

Healthy Recipe of the Week



Use organic ingredients whenever possible.

Foolproof Brown Rice

Brown rice has a nutty flavor and more textural personality—slightly sticky and just a bit chewy—than white rice, not to mention more nutritional value. Following the directions on the back of the bag usually results in wet, porridgelike rice. Many recipes call for too much heat, and, unless you use a very heavy pot, the rice will scorch. By using less water than is typical and taking advantage of the even heat of the oven, you can turn out perfectly cooked brown rice every time.

Serves 4-6

To minimize any loss of water through evaporation, cover the saucepan and use the water as soon as it reaches a boil. An 8-inch ceramic baking dish with a lid may be used instead of the baking dish and foil. To double the recipe, use a 13 by 9-inch baking dish, the baking time need not be increased.

1 1/2 cups long-, medium-, or short-grain brown rice
2 1/3 cups water
2 teaspoons unsalted butter or vegetable oil
1/2 teaspoon salt

- 1. Adjust oven rack to middle position; heat oven to 375 degrees. Spread rice in 8-inch-square glass baking dish.**
- 2. Bring water and butter or oil to boil, covered, in medium saucepan over high heat; once boiling, immediately stir in salt and pour water over rice. Cover baking dish tightly with doubled layer of foil. Bake rice for 1 hour, until tender.**
- 3. Remove baking dish from oven and uncover. Fluff rice with dinner fork, then cover dish with clean kitchen towel; let rice stand 5 minutes. Uncover and let rice stand 5 minutes longer; serve immediately.**