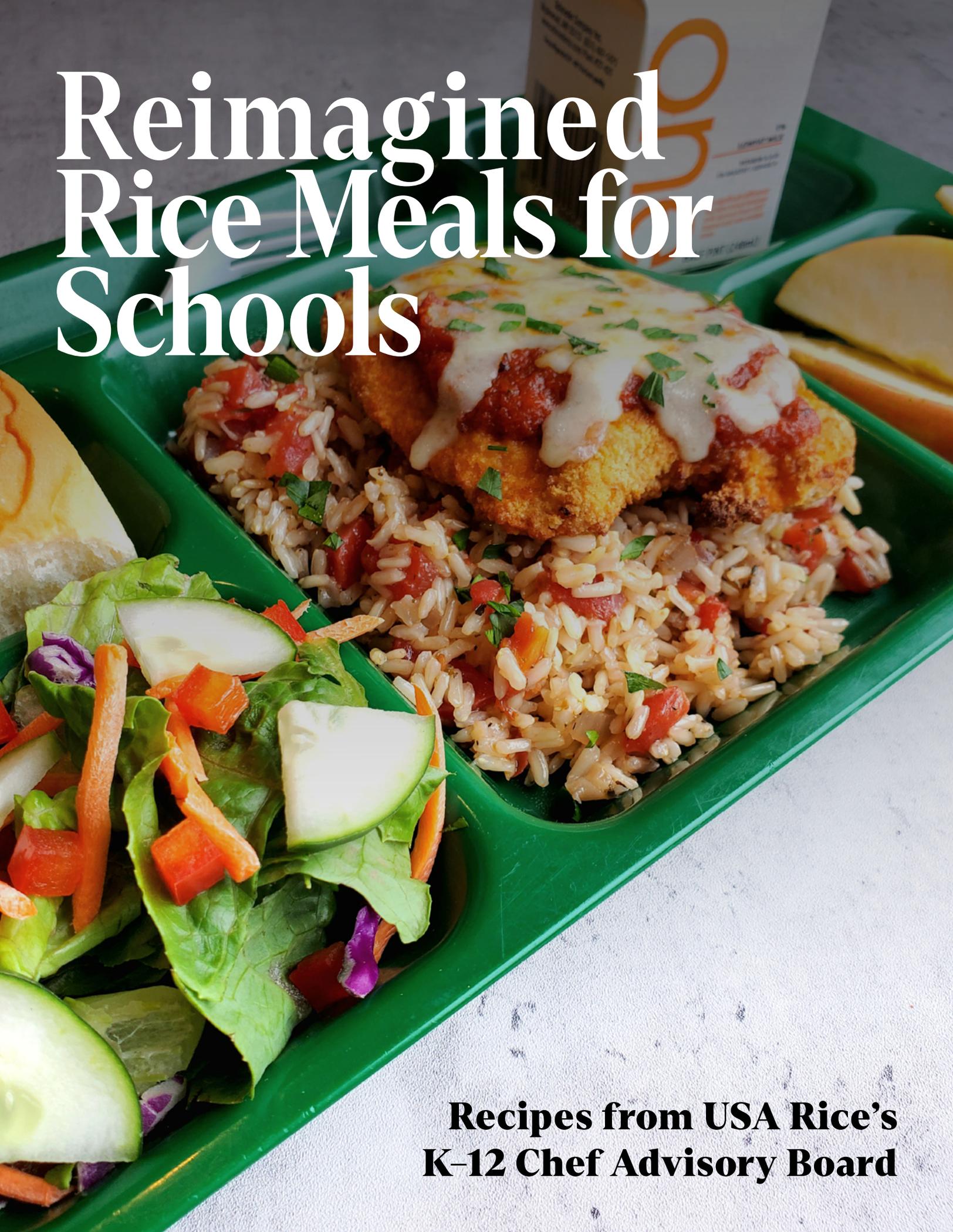


Reimagined Rice Meals for Schools

A green school lunch tray is shown, filled with a meal. The main component is a large portion of rice mixed with small pieces of red tomatoes and green herbs. On top of the rice sits a breaded, golden-brown chicken patty, which is covered in a red sauce and melted white cheese, garnished with fresh green herbs. To the left of the rice is a fresh vegetable salad consisting of green lettuce, sliced cucumbers, shredded carrots, and purple onions. In the background, a white carton with orange accents is partially visible. The entire tray is set against a light-colored, textured background.

