



White Rice

Ingredients

4 Cups Long-grain White Rice
6 to 8 Cups Water
Salt to Taste
¼ Cup Oil

Instructions

Heat the pot in which the rice is going to be cooked, add oil and salt, allow to heat, and then add water. Allow water to heat with the oil, and then add the rice. Stir constantly to keep rice from sticking to the bottom, until all the water has been absorbed. Cover and cook over low heat for 15 minutes. Move the loose rice to the sides of the pot and cover again for 15-30 minutes, until the rice is firm but soft inside. Serve with meat, stewed red beans, eggs, seafood, or vegetables.

Serves 6



Building a Healthy Boston
Mayor Martin J. Walsh

Eating too much salt can lead to high blood pressure, heart disease and stroke. Take control of your health. Read the label and look for the lowest sodium choice. You can find simple ways to reduce sodium at www.bphc.org/SwapTheSalt

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