

## **Brown Rice with Herbs & Spices Video Transcript (CC)**

Brown rice is a wonderful whole grain food that could be a quick and healthy side dish. It can also be base for many meals. This brown rice recipe with herbs and spices is super quick, easy, and delicious because the main ingredient is a 10-min brown rice!

Simply bring the water to a boil, add in the rice, and a small amount of olive oil and return to a boil. Next, reduce the heat and cover for 10 minutes.

Remove the rice from heat and allow it to stand for 5 minutes. Once the 5 minutes are up, remove the lid and fluff the rice with a fork or other kitchen utensil. Sprinkle with the everyday salt-free seasoning blend and fold into the rice until evenly distributed. Rice is an excellent example of a grain that can be made in larger quantities and flavored with a variety of herbs and spices after cooking.

While today I'm using the everyday salt-free seasoning blend, I encourage you to play around with your favorite herbs and spices and use what is available in your cupboard or pantry.

By adding herbs and spices to rice, it not only reduces added sodium, but also added saturated fat like butter.

When comparing the nutrition facts label of a typical and nutrient dense recipe, you can see using herbs and spices really reduces the amount of sodium.

This brown rice can be a great base for a variety of dishes and pairs wonderfully with the herb sauced chicken and seasoned vegetables, and with most any other meal.