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



The U.S.-Grown Difference

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



BROUGHT TO YOU BY
THE USA RICE FEDERATION

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 requirements 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.



USA Rice Shines as Gold Champion in MyPlate National Partnership

USA Rice is a USDA recognized MyPlate Gold Champion National Strategic Partner. USA Rice earned this recognition based on active participation in and promotion of MyPlate, going above and beyond as a partner helping to make MyPlate a household name.

Rice serves as a staple MyPlate-approved grain choice with healthy eating recommendations including one quarter of their plate as grains.

Rice's Role in the Dietary Guidelines for Americans

The Dietary Guidelines for Americans highlight the importance of grains as part of a healthy diet. Both whole grain and enriched rice are key in helping people consume healthy grains. Choosing brown rice and other whole grain-rich rice helps boost intake of whole grains which is linked to lower risk of cardiovascular disease, obesity, type 2 diabetes, and certain cancers. Enriched rice contains important vitamins including folic acid and other B-vitamins, and as a complex carbohydrate, helps to keep you full and energized throughout the day.



Reimagined Rice Meals for Schools

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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 eight 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.

Chef Rebecca 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, Chef 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.

BEHIND THE RICE BOARD



CHEF WILLIAM REGGIE SLOAN

Fulton County Schools, Fulton, Georgia

Chef William “Reggie” Sloan is the District Chef for Fulton County Schools and an Atlanta native. His culinary journey officially commenced when, at the tender age of nine, he found his calling in the kitchen while assisting his blind grandmother during holiday feasts. After earning his Associate Degree in Culinary Arts from the Art Institute of Atlanta in 2001, Chef Reggie ventured to London, where he served as a Commis Chef at the prestigious London Marriott Regents Park Hotel for a rewarding year and a half. Known affectionately as the “People’s Chef” in his community, Chef Reggie has built a reputation for fearlessly tackling culinary challenges and generously nourishing the neighborhood.

His professional journey includes stints at various hotels and restaurants, as well as the entrepreneurial feat of opening his own establishment, Reggie’s Fish Fry and Bar B Que and currently operating his own personal catering service. Beyond his culinary prowess, Chef Reggie has dedicated his expertise to serving the community and Fulton County where he has worked for over 13 years. Chef Reggie is also a part of the Georgia Department of Education School Nutrition Division Culinary Advisory Committee, helping to improve menu selection and kitchen techniques in Georgia. He is excited to be joining the USA Rice Chef Advisory Board to help improve and utilize resources for school nutrition professionals using U.S.-grown rice and help fight against food insecurity.



CHEF BRITTANY JONES

Houston Independent School District, Houston, Texas

Chef Brittany is the Food and Agriculture Literacy Chef for the Houston Independent School District. Growing up, her passion for creativity and food lead her to pursue a Bachelors in Business Administration with a concentration in Hospitality Management at Howard University in Washington, DC. She then pursued a Culinary Degree from Johnson & Wales University in Miami, Florida.

In 2014, Chef Brittany relocated to Houston, Texas to become part of the Nutrition Services Department with the Houston Independent School District as a Chef Trainer. As the Culinary Education Chef, she teaches students, faculty and the Houston community culinary skills and how to prepare healthy dishes. In 2020, she fully transitioned to her current role as the Food and Agriculture Literacy Chef. Chef Brittany travels throughout the district, bringing culinary education and nutrition lessons to Pre-K through 12th grade as well as our community. Chef Brittany is excited to join the USA Rice Chef Advisory Board and work on behalf of a food that brings so many different cultures and people together.



