

Grain Short Video #4: Brown Rice with Herbs and Spices CC

Brown rice is an affordable and healthy whole grain that can be used with any meal. This 10-minute brown rice recipe with herbs and spices is quick, versatile, and delicious.

Next time you make brown rice, experiment and have fun by adding your favorite herbs and spices or this Everyday Salt-Free Seasoning Blend. Fluff with a fork and sprinkle with Everyday Salt-Free Seasoning Blend, mixing it evenly. This not only adds flavor, but also reduces sodium and saturated fat.

Find more tips at MyPlate.gov.