

Cilantro Brown Rice

Component, Grain

Recipe Category

Recipe #D-60r

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Water		1 gal 2qt			<p>1. Boil water.</p> <p>2. Place 3 lb brown rice in each steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p> <p>3. Pour water (3 quarts per steam table pan) over brown rice. Stir. Cover pans tightly.</p> <p>4. Bake: Conventional oven: 350 °F for 50 minutes Convection oven: 325 °F for 50 minutes</p> <p>5. Remove from oven and let stand covered for 5 minutes.</p> <p>6. Sprinkle brown rice with granulated garlic and salt-free seasoning. Mix well. Fold in cilantro.</p> <p>7. Critical Control Point: Hold at 135 °F or higher.</p>
Brown rice, long grain, regular, dry	6 lb	3 qt 3 cups			
Granulated garlic (optional)		2 tsp			
Salt-free chili-lime seasoning blend		2 Tbsp			
Fresh cilantro, chopped		1/2 cup			

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Food Component, Grain

Recipe Category Main Dish

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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	74.99	Saturated Fat	0.15	Iron	0.35 mg
Protein	1.68 g	Cholesterol	0	Calcium	2.02 mg
Carbohydrate	15.60 g	Vitamin A	0.54 RAE	Sodium	2.57 mg
Total Fat	0.59 g	Vitamin C	0.04 mg	Dietary Fiber	0.99 g