

Brown Rice Health Benefits

Healthy Recipe Collection

By Anum Malik

This professionally formatted recipe booklet includes clear, structured, and easy-to-follow brown rice recipes designed to support heart health, weight management, digestive wellness, and balanced nutrition.

1. Lemon Garlic Brown Rice with Grilled Salmon

Servings: 2 | Prep Time: 10 mins | Cook Time: 15 mins

Ingredients:

- 1 cup cooked brown rice
- 2 salmon fillets (150–180g each)
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Juice of 1 lemon
- 1 tablespoon chopped parsley
- Salt and black pepper to taste

Instructions:

- 1 Preheat a grill pan over medium heat.
 - 2 Rub salmon with olive oil, garlic, salt, and pepper.
 - 3 Grill 4–5 minutes per side until flaky.
 - 4 Toss warm brown rice with lemon juice and parsley.
 - 5 Serve salmon over the rice.
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2. Brown Rice Vegetable Immunity Soup

Servings: 3–4 | Prep Time: 10 mins | Cook Time: 20 mins

Ingredients:

- 1 cup cooked brown rice
- 1 carrot, diced
- 1 zucchini, chopped
- ½ cup peas
- 4 cups vegetable broth
- 1 teaspoon turmeric
- ½ teaspoon black pepper

- Salt to taste

Instructions:

- 1 Bring broth to a boil in a large pot.
 - 2 Add vegetables and simmer 10–12 minutes.
 - 3 Stir in brown rice and spices.
 - 4 Simmer 5 additional minutes and serve warm.
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3. Brown Rice Breakfast Power Bowl

Servings: 1 | Prep Time: 5 mins

Ingredients:

- 1 cup warm cooked brown rice
- ½ cup Greek yogurt
- 1 tablespoon chia seeds
- ½ cup fresh berries
- 1 teaspoon honey (optional)

Instructions:

- 1 Place brown rice in a bowl.
 - 2 Top with yogurt evenly.
 - 3 Add berries and chia seeds.
 - 4 Drizzle honey if desired and serve.
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4. Stuffed Bell Peppers with Brown Rice & Lean Turkey

Servings: 3 | Prep Time: 15 mins | Cook Time: 25 mins

Ingredients:

- 3 large bell peppers, halved and deseeded
- 1 cup cooked brown rice
- 200g lean ground turkey
- ½ cup low-sodium tomato sauce
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 teaspoon olive oil
- Salt and black pepper

Instructions:

- 1 Preheat oven to 180°C (350°F).
 - 2 Sauté onion and garlic in olive oil.
 - 3 Add turkey and cook until browned.
 - 4 Mix in brown rice and tomato sauce.
 - 5 Fill peppers and bake 20–25 minutes.
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5. Brown Rice & Avocado Nutrient Bowl

Servings: 1–2 | Prep Time: 10 mins

Ingredients:

- 1 cup cooked brown rice
- ½ avocado, sliced
- 1 cup steamed broccoli
- ½ cup roasted sweet potato
- 1 tablespoon tahini dressing

Instructions:

- 1 Place brown rice in a bowl.
- 2 Arrange vegetables and avocado on top.

3 Drizzle tahini dressing evenly and serve.

6. Healthy Brown Rice Egg Bowl

Servings: 1 | Prep Time: 5 mins | Cook Time: 7 mins

Ingredients:

- 1 cup cooked brown rice
- 2 eggs
- ½ cup spinach
- 1 tablespoon spring onions
- 1 teaspoon low-sodium soy sauce
- 1 teaspoon olive oil

Instructions:

- 1 Heat olive oil in a non-stick pan.
 - 2 Scramble eggs gently.
 - 3 Add spinach and cook until wilted.
 - 4 Stir in brown rice and soy sauce.
 - 5 Garnish with spring onions and serve warm.
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