

Rainbow Rice

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, D-56r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, regular, dry	10 oz	1 1/2 cups	1 lb 4 oz	3 cups	<ol style="list-style-type: none"> 1. Combine brown rice, brown and wild rice blend, barley, water, and base in stockpot. For 25 servings, add 1 qt 1 cup water and 1 Tbsp 1 tsp base. For 50 servings, add 2 1/2 qt water and 2 Tbsp 2 tsp base. Reserve remaining base for step 4. 2. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff. 3. Rinse quinoa in a fine mesh strainer until water
Brown and wild rice blend, dry	5 oz	3/4 cup	10 oz	1 1/2 cups	
Barley, quick pearl, dry	7 oz	2 cups	13 1/2 oz	1 qt	
Quinoa, dry	3 1/2 oz	1/2 cup	6 1/2 oz	1 cup	

4. Combine quinoa, bulgur wheat, water, and remaining base in a stockpot. For 25 servings, add 3 cups water and 1 Tbsp base. For 50 servings, add 1 qt 2 cups water and 2 Tbsp base. Bring to a boil. Reduce heat to low and stir occasionally.

Bulgur wheat, dry	5 oz	1 cup	10 oz	2 cups	
Low-sodium chicken base		2 Tbsp 1 tsp	2 1/2 oz	1/4 cup 2 tsp	
*Fresh carrots, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	5. Combine carrots, red peppers, oil, and salt. Toss to coat.
*Fresh red bell pepper, diced	1 lb 5 1/2 oz	3 1/4 cups	2 lb 11 oz	6 1/2 cups	
Extra virgin olive oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Kosher salt		1 tsp		2 tsp	
					6. Lightly coat steam table pan (12" x 20" x 2 1/2") with pan release spray. Transfer vegetables to steamtable pan. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7. Roast: Conventional oven: 375 °F 10 minutes Convection oven: 350 °F for 10 minutes
Frozen, cooked diced chicken, thawed, 1/2" pieces	3 1/2 lb	3 qt 2 cups	7 lb	1 gal 3 qt	8. Fold in rice/barley combination, quinoa/bulgur combination, chicken, and spinach. Return to

*Fresh baby spinach, chopped 10 oz 1 qt 1 lb 4 oz 2 qt

9. Critical Control Point: Hold for hot service at 135 °F or higher.

10. Portion with 8 fl oz spoodle (1 cup).

Notes

Our Story

Highland Elementary School is a dynamic and exciting place to work or to go to school. The recipe challenge team assembled and worked hard to create a recipe that was an instant smash hit. Rainbow Rice received great reviews during taste tests at the school. Rainbow Rice is exactly that – a colorful rainbow of healthy vegetables, wholesome grains, and protein.

Rainbow rice is certainly a wonderful way to introduce children to a variety of grains that they are sure to enjoy: brown rice, wild rice, barley, quinoa, and bulgur wheat. The team believes that once you have tasted “Rainbow Rice”, you will feel like you’ve gone over the rainbow! Packed with whole grains and colorful vegetables, this recipe is a sure winner for those wanting a healthy dish without sacrificing taste.

Highland Elementary School

Cheshire, Connecticut

School Team Members

School Nutrition Professional: Susan Zentek

Chef: Patricia D’Alessio (Personal Chef, LLC)

Community Members: Rebecca Frost (Teacher) and Katie Guerette (Teacher)

Students: Luke E., Randi C., Shane C., Maya G., and Jami P.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients 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
Carrots	1 lb 8 oz	3 lb
Red bell peppers	1 lb 11 oz	3 lb 6 oz
Baby spinach	11 1/2 oz	1 lb 7 oz

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 2 oz equivalent meat, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.	25 Servings: about 10 lb	25 Servings: about 1 gallon 2 quarts 1 steam table pan
	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts 2 steam table pans

Nutrients Per Serving

Calories	232	Saturated Fat	1 g	Iron	3 mg
Protein	22 g	Cholesterol	55 mg	Calcium	29 mg
Carbohydrate	28 g	Vitamin A	5414 IU	Sodium	159 mg
Total Fat	4 g	Vitamin C	37 mg	Dietary Fiber	5 g