

Reimagined Rice Meals for Schools

A green school lunch tray is shown, filled with a meal. The main component is a large portion of rice mixed with diced tomatoes and green herbs. On top of the rice is a breaded, fried protein, possibly chicken or fish, topped with a layer of melted white cheese and a drizzle of red sauce. To the left of the rice is a fresh salad consisting of green lettuce, sliced cucumbers, shredded carrots, and small pieces of purple cabbage. On the far left, a portion of a flatbread is visible. In the background, a box of USA Rice is partially visible, showing the brand's logo and some text.

**Recipes from USA Rice's
K-12 Chef Advisory Board**

Enhance Your School Nutrition Program with U.S.-Grown Rice

U.S.-grown rice is a readily available staple with the versatility to shine in the center of the plate or as a hearty side to accompany other healthy foods as part of school nutrition programs. Rice not only delivers powerful nutrition to students, but allows school operators to maximize menu offerings, budgets, culturally inspired dishes, and student-acceptance, all while limiting labor and food waste.

Wondering why rice is considered a difference-maker among school operators and a fan favorite among students? **Here are some of the top reasons:**

- ◆ Rice works across all meal parts, seasons, and dietary restrictions
- ◆ It's easy to store, prepare, and save for leftover use
- ◆ Rice is a vehicle for food and flavor discovery, as well as other healthy foods
- ◆ Rice's affordability stretches food dollars and helps offset higher-cost proteins
- ◆ Rice is naturally gluten-free, sodium-free, and cholesterol-free, and is the least allergenic of all grains
- ◆ Its range of preparation methods allows operators to choose the cooking technique that works best for their kitchen and operations
- ◆ Rice is a nutritious, staple ingredient recommended by the Dietary Guidelines and federal school nutrition standards
- ◆ As a component of most culturally influenced dishes, rice helps to provide culturally inspired meals, while delivering powerful nutrition
- ◆ Rice is a nutrient-dense, complex carbohydrate that delivers 15 vitamins & minerals, fiber, folic acid, potassium, iron, and zinc
- ◆ Rice makes meeting whole grain requirement simple

All in all, rice allows K-12 operators to serve healthy and satisfying school meals across all meal parts that students love, while delivering powerful nutrition, and staying within tight budgets.



The U.S.-Grown Difference

- ◆ Grown sustainably on thousands of family farms
- ◆ Produced under fair and responsible labor practices
- ◆ Vital for critical wildlife habitat
- ◆ The safest, highest quality, most affordable whole grain
- ◆ An important part of rural economies
- ◆ And always GMO-free

How to Store Rice

Uncooked Rice

Store uncooked rice in a cool, dry place in a tightly sealed container away from dust, moisture, and other contaminants.

Milled (white) rice will keep almost indefinitely on the pantry shelf, if stored properly.

Whole grain (brown) rice has a shelf life of about 6 months, because of the oil in the bran layer. It will stay fresh longer if stored in the refrigerator or freezer.

Cooked Rice

USDA recommends keeping cooked rice at or above 140° F for service. When cooling to store, do so quickly - to 70° F within 2 hours and then down to 40° F within an additional 4 hours.

Cooked rice may be held in the refrigerator for 3 to 5 days, or frozen for up to 6 months.



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BEHIND THE RICE BOARD

Meet USA Rice's School Foodservice Chef Advisory Board



CHEF BETTINA APPLEWHITE, RDN, SNS

Baltimore County Public Schools, Baltimore, Maryland

Chef Bettina Applewhite has a passion for good food and international flavors. She has been working as a Registered Dietitian-Nutritionist for more than a decade and in the field of school nutrition for more than 8 years. She is currently working in the 25th largest school system in the U.S. serving more than 111,000 students daily at 175 schools and centers. Chef Bettina loves introducing new foods to students, especially vegetables and dishes that may be unfamiliar. This includes creative rice recipes, which Chef Bettina is thrilled to share in this cookbook. She often works with the system's culinary students to develop recipes and provide them with skills for sharing their love of cooking healthy meals.

As a certified School Nutrition Specialist, she believes in the importance of not only representing your community in your school menu but also introducing new foods in familiar ways. She feels it is important to bring diversity in nutrition through foods as well as through people and food cultures. She encourages people to cook more at home through her blog Bites With Applewhite and has been featured on Top Chef Amateurs and by AllRecipes as a "Cook to Follow." She currently serves on the Credentialing Board and on the Public Policy and Legislation Committee for the School Nutrition Association. When not focusing on school nutrition, you can find Applewhite, traveling, running, and planning dinner parties.



