

BREAKFAST RICE AND PEAR PARFAIT

This breakfast parfait classic will put the focus on the sweet and flavorful rice. Layered with yogurt and sliced pears, this grab-n-go breakfast is easy to prepare and serve.

ONE PORTION PROVIDES:

1 oz. eq. whole grain, 1 oz. eq. meat/meat alternate, ½ cup fruit



INGREDIENTS	50 SERVINGS	DIRECTIONS
U.S.-Grown Rice, brown, long-grain, parboiled, dry	3 ¼ pounds	<ol style="list-style-type: none"> Combine rice and water in a 4-inch steamtable pan for 50 servings. Cover tightly. Place in 350 °F oven or steamer. Cook for 20 minutes. <ol style="list-style-type: none"> Combine milk, maple syrup, cinnamon, and salt. Whisk well. Stir milk mixture into rice, mixing well. Cover and return to the oven or steamer. Cook for an additional 30 minutes. Remove from oven and stir well. This will help make rice creamier. <p>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.</p> <ol style="list-style-type: none"> Cool properly. CCP: Cool from 135 °F to 70 °F in 2 hours and from 70 °F to 41°F in 4 more hours.
Water	3 quarts	
Milk, 1 %	2 quarts	
Maple syrup	20 ounces	
Cinnamon	3 tablespoons	
Salt, kosher	1 teaspoon	

Yogurt, vanilla, lowfat	6 quarts, 1 cup	To prepare parfait, layer parfait with: <ul style="list-style-type: none"> • Rounded #16 scoop of rice, • #16 scoop of yogurt • #16 scoop of pears • Repeat with another layer for rice, yogurt, and pears. • Sprinkle with cinnamon to garnish.
Pears, canned, sliced, drained	11 pounds (2 ⅔ #10 cans) (25 cups)	
Cinnamon for garnish (just a sprinkle)	2 tablespoons	

NUTRITION INFORMATION					
1 serving = 1 parfait					
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	320		Total Carbohydrate	64	(g)
Total Fat	4	(g)	Dietary Fiber	3	(g)
Saturated Fat	2	(g)	Added Sugars	7	(g)
Cholesterol	10	(mg)	Vitamin D	0	(IU)
Sodium	140	(mg)	Calcium	276	(mg)
Protein	10	(g)	Iron	1	(mg)

NOTES

If desired, you can use the drained pear liquid in place of an equal amount of the milk. To reduce added sugar, use plain, lowfat yogurt with vanilla extract added. This may be lighted sweetened, if desired.

YIELD/VOLUME

Rice yield: 6 quarts, 1 cup

SOURCE

Samantha Cowens-Gasbarro, Healthy School Recipes

Recipe Analysis Workbook (RAW)





Recipe Name: Jambalaya

Servings per Recipe: 50

Recipe Number:

Serving Size: 1 bowl

Meal Pattern Contribution

	Vegetables	Red/Orange Vegetables	$\frac{3}{8}$ cup
	Vegetables	Other Vegetables	$\frac{1}{8}$ cup
	Meats/Meat Alternates		2.00 oz eq
	Grains		2.00 oz eq

1 bowl provides $\frac{1}{2}$ cup total vegetable ($\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable), 2.00 oz eq meat/meat alternate, 2.00 oz eq grains

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

Red/Orange 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
Tomato Products canned, Tomato Sauce, <i>Includes USDA Foods</i>	No. 10 Can (106 oz)	50.70	1/4 cup vegetable		0.7600	0.0000	0.7600
Tomatoes, canned, Diced, Includes USDA Foods	No. 10 Can (102 oz)	49.20	1/4 cup heated vegetable and juice	1 No. 10 can = about 12-1/4 cups heated, tomatoes and juice	1.0000	0.0000	1.0000

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
Celery, fresh, Trimmed	Pound	8.70	1/4 cup diced, cooked, drained vegetable	1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery	0.0000	0.0000	0.0000
Vegetables, Mixed, frozen, Peppers and Onions, <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	3.5000	0.0000	3.5000

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, <i>Includes USDA Foods</i>	Pound	16.00	1 oz cooked poultry	1 lb AP = 1.0 lb cooked chicken meat	4.7500	0.0000	4.7500
Turkey, Ground, fresh or frozen, With skin in natural proportions	Pound	11.20	1 oz cooked turkey	1 lb AP = 0.70 lb cooked, drained turkey	2.2500	0.0000	2.2500

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) , <i>Brown, Long grain, Parboiled, Dry, Includes USDA Foods</i>	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	6.5000	6.5000