Recipe
Takes 10 minutes  
Makes 5 servings

YOU WILL NEED:
- mixing bowl  
- spatula  
- cutting board  
- knife (adults only)  
- 1/4 cup measure  
- 8 sandwich bags  
- spoons

Ingredients
For 8 servings

- 2 cups cooked short grain brown rice  
- salt and pepper  
- 1 cup diced vegetables (bell peppers, cucumbers, carrot)  
- 1/4 cup Italian style salad dressing  
- 1 cup shredded cheddar cheese

Preparation
Season brown rice with salt and pepper. Put 1/4 cup of cooked rice into the plastic bag. Flatten rice out in the bottom of the bag. In a bowl, toss the vegetables with the Italian dressing. Place 2 heaping spoonfuls of the vegetables down the middle of the rice. Sprinkle 2 spoonfuls of cheese on top of the vegetables. Press the rice, cheese and veggies into the corner of the bag and squeeze to make a rice ball. Eat the Rice Roll right out of the bag!
DIRECTIONS
1. Fill in the blank in the bubble.
2. Color the magnifying glass.
3. Circle the body part that brown rice helps strengthen!

Brown rice has magnesium which magnifies our _____ strength!