CHEF DIANE GRODEK

Austin Independent School District, Austin, Texas

Chef Diane Grodek serves as the Executive Chef for the Austin Independent School District. In that role, she creates new recipes, helps plan menus, maintains kitchen equipment, trains staff, works with students and the community teaching cooking and nutrition classes, and oversees the Catering and Concessions programs. Chef Diane has a keen interest in sustainability and infuses it into all her work with the district's food service department. With a passion for cooking, reducing waste, and community involvement, her position as the Executive Chef of a progressive, inclusive school district is her dream job. As a member of the Chef Advisory Board, Chef Diane is excited to share new and diversifying rice-centric recipes, including a sweet rice dish.

BEHIND THE RICE BOARD



CHEF JASON HULL

Marin Country Day School, Corte Madera, California

Chef Jason Hull is currently the Director of Culinary Services and Co-Founder of the Culinary Farm (a seed-to-table program) at Marin Country Day School. After graduating from the Culinary Institute of America at Greystone in St. Helena, California, in 1997, Chef Jason worked at some notable establishments such as; Skywalker Ranch, The Lark Creek Inn in Larkspur, California, and the Brant Point Grill on Nantucket Island.

Chef Jason believes when you cook from scratch, with ingredients grown seasonally, and with respect for the earth and its oceans, and procure food from your local purveyors and foodshed, you are feeding your school community in the most healthy and responsible way.

In 2010, Chef Jason was invited to attend the launch of Chefs Move to Schools hosted by First Lady Michelle Obama and Chef Sam Kass at The White House. Chef Jason has been a leader in the Culinary Institute of America's Healthy Kids Collaborative since 2016 and is the current Co-Lead of the Plant Forward working group. As part of the Chef Advisory Board, Jason is most looking forward to developing school-friendly recipes and more plant-forward dishes that highlight U.S.-grown rice.



CHEF REBECCA POLSON CC, SNS

K-12 Chef Consultant, Minneapolis, Minnesota

Chef Rebecca Polson CC, SNS, has nearly 10 years of experience as a chef working in public schools all over the country. She began her career in the foodservice industry in 2011 after graduating from Johnson & Wales University with a culinary arts degree. She also holds a bachelor's degree in merchandising and business from Florida State University. She currently is a K-12 culinary trainer and chef consultant working with districts, manufacturers, and commodity boards to bring scratch-made, chef-driven healthy meals to schools.

She has worked with the School Nutrition Association and the School Nutrition Magazine for four years as a monthly contributor to the Food Focus section of the magazine. When she's not in the kitchen creating healthy recipes, Rebecca enjoys working out, posting to social media @ChefRebeccaK12, traveling, exploring her new hometown, and spending time with her dog, Roxy. With rice being one of Chef Rebecca's favorite foods thanks to its affordability, versatility, and overall comforting quality, she is thrilled to be a member of the Chef Advisory Board.



CULINARY FARM FRIED RICE

Photo Credit: Tim Williams

CULINARY FARM FRIED RICE

BY CHEF JASON HULL

*GLUTEN FREE**
*VEGETARIAN, VEGAN***

**if using tamari*

***if you substitute JUST Egg for the eggs.*

DETAILS

Yield

50 servings

Serving Size

1 ¼ cup

Credits

1 ¼ oz Grain (Non-Whole Grain
if using white rice)

¾ oz M/MA

¼ cup Other Veg

⅛ cup Starchy Veg

⅛ cup Additional Veg

INGREDIENTS

1 ½ cups vegetable oil

2 ¼ quarts water

2 ¼ quarts long grain brown rice
or white rice

1 ½ cups tamari or soy sauce

1 ½ cups high heat vegetable oil

1 ½ cups granulated sugar

3 Tbsp white pepper

3 Tbsp kosher salt

3 yellow onions, chopped small

6 bunches green onion,
chopped small, whites/greens
separated

8 carrots, peeled, chopped
small

3 lbs frozen peas, thawed (can
use 5 lbs frozen pea/carrot mix:
omit above carrots)

1lb mushrooms, chopped small

4 bunches asparagus, chopped
small

½ cup garlic, minced

24 eggs, scrambled or 3 cups
JUST Egg (plant based, Vegan)

“I started making Culinary Farm Fried Rice because I wanted a recipe that kids love and is full of seasonal vegetables from our school gardens, no matter what time of year we are making it. I use local rice grown right here in California, organic eggs from local farmers, and veggies from our school gardens for a perfect recipe utilizing our vast foodshed.”

INSTRUCTIONS

1. In a large roaster or pot over medium heat add oil, water, and rice, bring to a boil, cover for 25-30 minutes until rice is cooked.
2. Set aside to cool in fridge overnight on sheet pans no more than 2 inches high.
3. In medium heat pan or skillet add some oil, whites of onions with some green onions, add eggs to scramble, season with salt. Set aside.

