

# Cheesy Rice Casserole

Recipe Component: Meat alt/ veg/ grain

Recipe Category: main dish

Recipe: Modified New School Cuisine Cookbook p. 124

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Water		3 qt			<p>1. Bring water to a boil in a large pot. Add rice, cover, reduce heat to low and cook until tender, about 40 minutes. Spread rice on sheet pan and let cool 10-15 minutes. Proceed to step # 6 within 30 minutes of starting to let the rice cool.</p> <p><i>Grains and pastas should be spread on a sheet pan, loosely covered and rapidly cooled under refrigeration.</i></p> <p>2. While rice is cooking, bring a large saucepan of water to a boil. Add spinach and cook until tender, about 1 minute. Cool and squeeze out excess liquid. Chop into ¼-inch pieces.</p> <p>3. Heat oil in a large skillet over medium heat. Add onions and garlic. Cook, stirring occasionally, until translucent, about 10 minutes. Remove from the heat. Stir in the spinach and thyme. Set aside.</p> <p>4. Preheat oven to 325°F. For 48 servings, coat two 2-inch hotel pans with cooking spray.</p> <p>5. Purée cottage cheese in a food processor fitted with a steel blade until smooth. Transfer to a large bowl. Next purée eggs and Parmesan cheese until smooth. Transfer to the large bowl with the pureed cottage cheese.</p> <p>6. Hold aside 1 cup of shredded cheddar cheese per hotel pan. Add milk, shredded cheddar cheese, salt and pepper to the cottage cheese mixture. Mix until smooth.</p> <p>Continued</p>
Brown rice	2 lb 12 oz	1 qt 2 ⅔ cup			
*Spinach leaves, fresh		10 cups			
Vegetable oil		1 ½ cup			
*Onion, raw, diced 1/4"	3 lb				
Garlic, fresh, minced		¾ cup			
Thyme leaves, dried		1 Tbsp			
Cottage cheese, nonfat		1 qt 2 ¼ cup			
Pasteurized fresh eggs, large		25 large			
Parmesan cheese, grated		¾ cup			
Cheddar cheese, reduced-fat, shredded	3 lb 8 oz	3 qt 2 cup, divided			
Low-fat milk		1 qt 2 ¼ cup			
Salt		1 Tbsp			
Ground black pepper		1 Tbsp 1 tsp			

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					<p>7. Add the rice and the spinach mixture to the cheese mixture; stir to combine.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>8. Divide the mixture between the prepared pans. Sprinkle each pan with 1 cup of the remaining cheddar cheese. Loosely cover with foil and bake for 25 minutes. Remove foil and bake until light brown (about 10 minutes).</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p> <p>.</p>
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Notes:

Nutrient Information calculated using Food Processor.  
Crediting of rice is based on 25 grams of dry rice = one grain serving.

**Serving:** 1/2 cup provides 2.5 oz meat alternate, 1 oz grain, 1/4 cup vegetable

1-2 year olds: ¼ cup

3-5 year olds: ⅓ cup

6-12 year olds: ½ cup



Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Spinach, ready-to-use	1 lb 10 oz	3 lb 3 oz
Mature onions, whole	3 lb 7 oz	6 lb 14 oz

Nutrients Per Serving			
<b>Calories</b>	337.58	<b>Saturated Fat</b>	5.77 g
<b>Protein</b>	18.23 g	<b>Cholesterol</b>	119.63 mg
<b>Carbohydrate</b>	27.52 g	<b>Vitamin A</b>	139.88 RAE mcg
<b>Total Fat</b>	17.21 g	<b>Vitamin C</b>	4.58 mg
		<b>Iron</b>	1.10 mg
		<b>Calcium</b>	401.54 mg
		<b>Sodium</b>	532.99 mg
		<b>Dietary Fiber (2016)</b>	1.67 g