


Rainbow Rice

Meal Components: Meat-Red/Orange Vegetable-Other Vegetable-Grains

Main Dishes D-56r

| Ingredients | 25 Servings | | 50 Servings | | Directions Process #2: Same Day Service |
|--------------------------------------|-------------|--------------|-------------|-------------|---|
| | Weight | Measure | Weight | Measure | |
| Brown rice, long-grain, regular, dry | 10 oz | 1 ½ cups | 1 lb 4 oz | 3 cups | <p>1. Combine brown rice, brown and wild rice blend, barley, water, and base in stockpot. For 25 servings, add 1 qt 1 cup water and 1 Tbsp 1 tsp base. For 50 servings, add 2 ½ qt water and 2 Tbsp 2 tsp base. Reserve remaining base for step 4.</p> <p>2. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff.</p> <p>Critical Control Point: Hold at 135 °F or higher.</p> |
| Brown and wild rice blend, dry | 5 oz | ¾ cup | 10 oz | 1 ½ cups | |
| Barley, quick pearl, dry | 7 oz | 2 cups | 13 ½ oz | 1 qt | |
| Quinoa, dry | 3 ½ oz | ½ cup | 6 ½ oz | 1 cup | <p>3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.</p> <p>4. Combine quinoa, bulgur wheat, water, and remaining base in a stockpot. For 25 servings, add 3 cups water and 1 Tbsp base. For 50 servings, add 1 qt 2 cups water and 2 Tbsp base.</p> <p>Bring to a boil. Reduce heat to low and stir occasionally. Simmer until water is completely absorbed, about 15 minutes. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked.</p> <p>Critical Control Point: Hold at 135 °F or higher.</p> |
| Bulgur wheat, dry | 5 oz | 1 cup | 10 oz | 2 cups | |
| Low-sodium chicken base | | 2 Tbsp 1 tsp | 2 ½ oz | ¼ cup 2 tsp | |


 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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|---|-------------|--------------|-------------|--------------|---|
| | Weight | Measure | Weight | Measure | |
| *Fresh carrots, diced | 1 lb 4 oz | 1 qt | 2 lb 8 oz | 2 qt | 5. Combine carrots, red peppers, oil, and salt. Toss to coat. |
| *Fresh red bell pepper, diced | 1 lb 5 ½ oz | 3 ¼ cups | 2 lb 11 oz | 6 ½ cups | |
| Extra virgin olive oil | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Kosher salt | | 1 tsp | | 2 tsp | |
| | | | | | 6. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. Transfer vegetables to steamtable pan. For 25 servings, use 1 pan. For 50 servings, use 2 pans. |
| | | | | | 7. Roast: Conventional oven: 375 °F 10 minutes Convection oven: 350 °F for 10 minutes |
| Frozen, cooked diced chicken, thawed, ½" pieces | 3 ½ lb | 3 qt 2 cups | 7 lb | 1 gal 3 qt | 8. Fold in rice/barley combination, quinoa/bulgur combination, chicken, and spinach. Return to oven and bake for 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. |
| *Fresh baby spinach, chopped | 10 oz | 1 qt | 1 lb 4 oz | 2 qt | |
| | | | | | 9. Critical Control Point: Hold for hot service at 135 °F or higher. 10. Portion with 8 fl oz spoodle (1 cup). |

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| Notes |
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| *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available. |

| Serving | Yield | Volume |
|---|-----------------------------|--|
| 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains. | 25 Servings: about 10 lb | 25 Servings: about 1 gallon 2 quarts 1 steam table pan |
| | 50 Servings: about 19 lb | 50 Servings: about 2 gallons 2 quarts 2 steam table pans |

| Marketing Guide | | |
|-----------------------|-------------|-------------|
| Food as Purchased for | 25 servings | 50 servings |
| Carrots | 1 lb 8 oz | 3 lb |
| Red bell peppers | 1 lb 11 oz | 3 lb 6 oz |
| Baby spinach | 11 1/2 oz | 1 lb 7 oz |

| Nutrients Per Serving | | | | | |
|-----------------------|---------|---------------|--------------|---------------|-----------|
| Calories | 232.21 | Saturated Fat | 1.01 g | Iron | 3.46 mg |
| Protein | 22.22 g | Cholesterol | 55.41 mg | Calcium | 28.50 mg |
| Carbohydrate | 28.16 g | Vitamin A | 5414.43 IU | Sodium | 159.37 mg |
| Total Fat | 4.15 g | | (270.72 RAE) | Dietary Fiber | 4.50 g |
| | | Vitamin C | 37.41 mg | | |

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