IN EQUAL BATCHES:

4. In medium high heat in a large pan or large skillet, add oil, garlic, yellow onion, carrots, mushrooms, asparagus and sauté for a few minutes, add rice smashing clumps and stirring consistently.
5. Add tamari, salt, white pepper, sugar and eggs. Sauté and mix to finish.



TUNA OR KALANI
SALAD ONIGIRI

TUNA OR KALANI SALAD ONIGIRI

GLUTEN FREE
PESCATARIAN

BY BETTINA APPLEWHITE

DETAILS

Yield

25 - 50 servings

Serving Size

1 onigiri

Credits

1 onigiri provides 3 oz M/MA,
2 oz whole grain

INGREDIENTS

SERVES 25

25 cups cooked brown rice
2 ½ cups Furikake Rice Seasoning
2 ½ cups seasoned rice vinegar
⅓ cup granulated sugar
1 tbsp salt
12 ½ cups kalani or tuna salad (prepared using your favorite recipe)
25 sheets nori paper

SERVES 50

50 cups cooked brown rice
5 cups Furikake Rice Seasoning
5 cups rice vinegar
⅔ cups granulated sugar
2 tbsp salt
25 cups kalani salad or tuna salad
50 sheets nori paper

“This tuna or kalani salad recipe is a great way to use leftover rice in your school foodservice kitchen. This is a handheld way to incorporate sushi into your school foodservice program using ingredients that you already have.”

INSTRUCTIONS

1. Combine sugar, vinegar, and salt and heat until sugar is dissolved.
2. Once dissolved, combine with warm cooked rice, or leftover rice. Allow rice to cool completely under refrigeration (<41°).
3. Once rice has cooled, combine with Furikake seasoning.
4. To assemble onigiri, place one nori sheet on enough plastic wrap to fully cover nori sheet with some overlapping plastic wrap. Spread one cup of prepared rice mixture over nori sheet. Then layer ½ cup of kalani salad on top of rice. Using the plastic wrap, fold the 4 edges into each other to make a square and close the onigiri.

Alternatively, you can use a triangle onigiri mold. Place ½ cup prepared rice in the mold, add ½ cup of kalani salad, top with another ½ cup of prepared rice. Press the mold firmly to create the shape. Remove onigiri and wrap with nori sheet.

5. One onigiri per serving, served cold.



CITRUS RICE

CITRUS RICE

BY DIANE GRODEK

GLUTEN FREE
VEGETARIAN
VEGAN

DETAILS

Yield

25 servings

Serving Size

½ cup

Credits

1 #8 scoop for 1 WGR count

2 #8 scoops for 2 WGR count

RICE

1 lb, 9 oz brown rice

10 oz edamame, frozen, cooked

5 oz celery, small dice

¾ oz green onion, chopped

1 lb Mandarin oranges, canned
and drained

DRESSING

4 oz orange juice

¼ cup rice wine vinegar

2 tbsp soy sauce

1 tbsp honey

2 tsp garlic powder

1 tsp ginger powder

¼ cup vegetable oil

1 tbsp sesame oil

“Citrus Rice is a great alternative to fried rice, because its flavors also pair well with many of the Asian dishes popular in K-12 food service. This rice delivers hints of sesame and citrus that will not overwhelm your entrée, and utilizes easy to purchase ingredients like frozen edamame and canned mandarin oranges, combined with a scratch-made dressing that makes simple ingredients taste extra special.”

INSTRUCTIONS

RICE

1. Cook the rice fully until tender in the steamer.
2. While the rice cooks, chop and weigh the celery and green onions. Small dice the celery and chop the green onion into small strips.
3. Weigh and defrost the edamame. Weigh the mandarin oranges, do not include their juices in the weight.
4. When the rice is fully cooked, cool on a sheet or hotel pan in cooler.
5. Gently mix the celery, green onion, edamame, and oranges into the rice.
6. Add the dressing (9 oz. for 25 1/2 cup servings of rice) to the rice mixture, and gently combine.

DRESSING

1. In a bowl or blender add orange juice, vinegar, soy sauce, honey, garlic, ginger and whisk or blend until well combined.
2. Mix the vegetable oil and sesame oil together.
3. Slowly whisk or blend the oils into the rest of the ingredients.
4. Refrigerate until needed.



