



HEALTHY & DELICIOUS Brown Rice

Brown rice is a delicious and healthy source of fiber.

Brown rice helps lower cholesterol, moves waste through the digestive tract, promotes fullness, and may help prevent the formation of blood clots.



WHY DO I NEED FIBER?

Fiber helps to prevent constipation and constipation related diseases. Fiber helps to prevent colorectal cancer and lowers "bad" cholesterol or LDL cholesterol.

EAT FIBER AND DRINK PLENTY OF FLUIDS TO KEEP YOUR DIGESTIVE SYSTEM RUNNING SMOOTHLY!!!

KIMCHI FRIED RICE (Serving Size :4)

Ingredients • $\frac{3}{4}$ tsp toasted sesame oil •

1 large egg, beaten • $\frac{1}{2}$ cup chopped green onions • 2 cloves minced garlic
(or roughly 4-5 tsp if pre-minced)

• $\frac{1}{3}$ cup chopped kimchi •

2 cups cooked brown rice • 4 oz fresh baby spinach •

$\frac{1}{2}$ cup frozen carrot & peas mix (or any other preferred veggies)

• $\frac{1}{8}$ cup kimchi juice (from the jar) •

1 Tbsp reduced-sodium soy sauce.



Directions 1. Cook rice according to the instructions on the package.

2. Heat oil in a large, non-stick skillet on medium-high heat. Add onions and garlic. Stir to coat them in the oil and let cook for 1 minute.

3. Add kimchi, frozen vegetables, and cooked rice. Next add the beaten egg. Mix well and let cook for 4 minutes, stirring occasionally.

4. Gradually stir in the spinach until all added and wilted.

5. Mix in the soy sauce and kimchi juice.

6. Serve immediately and refrigerate leftovers.

*Make it a main dish by adding in some extra protein such as cooked chicken, shrimp, beans, or beef.

**GWAAR Nutrition Team in Collaboration with UW Stout
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