

Cilantro Brown Rice

Component, Grain

Recipe Category

Recipe #D-60r

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 qt			<p>1. Preheat oven to: 350°F conventional oven, 325°F convection oven</p> <p>2. Boil water.</p> <p>3. Place 1 lb 11 oz of long grain (or 1 lb 14 oz of med grain or 1 lb 13 oz par boiled) brown rice in each steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pan, for 100 servings, use 4 pans.</p> <p>4. Pour water (1 quarts 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.</p> <p>5. Bake: conventional oven: 350°F for 50 minutes, convection oven: 325°F for 50 minutes.</p> <p>6. Remove from oven and let stand covered for 5 minutes.</p> <p>7. Sprinkle brown rice with granulated garlic and salt-free seasoning. Mix well. Fold in cilantro.</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><i>If pre-prep, grains and pastas should be spread on a sheet pan, loosely covered, and rapidly cooled under refrigeration. Cooling must progress from 135° F to 70° F in 2 hours AND 70° F to 41° F within four hours for safety.</i></p>
Brown rice, long grain, regular, dry	3 lb 6 oz	2 qt ¼ cup			
OR Brown rice, medium grain, dry regular	OR 3 lb 12 oz	OR 2 qt			
OR Brown rice, long grain, dry, parboiled	OR 3 lb 10 oz	OR 2 qt 1 cup			
Granulated garlic (optional)		2 tsp			
Chili-lime seasoning blend, salt-free		2 Tbsp			
Cilantro, fresh, chopped		½ cup			

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Notes:

Nutrient Analysis from Food Processor.

Serving: ½ cup rice is one grain serving

1-2 years : ¼ cup

3-5 years: ¼ cup

6-18 years: ½ cup

Nutrients Per Serving

Calories	125	Saturated Fat	0.26	Iron	0.58 mg
Protein	2.78 g	Cholesterol	0	Calcium	3.24 mg
Carbohydrate	25.93 g	Vitamin A	0.54 RAE	Sodium	4.19 mg
Total Fat	0.98 g	Vitamin C	0.04 mg	Dietary Fiber (2016)	1.63 g