STREET
CORN RICE

STREET CORN RICE

BY CHEF REGGIE SLOAN

DETAILS

Yield

50 ½ servings

Serving Size

½ cup of rice

4 oz of Street Corn

Credits

1 oz eq. Grain

½ cup Starchy Vegetable

WHITE RICE

4 lbs of cooked rice

2 oz margarine

1 gal water

STREET CORN

1 cup lite mayo

2 tbsp onion powder

½ tbsp black pepper

2 tbsp garlic powder

2 tsp, ground cumin

1 tbsp paprika

4 lbs of corn (thawed)

1 cup parmesan cheese (grated)

1 lime

2 oz of margarine

5 tsp of smoked paprika

1 tbsp chili powder ground

“This version of Mexican Street corn rice is a vibrant dish that takes on Esquite corn. It’s the perfect combination of sweet, savory, and spicy all at once. This dish comes together beautifully, bringing Mexican flavors such as lime cilantro and chili to your palate.”

INSTRUCTIONS

STEAMED WHITE RICE

1. Spray 4” full-sized steamtable pans with non-stick spray. Mix 4 lbs of rice, 1 gallon of water, and 2 oz of margarine in each pan.
2. Place in steamer UNCOVERED for 25 minutes. Stir and return to steamer for an additional 5 minutes.
3. Remove from steamer. Cover with plastic wrap but PERFORATE WITH SEVERAL HOLES. This prevents rice from continuing to cook and swell.

NOTE: Each steamtable pan prepared with 4 lb. of rice provides approx. 50–54 (½ cup or #8 scoop) servings.

STREET CORN

1. Spray 4” full-sized steamtable pans. Place corn, margarine, and 1 tsp of onion powder in each pan.
2. Stir to combine.
3. Heat, uncovered, in oven on 425°F for 10-15 minutes.
4. Combine mayo and parmesan cheese, mix well. Mix seasonings together. (But reserved smoked paprika and chili powder.)
5. Cut lime in half and squeeze lime juice on the corn and add seasoning blend.
6. Combine with the cooked rice.
7. Sprinkle paprika, chili pepper, on top of the corn.
8. Add cilantro on top for garnish.



BAHN MI
CHICKEN AND RICE

BAHN MI CHICKEN AND RICE

BY CHEF REGGIE SLOAN

DETAILS

Yield

25 servings

Serving Size

1 cup of rice

3 oz of teriyaki chicken

Credits

2 oz eq. Grain

2 oz eq. Meat/Meat Alternate

⅓ cup Vegetable (Red/Orange)

WHITE RICE

4 lbs of cooked rice

2 oz margarine

1 gal water

BAHN MI

4 lbs 11 oz of teriyaki chicken
diced

13 oz of shredded carrots

1 lb 9 oz of cucumber (Julienne)

13 oz of radish

¾ quart of water

¾ quart of rice vinegar or
distilled vinegar

1.5 cups of sugar

“Banh Mi literally means ”bread” in Vietnamese. It refers to the French baguette bread that is used to make the famous Vietnamese sandwich. This dish captures the essence of all Vietnamese street food flavors, including boldness that excites your palate with a variety of tastes. From sweet and sour to umami, this recipe is balanced with the addition of the rice and makes for a full entrée of greatness on one plate.”

INSTRUCTIONS

STEAMED WHITE RICE

1. Spray 4” full-sized steamtable pans with non-stick spray. Mix 4lbs of rice, 1 gallon of water, and 2 oz of margarine in each pan.
2. Place in steamer UNCOVERED for 25 minutes. Stir and return to steamer for an additional 5 minutes.
3. Remove from steamer. Cover with plastic wrap but PERFORATE WITH SEVERAL HOLES. This prevents rice from continuing to cook and swell.

NOTE: Each steamtable pan prepared with 4 lbs of rice provides approx. 25 (½ cup or #8 scoop) servings.

