

FRESH THAI CHICKEN AND RICE SALAD

Bursting with fresh, flavorful ingredients, this grab-n-go salad will make a reimbursable meal. This is a creative way to use leftover rice.

ONE BOWL PROVIDES:
1 oz. eq. whole grain, ½ cup vegetable, ¼ cup fruit, 2 oz. eq. m/ma



INGREDIENTS	25 SERVINGS	50 SERVINGS	DIRECTIONS
U.S.-grown Rice, brown, long grain, parboiled, dry	1 pound 10 ounces	3 ¼ pounds	<ol style="list-style-type: none"> Combine rice and water into a steamtable pan. Stir to combine. Cover tightly. <ul style="list-style-type: none"> OVEN METHOD: Cook in a 350 °F oven for 35 to 40 minutes. STEAMER METHOD: Cook in a steamer for 25 to 30 minutes. <i>CCP: Heat to 135 °F for at least 15 seconds.</i> Remove from oven or steamer and let sit for 10 to 15 minutes. Cool properly. <i>CCP: Cool from 135 °F to 70 °F in 2 hours and from 70 °F to 41°F in 4 more hours.</i> <p>OR, use 25 cups of cooked, cooled rice for 50 portions.</p>
Water	6 ½ cups	3 ¾ quarts	
Chicken, diced, cooked	50 ounces	6 ¼ pounds	
Coleslaw mix	2 pounds	4 pounds	<ol style="list-style-type: none"> Combine chicken and 1 quart of peanut sauce (for 50 portions) Serve each salad with an additional 1 ounces of peanut sauce. Combine coleslaw mix, pineapple tidbits (with juice), cilantro, and scallions. To serve:
Pineapple tidbits packed in juice (do not drain)	½ # 10 can	# 10 can (106 ounces)	

Cilantro, roughly chopped	1 cup	2 cups	<ul style="list-style-type: none"> Place ½ cup (# 8 scoop) of rice in serving container. Top with 2 ounces of chicken and #6 scoop (2/3 cup) of coleslaw mixture. Serve with 1 ounce of peanut sauce to be drizzled over salad.
Scallion, cut on bias	1 cup	2 cups	
PEANUT SAUCE			
Peanut butter, smooth	20 ounces	2 ½ pounds	<ol style="list-style-type: none"> Combine all ingredients until well mixed. Let the sauce sit at room temperature for 15 minutes before using it. It will be smoother and easier to work with.
Water	10 ounces	2 ½ cups	
Soy sauce, less sodium	½ cup	1 cup	
Brown sugar	½ cup	1 cup	
Lime juice	½ cup	1 cup	
Sesame oil, toasted	¼ cup	½ cup	
Sriracha	2 tablespoons	¼ cup	
Ginger, ground	2 teaspoons	4 teaspoons	
Garlic, granulated	1 teaspoon	2 teaspoons	
Cayenne pepper	½ teaspoon	1 teaspoon	

NUTRITION INFORMATION					
1 serving = 1 salad					
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	430		Total Carbohydrate	44	(g)
Total Fat	17	(g)	Dietary Fiber	4	(g)
Saturated Fat	3.5	(g)	Added Sugars	4	(g)
Cholesterol	35	(mg)	Vitamin D	0	(IU)
Sodium	330	(mg)	Calcium	40	(mg)
Protein	23	(g)	Iron	2	(mg)

NOTES

YIELD/VOLUME

Peanut sauce yield: 10 cups for 50 servings

SOURCE

Samantha Cowens-Gasbarro, Healthy School Recipes

Recipe Analysis Workbook (RAW)

Recipe Name: Fresh Thai Chicken and Rice Salad

Servings per Recipe: 50

Recipe Number:

Serving Size: 1 bowl

Meal Pattern Contribution

	Vegetables	Other Vegetables	$\frac{1}{2}$ cup
	Fruit ³		$\frac{1}{4}$ cup
	Meats/Meat Alternates		2.00 oz eq
	Grains		1.00 oz eq

1 bowl provides $\frac{1}{2}$ cup total vegetable ($\frac{1}{2}$ cup other vegetable), $\frac{1}{4}$ cup fruit, 2.00 oz eq meat/meat alternate, 1.00 oz eq grains

Please note that:

³ **For School Meals and CACFP:** If the recipe contains dried fruits, those ingredients credit as double the volume (For example, $\frac{1}{2}$ cup raisins credits as 1 cup fruit).

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

Other 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
Cabbage, fresh, Green, Shredded, Ready-to-use	Pound	27.00	1/4 cup raw vegetable	1 lb AP = 1 lb (about 6-3/4 cups) ready-to-serve raw, shredded cabbage	3.7500	0.0000	3.7500

Fruit

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
Pineapple, canned, Tidbits, Packed in juice or light syrup	No. 10 Can (106 oz)	33.40	1/4 cup drained fruit	1 No. 10 can = about 67.3 oz (8-1/4 cups) drained pineapple	0.0000	0.0000	0.0000
Pineapple, canned, Tidbits, Packed in juice or light syrup	No. 10 Can (106 oz)	50.10	1/4 cup fruit and liquid	1 No. 10 can = about 12 cups pineapple and liquid	1.0000	0.0000	1.0000

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
Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidneys, Includes USDA Foods	Pound	16.00	1 oz cooked poultry	1 lb AP = 1.0 lb cooked chicken meat	6.2500	0.0000	6.2500

Method B - Grains Based on FBG

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Calculated Quantity to Purchase
Rice (Group H), Brown, Long grain, Parboiled, Dry, Includes USDA Foods	Pound	15.50	1/2 cup cooked	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked	3.2500	3.2500