



Yield: 50 servings
Serving Size: 1 each

GREEK RICE BOWL



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Recipe concept by Stefanie Dove, School Nutrition Marketing Specialist, Loudon County Public Schools, Ashburn, Virginia. 2016 Healthy Rice Bowl Recipe Contest.

APPROXIMATE NUTRIENTS PER SERVING: Calories 430, Protein 17 g, Total Carbohydrate 39 g, Total Fat 24 g, Saturated Fat 4 g, *Trans* Fat 0 g, Vitamin A 468 IU, Vitamin C 11 mg, Iron 3 mg, Calcium 96 mg, Sodium 315 mg, Dietary Fiber 6.5 g

GREEK RICE BOWL

50 SERVINGS

Prep Time: 30 minutes
Cook Time: 45-55 minutes for rice



INGREDIENTS

WEIGHT MEASURE

DIRECTIONS

Brown rice, parboiled (converted), uncooked	2 lb 12 oz	
Water, hot, nearly boiling		1 gal
Chicken, boneless, fully cooked, diced	3 lb 2 oz	
Hummus, prepared		3 qt, ½ cup
Cucumbers, unpared, diced (½-inch dice suggested)		3 qt, ½ cup
Tomatoes, diced (½-inch dice suggested)		3 qt, ½ cup
Feta cheese, crumbles	12.5 oz	
Black olive slices, drained		2 cups

1. Combine rice and hot water in a 4-inch deep full-size pan, taking care to avoid burns from hot water; cover and place in preheated 350°F oven. Cook for 45 minutes; stir and check doneness. If necessary, cook 5-10 minutes longer until rice is fully cooked. Critical Control Point (CCP): Hot hold at 135°F or above.
 2. Heat chicken to 165°F for 15 seconds. Note: Follow the cooking instructions for chicken product used and adjust quantity of product as needed to produce 50 1-oz eq servings M/MA; for many products, this is more than 50 ounces of chicken product. CCP: Hot hold at 135°F or above.
- While chicken and rice are cooking:
3. Prepare diced cucumber and diced tomatoes. CCP: Cold hold at 41°F or below.
 4. Reduce feta to fine crumbles by chopping with a chef's knife. CCP: Cold hold at 41°F or below.

Dressing:

Oil, olive (preferred) or other vegetable oil	3 ⅛ cups
Lemon juice (see Chef's tip)	2 cups
Vinegar, red wine (or apple cider vinegar)	2 cups

5. Combine the oil, vinegar, and lemon juice to make dressing or substitute commercially-prepared Greek salad dressing. *Chef's tip: Add the zest of lemons to dressing for flavor when using fresh lemon juice.*

To Serve: Portion a ½ cup (#8 scoop) of cooked rice in a bowl. On top of rice, portion:

- 1 oz eq of diced chicken
 - 1 oz eq hummus*
 - ¼ cup diced cucumbers
 - ¼ cup diced tomatoes
 - 2 teaspoons sliced olives
 - 2 teaspoons feta crumbles (¼ oz)
- Serve with 1 ¾ fl oz of dressing

*Usually ¼ cup, or #16 scoop, check your product for portion size

Alternate Serving Option: Combine the hot rice and hummus with 1 cup of the oil; CCP: Hot hold at 135°F or above. Combine the diced cucumbers, tomatoes, olives, feta crumbles, lemon juice, vinegar, and remaining oil; CCP: Cold hold at 41°F or below. Portion ¾ cup of rice hummus mixture into 12-ounce bowl, add 1 oz eq diced chicken and top with ⅔ cup (two #12 scoops or 1 #6 scoop) of the vegetable-feta-dressing mixture.

Component Contribution: One serving provides: 1 oz eq whole grain-rich grains; 2 oz eq M/MA (1 oz eq chicken and 1 oz eq hummus); ½ cup vegetables (¼ cup red/orange subgroup, ¼ cup other subgroup)

MARKETING GUIDE: Per the USDA Food Buying Guide, 5 pounds unpared cucumbers and 8 lb tomatoes will yield the volumes needed when prepared for recipe use. Recipe uses a commercial hummus product that provides 1 oz eq M/MA per ¼ cup, adjust as necessary for your product.

COOLING: CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

REHEATING: CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using a FDA recommended method.