BAHN MI

1. Combine the water, vinegar, sugar and stir to dissolve.
2. Pour the liquid over the Shredded carrots, sliced cucumbers and shredded radishes and set overnight in the cooler or at least one hour before preparing.
3. Spread chicken over a parchment lined sheet pan and bake for 15-20 min or until sauce is caramelized and internal temp. is 165°F for at least 15 seconds.
4. Cook the rice fully until tender in the steamer.
5. Place 1 cup of rice in a bowl.
6. Using a 4 oz spoodle add chicken to the rice.
7. Top with 1 oz of cucumbers, carrots, and radishes.
8. Garnish with cilantro.



SPANAKORIZO
(GREEK SPINACH RICE)

SPANAKORIZO (GREEK SPINACH RICE)

GLUTEN FREE
VEGAN*

*if not topped with
optional Parmesan

BY CHEF REBECCA POLSON

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 8 oz spinach, frozen,
thawed, squeezed, chopped

8 oz yellow onion, diced

¼ cup olive oil

3 tbsp dill

1 tbsp garlic, granulated

2 tsp salt, kosher

2 tsp black pepper

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

¼ cup lemon juice

Optional garnish: lemon
wedges, crumbled feta

“Spanakorizo, or Greek Spinach Rice, is a simple yet flavorful side dish. Packed with spinach, onion, lemon and dill, it compliments any Mediterranean inspired meal.”

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Add rice, spinach, onion, oil, and spices to 4 inch hotel pan.* Stir until rice is coated in oil and spices.
**multiple pans may be needed depending on servings.*
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°F or above, leave covered until service, do not stir.
7. Add lemon juice, fluff with fork right before service.
8. Serve with 8 oz spoodle.



CURRY
RICE SALAD

CURRY RICE SALAD

GLUTEN FREE
VEGETARIAN

BY CHEF REBECCA POLSON

DETAILS

Yield

50 servings

Serving Size

$\frac{3}{4}$ cup

Credits

0.5 oz Grain

INGREDIENTS

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

12 oz apples, diced

8 oz red peppers, diced

4 oz raisins

3 oz green onions, sliced,
bias cut

3 oz parsley, chopped

DRESSING

1 $\frac{1}{3}$ cup vinegar, white

1 cup olive oil

$\frac{1}{4}$ cup honey

3 tbsp curry powder

1 tbsp turmeric

4 cloves garlic

“This Curry Rice Salad is an exciting blend of flavors, color, and texture. The blend of fruits, grains, and vegetables with bright curry dressing is just as delicious as it is colorful. This is a simple, cost-effective recipe that can use up leftover chilled rice.”

INSTRUCTIONS

1. Add all dressing ingredients to a blender. Blend until garlic is finely chopped and other ingredients mixed thoroughly.
2. Add all fruit, vegetables, rice, green onions, and half of chopped parsley to a bowl.
3. Drizzle with dressing.
4. Using gloved hands toss to coat vegetables and rice with dressing. Rice, fruit, vegetables, and dressing should all be incorporated.
5. Split mixture between black 4 inch shot gun pans.
6. Cover and hold at 41°F or below until time of service.
7. Garnish with parsley before service.

Note: Serve with a 6 oz spoodle.



UMAMI
OVEN-FRIED RICE

UMAMI OVEN-FRIED RICE

BY CHEF JASON HULL

Photo Credit: Tim Williams

DETAILS

Yield

50 servings

Servings

½ cup

Credits

1 oz Grain

.75 oz Meat/Meat Alternate

¼ cup Vegetable (Other)

INGREDIENTS

1.5 gallons of cooked short-grain brown rice

5 lbs mixed mushrooms, sliced into uniform pieces

1 ½ cups soy sauce or tamari

¾ cup sesame oil or olive oil

4 tbsp prepared garlic chili sauce

3 bunches of chopped green onion, separate whites from green parts of onion

5 cups prepared kimchi

24 eggs, cooked, scrambled

3 cups edamame, shelled

“Umami is a widely used culinary language that means ‘delicious savory taste’ in Japanese. The umami flavors make this oven-fried rice unique and flavorful. I love that it is plant-forward and planet-friendly.”

