

# Rainbow Rice

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

Main Dishes, D-56r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, regular, dry	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	<ol style="list-style-type: none"> <li>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 L cup base. Reserve remaining base for step 4.</li> <li>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.</li> <li>Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.</li> <li>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. Bring to a boil. Reduce heat to low and stir occasionally.</li> </ol>
Brown and wild rice blend, dry	10 oz	1 1/2 cups	1 lb 4 oz	3 cups	
Barley, quick pearl, dry	13 1/2 oz	1 qt	1 lb 11 oz	2 qt	
Quinoa, dry	6 1/2 oz	1 cup	13 oz	2 cups	



Bulgur wheat, dry	10 oz	2 cups	1 lb 3 1/2 oz	1 qt	
Low-sodium chicken base	2 1/2 oz	1/4 cup 2 tsp	5 oz	1/2 cup 1 1/3 Tbsp	
*Fresh carrots, diced	2 lb 8 oz	2 qt	5 lb	1 gal	<b>5.</b> Combine carrots, red peppers, oil, and salt. Toss to coat.
*Fresh red bell pepper, diced	2 lb 11 oz	6 1/2 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	
					<b>6.</b> Lightly coat steam table pan (12" x 20" x 2 1/2") with pan release spray. Transfer vegetables to steamtable pan. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					<b>7.</b> Roast: Conventional oven: 375 °F 10 minutes Convection oven: 350 °F for 10 minutes
Frozen, cooked diced chicken, thawed, 1/2" pieces	7 lb	1 gal 3 qt	14 lb	3 gal 2 qt	<b>8.</b> Fold in rice/barley combination, quinoa/bulgur combination, chicken, and spinach. Return to oven and bake for 10 minutes.
*Fresh baby spinach, chopped	1 lb 4 oz	2 qt	2 lb 8 oz	1 gal	
					<b>9.</b> Critical Control Point: Hold for hot service at 135 °F or higher.
					<b>10.</b> 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	50 Servings	50 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

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

Nutrients Per Serving					
Calories	232.21	Saturated Fat	1.01 g	Iron	3.46 mg
Protein	22.22 g	Cholesterol	55.41 mg	Calcium	28.5 mg
Carbohydrate	28.16 g	Vitamin A	5414.43 IU	Sodium	159.37 mg
Total Fat	4.15 g	Vitamin C	37.41 mg	Dietary Fiber	4.5 g