

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	<ol style="list-style-type: none"> 1. Divide rice evenly into (2) 2-inch deep full-sized steamtable pans. 2. Combine salt, turmeric, garlic, paprika, thyme. 3. Divide seasonings evenly into both pans. Stir seasonings into rice.
Salt, kosher	4 teaspoons	
Turmeric or saffron	1 teaspoon	
Garlic, granulated	4 tablespoons	
Paprika	4 tablespoons	
Thyme	2 tablespoons	
Chicken broth, low sodium	7 ½ quarts	
Oil, vegetable	2 tablespoons	
Chicken, diced, cooked	6 ¼ pounds	
Peas, green, frozen	5 ¼ pound	
Peppers and onion blend, frozen	6 ½ pounds	

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

Servings per Recipe: 50

Recipe Number:

Serving Size: 1 cup

Meal Pattern Contribution

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

1 cup provides $\frac{1}{2}$ cup total vegetable ($\frac{1}{4}$ 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, <i>Includes USDA Foods</i>	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, 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, <i>no skin, wing meat, neck meat, giblet, or kidneys, Includes USDA Foods</i>	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