INSTRUCTIONS

1. Preheat oven to 375°F.
2. In a large mixing bowl or bus tub, mix mushrooms with soy sauce, oil, chili sauce, and whites of onions. Spread onto a greased sheet pan and roast for 10-15 minutes or until mushrooms are roasted with a bit of color on them.
3. In a large mixing bowl or bus tub, cooked rice, mixed roasted mushrooms, kimchi, eggs, and half of the green onions, reserving the other half for garnish.
4. Spread the mixture onto a paper-lined or greased sheet pan in one-half-inch layer.
5. Bake for 20-25 minutes, rotating the pan halfway through cooking time. The edges may brown a bit and crisp up, giving this dish another layer of flavor and mouthfeel.

NOTE: Serve with a 4 oz spoodle. Serve hot as a main entree or on the side with chicken, pork, beef, or fish.



INDIGENOUS
WILD RICE SALAD

INDIGENOUS WILD RICE SALAD

BY CHEF JASON HULL

Photo Credit: Tim Williams

DETAILS

Yield

50 servings

Servings

½ cup

Credits

1 oz Grain

.25 oz Meat/Meat Alternate

⅛ cup Vegetable (Additional)

SALAD

1.5 gallons of cooked wild rice,
chilled

3 cups ½ inch cubed, roasted
butternut squash

3 cups ½ inch cubed, roasted
sweet potatoes

3 cups seasoned, roasted
pepitas

3 cups corn

3 cups raisins

2 bunches green onion,
sliced small

DRESSING

2 cups olive oil

¼ cup apple cider vinegar

¼ cup dijon mustard

¼ cup honey

2 tbsp minced ginger

2 tsp salt

2 tsp pepper

“I enjoyed hearing Chef Sean Sherman speak recently; his storytelling inspired this recipe, and I love his work as an award-winning indigenous chef. These ingredients can be sourced locally, and this recipe is very flexible when using other ingredients. Using wild rice as a base complements the fruits and vegetables that kids everywhere will enjoy.”

INSTRUCTIONS

SALAD

1. Reserving half of the green onion for garnish, mix all ingredients gently to combine and dress to taste in a large mixing bowl or bus tub.
2. Serve with a 4 oz spoodle.
3. Serve cold on the salad bar or as a side dish.

DRESSING

4. In a bowl, add all ingredients and whisk together.



73386 51 MP# 11:10
No Added Sugar or Preservatives
SUNCUP
ORANGE JUICE
From Concentrate
100% Juice • 100% Natural
Orange Juice
From Concentrate
4 FL OZ (118 mL)

ROASTED VEGGIE AND
BEAN BURRITO

ROASTED VEGGIE AND BEAN BURRITO

VEGETARIAN

BY CHEF DIANE GRODEK

DETAILS

Yield

Makes 12 wraps

Servings

1 wrap

Credits

2 Whole Grain

2 Meat/Meat Alternate

INGREDIENTS

12 ea. 10" whole grain wraps	2 oz garlic	2 tbsp oil
8 oz lettuce	1 cup water	¼ tsp salt
4 oz cheddar cheese (shredded)	1 tsp salt	12.5 oz brown rice
cooking spray	¼ tsp black pepper	1.5 oz cilantro
2 ¼ lb pinto beans	1 tsp chipotle pepper	¼ cup lime juice
2 tbsp oil	10. oz corn (canned)	
6 oz onion	1 lb red bell pepper	

“This is a delicious plant-based wrap for middle and high school students that when offered with a fruit makes a full compliant meal!”

