## Whole Grains

Inspired by a popular children's book with a similar title, this hot main dish creatively combines brown rice, spinach, eggs, and ham to create a great wholesome meal that satisfies the pickiest of eaters.

# Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

**MCDOUGLE ELEMENTARY SCHOOL/CULBRETH MIDDLE SCHOOL**
Chapel Hill, North Carolina

## Our Story

A local restaurant owner and chef worked with the recipe challenge team comprised of students from McDougle Elementary School and Culbreth Middle School. The team developed this recipe using the chef's cooking style, consisting of North Carolina ingredients and Asian-inspired flavors. The Stir-Fried Green Rice, Eggs, and Ham is a beautifully presented colorful dish that will be an instant kid favorite, not only due to the recipe's name, but also its taste!

Students from three area elementary schools, a middle school, and the local high school participated in developing the recipes and tasting the food. The students were very excited to participate in the program knowing that their decisions could help make changes on their school menu.

## School Team Members

**SCHOOL NUTRITION PROFESSIONAL**
Ryan McGuire

**CHEF**
Andrea Reusing (Owner, Lantern Restaurant)

**COMMUNITY MEMBERS**
Joe Palladino (Cafeteria Manager at Culbreth Middle School) and Liz Cartano (District Manager of the Food and Nutrition Department for Chapel Hill Carrboro City Schools)

**STUDENT**
Bridget P.

# Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

**Meal Components: Meat/Meat Alternate-Grains** **Main Dishes D-57r**

| Ingredients | 25 Servings | | 50 Servings | | Directions<br>Process #2: Same Day Service |
|---|---|---|---|---|---|
| | Weight | Measure | Weight | Measure | |
| Water | | 3 qt 1 cup | | 1 gal 2 ½ qt | 1. Boil water. |
| Brown rice, long-grain, regular, dry | 2 lb 13 oz | 1 qt 3 cups | 5 lb 10 oz | 3 qt 2 cups | 2. Place 2 lb 13 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><br>3. Pour boiling water (3 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly. |
| | | | | | 4. Bake:<br>Conventional oven: 350 °F for 40 minutes<br>Convection oven: 325 °F for 40 minutes<br><br>5. Remove from oven and let stand covered for 5 minutes. |
| Salt | | 1 ¼ tsp | | 2 ½ tsp | 6. Add salt to brown rice. Mix well. Set aside. |
| Liquid eggs<br>OR<br>Fresh large eggs, beaten | | 2 ½ cups<br>OR<br>12 | | 1 qt 1 cup<br>OR<br>24 | 7. Whisk eggs and water.<br>For 25 servings, ¼ cup water.<br>For 50 servings, ½ cup water.<br><br>8. Lightly coat pan with pan release spray. Cook half of egg mixture. Chop and set aside for step 12.<br>Reserve other half of egg mixture for step 11. |
| Vegetable oil | | ¼ cup 1 Tbsp | | ½ cup 2 Tbsp | 9. Sauté ham in vegetable oil over high heat for 2 minutes or until ham begins to brown. |
| Extra-lean turkey ham, diced ¼" | 12 oz | 2 cups | 1 lb 8 oz | 1 qt | 10. Reduce heat to medium. Mix in brown rice.<br><br>11. Add remaining egg mixture. Stir frequently for about 5 minutes, or until cooked. |
| *Fresh green onions, diced | 5 oz | 2 cups | 10 oz | 1 qt | 12. Mix in onions, spinach, chopped egg, sesame oil, and soy sauce.<br><br>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. |

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

# Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

**Meal Components: Meat/Meat Alternate-Grains**



| Ingredients | 25 Servings | | 50 Servings | | Directions<br>Process #2: Same Day Service |
|---|---|---|---|---|---|
| | Weight | Measure | Weight | Measure | |
| Frozen chopped spinach, thawed, drained<br>OR<br>* Fresh spinach, chopped | 1 ½ lb<br>OR<br>2 lb 8 oz | 3 cups<br>OR<br>1 gal | 3 lb<br>OR<br>5 lb | 1 qt 2 cups<br>OR<br>2 gal | |
| Sesame oil | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Low-sodium soy sauce | | 1 Tbsp | | 2 Tbsp | |
| | | | | | 13. Critical Control Point: Hold for hot service at 135 °F or higher.<br><br>14. Portion with 8 fl oz spoodle (1 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 |
|---|---|---|
| 1 cup (8 fl oz spoodle) provides 1 oz equivalent meat/meat alternate and 1 ½ oz equivalent grains. | 25 Servings:<br>about 9 lb 8 oz | 25 Servings:<br>about 1 gallon 1 quart |
| | 50 Servings:<br>about 19 lb 8 oz | 50 Servings:<br>about 2 gallons 2 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 |
|---|---|---|
| Green onions | 6 oz | 12 oz |
| Spinach | 2 lb 14 oz | 5 lb 12 oz |

## Nutrients Per Serving

| | | | | | |
|---|---|---|---|---|---|
| Calories | 238.44 | Saturated Fat | 1.36 g | Iron | 1.33 mg |
| Protein | 8.76 g | Cholesterol | 73.69 mg | Calcium | 53.46 mg |
| Carbohydrate | 34.96 g | Vitamin A | 1960.62 IU (120.34 RAE) | Sodium | 312.64 mg |
| Total Fat | 7.09 g | Vitamin C | 0.82 mg | Dietary Fiber | 3.24 g |