



Serving Size and Nutrients Per Serving

SERVING SIZE:

K-12: ½ cup

ONE SERVING PROVIDES:

K-12: 1 G

NUTRIENTS PER SERVING:

Calories 140, Protein 4.5 g, Carbohydrate 28 g, Total Fat 1.5 g, Saturated Fat .5 g, Cholesterol 0, Vitamin A 29 RE, Vitamin C 0, Iron .5 mg, Calcium 64.5 mg, Sodium 23 mg, Dietary Fiber 2 g

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

Breakfast Brown Rice

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | |
|---------------------------------|-------------|-------------|--------------|------------|
| | WEIGHT | MEASURE | WEIGHT | MEASURE |
| 1% Low fat milk | - | 2 qt 1 pint | - | 1 gal 1 qt |
| Brown rice, parboiled, uncooked | 1 lb 9 oz | ½ gal | 3 lb 2 oz | 1 gal |
| Brown sugar, lightly packed | 5 oz | 1 cup | 10 oz | 2 cups |
| Cinnamon, ground | - | 1 tbsp | - | 2 tbsp |

DIRECTIONS

1. Lightly coat full size 2-inch steam table pan with food release spray. For 50 servings, use 1 pan. For 100 servings use 2 pans.
2. Pour 2 quarts plus 1 pint of milk in each pan.
3. Add 1 lb 9 oz of uncooked brown rice to each pan.
4. Add 1 cup lightly packed brown sugar and 1 tablespoon of cinnamon to each pan. Whisk to combine.
5. Cook, uncovered, in steamer for 25 minutes or until rice is al dente and milk has been almost completely absorbed. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
6. Fluff with utensil, and cover with plastic wrap. Critical Control Point: Hold for service at 135°F or higher.
7. Serve using a No. 8 scoop; 1 scoop equals 1/2 cup. Serve with apple wedges, banana slices, or blueberries.

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www.menurice.com/k-12

