



bobcat bounty
FEED 'EM UP CATS

Cooking Rice in the Microwave

YOU WILL NEED

- 2 cups rice* (white, brown, Basmati, etc.)
- 3 1/2 cups water (or stock)
- Salt and pepper, to taste
- Optional:** 1 1/2 teaspoons butter or oil



PROCEDURE

1. Place all ingredients in a microwave-safe bowl
2. Microwave on high, uncovered, for 10 minutes
3. Microwave on medium-low, uncovered, for 15 minutes
4. Do not stir rice during cooking. Season with salt and pepper and fluff with a fork before serving

Note: Rice will expand during cooking, so choose a large enough bowl or contents will spill over.

Nutrition Facts

Serving size: 1 cup

Servings: 4

Amount per serving

Calories **350**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1.1g **5%**

Cholesterol 4mg **1%**

Sodium 60mg **3%**

Total Carbohydrate 74g **27%**

Dietary Fiber 1.2g **4%**

Total Sugars 0.1g

Protein 6.6g

Vitamin D 1mcg **5%**

Calcium 33mg **3%**

Iron 4mg **22%**

Potassium 109mg **2%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe Adapted from Foodnetwork.com

*Nutrition Facts are for white rice and includes butter.