ASIAN RICE SALAD

ASIAN RICE SALAD

BY REBECCA POLSON

GLUTEN FREE*
VEGETARIAN
VEGAN

*if using Tamari-Gluten
Free Soy Sauce

DETAILS

Yield

50 servings

Serving Size

$\frac{3}{4}$ cup

Credits

$\frac{1}{2}$ oz Grain

$\frac{3}{8}$ cup veg ($\frac{1}{8}$ cup R/O,

$\frac{1}{8}$ cup add., $\frac{1}{8}$ cup other)

INGREDIENTS

12 $\frac{1}{2}$ cups brown rice, leftover,
chilled

2 lb purple cabbage, shredded

2 lb red bell pepper, diced

12 oz edamame, shelled, thawed

12 oz carrots, shredded

4 oz red onion, diced

1 $\frac{1}{2}$ cup multipurpose peanut
sauce

1 bunch cilantro, chopped

INSTRUCTIONS

1. Add all vegetables, rice, and half of chopped cilantro to large bowl.
2. Drizzle with peanut sauce.
3. Using gloved hands toss to coat vegetables and rice with sauce. Rice, vegetables, and sauce should all be incorporated.
4. Split mixture between black 4 inch shotgun pans.
5. Cover and hold at 41° or below until time of service.
6. Garnish with cilantro before service.
7. Serve with a 6oz spoodle.

“This Asian Rice Salad is an exciting blend of flavors, color, and texture. The blend of grains and vegetables with versatile peanut sauce is just as delicious as it is colorful. This is a simple, cost effective recipe that can use up leftover chilled rice.”



CARIBBEAN RICE AND BEANS

Photo Credit: Tim Williams

CARIBBEAN RICE AND BEANS

BY JASON HULL

GLUTEN FREE
VEGETARIAN/VEGAN*

*Depending on the broth used

DETAILS

Yield

50 servings

Serving Size

1 ¼ cup

Credits

2 ¼ oz grain, ½ cup bean, pea, legume OR ¾ oz M/MA, ½ cup additional veg

INGREDIENTS

2 cups vegetable oil

20 cloves garlic, minced

4 yellow onions, diced

10 sprigs fresh thyme

1 gallon uncooked long grain brown rice

2 cups coconut milk

1 gallon chicken broth

5 tablespoons creole seasoning spice

salt and pepper to taste

2 ½ tablespoons paprika

10 whole scotch bonnet peppers (optional)

10 ½ cups kidney beans

“This recipe is inspired by my Plant Forward Chef, Judy Hilliare, who grew up eating it in her homeland of Trinidad. Originating from a traditional recipe made during Carnival called Rice and Peas, Judy would shell fresh peas from her garden for her mother. I made this schoolified version, replacing the peas with beans which kids love. It is traditionally served with stewed chicken but is delicious paired with any meat or vegetable.”

INSTRUCTIONS

1. Rinse rice until water runs clear. Drain water.
2. In a large roasting pan, heat oil over medium heat.
3. Add garlic, onions and thyme, saute for a few minutes.
4. Add uncooked rice and saute for a few minutes.
5. Add coconut milk and broth, creole spice, salt and pepper, paprika and whole scotch bonnet peppers.
6. Cover and turn to low and cook for 25-30 minutes until rice is cooked.
7. Add and stir in kidney beans half way through the cooking process.



BROCCOLI AND
RICE CASSEROLE

BROCCOLI AND RICE CASSEEROLE

GLUTEN FREE
VEGETARIAN

BY BETTINA APPLEWHITE

DETAILS

Yield

25 - 50 servings

Serving Size

4 oz

Credits

One serving provides $\frac{3}{4}$ oz whole grain equivalent, $\frac{3}{4}$ cup green vegetables, $\frac{1}{2}$ oz M/MA

INGREDIENTS

SERVES 25

4 lbs broccoli, frozen

10 cups cooked rice

4 cups cheese sauce

1 cup shredded cheddar cheese

pan spray

SERVES 50

8 lbs broccoli, frozen

20 cups cooked rice

8 cups cheese sauce

2 cup shredded cheddar cheese

pan spray

“This is a complex dish that is cheesy and delicious. It’s versatile enough to use as a vegetable side or have it rice forward to meet your grain requirements. Add chicken and it’s a complete meal. Students will love this cheesy and filling dish.”

INSTRUCTIONS

1. Preheat convection oven to 350°.
2. Prepare hotel pans by spraying with pan spray for 5 seconds for each pan used.
3. Mix cooked rice, cheese sauce, and broccoli.
4. Divide evenly between pans.
5. Top with 1 cup of shredded cheese per pan. Cover each pan with aluminum foil.
6. Bake in oven for approximately 30 - 40 minutes until casserole reaches a minimum internal temperature of 145°. During the last 10 minutes of cooking, remove the foil so that the shredded cheese can melt and turn golden in color.



