

## CHILLED BREAKFAST FRUITY RICE

Vibrant berries and almonds are served with cool, creamy yogurt rice. This delicious breakfast is sweet, colorful and satisfying. And it's a great way to utilize leftover rice!

One portion provides:  
1 oz. eq. grain, 1 oz eq meat/meat alternate, 1/2 cup fruit



INGREDIENTS	50 SERVINGS	DIRECTIONS
Rice, brown, long grain, regular, dry (25 cups of cooked, long grain, brown rice)	3 pounds, 2 ounces	1. Combine rice and water into a 2-inch half-size steamtable pan. Stir to combine. Cover tightly. For 50 servings use 1 pan. OVEN METHOD: Cook in a 350 °F oven for 50 to 60 minutes. STEAMER METHOD: Cook in a steamer for 30 to 40 minutes. 2. Remove from oven or steamer and let stand for 15 minutes. 3. Remove cover; fluff rice with a fork. Chill thoroughly before combining with yogurt. CCP: Hold cold, below 41 °F.
Water	3 quarts, ½ cup	
Yogurt, low fat, vanilla	6 ¼ quarts	4. Mix chilled, cooked rice and vanilla yogurt in a large container. Stir well. CCP: Hold cold for service, below 41 °F.
Strawberries, fresh or frozen, sliced or diced	3 pounds	5. To assemble bowl, Portion ¾ cup rice/yogurt mixture. Add 1/8 cup strawberries, 1/8 cup blueberries, 1/8 cup dried cranberries and 1 teaspoon of almonds (optional).
Blueberries, fresh or frozen	2 pounds	
Cranberries, dried	1 pound, 14 ounces	
Almonds, sliced (optional)	1 cup	

**NUTRITION INFORMATION**

1 serving

<b>NUTRIENTS</b>	<b>AMOUNT</b>	<b>UNIT</b>	<b>NUTRIENTS</b>	<b>AMOUNT</b>	<b>UNIT</b>
Calories	300		<b>Total Carbohydrate</b>	62	(g)
<b>Total Fat</b>	<b>3</b>	(g)	Dietary Fiber	4	(g)
Saturated Fat	1.5	(g)	Total Sugars		(g)
Cholesterol	5	(g)	Vitamin D		(IU)
<b>Sodium</b>	<b>75</b>	(mg)	Calcium	176	(mg)
<b>Protein</b>	<b>8</b>	(g)	Iron	1	(mg)

**NOTES**

This can be served in a parfait cup.

This recipe is a good way to use leftover cooked rice.

**YIELD/VOLUME**

4 quarts, 2 ½ cups creamy rice and yogurt mixture.

**SOURCE**

Samantha Cowens-Gasbarro, Healthy School Recipes

## Recipe Analysis Workbook (RAW)

**Recipe Name:** Chilled Breakfast Fruity Rice

**Servings per Recipe:** 50

**Recipe Number:**

**Serving Size:** 1 cup

### Meal Pattern Contribution

	Fruit	$\frac{1}{2}$ cup
	Meats/Meat Alternates	1.00 oz eq
	Grains	1.00 oz eq

**1 cup provides  $\frac{1}{2}$  cup fruit, 1.00 oz eq meat/meat alternate, 1.00 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.

## 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
<b>Blueberries, fresh, Whole</b>	Pound	11.90	1/4 cup raw fruit	1 lb AP = 0.96 lb ready-to-serve raw blueberries	2.0000	0.0000	2.0000
<b>Blueberries, frozen, Unsweetened, Whole, Individually- quick-frozen, Includes USDA Foods</b>	Pound	11.90	1/4 cup thawed, unsweetened fruit	1 lb AP = 0.91 lb (2-7/8 cups) ready-to-serve blueberries	0.0000	0.0000	0.0000
<b>Cranberries, dried, Sweetened, Whole, Includes USDA Foods</b>	Pound	13.80	1/4 cup dried fruit (credits as 1/2 cup fruit in NSLP/SBP and CACFP)	1 lb AP = 1 lb (about 3-3/8 cups) ready-to-serve or -cook cranberries	1.8500	0.0000	1.8500
<b>Strawberries, fresh, Whole</b>	Pound	10.50	1/4 cup raw, whole fruit	1 lb AP = 0.88 lb ready-to-serve raw strawberries	3.0000	0.0000	3.0000
<b>Strawberries, frozen, Sliced, Unsweetened, Includes USDA Foods</b>	Pound	7.28	1/4 cup thawed, fruit and liquid	1 lb AP = 1 lb (about 1-3/4 cups) ready-to-serve thawed strawberries and liquid	0.0000	0.0000	0.0000

## 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
<b>Yogurt, fresh, Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared, (includes Greek yogurt), Includes USDA Foods</b>	32 oz Container	8.00	1/2 cup or 4 oz yogurt provides 1 oz meat alternate		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
<b>Rice</b>	50.0000	oz	1 ounce