

Brown Rice Pilaf

Brown Rice Pilaf is a beautiful side dish that combines brown rice and spinach with a burst of dried cranberries in a way that makes you want more!

CACFP Home Childcare Crediting Information

One cup (½ cup measuring cup or No. 8 scoop) provides ¼ cup vegetable (¼ cup red/orange vegetable) and 1 oz equivalent grains.



Preparation Time: 15 minutes

Cooking Time: 35 minutes

Makes: 6 servings

Ingredients

- ¼ cup or 2 oz Fresh onions, diced
- ¼ cup or 2 oz Fresh green bell peppers, diced
- ½ tsp Garlic, minced
- ¼ tsp Salt
- Pinch or ⅛ tsp Ground black pepper
- OR
- Pinch or ⅛ tsp Ground white pepper
- ¼ tsp Celery salt
- 1 cup or 2 oz Fresh mushrooms, sliced
- ¼ tsp Fresh thyme
- 3 cups Low-sodium chicken broth
- ½ cup or 4 oz Canned no-salt-added tomato paste
- 1 ⅛ cups or 7 oz Brown rice, uncooked, long-grain, regular, dry, parboil
- 2 cups or 2 oz Fresh spinach, chopped
- ¼ cup or 1 ½ oz Dried cranberries
- ⅛ cup or ½ oz Fresh Parmesan cheese, shaved
- 1 ½ tsp Fresh parsley, minced

Directions

- 1** Preheat oven:
Conventional oven: 350 °F.
Convection oven: 325 °F.
- 2** Place onions, peppers, and garlic in a medium saucepan. Sauté uncovered over medium heat for 2 minutes.
- 3** Add salt, pepper, celery salt, mushrooms, and thyme. Continue cooking one additional minute, stirring constantly.
- 4** Add chicken broth and tomato paste to vegetable mixture. Stir well. Bring mixture to a boil and reduce heat to low and simmer for 2 minutes.
- 5** Place uncooked brown rice in a medium baking dish (9"x13"x 2").
- 6** Pour vegetable mixture over rice. Stir well.
- 7** Cover baking dish tightly.
- 8** Bake:
Conventional oven: 350 °F for 45 minutes.
Convection oven: 325 °F for 40 minutes.
- 9** Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 10** Remove baking dish from oven.
- 11** Combine spinach, cranberries, and parmesan cheese in a large bowl. Sprinkle over cooked rice.
- 12** Critical Control Point:
Hold at 140 °F or higher until served.
- 13** Garnish with parsley.
- 14** Serve ½ cup (portion with ½ cup measuring cup or No. 8 scoop).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 195, Protein 8 g, Carbohydrates 42 g, Dietary Fiber 5 g, Total Sugars 8 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 2 mg, Sodium 248 mg, Vitamin A 89 mcg RAE, Vitamin C 21 mg, Vitamin D 1 IU, Calcium 90 mg, Iron, 5 mcg, Potassium 462 mg





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CACFP Adult Portion Crediting Information

1 ½ cups (8 oz spoon and 4 oz spoon) provide ½ cup vegetable (1/8 cup red/orange vegetable, 3/8 cup other vegetable), and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
					1 Preheat oven: Conventional oven: 350 °F. Convection oven: 325 °F.
*Fresh onions, diced ¼"	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 2 cups	2 Place onion, bell peppers and garlic in a medium stock pot uncovered. Cook over medium heat for 2 minutes.
*Fresh green bell peppers, diced	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 2 cups	
Garlic, minced		2 tsp		1 Tbsp 1 tsp	3 Add salt, pepper, celery salt, mushrooms, and thyme. Continue cooking one additional minute stirring constantly.
Salt		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground black pepper OR Ground white pepper		½ tsp OR ½ tsp		1 tsp OR 1 tsp	
Celery salt		1 tsp		2 tsp	
*Fresh mushrooms, sliced	1 lb	1 qt 1 cup	2 lb	2 qt 2 cups	
Fresh thyme		1 tsp		2 tsp	
Low-sodium chicken broth		3 qt		1 gal 2 qt	4 Add chicken broth and tomato paste to onion mixture. Stir well. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 6.
Canned no-salt-added tomato paste	12 oz	1 ½ cups (approx. ⅓ No. 10 can)	1 lb 8 oz	3 cups (approx. ¼ No. 10 can)	
Brown rice, long-grain, regular, dry, parboil	3 lb 8 oz	2 qt 1 cup	7 lb	1 gal 2 cups	5 Place about 3 lb 8 oz brown rice (2 qt 1 cup) in each steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					6 Pour about 9 lb 8 oz (1 gal 1 qt) chicken broth mixture in each steam table pan. Stir. Cover pans tightly.
					7 Bake: Conventional oven: 350 °F for 45 minutes. Convection oven: 325 °F for 40 minutes.
					8 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					9 Remove rice from oven.
*Fresh spinach, chopped	8 oz	3 ¼ cups	1 lb	1 qt 2 ½ cups	10 Combine spinach, cranberries, and parmesan cheese in a large bowl. Fold 1 qt 1 cup (about 15 oz) spinach mixture into rice.
Dried cranberries	5 oz	1 cup	10 oz	2 cups	11 Critical Control Point: Hold for hot service at 140 °F or higher.
Fresh parmesan cheese, shaved	2 oz	½ cup 2 Tbsp	4 oz	1 ¼ cups	
Fresh parsley, minced		2 Tbsp		¼ cup	12 Garnish with parsley.
					13 Serve 1 ½ cups (portion with 8 oz spoodle and 4 oz spoodle).

NUTRITION INFORMATION

For 1 ½ cup (8 oz and 4 oz spoon)

NUTRIENTS	AMOUNT
Calories	307
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Total Fat	4 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	241 mg
Total Carbohydrate	70 g
Dietary Fiber	7 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	12 g
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Vitamin A	79 mcg RAE
Vitamin C	31 mg
Vitamin D	1 IU
Calcium	111 mg
Iron	7 mg
Potassium	546 mg
N/A=no data available.	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh onions	1 lb 15 oz	3 lb 14 oz
Fresh green bell peppers	2 lb 1 oz	4 lb 2 oz
Fresh mushrooms	1 lb 1 oz	2 lb 2 oz
Fresh spinach	8 oz	1 lb

NOTES

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

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 1 gal 3 qt	About 3 gal 2 qt
About 12 lb 13 oz/1 steam table pan (12" x 20" x 4")	About 25 lb 10 oz/2 steam table pans (12" x 20" x 4")

SOURCE:

CACFP Adult Portion Recipe Project