

# Not Fried Rice

Meal Components: Vegetable, Grains, Meat / Meat Alternate

Side Dishes, A-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, medium grain	1 lb	2 1/4 cups	2 lb	1 qt 1/2 cup	<ol style="list-style-type: none"> <li>Place 1 lb (2 1/4 cups) of rice and 1 qt 1 cup of water in each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Cover with foil. Bake: Conventional oven 350° F for 25 minutes Convection oven 325° F for 20 minutes</li> </ol>
Water		1 qt 1 cup		2 qt 2 cups	
Vegetable oil		2 Tbsp		1/4 cup	<ol style="list-style-type: none"> <li>In a stock pot, heat oil. Add onions. Cook 3-5 minutes.</li> </ol>
*Fresh onions, chopped	4 oz	2/3 cup	8 oz	1 1/3 cups	
OR		OR		OR	
Dehydrated onions		1/4 cup 2 Tbsp		3/4 cup	
Frozen peas	13 oz	2 cups	1 lb 10 oz	1 qt	<ol style="list-style-type: none"> <li>Add peas, soy sauce, and carrots. Cook 5-10 minutes over medium heat.</li> </ol>
Low-sodium soy sauce		1/3 cup		2/3 cup	

Frozen whole eggs, thawed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups
OR		OR		OR
Fresh large eggs, beaten		7 each		14 each

4. In a separate pan which has been lightly coated with pan release spray, cook eggs for 10-15 minutes or until set over medium heat, stirring frequently.

5. Combine hot cooked rice, vegetable mixture, and cooked eggs. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 2 lb 12 oz (approximately 1 qt 1 cup) rice mixture. For 25 servings, use 2 pans.

6. CCP: Hold for hot service at 140° F or higher.

7. Portion with No. 10 scoop ( ? cup).

### Notes

\* See Marketing Guide

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

The grain ingredient used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	5 oz	10 oz

Serving	Yield	Volume
? cup (No. 10 scoop) provides ¼ large egg or the equivalent of ½ oz cooked lean, ? cup of vegetable and the equivalent of ½ slice of bread.	<b>25 Servings:</b> 5 lb 8 oz  <b>50 Servings:</b> 11 lb	<b>25 Servings:</b> 2 quarts 2 cups 2 pans  <b>50 Servings:</b> 1 gallon 1 quart 4 pans

Nutrients Per Serving					
Calories	116	Saturated Fat	1 g	Iron	1 mg
Protein	5 g	Cholesterol	58 mg	Calcium	17 mg
Carbohydrate	19 g	Vitamin A	2662 IU	Sodium	216 mg
Total Fat	3 g	Vitamin C	2 mg	Dietary Fiber	2 g