PAELLA

This Spanish rice dish is colorful and full of traditional flavor. Chicken, vegetables and savory spices are baked along with brown rice until the flavors permeate the rice and create the perfect meal.

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



INGREDIENTS	50 SERVINGS	Directions			
Rice, brown, long grain, regular, dry	6 ¼ pounds	1. Divide rice evenly into (2) 2-inch deep full-sized steamtable pans.			
Salt, kosher	4 teaspoons	2. Combine salt, turmeric, garlic, paprika, thyme.			
Turmeric or saffron	1 teaspoon	3. Divide seasonings evenly into both pans. Stir seasonings into rice.			
Garlic, granulated	4 tablespoons				
Paprika	4 tablespoons				
Thyme	2 tablespoons				
Chicken broth, low sodium	7 ½ quarts	4. Add 3 ¼ quarts of chicken broth and 1 tablespoon of oil to each			
Oil, vegetable	2 tablespoons	pan. Thoroughly combine.			
Chicken, diced, cooked	6 ¼ pounds	5. Add thawed chicken, peas and peppers and onions to each			
Peas, green, frozen	5 ¼ pound	steamtable pan.			
Peppers and onion blend, frozen	6 ½ pounds	 Preheat oven to 375 °F. Cover each steamtable pan and bake for 1 ½ hours, until rice has absorbed all liquid. Remove cover and bake an additional 15 minutes. 			
		7. Remove from oven and let sit 15 minutes.			
		CCP: Hold warm, above 135 °F for service.			

NUTRITION INFORMATION

1 serving = ¾ cup

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	Unit
Calories	400		Total Carbohydrate	62	(g)
Total Fat	6	(g)	Dietary Fiber	7	(g)
Saturated Fat	1.5	(g)	Total Sugars	5	(g)
Cholesterol	35	(g)	Vitamin D	0	(IU)
Sodium	290	(mg)	Calcium	16	(mg)
Protein	24	(g)	Iron	3	(mg)

Notes May cover and cook in steamer for 60 minutes. Finish by cooking 15 minutes, uncovered in oven.

YIELD/VOLUME

1 serving is ¾ cup

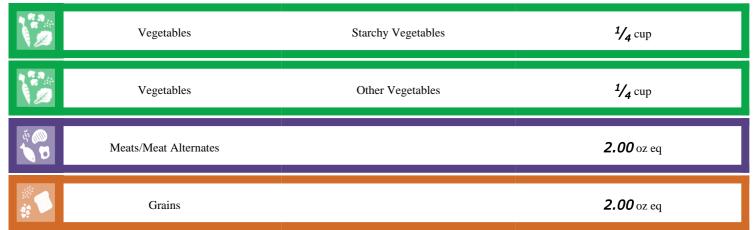
SOURCE

Samantha Cowens-Gasbarro, Healthy School Recipes

Recipe Analysis Workbook (RAW)

Recipe Name: Paella - USA Rice Recipe Number: Servings per Recipe: 50 Serving Size: 1 cup

Meal Pattern Contribution



1 cup provides $\frac{1}{2}$ cup total vegetable ($\frac{1}{4}$ cup starchy vegetable, $\frac{1}{4}$ cup other vegetable), 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.

Starchy 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
Peas, Green, frozen, Includes USDA Foods	Pound	9.59	1/4 cup cooked, drained vegetable	1 lb AP = 0.98 lb (about 2- 3/8 cups) cooked, drained peas	5.2500	0.0000	5.2500

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
Vegetables, Mixed, frozen , <i>Peppers and Onions,</i> <i>Includes USDA Foods</i>	Pound	7.71	1/4 cup cooked, drained vegetable	1 lb AP = 0.86 lb (about 1- 7/8 cups) cooked, drained mixed vegetables	6.5000	0.0000	6.5000

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
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 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