Whole Grains

This delicious combination of five different whole grains, three vegetables, and chicken makes for a tasty entrée on any menu.

Rainbow Rice

HIGHLAND ELEMENTARY SCHOOL
Cheshire, Connecticut

Our Story

Highland Elementary School is a dynamic and exciting place to work or to go to school. Students were eager to hear about the recipe competition and were challenged to submit an essay describing why they would like to be chosen for the recipe challenge team.

After meeting to decide which recipe would appeal most to the kids, the team developed two recipes that were entered into the contest. During the recipe tasting, Rainbow Rice was an instant smash hit with the students and received great reviews. 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.

Creating and sampling the recipes was a wonderful learning experience for the entire team. Packed with whole grains and colorful vegetables, this recipe is a sure winner for those wanting a healthy dish without sacrificing taste. The team believes that once you have tasted "Rainbow Rice," you will feel like you've gone over the rainbow!

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.

Rainbow Rice

Meal Components: Meat-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-56r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Brown rice, long-grain, regular, dry	10 oz	1 ½ cups	1. Combine brown rice, brown and wild rice blend, barley, water, and base in stockpot. For 25 servings, add 1 qt 1 cup water and 1 Tbsp 1 tsp base. Reserve remaining base for step 4. 2. 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. Critical Control Point: Hold at 135 °F or higher.
Brown and wild rice blend, dry	5 oz	¾ cup	
Barley, quick pearl, dry	7 oz	2 cups	
Quinoa, dry	3 ½ oz	½ cup	3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. 4. Combine quinoa, bulgur wheat, water, and remaining base in a stockpot. For 25 servings, add 3 cups water and 1 Tbsp base. Bring to a boil. Reduce heat to low and stir occasionally. Simmer until water is completely absorbed, about 15 minutes. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Critical Control Point: Hold at 135 °F or higher.
Bulgur wheat, dry	5 oz	1 cup	
Low-sodium chicken base		2 Tbsp 1 tsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Rainbow Rice

Meal Components: Meat-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-56r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh carrots, diced	1 lb 4 oz	1 qt	5. Combine carrots, red peppers, oil, and salt. Toss to coat.
*Fresh red bell pepper, diced	1 lb 5 ½ oz	3 ¼ cups	
Extra virgin olive oil		1 Tbsp 1 tsp	
Kosher salt		1 tsp	
			6. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. Transfer vegetables to steamtable pan. For 25 servings, use 1 pan. 7. Roast: Conventional oven: 375 °F 10 minutes Convection oven: 350 °F for 10 minutes
Frozen, cooked diced chicken, thawed, ½" pieces	3 ½ lb	3 qt 2 cups	8. Fold in rice/barley combination, quinoa/bulgur combination, chicken, and spinach. Return to oven and bake for 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
*Fresh baby spinach, chopped	10 oz	1 qt	
			9. Critical Control Point: Hold for hot service at 135 °F or higher. 10. Portion with 8 fl oz spoodle (1 cup).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Rainbow Rice

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

Notes

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

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 2 oz equivalent meat, ⅛ cup red/orange vegetable, ⅛ cup other vegetable, and 1 oz equivalent grains.	25 Servings: about 10 lb	25 Servings: about 1 gallon 2 quarts 1 steam table pan

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings
Carrots	1 lb 8 oz
Red bell peppers	1 lb 11 oz
Baby spinach	11 ½ oz

Nutrients Per Serving

Calories	232.21	Saturated Fat	1.01 g	Iron	3.46 mg
Protein	22.22 g	Cholesterol	55.41 mg	Calcium	28.50 mg
Carbohydrate	28.16 g	Vitamin A	5414.43 IU (270.72 RAE)	Sodium	159.37 mg
Total Fat	4.15 g	Vitamin C	37.41 mg	Dietary Fiber	4.50 g

Rainbow Rice

Meal Components: Meat-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-56r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Brown rice, long-grain, regular, dry	1 lb 4 oz	3 cups	1. 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. Reserve remaining base for step 4. 2. 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. Critical Control Point: Hold at 135 °F or higher.
Brown and wild rice blend, dry	10 oz	1 ½ cups	
Barley, quick pearl, dry	13 ½ oz	1 qt	
Quinoa, dry	6 ½ oz	1 cup	3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. 4. Combine quinoa, bulgur wheat, water, and remaining base in a stockpot. For 50 servings, add 1 qt 2 cups water and 2 Tbsp base. Bring to a boil. Reduce heat to low and stir occasionally. Simmer until water is completely absorbed, about 15 minutes. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Critical Control Point: Hold at 135 °F or higher.
Bulgur wheat, dry	10 oz	2 cups	
Low-sodium chicken base	2 ½ oz	¼ cup 2 tsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Rainbow Rice

