

Pineapple Rice

Ingredients:

- 1/2 cup uncooked brown rice, regular or quick cooking
- 1 cup water
- 4 ounces canned pineapple in its own juice

Preparation:

Regular Brown Rice

1. Combine rice and water in medium sauce pan.
2. Bring to a boil and lower heat to simmer.
3. Cover with a tight lid and simmer 35 minutes.
4. Add pineapple and its juice, cover again and continue to cook over low heat for about 10 minutes.

Quick Cooking Brown Rice

1. Combine all ingredients in saucepan, and follow package cooking instructions.

Cooking Brown Rice in Microwave

1. Combine regular rice and water in deep 1 1/2 quart container and cover loosely.
2. Cook on high (100%) for 5 minutes, then reduce to medium (50%) for 25 minutes.
3. Add pineapple and continue to cook according to package microwave directions.

Makes approximately two 1 cup servings



Amount Per Serving	
Calories	210
Calories from Fat	15
% Daily Values*	
Total Fat	1.5g 2%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	5mg 0%
Total Carbohydrate	45g 15%
Dietary Fiber	2g 8%
Sugars	7g
Protein	4g
Vitamin A	0%
Vitamin C	8%
Calcium	2%
Iron	4%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 • Carbohydrate 4 • Protein 4