

Rice 'n' Easy RECIPES

What's The Skinny On Carbs: Cut Back Or Vital To Diet?

(NAPSA)—Carbohydrates are essential to a healthy diet because they supply energy for both the body and brain. In addition, health professionals agree that following a diet that eliminates whole food groups is not a smart strategy. The U.S. Dietary Guidelines for Americans recommend a balanced diet with 45 to 65 percent of calories coming from nutritious carbohydrates like whole and enriched grains as well as fruits and vegetables.

Rice is a good carbohydrate choice. It's low in calories and fat, trans fat-free and pairs well with other healthful foods. Brown rice is 100 percent whole grain, while white rice is enriched with important nutrients such as folic acid and iron. In addition, according to a study conducted by Iowa State University, people who eat rice have healthier diets.

It's too many calories—not carbohydrates—that leads to weight gain. For optimal health, visit www.MyPyramid.gov, consume a balanced diet, watch total calorie intake and get regular exercise.

You can also try this healthy rice bowl recipe from USA Rice:

Orange Chicken And Vegetable Rice Bowl

Yield: Makes 6 servings

- 2 tablespoons vegetable oil**
- 1 pound skinless, boneless chicken breasts, cut into strips**
- 2 cups broccoli florets**
- 2 carrots, thinly sliced**
- 1 medium onion, sliced**
- 1 each yellow and red bell peppers, sliced**



Rice is a good carbohydrate source that partners well with other healthy foods as in this delicious chicken and rice dish.

- 1 tablespoon grated fresh ginger**
- 1 can (14 ounces) low-sodium chicken broth**
- ½ cup orange juice**
- 1 tablespoon grated orange zest**
- 3 tablespoons soy sauce**
- 2 tablespoons cornstarch**
- 3 cups hot cooked white or brown rice**

Heat 1 tablespoon oil in large skillet or wok; stir-fry chicken until lightly browned; remove. In same skillet, heat remaining oil; stir-fry vegetables and ginger 4 to 5 minutes or until vegetables are tender crisp. Combine chicken broth, orange juice and zest, soy sauce and cornstarch in bowl and stir until smooth. Add to skillet, stirring constantly. Boil 1 to 2 minutes or until thickened. Stir in chicken and cook until heated through. Spoon over or toss with hot rice.

For more information on nutrition and carbs and great-tasting, healthful recipes, visit www.usarice.com/consumer.