PEACHY
BREAKFAST RICE

PEACHY BREAKFAST RICE

VEGETARIAN
GLUTEN FREE

BY DIANE GRODEK

DETAILS

Yield

25 ½ cup servings

Serving Size

½ cup

Credits

1 #8 scoop for 1 WGR count;
2 #8 scoops for 2 WGR count

INGREDIENTS

1 lb, 9 oz brown rice

4 cups milk

8 tbsp honey

3 tbsp vanilla extract

1.5 tsp cinnamon

½ tsp salt

12 oz peaches - canned and drained

“Peachy Rice is a hearty, cold weather breakfast entree that is filling and warm. Using rice where oatmeal might typically be used offers a variation from the norm and is another way to utilize a staple like rice.”

INSTRUCTIONS

1. Steam the rice until fully cooked and tender.
2. While the rice is cooking warm the milk on low heat and whisk in the honey, and vanilla. Add the cinnamon and salt to the warm milk, whisk to combine then remove from heat.
3. Chop the peaches into small dice.
4. Put the cooked rice in a large pot on the stove stop on medium low heat. Slowly add the warm milk mixture to the rice a little at a time.
5. Continually mix the rice with the milk, the mixture should be at a low simmer.
6. Simmer while adding milk for about 15 minutes, slowly mixing the rice with the goal of making a starchy creamy mixture with the milk.
7. Once the rice is creamy, fold in the chopped peaches.
8. Serve the rice warm with a garnish of a sprinkle of cinnamon, or a little honey on top.



ITALIAN RICE PILAF

ITALIAN RICE PILAF

BY REBECCA POLSON

GLUTEN FREE
VEGETARIAN
VEGAN*

*if not topped with
optional Parmesan

DETAILS

Yield

50 servings

Serving Size

1 cup

Credits

2 oz Grain

INGREDIENTS

6 lb, 4 oz brown rice, long grain,
parboiled, USDA

1 lb tomatoes, diced (fresh or
canned)

8 oz yellow onion, diced

¼ cup olive oil

¼ cup italian seasoning

1 tbsp garlic, granulated

2 tsp salt, kosher

2 tsp black pepper

1 gallon +2 quarts broth,
vegetable or water, hot

Optional garnish: chopped
parsley, grated parmesan

“Italian Rice Pilaf, also known as “Risotto Pilaf,” is a savory and flavorful rice dish that is cooked with onions, garlic, and a variety of herbs and spices. It’s a delicious and comforting dish with a slightly nutty flavor and a creamy texture. Enjoy as a great option instead of pasta, that holds really well.”

INSTRUCTIONS

1. Preheat oven to 350°.
2. Add rice, tomatoes, onion, oil, and spices to 4 inch hotel pan. (Multiple pans may be needed depending on servings.) Stir until rice is coated in oil and spices.
3. Pour hot water or stock over rice blend.
4. Cover pan with parchment and foil to create seal.
5. Bake in oven for approximately 55 minutes or until all liquid has been absorbed by rice.
6. Hot hold at 135° or above, leave covered until service, do not stir.
7. Fluff with fork right before service.
8. Serve with 8 oz spoodle.
9. Optional Garnishes: Chopped Parsley, Grated Parmesan.



Photo Credit: Tim Williams

MEXICAN RED RICE

MEXICAN RED RICE

BY JASON HULL

GLUTEN FREE
VEGETARIAN/VEGAN*

*Depending on the broth used

DETAILS

Yield

50 portions

Serving Size

$\frac{3}{4}$ cup

Credits

1 $\frac{1}{2}$ oz eq non-whole grain,
 $\frac{1}{4}$ cup red/orange vegetable,
 $\frac{1}{8}$ cup additional veg

INGREDIENTS

1 cup olive oil

25 garlic cloves, minced

8 white onions, chopped small

12 $\frac{1}{2}$ cups jasmine rice

1 gallon chicken stock

2 cups water

1 $\frac{1}{2}$ cup tomato paste

14 roma tomatoes or 1 - #10
can, diced

3 tablespoons kosher salt

“When I talk about culturally relevant foods in schools, I am also making sure my kitchen staff are sharing wonderful recipes from their different backgrounds and ethnicities. One of my Sous Chef’s, Bella Martinez, grew up with this recipe that her mother and grandmother cooked often when she was growing up in the Michoacan region of Mexico. Bella cooks this recipe for her family to make it a multigenerational favorite that our students really enjoy.”

INSTRUCTIONS

1. Rinse rice until water runs clear, drain.
2. In a blender, add garlic, onion, tomato, tomato paste and 2 cups water. Blend.
3. In a large roaster over medium heat, add oil and rice, sauté until light brown.
4. Add blended mix, salt and chicken stock.
5. Cover and cook on low for 25-30 minutes until rice is cooked.



