

Two Kinds Of Rice Are Twice As Nice

(NAPSA)—With all the news about the benefits of adding more whole grains to your diet, you may wonder: Which is better—white or brown rice?

The answer, say the experts, is both. Enriched white and whole grain brown rice are both important in a balanced diet.

The Dietary Guidelines for Americans and MyPyramid recommend making half of all grain servings whole. The other grain servings for the day can come from enriched grains, such as enriched white rice, or whole grains.

Eating more whole grains is a good idea but it should not happen at the expense of enriched grains, which are rich in folic acid.

The March of Dimes and the Centers for Disease Control and Prevention say that folic acid helps protect against birth defects, may be cardioprotective, aids in neurological function and has anti-cancer properties.

Here's a recipe from the USA Rice Federation that you can use with either brown or white rice or a combination of both. For more recipes, visit www.usarice.com/consumer.

Springtime Rice

Yield: Makes 6 servings

- ½ cup olive oil**
- 1 clove garlic, minced**
- 1 bunch asparagus spears, cut into 1-inch pieces (3 cups)**



Brown rice is delicious and nutritious, but enriched white rice also has a lot to offer, especially a healthy dose of folic acid.

- 2 portobello mushrooms, cut into strips**
- 1 red bell pepper, chopped**
- 3 cups cooked brown or white rice**
- ½ cup grated Asiago cheese**
- ½ teaspoon salt (optional)**

Heat oil in large skillet over medium heat until hot. Add garlic, asparagus, mushrooms and pepper; cook about 10 minutes, stirring frequently, or until tender. Add rice, cheese and salt. Stir until well blended; heat thoroughly.

Nutrition Facts: Calories 250; Total Fat 13g; Cholesterol 10mg; Sodium 290mg; Total Carbohydrate 28g; Dietary Fiber 3g; Protein 7g