


# Rainbow Rice

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

Main Dishes D-56r

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, regular, dry	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	<p>1. Combine brown rice, brown and wild rice blend, barley, water, and base in stockpot. For 50 servings, add 2 ½ qt water and 2 Tbsp 2 tsp base. For 100 servings, add 1 gal 1 qt water and ½ cup base. Reserve remaining base for step 4.</p> <p>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.</p> <p>Critical Control Point: Hold at 135 °F or higher.</p>
Brown and wild rice blend, dry	10 oz	1 ½ cups	1 lb 4 oz	3 cups	
Barley, quick pearl, dry	13 ½ oz	1 qt	1 lb 11 oz	2 qt	
Quinoa, dry	6 ½ oz	1 cup	13 oz	2 cups	<p>3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.</p> <p>4. Combine quinoa, bulgur wheat, water, and remaining base in a stockpot. For 50 servings, add 1 qt 2 cups water and 2 Tbsp base. For 100 servings, add 3 qt water and ¼ cup base.</p> <p>Bring to a boil. Reduce heat to low and stir occasionally. Simmer until water is completely absorbed, about 15 minutes. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked.</p> <p>Critical Control Point: Hold at 135 °F or higher.</p>
Bulgur wheat, dry	10 oz	2 cups	1 lb 3 ½ oz	1 qt	
Low-sodium chicken base	2 ½ oz	¼ cup 2 tsp	5 oz	½ cup 1 ⅓ Tbsp	


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

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Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh carrots, diced	2 lb 8 oz	2 qt	5 lb	1 gal	5. Combine carrots, red peppers, oil, and salt. Toss to coat.
*Fresh red bell pepper, diced	2 lb 11 oz	6 ½ cups	5 lb 6 oz	3 qt 1 cup	
Extra virgin olive oil		2 Tbsp 2 tsp		4 Tbsp 4 tsp	
Kosher salt		2 tsp		1 Tbsp 1 tsp	
					6. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. Transfer vegetables to steamtable pan. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					7. Roast: Conventional oven: 375 °F 10 minutes Convection oven: 350 °F for 10 minutes
Frozen, cooked diced chicken, thawed, ½" pieces	7 lb	1 gal 3 qt	14 lb	3 gal 2 qt	8. Fold in rice/barley combination, quinoa/bulgur combination, chicken, and spinach. Return to oven and bake for 10 minutes.  Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
*Fresh baby spinach, chopped	1 lb 4 oz	2 qt	2 lb 8 oz	1 gal	
					9. Critical Control Point: Hold for hot service at 135 °F or higher.
					10. Portion with 8 fl oz spoodle (1 cup).

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### Notes

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

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.	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts 2 steam table pans
	100 Servings: about 38 lb 8 oz	100 Servings: about 5 gallons 4 steam table pans

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### Marketing Guide

Food as Purchased for	50 servings	100 servings
Carrots	3 lb	6 lb
Red bell peppers	3 lb 6 oz	6 lb 12 oz
Baby spinach	1 lb 7 oz	2 lb 14 oz

### Nutrients Per Serving

Calories	232.21	Saturated Fat	1.01 g	Iron	3.46 mg
Protein	22.22 g	Cholesterol	55.41 mg	Calcium	28.50 mg
Carbohydrate	28.16 g	Vitamin A	5414.43 IU	Sodium	159.37 mg
Total Fat	4.15 g		(270.72 RAE)	Dietary Fiber	4.50 g
		Vitamin C	37.41 mg		