INSTRUCTIONS

1. Drain and rinse the pinto beans. In a pot add oil, then saute the onion and garlic until tender. Add the beans and the water. Add the salt, pepper, and chipotle pepper. Simmer on medium-low until all of the water is reduced.
2. Cut the bell pepper into long strips and de-seed. Mix the corn and the bell peppers with the oil and salt and put on a sheet pan. Roast at 410°F for 10-15 minutes or until the vegetables have a slight char and are tender. (Toss the vegetables on the tray halfway through cooking time.)
3. Cook the rice in the steamer until it is tender. Add chopped cilantro and lime juice to the cooked rice and mix well.
4. Shred the lettuce.
5. Lay out the wraps. Add #8 scoop of lettuce first, then add #8 scoop of beans on top. Add a #10 scoop of the corn and peppers mix, top that with a #24 scoop of rice and a #40 scoop of cheese.
6. Fold the tortilla burrito style. Spray a sheet pan with cooking spray. Place the burritos on the tray, fold side down. Cook at 350°F for 5 minutes to seal the seam. Flip and cook for 5 more minutes on the other side.
7. Serve cut in half, or wrapped in foil with optional guacamole and salsa as condiments.



**CILANTRO LIME
RICE BOWL**

CILANTRO LIME RICE BOWL

GLUTEN FREE

VEGAN*

*With beans ONLY

BY CHEF DIANE GRODEK

DETAILS

Yield

Makes 12 servings

Servings

1 bowl

Credits

2 Whole Grain

2 Meat/Meat Alternate

“This is a Caribbean-inspired bowl featuring a citrusy pork, tropical mango, zesty black beans and cilantro lime rice. This is a hearty recipe that when made with the portions listed is a full compliant meal in a bowl, making it a great option for fast moving high School lunch lines!”

INSTRUCTIONS

PORK

1. Chop the garlic and onion and saute in a large pot with the oil until tender.
2. Add the lime juice, vinegar, orange juice, chipotle, cumin, and broth and combine well in the pot.
3. Add the pork, simmer on medium-low until the pork absorbs most of the liquid.

MANGO PICO

1. Chop all of the ingredients into a medium dice size and combine in bowl.
2. Add the lime juice and black pepper and combine well. Reserve in the cooler until service.

INGREDIENTS

PORK

1 lb 9 oz pulled pork (pre-cooked, frozen thawed)

¼ oz garlic

2 tsp vegetable oil

2 tbsp lime juice

2 tbsp rice vinegar

¼ cup + 3 tsp orange juice

1 tbsp onion

¼ tsp chipotle

¼ tsp cumin

¾ cup veg stock / broth

MANGO PICO

10 o. mango (fresh or frozen)

4 oz tomato

2 oz onion

¼ oz cilantro

1 tsp lime juice

¼ tsp black pepper

BLACK BEANS

3 cups (¼ 10 can)

1 tsp garlic

2 oz onion

2 oz poblano pepper

⅛ tsp paprika

½ tsp chipotle

3 tsp lime juice

1 cup water (or vegetarian stock)

RICE

1 lb 9 oz brown rice

3 oz cilantro

½ cup lime juice

BLACK BEANS

1. Chop the garlic and onion and poblanos and saute in a large pot with the oil until tender.
2. Add the beans, paprika, chipotle, lime juice and water.
3. Simmer for 15 minutes or until most of the liquid is absorbed.

RICE

1. Cook the rice in the steamer until it is tender. Add chopped cilantro and lime juice to the cooked rice and mix well.

TO PREPARE 1 BOWL / SERVING

- #16 scoop of pork, #16 scoop of beans
- For a vegetarian option, increase to #8 scoop of beans, and no pork: 2 scoops #8 rice, #16 scoop mango pico



**PB & J RICE
PUDDING**

PB & J RICE PUDDING

VEGETARIAN

BY CHEF BRITTANY JONES

DETAILS

Yield

25 - 50 servings

Serving Size

2 #8 scoops rice

1 #8 scoop berries

Credits

1 Whole Grain,

1 Meat/Meat Alternate

1 Fruit

Chef Notes: The rice pudding and berries can be pre-portioned the day before service for a quick breakfast setup for the morning of service.

“This all-in-one breakfast item can be served hot or cold. This is a great way to use plain leftover rice and can be used as a sweet treat for other school meal services.”

