## Whole Grains

In this traditional, spiced Indian dish, tender chicken strips, fresh carrots, diced celery, and brown rice are tossed in a creamy curry sauce and baked until golden.

# Chicken Curry Casserole

**GARFIELD ELEMENTARY SCHOOL**
Washington, District of Columbia

## Our Story

The students of Garfield Elementary School were eager to accept the *Recipes for Healthy Kids* Competition challenge. The recipe challenge team began by brainstorming ideas and developing recipes for each category of the competition. Students then prepared the dishes for their peers and used the feedback to perfect the recipes. While all of the dishes were popular at Garfield, the Chicken Curry Casserole gained special attention from the competition judges. This chicken curry recipe originated from a student who was inspired by a favorite dish her aunt makes at home. Chicken Curry Casserole is a dish to warm the heart and please the soul!

## School Team Members

**SCHOOL NUTRITION PROFESSIONAL**
Danielle Schaub, RD (Chartwells-Thompson)

**CHEF**
Clay Berry (Executive Chef, Chartwells-Thompson)

**COMMUNITY MEMBER**
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**STUDENTS**
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# Chicken Curry Casserole

**Meal Components: Meat/Meat Alternate-Other Vegetable-Grains** **Main Dishes D-55r**

| Ingredients | 25 Servings | | 50 Servings | | Directions<br>Process #2: Same Day Service |
|---|---|---|---|---|---|
| | Weight | Measure | Weight | Measure | |
| Water | | 1 qt 3 cups | | 3 qt 2 cups | 1. Boil water. |
| Brown rice, long-grain, regular, dry | 1 lb 8 oz | 3 ¾ cups | 3 lb | 1 qt 3 ½ cups | 2. Place 1 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 ½").<br>For 25 servings, use 1 pan.<br>For 50 servings, use 2 pans.<br>3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.<br>4. Bake:<br>Conventional oven: 350 °F for 40 minutes<br>Convection oven: 325 °F for 40 minutes<br>5. Remove from oven and let stand covered for 5 minutes. |
| Canola oil | | ¼ cup | | ½ cup | 6. Cook oil and broth over medium heat for 5 minutes. |
| Low-sodium chicken broth | | 1 cup | | 2 cups | |
| *Fresh carrots, shredded | 1 lb 1 ½ oz | 1 qt 1 cup | 2 lb 3 oz | 2 qt 2 cups | 7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside. |
| *Fresh celery, diced | 11 ½ oz | 2 ¼ cups | 1 lb 7 oz | 1 qt ½ cup | |
| *Fresh onions, chopped ½" | 11 oz | 2 ½ cups | 1 lb 6 oz | 1 qt 1 cup | |
| Curry powder | | 3 Tbsp | | ¼ cup 2 Tbsp | 8. Combine curry, garlic, pepper, salt, and yogurt. Mix well. |
| Garlic powder | | 1 ½ Tbsp | | 3 Tbsp | |
| Ground black pepper | | ¾ Tbsp | | 1 ½ Tbsp | |
| Salt | | 1 ½ tsp | | 1 Tbsp | |
| Low-fat yogurt, plain | 1 lb | 2 cups | 2 lb | 1 qt | |

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

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**Main Dishes D-55r**

| Ingredients | 25 Servings | | 50 Servings | | Directions<br>Process #2: Same Day Service |
|---|---|---|---|---|---|
| | Weight | Measure | Weight | Measure | |
| Frozen, cooked fajita chicken strips, thawed, diced 1" | 3 lb 2 oz | 2 qt | 6 lb 4 oz | 1 gal | 9. Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well.<br><br>10. Bake uncovered:<br>Conventional oven: 400 °F for 10 minutes<br>Convection oven: 375 °F for 10 minutes<br><br>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. |
| | | | | | 11. Critical Control Point: Hold for hot service at 135 °F or higher.<br><br>12. Portion with 6 fl oz spoodle (¾ cup). |

## 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 |
|---|---|---|
| ¾ cup (6 fl oz spoodle) provides 1 ¼ oz equivalent meat/meat alternate, ¼ cup other vegetable, and ¾ oz equivalent grains. | 25 Servings:<br>about 10 lb 8 oz | 25 Servings:<br>about 1 gallon<br>1 ¼ quarts |
| | 50 Servings:<br>about 21 lb | 50 Servings:<br>about 2 gallons<br>2 ½ quarts |

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 | 50 servings |
|---|---|---|
| Carrots | 1 lb 6 oz | 2 lb 12 oz |
| Celery | 14 oz | 1 lb 12 oz |
| Mature onions | 13 oz | 1 lb 10 oz |

## Nutrients Per Serving

| | | | | | |
|---|---|---|---|---|---|
| Calories | 220.32 | Saturated Fat | 1.34 g | Iron | 1.43 mg |
| Protein | 14.33 g | Cholesterol | 50.70 mg | Calcium | 64.98 mg |
| Carbohydrate | 26.40 g | Vitamin A | 3161.50 IU (158.37 RAE) | Sodium | 563.78 mg |
| Total Fat | 6.47 g | Vitamin C | 2.56 mg | Dietary Fiber | 2.81 g |