



Serving Size and Nutrients Per Serving

SERVING SIZE:

K-8: ½ c chicken (4 oz spoodle) + ½ c rice
(No. 8 disher)

9-12: ¾ c chicken (6 oz spoodle) + ½ c rice
(No. 8 disher)

ONE SERVING PROVIDES:

K-8: 1 oz M/MA + 3/8 c V + 1 G/B

9-12: 2 oz M/MA + 3/8 c V + 1 G/B

NUTRIENTS PER SERVING:

K-8: Calories 216, Protein 20.16 g,
Carbohydrate 24.85 g, Total Fat 5.29 g,
Saturated Fat 0.84 g, Cholesterol 34 mg,
Vitamin A 135.74 RE, Vitamin C 45.25 mg,
Iron 1.75 mg, Calcium 112.74 mg,
Sodium 319.58 mg, Dietary Fiber 3.78 g

9-12: Calories 275, Protein 31.86 g,
Carbohydrate 24.85 g, Total Fat 6.87 g,
Saturated Fat 1.29 g, Cholesterol 68 mg,
Vitamin A 135.74 RE, Vitamin C 45.25 mg,
Iron 1.75 mg, Calcium 112.74 mg,
Sodium 337.26 mg, Dietary Fiber 3.78 g

Teriyaki Chicken and Edamame Rice Bowls

INGREDIENTS

Chicken, frozen, cooked, diced*

**For K-8 grade groups use:*

Edamame (fresh soy beans), frozen, shelled

Red bell pepper, fresh, diced

Teriyaki sauce, reduced sodium, prepared

Cilantro, fresh, chopped

Brown rice, cooked

50 SERVINGS

WEIGHT

MEASURE

8 lb 8 oz

-

4 lb 4 oz

-

4 lb 11 oz

3 qt ½ cup

2 lb 10 oz

6 ¼ cups

-

24 fl oz

-

1 cup

7 lb 13 oz

1 ½ gal 1 cup

100 SERVINGS

WEIGHT

MEASURE

17 lb

-

8 lb 8 oz

-

9 lb 6 oz

1 ½ gal 1 cup

5 lb 4 oz

3 qt ½ cup

-

48 fl oz

-

2 cups

15 lb 10 oz

3 gal 2 cups

DIRECTIONS

1. Lightly coat steam table pans with pan release spray. Place 3 lb 4 oz chicken into each steam table pan. For 50 servings, use 2 pans. For 100 servings use 4 pans.
2. Add 2 lb 8 oz edamame, 1 lb 8 oz red bell pepper, and 1 ½ cups teriyaki sauce to each pan. Cover and bake at 375°F for 30-45 minutes. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
3. Remove pans from oven and sprinkle ½ cup chopped fresh cilantro over each.
4. *For K-8 Grade Groups:* Place ½ cup rice into a serving dish using number 8 disher. Top with ½ cup of the teriyaki chicken mixture using 4 oz spoodle.
For 9-12 Grade Groups: Place ½ cup rice into a serving dish using number 8 disher. Top with ¾ cup of the teriyaki chicken mixture using 6 oz spoodle. Critical Control Point: Hold for service at 135°F or higher.

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

Hungry for more recipes?
www.menurice.com/k-12