INGREDIENTS

SERVES 25

12.5 cups cooked rice
(parboiled or brown rice)

3 pounds 4 oz milk

3 oz brown sugar

1 tsp cinnamon

4 pounds low fat vanilla yogurt

1 pound 9 oz peanut butter
(or nut butter alternative)

12.5 cups frozen blueberries
(or frozen strawberries), thawed

SERVES 50

25 cups cooked rice
(parboiled or brown rice)

6 pounds 8 oz milk

6 oz brown sugar

2 tsp cinnamon

8 pounds low fat vanilla yogurt

3 pounds 2 oz peanut butter
(or nut butter alternative)

25 cups frozen blueberries
(or frozen strawberries), thawed

INSTRUCTIONS

1. Preheat the oven to 325°F.
2. Prep and measure all ingredients.
3. In a large bowl, whisk together the milk, brown sugar, cinnamon, yogurt and peanut butter.
4. In a 4-inch hotel pan, mix together the peanut butter yogurt mixture and the cooked rice.
5. Bake (uncovered) for 45-60 minutes or until the rice pudding reaches 165°F. (The rice pudding will not be solid; it will still have liquid and will need to set.)
6. Remove rice pudding from the oven and mix thoroughly.
7. For hot service, cover the rice pudding with plastic wrap and hold in the warmer until service.
8. For cold service, allow the rice pudding to cool overnight in the cooler.
9. For meal service, scoop two #8 scoops of rice pudding and one #8 scoop of thawed berries.



CAJUN CHICKEN
AND RICE SALAD

CAJUN CHICKEN AND RICE SALAD

BY CHEF BRITTANY JONES

DETAILS

Yield

25 - 50 servings

Serving Size

2 #8 scoops

Credits

1 Whole Grain, 1 Meat/Meat Alternate

½ Vegetable (Red/Orange)

½ Vegetable (Other)

INGREDIENTS

SERVES 25

12.5 cups cooked rice (parboiled or brown rice), chilled

12.5 cups cooked chicken, diced and chilled

1 ¾ cups red bell pepper, diced

1 ¾ cups celery, diced

¼ cup no salt cajun seasoning (or low sodium)

3 cups low fat plain yogurt

SERVES 50

25 cups cooked rice (parboiled or brown rice), chilled

25 cups cooked chicken, diced and chilled

3 ½ cups red bell pepper, diced

3 ½ cups celery, diced

½ cup no salt cajun seasoning (or low sodium)

6 cups low fat plain yogurt

“This cold salad brings the favor and a little spice to a deli bar or a sack lunch. This leftover rice-friendly recipe can top a salad, make a wrap and/or be serviced with crackers. The options are endless.”

INSTRUCTIONS

1. Prep and measure all ingredients.
2. In a large bowl, whisk together the yogurt, and Cajun seasoning.
3. Add in the remaining ingredients and mix thoroughly.
4. Hold in the cooler until service.
5. For meal service, scoop two #8 scoops of rice salad.

Chef Notes: The dish will make a great grab-n-go choice as a salad or bento box item.



TURMERIC
BROWN RICE

TURMERIC BROWN RICE

GLUTEN FREE
VEGAN

BY CHEF BETTINA APPLEWHITE

DETAILS

Yield

40 servings

Serving Size

½ cup

Credits

½ cup serving provides 1 Grain

This turmeric rice recipe brings an adventure to the plate for students. It's flavorful with garlic, onion, and turmeric. It's ideal served with Middle Eastern, Mediterranean, and Southeast Asian dishes like curries, stewed or roasted chicken, and other flavorful dishes.

“We all eat with our eyes.

This turmeric brown rice is vibrant in color and is bursting with flavor. This recipe takes ordinary U.S.-grown rice and transforms it into an extraordinary side dish perfect to wake up your students' taste buds. It's definitely a crowd pleaser.”

INGREDIENTS

5 cups long grain brown rice, parboiled, dry

10 cups hot water

½ tbsp garlic powder

1 tbsp vegetable base

½ tbsp onion powder

1 tbsp turmeric powder

INSTRUCTIONS

1. Rinse rice under cold running water until the water runs clear.
2. Combine hot water, vegetable base, onion powder, garlic powder, and turmeric in a 2-in hotel pan. Whisk together until well-combined. Add rice.
3. Cover and bake in oven at 350°F until most of the water is absorbed, approximately 45 minutes. Heat to internal temperature of 145°F.
4. Serve ½ cup per serving.