Meal Components: Meat-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-56r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh carrots, diced	2 lb 8 oz	2 qt	5. Combine carrots, red peppers, oil, and salt. Toss to coat.
*Fresh red bell pepper, diced	2 lb 11 oz	6 ½ cups	
Extra virgin olive oil		2 Tbsp 2 tsp	
Kosher salt		2 tsp	
			6. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. Transfer vegetables to steamtable pan. For 50 servings, use 2 pans. 7. Roast: Conventional oven: 375 °F 10 minutes Convection oven: 350 °F for 10 minutes
Frozen, cooked diced chicken, thawed, ½" pieces	7 lb	1 gal 3 qt	8. Fold in rice/barley combination, quinoa/bulgur combination, chicken, and spinach. Return to oven and bake for 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
*Fresh baby spinach, chopped	1 lb 4 oz	2 qt	
			9. Critical Control Point: Hold for hot service at 135 °F or higher. 10. Portion with 8 fl oz spoodle (1 cup).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Rainbow Rice

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

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

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 2 oz equivalent meat, ⅛ cup red/orange vegetable, ⅛ cup other vegetable, and 1 oz equivalent grains.	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts 2 steam table pans

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**
Carrots	3 lb
Red bell peppers	3 lb 6 oz
Baby spinach	1 lb 7 oz

Nutrients Per Serving

Calories	232.21	Saturated Fat	1.01 g	Iron	3.46 mg
Protein	22.22 g	Cholesterol	55.41 mg	Calcium	28.50 mg
Carbohydrate	28.16 g	Vitamin A	5414.43 IU (270.72 RAE)	Sodium	159.37 mg
Total Fat	4.15 g	Vitamin C	37.41 mg	Dietary Fiber	4.50 g

Rainbow Rice

Meal Components: Meat-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-56r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Brown rice, long-grain, regular, dry	2 lb 8 oz	1 qt 2 cups	1. Combine brown rice, brown and wild rice blend, barley, water, and base in stockpot. For 100 servings, add 1 gal 1 qt water and ⅓ cup base. Reserve remaining base for step 4. 2. 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. Critical Control Point: Hold at 135 °F or higher.
Brown and wild rice blend, dry	1 lb 4 oz	3 cups	
Barley, quick pearl, dry	1 lb 11 oz	2 qt	
Quinoa, dry	13 oz	2 cups	3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. 4. Combine quinoa, bulgur wheat, water, and remaining base in a stockpot. For 100 servings, add 3 qt water and ¼ cup base. Bring to a boil. Reduce heat to low and stir occasionally. Simmer until water is completely absorbed, about 15 minutes. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Critical Control Point: Hold at 135 °F or higher.
Bulgur wheat, dry	1 lb 3 ½ oz	1 qt	
Low-sodium chicken base	5 oz	½ cup 1 ⅓ Tbsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Rainbow Rice

Meal Components: Meat-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-56r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh carrots, diced	5 lb	1 gal	5. Combine carrots, red peppers, oil, and salt. Toss to coat.
*Fresh red bell pepper, diced	5 lb 6 oz	3 qt 1 cup	
Extra virgin olive oil		4 Tbsp 4 tsp	
Kosher salt		1 Tbsp 1 tsp	
			6. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. Transfer vegetables to steamtable pan. For 100 servings, use 4 pans. 7. Roast: Conventional oven: 375 °F 10 minutes Convection oven: 350 °F for 10 minutes
Frozen, cooked diced chicken, thawed, ½" pieces	14 lb	3 gal 2 qt	8. Fold in rice/barley combination, quinoa/bulgur combination, chicken, and spinach. Return to oven and bake for 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
*Fresh baby spinach, chopped	2 lb 8 oz	1 gal	
			9. Critical Control Point: Hold for hot service at 135 °F or higher. 10. Portion with 8 fl oz spoodle (1 cup).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Rainbow Rice

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

Notes

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

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 2 oz equivalent meat, ⅛ cup red/orange vegetable, ⅛ cup other vegetable, and 1 oz equivalent grains.	100 Servings: about 38 lb 8 oz	100 Servings: about 5 gallons 4 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	100 servings
Carrots	6 lb
Red bell peppers	6 lb 12 oz
Baby spinach	2 lb 14 oz

Nutrients Per Serving

Calories	232.21	Saturated Fat	1.01 g	Iron	3.46 mg
Protein	22.22 g	Cholesterol	55.41 mg	Calcium	28.50 mg
Carbohydrate	28.16 g	Vitamin A	5414.43 IU (270.72 RAE)	Sodium	159.37 mg
Total Fat	4.15 g	Vitamin C	37.41 mg	Dietary Fiber	4.50 g