



Serving Size and Nutrients Per Serving

SERVING SIZE:

K-12: ¾ cup (6 oz spoodle)

ONE SERVING PROVIDES:

K-12: 1 G/B + ⅜ c V

NUTRIENTS PER SERVING:

Calories 106, Protein 2.58 g, Carbohydrate 22.57 g, Total Fat 0.82 g, Saturated Fat 0.17 g, Cholesterol 0 mg, Vitamin A 552.37 RE, Vitamin C 9.68 mg, Iron 0.68 mg, Calcium 25.11 mg, Sodium 31.59 mg, Dietary Fiber 1.71 g

Recipe developed for USA Rice Federation by Chef Cyndie Story, PhD, RD, CC

Confetti Rice Pilaf

INGREDIENTS

- Brown rice, parboiled, uncooked
- Carrots, fresh, sliced or diced
- Or Carrots, frozen, sliced or diced
- Zucchini, fresh, sliced or diced
- Summer squash, yellow, fresh, sliced or diced
- Vegetable or chicken broth, low sodium
- Garlic, minced
- Black pepper, ground
- Basil, fresh, chopped
- Or Basil leaves, dry

50 SERVINGS		100 SERVINGS	
WEIGHT	MEASURE	WEIGHT	MEASURE
2 lb 8 oz	6 cups	5 lb	3 qt
2 lb	6 ¼ cups	4 lb	3 qt ½ cup
2 lb	6 ¼ cups	4 lb	3 qt ½ cup
2 lb	6 ¼ cups	4 lb	3 qt ½ cup
-	2 qt 1 pt	-	1 gal 1 qt
-	1 tbsp 1 tsp	-	2 tbsp 2 tsp
-	2 tsp	-	1 tbsp 1 tsp
-	2 tbsp or 1 Tbsp	-	¼ cup or 2 Tbsp

DIRECTIONS

1. Lightly coat steam table pans with pan release spray. Place 1 lb 4 oz rice into each steam table pan (12" x 20" x 2 ½ "). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
2. Place 1 lb each of carrots, zucchini and yellow squash in each steam table pan.
3. Add 5 cups broth, 2 tsp garlic, 1 tsp black pepper, and 1 tbsp fresh basil (1 ½ tsp dry basil) to each pan. Stir thoroughly to combine.
4. Bake, uncovered, until rice is cooked and carrots are tender. Conventional oven: 350°F for 45 minutes. Convection oven: 350°F for 30 minutes. (For convection ovens, partially cover each pan with foil.) Critical Control Point: Hold for service at 135°F or higher.
5. Portion with 6 fl oz spoodle (¾ cup).

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