COCONUT
RICE

COCONUT RICE

GLUTEN FREE
VEGAN

BY CHEF BETTINA APPLEWHITE

DETAILS

Yield

40 servings

Serving Size

½ cup

Credits

½ cup serving provides 1 Grain

This coconut rice provides a unique tropical flavor with the tastes of coconut. It's ideal served with Caribbean, East Asian, or South American entrees.

“This coconut rice reminds me of travels to Thailand and East and Southeast Asia. I can easily create this recipe to brighten a dish and invite my students to the tropics without the 20-hour plane ride. The fragrant coconut will lure students to the lunch line.”

INGREDIENTS

5 cups long grain brown rice, parboiled, dry

7 cups hot water

3 cups coconut milk

INSTRUCTIONS

1. Rinse rice under cold running water until the water runs clear.
2. Combine hot water and coconut milk in a 2-in hotel pan. Whisk together until well-combined. Add rice.
3. Cover and bake in oven at 350°F until most of the water is absorbed, approximately 45 minutes. Heat to internal temperature of 145°F.
4. Serve ½ cup per serving. (Optional: Garnish with sliced spring onion)



CULINARY FARM
FRIED RICE

CULINARY FARM FRIED RICE

BY CHEF JASON HULL

DETAILS

Yield

50 servings

Serving Size

1 ¼ cup

Credits

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

¾ oz Meat/Meat Alternate

¼ cup Vegetable (Other)

⅛ cup Vegetable (Starchy)

⅛ cup Vegetable (Additional)

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
VEGETARIAN
*if using Tamari-Gluten Free Soy Sauce

BY BETTINA APPLEWHITE

DETAILS

Yield

25 - 50 servings

Serving Size

1 onigiri

Credits

1 onigiri provides 3 oz Meat/
Meat Alternate, 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°F).
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 Whole Grain-Rich count

2 #8 scoops for 2 Whole Grain-Rich 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 ½ 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

¾ cup

Credits

½ oz Grain, ⅛ cup Vegetable (Red/Orange)

⅛ cup Vegetable (Additional)

⅛ cup Vegetable (Other)

INGREDIENTS

12 ½ 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 ½ cup multipurpose peanut sauce

1 bunch cilantro, chopped

“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.”

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°F or below until time of service.
6. Garnish with cilantro before service.
7. Serve with a 6 oz spoodle.



CARIBBEAN RICE
AND BEANS

CARIBBEAN RICE AND BEANS

GLUTEN FREE
VEGETARIAN/VEGAN*

*Depending on the broth used

BY CHEF JASON HULL

Photo Credit: Tim Williams

DETAILS

Yield

50 servings

Serving Size

1 ¼ cup

Credits

2 ¼ oz Grain; ½ cup Beans, Peas, and Lentils OR ¾ oz Meat/Meat Alternate

½ cup Vegetable (Additional)

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 tbsp creole

seasoning spice

salt and pepper to taste

2 ½ tbsp 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 Vegetables (Green), $\frac{1}{2}$ oz Meat/Meat Alternate

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°F.
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°F. 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 Whole Grain-Rich count

2 #8 scoops for 2 Whole Grain-Rich 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°F.
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°F 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.



MEXICAN RED RICE

MEXICAN RED RICE

BY CHEF JASON HULL

Photo Credit: Tim Williams

**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 Vegetable (Red/Orange)

$\frac{1}{8}$ cup Vegetable (Additional)

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 tbsps 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 Meat/Meat Alternate, 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°F). If baking in a convection oven at 375°F, 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 Whole Grain-Rich count

2 #8 scoops for 2 Whole Grain-Rich 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°F 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 Meat/Meat Alternate 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 Meat/Meat Alternate

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°F.
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°F 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.



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.

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 3/4 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.