

Organic Brown Basmati Rice

Country of Origin: Canada

Certified Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

Per 1/4 cup (45 g) / par 1/4 tasse (45 g)

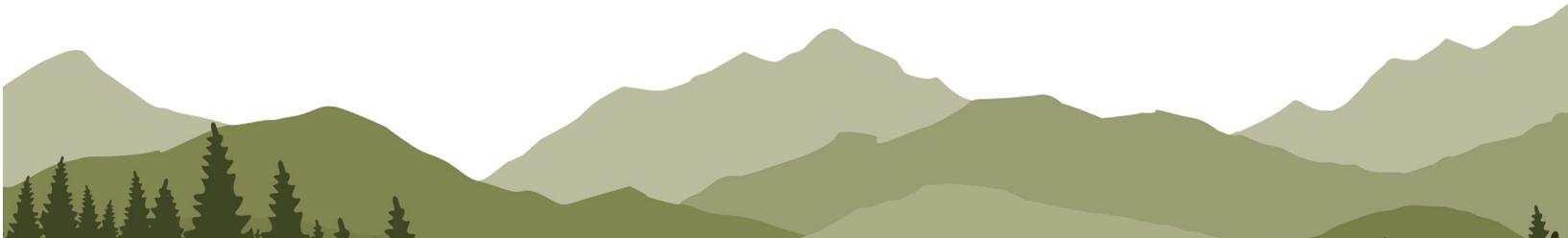
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 3 mg	0 %
Carbohydrate / Glucides 33 g	11 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 1 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	4 %

Factoid:

Brown basmati rice has the highest amino acid and essential nutrient content of all rice varieties. Brown basmati rice is a healthy grain selection as it does not contain fat, cholesterol, sodium, or gluten. It provides fibre, carbohydrates, B vitamins, and protein.

Ingredients:

Organic brown basmati rice.



Recipe:

left coast
ORGANICS

Herbed Basmati Rice

Ingredients:

1 tsp olive oil

1 cup uncooked brown basmati rice

1 garlic clove, minced

1 cup water

1 cup fat-free, reduced-sodium chicken broth

1/4 teaspoon salt

1/4 cup green onions, chopped

1/4 cup pine nuts, toasted

3 tablespoons fresh

Parmesan cheese, grated

1 tablespoon fresh basil, chopped

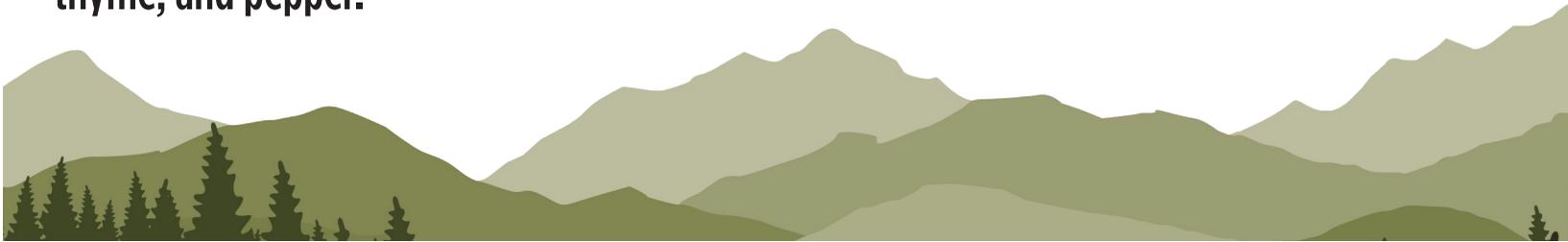
1 teaspoon fresh thyme, chopped

1/2 teaspoon freshly ground black pepper

Cooking spray

Instructions:

1. Heat olive oil in a medium skillet coated with cooking spray over medium-high heat. Add rice and garlic to pan; saute 2 minutes or until rice is lightly toasted.
2. Add 1 cup water, broth, and salt to pan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and rice is tender.
3. Remove from heat; let stand 5 minutes. Stir in onions, nuts, Parmesan cheese, basil, thyme, and pepper.



Cooking Note:

1. Wash the brown rice well before cooking.
2. For a nuttier flavour, roast the brown rice in the oven for 10-15 minutes. Roasted brown rice will need less time to cook.
3. Put the rice and water in a pot. Season with salt to taste. Set heat to high and bring to a boil, uncovered. Once it comes to a boil, reduce the heat to low.
4. Cover the pot with a lid wrapped in a kitchen towel to absorb the excess liquid. Simmer on low for 35-45 minutes.
5. Turn off the heat and let the rice sit in the covered pot for 10-20 minutes.
6. Drizzle a little oil into the rice and fluff with a fork.

