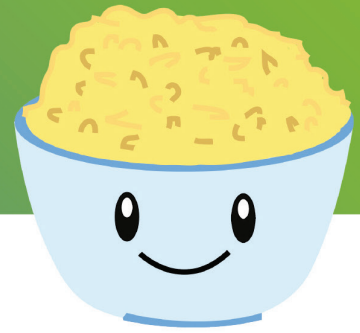


# Lesson 4: Rice Rolls



**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

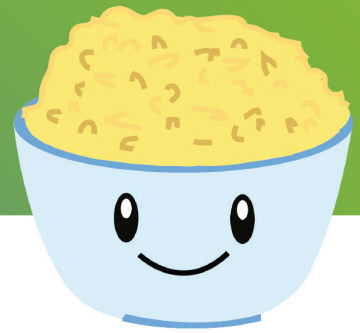


1 cup shredded  
cheddar cheese

## 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!

# Lesson 4: Rice Rolls



## 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!

