

CILANTRO-LIME BROWN RICE

This on-trend recipe is the perfect base for bowls, burritos or as a flavorful side dish. This rice is fluffy, aromatic and ready to compliment both Mexican and Asian meals.

ONE CUP PORTION PROVIDES:
2 oz. eq. whole grains



INGREDIENTS	50 SERVINGS	DIRECTIONS
Rice, brown, long grain, regular, dry	6 ¼ pounds	1. Combine rice, water, oil, salt, lime juice, and cilantro into a 2-inch steamtable pan. Stir to combine. Cover tightly. For 50 servings use 2 pans. OVEN METHOD: Cook in a 350 °F oven for 45 to 55 minutes. STEAMER METHOD: Cook in a steamer for 30 to 40 minutes. <i>CCP: Heat to 135 °F for at least 15 seconds.</i> 2. Remove from oven or steam and let sit for 10 to 15 minutes. 3. Remove cover; fluff rice before serving. <i>CCP: Hold warm, above 135 °F for service.</i>
Water	5 ½ quarts	
Oil, vegetable	½ cup	
Salt, kosher	4 teaspoons	
Lime juice	3 cups	
Cilantro, dried	4 tablespoons	

NUTRITION INFORMATION

1 serving = 1 cup

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	260		Total Carbohydrate	50	(g)
Total Fat	4	(g)	Dietary Fiber	3	(g)
Saturated Fat	.5	(g)	Total Sugars		(g)
Cholesterol	0	(g)	Vitamin D	0	(IU)
Sodium	160	(mg)	Calcium	20	(mg)
Protein	5	(g)	Iron	1	(mg)

NOTES

This recipe makes 50 - 1 cup portions of cilantro lime brown rice.
This recipe makes 100 - ½ cup portions of rice.
½ cup (No. 8 scoop) provides 1 oz. eq. grain.

YIELD/VOLUME

This recipe yields 12 ½ quarts of rice.

SOURCE

Samantha Cowens-Gasbarro, Healthy School Recipes

Recipe Analysis Workbook (RAW)

Recipe Name: Cilantro-Lime Brown Rice
Recipe Number:

Servings per Recipe: 50
Serving Size: 1 cup

Meal Pattern Contribution

	Grains	2.00 oz eq
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1 cup provides 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.

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