BROWN RICE 5 WAYS

1. Fried Rice
   - Brown rice
   - Carrot
   - Bell pepper
   - Onion
   - Broccoli
   - Soy sauce
   - Vegetable oil
   - Eggs
   - Chicken
   - Spices to taste

2. Caribbean Casserole
   - Brown rice
   - Onion
   - Stewed tomatoes
   - Green pepper
   - Black beans
   - Oregano leaves
   - Canola oil
   - Spices to taste

3. Fiesta Rice Salad
   - Brown rice
   - Broccoli
   - Carrots
   - Red onion
   - Tomatoes
   - Green pepper
   - Kidney beans
   - Cilantro
   - Spices to taste

4. Cheesy Broccoli Rice Squares
   - Brown rice
   - Broccoli
   - Onion
   - Cheddar cheese
   - Eggs
   - Fresh parsley
   - Evaporated milk
   - Worcestershire sauce
   - Spices to taste

5. Black Bean Burgers
   - Brown rice
   - Black beans
   - Egg
   - Scallions
   - Cilantro
   - Oregano or basil
   - Garlic
   - Vegetable oil
   - Whole wheat buns
   - Spices to taste

For more information about these recipes go to: www.whatscooking.fns.usda.gov