

How to cook brown rice without a lot of salt



Brown Rice and Salt

- Making brown rice is a great way to help you reach the Dietary Guideline's goal to make half your grains whole. It is also an even better way to help you lower your sodium intake. You may be surprised at how much salt a typical prepared rice product contains. Check out a few of our examples below...
 - A single cup serving of beef Rice-A-Roni has 1,020 mg of sodium if you add everything that the preparation instructions recommend.
 - P.F. Chang's Shrimp and Fried Rice contains 610 mg of sodium per serving, which means that the full dish has a whopping 2,440 mg of sodium.
 - Uncle Ben's Ready Rice with Carrots and Herbs (Roast Chicken Flavor) has 1,020 mg of sodium per cup.
- If you're looking to reduce your salt intake, steer clear of these pre-made, pre-seasoned options. Many of them contain over a half day's supply of sodium for most Americans.
- Plain brown rice can also be a sodium minefield. After all, the cooking instructions on most packages of plain brown rice including adding a teaspoon (or more!) of salt. That's 2300 mg of sodium, which is far above the recommended daily salt intake for many Americans.
- The Dietary Guidelines for Americans calls for an upper limit of 2300 mg of sodium per day unless you are at risk for high blood pressure and then you should limit the amount to 1500 mg per day.

Making Rice is as Easy as 1, 2, 3

1. **Measure** out your rice and water, then combine the ingredients in a saucepan. For every cup of brown rice, use 2 cups of water.
2. **Add** seasonings but leave out the salt.
3. **Cook** and enjoy! Simmer on the stove in a covered pan.

Seasoning Options

To add flavor to your rice, why not add any the following before you cook it?

- Bay leaves (just one or two is plenty) add a simple, savory flavor.
- Paprika or smoked paprika adds color.
- Dried basil, rosemary, oregano, or thyme combine for a great Italian seasoning blend.
- Chili powder and cumin go together for a Latin flair.
- Briefly cook a bit of chopped garlic and veggies in the saucepan with a little oil before adding the rice.
- Replace half or all of the water with low sodium chicken or veggie broth.

You can also add flavor after you cook the rice. Try some of these options...

- Toss cooked rice with a splash of olive oil and a handful or two of chopped fresh herbs like...
 - Parsley
 - Cilantro
 - Basil
 - Rosemary
 - Chives
 - Oregano
 - Thyme
- Saute or steam chopped veggies with a bit of garlic and toss with rice.
- Add salsa for a color and flavor treat.