EAST INDIAN
SPICED CHICKEN

EAST INDIAN SPICED CHICKEN

GLUTEN FREE

BY BETTINA APPLEWHITE

DETAILS

Yield

25 - 50 servings

Serving Size

6 oz

Credits

One 6 oz serving provides 2
½ M/MA, 0.84 oz whole grain
equivalent

INGREDIENTS

SERVES 25

4 lbs cooked chicken
1 cup diced onion
1 tsp garlic powder
1 tsp ginger
14 ½` oz can crushed tomatoes
½ - 1 tsp cayenne (optional)
1 tsp black pepper
1 tbsp garam masala
2 tsp coriander
1 tsp turmeric
2 tsp cumin
1 tsp cinnamon
¾ cup golden raisins
6 cups chicken broth, hot
3 ½ cups brown rice (rinsed)

SERVES 50

8 lbs cooked chicken
2 cup diced onion
2 tsp garlic powder
2 tsp ginger
28 oz can crushed tomatoes
1 – 2 tsp cayenne (optional)
2 tsp black pepper
2 tbsp garam masala
1 tbsp coriander
2 tsp turmeric
1 tbsp cumin
2 tsp cinnamon
1 ½ cup golden raisins
12 cups chicken broth, hot
7 cups brown rice (rinsed)

“Bring out the warm flavors of East India to your students without the need for special equipment. Variety is the spice of life and this is a heavily spiced but balanced dish your students will crave.”

INSTRUCTIONS

1. Sauté onion until translucent.
2. Stir in garlic, ginger, tomatoes, cayenne (if using), pepper, garam masala, coriander, turmeric, cumin, and cinnamon. Heat until spices become fragrant.
3. If baking, transfer to your hotel pan (divide between 2 hotel pans if preparing for 50) or continue in tilt skillet, if using.
4. Add chicken, rice, and hot broth (If baking, divide evenly between hotel pans if preparing for 50).
5. Cover and cook until liquid is absorbed and rice is fluffy (internal temperature of 145°). If baking in a convection oven at 375°, bake about 45 – 60 minutes. About 40 minutes in tilt skillet.



WARM AUTUMN RICE

WARM AUTUMN RICE

BY DIANE GRODEK

GLUTEN FREE
VEGETARIAN
VEGAN

DETAILS

Yield

25 servings

Serving Size

½ cup

Credits

1 #8 scoop for 1 WGR count;

2 #8 scoops for 2 WGR count

“Autumn Rice is a great way to promote seasonal flavors by using kale and fresh butternut squash, but it can also be offered year-round by using readily available commercial frozen and chopped butternut squash. This dish is a great example of elevating cafeteria food with a combination of fresh, but inexpensive vegetables and U.S.-grown rice.”

RICE

1 lb, 9 oz brown rice

1 lb, 5 oz butternut squash, raw, chopped, medium dice

6 oz kale, chopped

½ oz dried cranberries, dried

DRESSING

2 tbsp mustard

6 tbsp honey

6 tbsp rice wine vinegar

⅔ cup vegetable oil

INSTRUCTIONS

RICE

1. Cook the rice in the steamer.
2. Chop (or defrost) the butternut squash in a medium dice. Weigh amount needed, then toss with oil and roast at 375° for 12 minutes or until the squash is tender.
3. While the rice cooks, remove the kale stems and chop it in large bite-size segments.
4. Weigh the chopped, de-stemmed portion of kale. Weigh the dried cranberries.
5. When the rice is fully cooked, and still warm, mix in the kale. The kale will wilt in the heat of the rice.
6. Add the cranberries, and then gently mix in the cooked squash.
7. Add the Honey Mustard Dressing to the rice mixture, combine well.
8. Serve 2 #8 scoops with 2 M/ MA for a complete entree or serve alone as a Grain component.

DRESSING

1. In a bowl or blender add the mustard, honey, and vinegar and mix or blend well.
2. Slowly add the oil to the rest of the ingredients.
3. Refrigerate until needed.



LENTILS & RICE
(MUJADDARA)

LENTILS & RICE (MUJADDARA)

BY REBECCA POLSON

GLUTEN FREE
VEGETARIAN
VEGAN*

*if not topped with
Spiced Greek Yogurt

DETAILS

Yield

50 servings

Serving Size

1 cup

Credits

1 ½ oz grain

1 oz MMA

INGREDIENTS

4 lb, 14 oz brown rice, long
grain, parboiled USDA

1 lb 11 oz lentils, green, rinsed

8 oz onion, diced

¼ cup olive oil

1 tbsp cumin

2 tsp salt, kosher

2 tsp garlic, granulated

1 tsp black pepper

1 tsp cinnamon, ground

½ tsp nutmeg, ground

1 gallon +2 quarts broth,
vegetable or water, hot

optional garnish: caramelized
onions, parsley, spiced greek
yogurt

“Mujaddara is a signature Middle Eastern dish of lentils, rice, and caramelized onions. This is a bold and comforting dish that’s typically served with a topping of caramelized onions and Spiced Greek Yogurt alongside a fresh Mediterranean salad. It’s a great plant forward option for your vegetarian students, but guaranteed to win over the meat eaters, too.”

