

### Brown rice



It is more than just its color that differentiates brown rice from white rice. Brown rice, is a whole grain that still has most of its natural nutrition, while white rice has lost much of its nutrients through processing. Brown rice is an excellent source of fiber and other vitamins and minerals important for good digestion, and colon and heart health. It also has a chewy nutty flavor, not found in white rice.

Did you know that children who try new healthy foods, and are willing to try the food again, are more likely to choose these foods? This week we tasted brown rice that was steamed and served...and the students thought it was delicious! Here is another way to serve brown rice.

### Brown Rice and Black Bean Salad

#### Ingredients:

- 2 cups of prepared brown rice (follow package directions for preparing)
- 1 can of low sodium black beans, drained
- 1 jalapeño pepper, finely diced
- 1/2 red onion, diced
- 1 red bell pepper, diced
- 1/4 cup cilantro, chopped
- 2-3 tablespoons of vinegar

#### Preparation:

1. Combine all ingredients, toss lightly.
2. Chill for about 1 hour.



*Developed by the University of California Cooperative Extension.*