



BeFit

Be Fit. Eat Healthy. It's your choice.



MASSACHUSETTS
GENERAL HOSPITAL

HEART CENTER

Brown Rice

Hearty brown rice, perfect accompaniment for the Brazilian Black Bean Stew

Ingredients: 1 cup brown rice
3 cups water
1/8 teaspoon salt

Instructions:

1. Bring water to a boil. Add salt.
2. Add brown rice. Return to a boil and then lower heat, cover and simmer until rice is tender, approximately 20 minutes.

Yield: 4- 4 ounce servings

NUTRITION INFORMATION PER SERVING:

CALORIES: 127

FAT: .90 grams