INSTRUCTIONS

1. Preheat oven to 350°.
2. Add rice, rinsed lentils, onion, oil, and spices to 4 inch hotel pan. (Multiple pans may be needed depending on servings.) Stir until rice and lentils are coated in oil and spices.
3. Pour hot water or stock over rice and lentil blend.
4. Cover pan with parchment and foil to create seal.
5. Bake in oven for approximately 55 minutes or until all liquid has been absorbed by rice and lentils.
6. Hot hold at 135° or above, leave covered until service, do not stir.
7. Fluff with fork right before service.
8. Serve with 8 oz spoodle.
9. Optional garnishes: caramelized onions, chopped parsley, spiced greek yogurt.

Oven

TYPE OF RICE	DRY RICE AMOUNT	WATER AMOUNT	YIELD (½ CUP SERV.)	COOK TIME
Long Grain White* A	25 oz	50 fl oz	25 portions	30 min.
Medium Grain White* C	25 oz	40 fl oz	25 portions	30 min.
Short Grain White* D	25 oz	40 fl oz	25 portions	30 min.
Long Grain Parboiled White B	25 oz	50 fl oz	25 portions	30 min.
Long Grain Brown B	25 oz	50 fl oz	25 portions	40 min.
Medium Grain Brown C	25 oz	50 fl oz	25 portions	60 min.
Short Grain Brown C	25 oz	50 fl oz	25 portions	40 min.
Long Grain Parboiled Brown A	25 oz	50 fl oz	25 portions	30 min.
Long Grain Parboiled Brown/ White 50:50 Mix B	25 oz	50 fl oz	25 portions	75 min.

DIRECTIONS

1. Preheat oven: convection to 325°F conventional to 350°F.
2. For rice types starred (*) above wash rice in cold water until water runs clear.
3. Combine rice and hot (125°F) tap water in 4" half-size steam table pan; stir.
4. Cover pan; place in oven.
5. Bake for time indicated in chart until rice is tender and water is absorbed.
6. Remove pan from oven; let stand 15 minutes.
7. Remove cover; fluff rice before serving.

Convection Steamer

TYPE OF RICE	DRY RICE AMOUNT	WATER AMOUNT	YIELD (½ CUP SERV.)	COOK TIME
Long Grain White* A	25 oz	50 fl oz	25 portions	30 min.
Medium Grain White* C	25 oz	40 fl oz	25 portions	25 min.
Short Grain White* D	25 oz	40 fl oz	25 portions	25 min.
Long Grain Parboiled White B	25 oz	50 fl oz	25 portions	30 min.
Long Grain Brown B	25 oz	50 fl oz	25 portions	40 min.
Medium Grain Brown C	25 oz	50 fl oz	25 portions	60 min.
Short Grain Brown C	25 oz	50 fl oz	25 portions	40 min.
Long Grain Parboiled Brown A	25 oz	50 fl oz	25 portions	30 min.
Long Grain Parboiled Brown/ White 50:50 Mix B	25 oz	50 fl oz	25 portions	30 min.

DIRECTIONS

1. For rice types starred (*) above wash rice in cold water until water runs clear.
2. Combine rice and cold tap water in 4" half-size steam table pan and cook uncovered.
3. Pull from steamer; cover and let stand 15 minutes.
4. Remove cover; fluff rice before serving.

Steam-Jacketed Kettle

TYPE OF RICE	DRY RICE AMOUNT	WATER AMOUNT	YIELD (½ CUP SERV.)	COOK TIME
Long Grain White* A	25 oz	58 fl oz	25 portions	30 min.
Medium Grain White* C	25 oz	40 fl oz	25 portions	15 min.
Short Grain White* D	25 oz	40 fl oz	25 portions	10 min.
Long Grain Parboiled White B	25 oz	50 fl oz	25 portions	15 min.
Long Grain Brown B	25 oz	50 fl oz	25 portions	15 min.
Medium Grain Brown C	25 oz	50 fl oz	25 portions	40 min.
Short Grain Brown C	25 oz	50 fl oz	25 portions	40 min.
Long Grain Parboiled Brown A	25 oz	58 fl oz	25 portions	35 min.
Long Grain Parboiled Brown/ White 50:50 Mix B	25 oz	50 fl oz	25 portions	26 min.

DIRECTIONS

1. For rice types starred (*) above wash rice in cold water until water runs clear.
2. Combine rice and cold tap water in 4" half-size steam table pan and cook uncovered.
3. Pull from steamer; cover and let stand 15 minutes.
4. Remove cover; fluff rice before serving.

