

HAWAIIAN POKE BOWL

Crunchy fish sticks and delicious vegetables served alongside fluffy rice and sriracha mayonnaise. Flavors of soy sauce, honey, and lime bring this poke bowl to life!

ONE PORTION PROVIDES:
2 oz. eq. grain, 2 oz. eq. meat/meat alternate, ½ cup vegetable, ¼ cup fruit



INGREDIENTS	50 SERVINGS	DIRECTIONS
Rice, brown, long grain, regular, dry	6 ¼ pounds	1. Combine rice, water, and salt into a 2-inch half-size steamtable pan. Stir to combine. Cover tightly. For 50 servings use 2 pans. OVEN METHOD: Cook in a 350 °F oven for 45 to 55 minutes. STEAMER METHOD: Cook in a steamer for 30 to 40 minutes. CCP: Heat to 135 °F for at least 15 seconds. 2. Remove from oven or steamer and let stand for 15 minutes. 3. Remove cover; fluff rice with a fork before serving. CCP: Hold warm, above 135 °F for service.
Water	6 ¼ quarts	
Sriracha Mayonnaise		
Mayonnaise, reduced fat, reduced sodium	5 cups	1. Mix mayonnaise and sriracha together. CCP: hold cold for service, below 41 °F. Serve 1 ounce per bowl.
Sriracha	10 ounces	
Poke sauce		
Soy sauce, less sodium	6 ounces	1. Mix all ingredients together in a bowl. CCP: hold cold for service, below 41 °F. Serve ½ ounce per bowl.
Vinegar, apple cider	6 ounces	
Oil, sesame/canola blend	6 ounces	
Honey	4 ounces	

Lime juice, fresh	3 ounces	
To Assemble the Hawaiian Poke Bowl		
Alaska Pollock fish sticks, frozen <i>2 ounces fish sticks provide 1 oz. eq. m/ma</i>	6 ¼ pounds	1. Bake Alaska pollock fish sticks according to package directions.
Edamame, shelled, frozen <i>¼ cup edamame provide 1 oz. eq. m/ma</i>	4 ¾ pounds	2. Cook edamame according to package instructions. <i>CCP: Hold warm, above 135 °F for service.</i>
Pineapple tidbits, drained	1 ½ # 10 can (12 ½ cups)	3. Place 1 cup (2 - #8 scoops) of brown rice in each serving bowl. 4. Top with 2 fish sticks.
Cucumber, English, thinly sliced	2 pounds	5. Add ¼ cup (#16 scoop) of cooked edamame.
Red onion, julienne	3 ½ pounds	6. Add ¼ cup (#16 scoop) of drained pineapple tidbits.
Green onions, thinly sliced on bias	1 ¾ pounds	7. Garnish with 1/8 cup of sliced cucumbers, ¼ cup of julienne red onion, and 2 tablespoons of thinly sliced green onions. 8. Serve with 1-ounce Sriracha mayonnaise and 1 tablespoon of poke sauce.

NUTRITION INFORMATION						NOTES	
1 serving						Starting with hot water in cooking rice will reduce cooking time.	
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT		
Calories	630		Total Carbohydrate	78	(g)		
Total Fat	259	(g)	Dietary Fiber	7	(g)	YIELD/VOLUME	
Saturated Fat	4.5	(g)	Total Sugars	13	(g)		
Cholesterol	30	(g)	Vitamin D	0	(IU)		
Sodium	600	(mg)	Calcium	76	(mg)	SOURCE	
Protein	12	(g)	Iron	3	(mg)	Samantha Cowens-Gasbarro, Healthy School Recipes	

Recipe Analysis Workbook (RAW)

Recipe Name: Hawaiian Poke Bowl

Servings per Recipe: 50

Recipe Number:

Serving Size: 1 cup

Meal Pattern Contribution

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

1 cup 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, 2.00 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.

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
Cucumbers, fresh, <i>Whole, Unpared</i>	Pound	12.40	1/4 cup unpared, sliced vegetable		2.0000	0.0000	2.0000
Onions, green, fresh, <i>Whole</i>	Pound	15.00	1/4 cup raw vegetable, with tops	1 lb AP = 0.83 lb ready-to-serve, raw onions with tops	1.7500	0.0000	1.7500
Onions, Mature, fresh, <i>All sizes, Whole</i>	Pound	14.20	1/4 cup raw, sliced vegetable	1 lb AP = 0.88 lb ready-to-serve or -cook raw onion	3.5000	0.0000	3.5000

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, <i>Tidbits, Packed in juice or light syrup</i>	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	1.5000	0.0000	1.5000

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
Beans, Soy, fresh (Edamame), <i>Shelled</i>	Pound	10.70	1/4 cup cooked, drained edamame		4.7500	0.0000	4.7500
Seafood, frozen, Fish Sticks, <i>Raw, breaded, (72 percent fish), (Not from minced fish), 1 oz stick</i>	Pound	8.00	2 sticks provide about 1.1 oz cooked fish	1 lb AP = 0.56 lb cooked fish	6.2500	0.0000	6.2500

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	100.0000	oz	1 ounce