

## BLT BREAKFAST RICE BOWL

*This hearty breakfast has the savory appeal of turkey bacon, scrambled egg and brown rice, served with colorful vegetables and sriracha ranch dressing.*

**ONE PORTION PROVIDES:**

1 oz. eq. grain, 2 oz. eq. meat/meat alternate, ½ cup vegetable



INGREDIENTS	50 SERVINGS	DIRECTIONS
Rice, brown, long grain, regular, dry	3 pounds, 2 ounces	1. Combine rice, water, and salt into a 2-inch half-size steamtable pan. Stir to combine. Cover tightly. For 50 servings use 1 pan. OVEN METHOD: Cook in a 350 °F oven for 50 to 60 minutes. STEAMER METHOD: Cook in a steamer for 30 to 40 minutes. 2. Remove from oven or steamer and let stand for 15 minutes. 3. Remove cover; fluff rice with a fork before serving. <i>CCP: Hold warm, above 135 °F for service.</i>
Water	3 quarts, ½ cup	
Salt, kosher	2 teaspoons	
Egg, scrambled	5 pounds, 10 ounces	4. Scramble eggs according to package directions.
Bacon, turkey, fully cooked	1 pound 9 ounces	5. Place bacon slices on baking sheet in a single layer; heat in oven for 7 to 8 minutes (conventional). Remove and chop or crumble.
Spinach, fresh, wilted ¼ cup per serving	4 pounds	6. To wilt the spinach, place spinach in a perforated steamtable pan. Place in steamer for 1 minute. Be careful not to overcook.
Tomatoes, cherry, halved	4 ¾ pounds	<b>To Assemble the BLT Breakfast Rice Bowl:</b> <ul style="list-style-type: none"> <li>• Place ½ cup (#8 scoop) of brown rice in each serving bowl.</li> <li>• Around the rice place ¼ cup (#16 scoop) scrambled eggs.</li> <li>• Add ¼ cup (#16 scoop) of wilted spinach.</li> </ul>

		<ul style="list-style-type: none"> <li>• Add ¼ cup (#16 scoop) cherry tomatoes. About 5 cherry tomato halves.</li> <li>• Garnish with ½ ounce chopped turkey bacon.</li> </ul> Serve with 1-ounce Sriracha ranch.
<b>Sriracha Ranch</b>		
Ranch dressing, reduced fat	42 ounces	1. Mix ranch dressing and sriracha together. <i>CCP: hold cold for service, below 41 °F.</i> <i>Serve 1 ounce per bowl.</i>
Sriracha	8 ounces	

**NUTRITION INFORMATION**

1 serving

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	290		<b>Total Carbohydrate</b>	38	(g)
<b>Total Fat</b>	<b>10</b>	(g)	Dietary Fiber	3	(g)
Saturated Fat	2	(g)	Total Sugars	7	(g)
Cholesterol	160	(g)	Vitamin D		(IU)
<b>Sodium</b>	<b>680</b>	(mg)	Calcium	67	(mg)
<b>Protein</b>	<b>13</b>	(g)	Iron	2	(mg)

**NOTES**

**YIELD/VOLUME**

**SOURCE**

Samantha Cowens-Gasbarro, Healthy School Recipes

## Recipe Analysis Workbook (RAW)


**Recipe Name:** BLT Rice Bowl - rice

**Servings per Recipe:** 50

**Recipe Number:**

**Serving Size:** 1 cup

### Meal Pattern Contribution

	Vegetables	Dark Green Vegetables	$\frac{1}{4}$ cup
	Vegetables	Red/Orange Vegetables	$\frac{1}{4}$ cup
	Meats/Meat Alternates		2.00 oz eq
	Grains		1.00 oz eq

**1 cup provides  $\frac{1}{2}$  cup total vegetable (  $\frac{1}{4}$  cup dark green vegetable,  $\frac{1}{4}$  cup red/orange vegetable ), 2.00 oz eq meat/meat alternate, 1.00 oz eq grains**

#### Please note that:

- **For School Meals and CACFP:** Raw leafy green vegetables credit as half the volume served (For example: 1 cup raw spinach credits as 1/2 cup dark green vegetable)
- **For School Meals and CACFP:** Dried fruits credit as double the volume (For example, 1/2 cup raisins credits as 1 cup fruit).
- **For School Meals Only:** Any quantity remaining after the credit has been determined for each vegetable subgroup is combined to ensure the maximum credit for the vegetables. If this combined quantity provides a minimum of 1/8 cup, it is credited towards the Additional Vegetables. If the RAW contains no Starchy vegetables, then the program operator may instead choose to manually credit the remaining Additional Vegetables towards the Other Vegetables subgroup.

**NOTE:** Total creditable amount cannot exceed the serving size of the product.

### Dark Green Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Spinach, fresh, Leaves (4-inch by 9-inch), Ready-to-use	Pound	12.60	1/4 cup wilted vegetable	1 lb AP = 1.03 lb (about 3-1/8 cups) wilted (lightly steamed for one minute) spinach; 1 lb AP = 1.00 lb (about 6-3/8 cups) ready-to-cook or -serve raw spinach	4.0000	0.0000	4.0000

### Red/Orange Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Tomatoes, fresh, Cherry, Whole without stem	Pound	11.00	1/4 cup halved vegetable	1 lb AP = 0.95 lb (about 2-3/4 cups) halved, ready-to-serve cherry tomatoes	4.7500	0.0000	4.7500

### Meats/Meat Alternates

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Eggs, Frozen Whole Eggs, Pasteurized, Includes USDA Foods	Pound	9.00	1 large egg provides 2 oz meat alternate	1 lb frozen = about 1-7/8 cups (9 large eggs)	5.6250	0.0000	5.6250

### Method A - Grains Based on Exhibit A

#### Groups H-I

Product Description per Exhibit A	Quantity of Product	Measurement Unit	Weight or Cups of one ounce equivalent as listed in Exhibit A
Rice	50.0000	oz	1 ounce