

# Think Rice, THINK POWERFUL NUTRITION



## What rice has done for you lately...

**GLUTEN-FREE!** Rice is naturally gluten-free and one of the least allergenic grains, making it a healthy grain choice for people with celiac disease, gluten intolerance or food sensitivities.

**PLANT-BASED PROTEIN!** When combined with beans, it delivers eight essential amino acids in a high quality plant-based protein dish.

**MAKES YOU HAPPY!** Eating rice triggers your brain to produce serotonin, which helps regulate and improve mood, and even keeps your appetite in check.

Whether you want to improve your nutrition, lose weight, boost your energy, or simply nourish your body, rice can help you achieve your goals.

## This tiny, but mighty, grain packs a serious nutritional punch

White rice is a source of **B-VITAMINS, PHOSPHORUS AND ZINC**. Brown rice is also a source of those vitamins and minerals, plus it contains **FIBRE, MAGNESIUM, SELENIUM AND MANGANESE**.

All types of rice are naturally sodium- and cholesterol-free.



It's the perfect partner on **THE EAT WELL PLATE** because it pairs well with other healthy foods such as vegetables, lean meat, seafood, beans, fruit, nuts, and soy foods.

## Mediterranean Eggplant, Artichoke and Feta Rice Salad



**Nutritional Information:** Calories 270, Total Fat 14g, Cholesterol 10mg, Sodium 500 mg, Carbohydrates 31g, Fibre 5g, Protein 7g

### INGREDIENTS (MAKES 6 SERVINGS):

- 1 medium eggplant, cut lengthwise into ½ inch (1.5 cm) slices
- 2 tbsp (30 mL) vegetable oil
- 3 cups (750 mL) rice
- 1 (6 oz/170 g) jar
- ½ cup (125 mL) olives
- ¼ cup (60 mL) basil
- 1 (4 oz /113 g) package feta

**DIRECTIONS:** Preheat broiler. Brush eggplant slices with oil. Broil 4 inches (10 cm) from heat source for 12 to 15 minutes, turning once, until tender and lightly browned; cool. Cut eggplant into 1 inch (2.5 cm) pieces and place in large bowl. Add rice, artichoke hearts, olives and basil. Combine reserved liquid from artichoke hearts and feta cheese. Drizzle over salad and gently toss to coat. Season with salt and pepper to taste.