160	Calories from Fat	10
			% Daily Value*
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	34g		11%
Dietary Fiber	1g		4%
Sugars	0g		
Protein	3g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 0%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

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INGREDIENTS: Long grain brown rice.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 7 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

45 SERVINGS
NET WT. 4 LBS 9.0 OZ (2.06 kg)