Week 6: Healthy Shopping & Eating Out

Herbed Brown Rice (makes 4 cups)

Ingredients:

1 ½ cups long-grain brown rice

2 1/3 cup water

1 teaspoon olive oil

¼ teaspoon salt

½ cup chopped parsley leaves

Preparation:

1. Preheat oven to 375 degrees.
2. Place rice in an 8-by-8-inch baking dish. Bring water to a boil, and add to rice with oil and salt. Cover tightly with aluminum foil and bake for 1 hour.
3. Remove from the oven and stir in parsley. Let cool and store in sealed containers in the refrigerator for up to a week.

Eating out Tips from the USDA website

http://www.choosemyplate.gov/healthy-eating-tips/tips-for-eating-out.html