

Rice Salad

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain, regular OR Enriched white rice, long grain, regular	10 oz OR 13 ½ oz	1 ½ cups OR 2 cups 2 Tbsp	1 lb 4 oz OR 1 lb 11 oz	3 cups OR 1 qt ¼ cup	<p>1. Combine rice, water, and salt in a pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Cover.</p> <p>2. Bake: Conventional oven: 350° F for 25 minutes</p> <p>3. Dressing: In a mixing bowl, whisk together tomato juice, vinegar, vegetable oil, granulated garlic, dry mustard, oregano, parsley, and pepper.</p> <p>4. Place hot rice in a mixing bowl. Pour dressing over top and toss to thoroughly coat rice. Cover with plastic wrap and refrigerate for 1 hour.</p> <p>5. To the rice, add carrots, tomatoes, cucumbers, mixed vegetables, and beans. Stir to combine.</p>
Water		3 ¼ cups		1 qt 2 ½ cups	
Salt		1 tsp		2 tsp	
Tomato juice		¾ cup		1 ½ cups	
White vinegar		1 Tbsp 1 ½ tsp		3 Tbsp	
Vegetable oil		1 Tbsp		2 Tbsp	
Granulated garlic		1 tsp		2 tsp	
Dry mustard		½ tsp		1 tsp	
Dried oregano		1 tsp		2 tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
*Fresh carrots, shredded	6 oz	1 ¾ cups	12 oz	3 ½ cups	
*Fresh tomatoes, ¼" diced	3 oz	½ cup	6 oz	1 cup	
*Fresh cucumber, peeled, seeded, ¼" diced	3 oz	½ cup 2 Tbsp	6 oz	1 ¼ cups	
Frozen mixed vegetables, thawed, drained	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	

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Vegetable-Grains/Breads

Salads and Salad Dressings

E-02

Canned garbanzo beans, drained	7 ¼ oz	1 ⅞ cups (¾ No. 300 can)	14 ½ oz	2 ¼ cups (1 ½ No. 300 cans)	6. CCP: Refrigerate within 1 hour. Hold at 40° F or colder. Spread 2 lb 7 oz (approximately 1 qt 2 Tbsp) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Cover. Refrigerate until ready to serve. 7. Portion with No. 12 scoop (⅓ cup).
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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	8 oz	1 lb
Tomatoes	4 oz	8 oz
Cucumbers	4 oz	8 oz

SERVING:	YIELD:	VOLUME:
⅓ cup (No. 12 scoop) provides ¼ cup of vegetable and the equivalent of ¼ slice of bread.	25 Servings: 4 lb 14 oz 50 Servings: 9 lb 12 oz	25 Servings: 2 quarts ¼ cup 50 Servings: 1 gallon ½ cup
	Tested 2004	

Nutrients Per Serving

Calories	75	Saturated Fat	0.13 g	Iron	0.93 mg
Protein	1.91 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	15.12 g	Vitamin A	2684 IU	Sodium	128 mg
Total Fat	0.83 g	Vitamin C	4.5 mg	Dietary Fiber	1.4 g