Stovetop

TYPE OF RICE	DRY RICE AMOUNT	WATER AMOUNT	YIELD (½ CUP SERV.)	COOK TIME
Long Grain White* A	25 oz	60 fl oz	25 portions	30 min.
Medium Grain White* C	25 oz	50 fl oz	25 portions	20 min.
Short Grain White* D	25 oz	50 fl oz	25 portions	15 min.
Long Grain Parboiled White B	25 oz	58 fl oz	25 portions	30 min.
Long Grain Brown B	25 oz	58 fl oz	25 portions	30 min.
Medium Grain Brown C	25 oz	52 fl oz	25 portions	30 min.
Short Grain Brown C	25 oz	65 fl oz	25 portions	35 min.
Long Grain Parboiled Brown A	25 oz	58 fl oz	25 portions	45 min.
Long Grain Parboiled Brown/ White 50:50 Mix B	25 oz	50 fl oz	25 portions	38 min.

DIRECTIONS

1. For rice types starred (*) above wash rice in cold water until water runs clear.
2. Combine rice and cold water in 6-quart saucepan uncovered.
3. Bring to boil and reduce to simmer.
4. Use the letter guide next to each rice type for further cooking instructions:
 - A: Stir occasionally.
 - B: Stir occasionally for first 15 minutes; then cover to finish; let rest 15 minutes.
 - C: Stir occasionally; cover and let rest 15 minutes.
 - D: Stir occasionally until ¾ cooked; cover and let rest 15 minutes.
5. Fluff rice before serving.

Commercial Microwave (1000w)

TYPE OF RICE	DRY RICE AMOUNT	WATER AMOUNT	YIELD (½ CUP SERV.)	COOK TIME
Long Grain White* A	25 oz	50 fl oz	25 portions	12 min.
Medium Grain White* C	25 oz	50 fl oz	25 portions	18 min.
Short Grain White* D	25 oz	50 fl oz	25 portions	15 min.
Long Grain Parboiled White B	25 oz	50 fl oz	25 portions	12 min.
Long Grain Brown B	25 oz	50 fl oz	25 portions	27 min.
Medium Grain Brown C	25 oz	50 fl oz	25 portions	24 min.
Short Grain Brown C	25 oz	50 fl oz	25 portions	36 min.
Long Grain Parboiled Brown A	25 oz	50 fl oz	25 portions	18 min.
Long Grain Parboiled Brown/ White 50:50 Mix B	25 oz	50 fl oz	25 portions	18 min.

DIRECTIONS

1. For rice types starred (*) above wash rice in cold water until water runs clear.
2. Cover rice with hot (125°F) tap water in 4-quart microwave-safe dish.
3. Cook on high in 3- to 6-minute intervals stirring between each cycle.
4. Once rice is cooked allow to rest for 10 minutes.
5. Fluff rice before serving.

Combination Oven

TYPE OF RICE	DRY RICE AMOUNT	WATER AMOUNT	YIELD (½ CUP SERV.)	COOK TIME
Long Grain White* A	25 oz	50 fl oz	25 portions	25 min.
Medium Grain White* C	25 oz	40 fl oz	25 portions	25 min.
Short Grain White* D	25 oz	40 fl oz	25 portions	25 min.
Long Grain Parboiled White B	25 oz	50 fl oz	25 portions	20 min.
Long Grain Brown B	25 oz	50 fl oz	25 portions	35 min.
Medium Grain Brown C	25 oz	50 fl oz	25 portions	55 min.
Short Grain Brown C	25 oz	50 fl oz	25 portions	35 min.
Long Grain Parboiled Brown A	25 oz	50 fl oz	25 portions	25 min.
Long Grain Parboiled Brown/ White 50:50 Mix B	25 oz	50 fl oz	25 portions	45 min.

DIRECTIONS

1. For rice types starred (*) above wash rice in cold water until water runs clear.
2. Preheat oven to 325°F.
3. Combine rice and hot (125°F) tap water in 4" half-size steam table pan; stir.
4. Cover pan; place in oven.
5. Bake for time indicated in chart until rice is tender and water is absorbed.
6. Remove pan from oven; let stand 15 minutes.
7. Remove cover; fluff rice before serving.



Who is USA Rice?

USA Rice is the global advocate and trade association for all segments of the U.S. rice industry working to ensure the health and vitality of a unified U.S. rice industry.

With more than 20 billion pounds of sustainably grown rice produced each year on family farms across three million acres, U.S.-grown rice accounts for 80% of all the rice consumed domestically. USA Rice encourages greater use of U.S. rice through promotional programming and partnerships across consumer, foodservice, and nutrition audiences.

To learn more about USA Rice and understand how USA Rice can help support you and your school nutrition programs, visit **thinkrice.com**.

