

*Enjoy!*

## ORANGE-CRANBERRY RICE

### MATERIALS

Pot for boiling water  
Tongs  
Serving bowl

### YIELD

Six 1/2-cup servings

### INGREDIENTS

3 cups cooked brown rice (or 2  
bags of the boil-in-bag variety)  
1/4 teaspoon salt  
1/4 teaspoon ginger  
1/2 teaspoon grated orange peel  
1/4 cup dried cranberries  
1/4 cup chopped cashews

DISH: **SIDE**

FOOD GROUP(S):  
**GRAINS**



### NUTRITION FACTS PER SERVING

Calories: 158, Total fat: 4g, Sodium: 100mg, Cholesterol: 0mg,  
Total carbohydrates: 23g, Fiber: 2g, Protein: 3g

## DIRECTIONS

1. Cook the boil-in-bag brown rice according to the package directions.
2. Remove the rice from the bag and add the remaining ingredients. Stir and serve.

## CHEF'S NOTES

- ▷ Brown rice is a whole grain and provides fiber your body needs. At least half of your grain intake should be whole grains.
- ▷ Boil-in-bag rice is a quick way to prepare rice for a side dish. Other quick-cooking rice options, such as parboiled or frozen rice, also work well for a quick fix.
- ▷ If you have the time to wait, regular rice can be less expensive. Even though you might spend a little more for quick-cook or partially prepared foods at the grocery store, you can still come out ahead on your spending and calorie budgets by eating at home.

Recipe selected from the *2014 Dinner Tonight Cookbook*. For more recipes like this one, visit <http://dinnertonight.tamu.edu/>.

*[click to return to table of contents](#)*