









## **NUTRITION INFORMATION**

SERVING SIZE: 1/2 cup

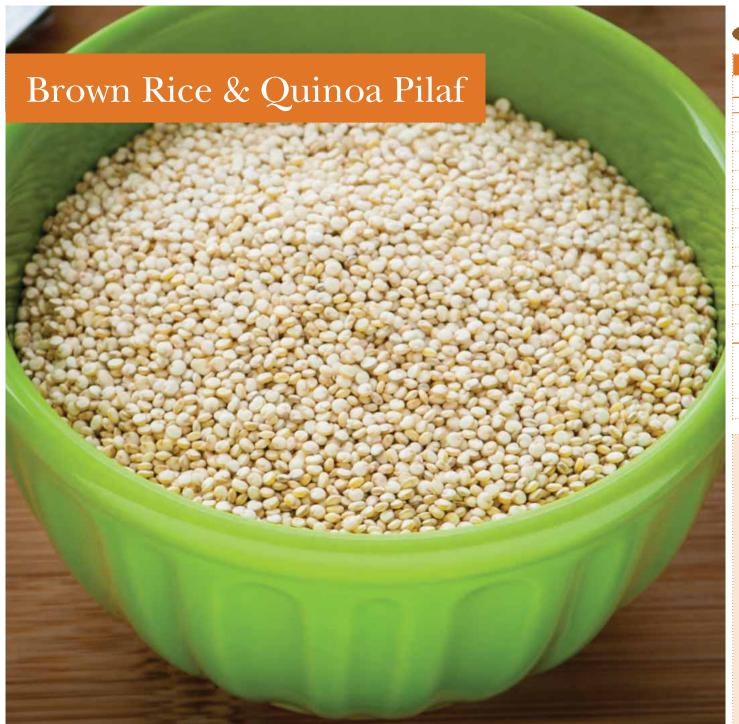
| Amount per Serving |           |  |
|--------------------|-----------|--|
| Calories           | 263 kcal  |  |
| Protein            | 12.52 g   |  |
| Carbohydrate       | 37.83 g   |  |
| Total Fat          | 6.76 g    |  |
| Saturated Fat      | 3.24 g    |  |
| Cholesterol        | 14.64 mg  |  |
| Vitamin A          | 164.19 IU |  |
| Vitamin C          | 0.74 mg   |  |
| Iron               | 1.49 mg   |  |
| Calcium            | 249.82 mg |  |
| Sodium             | 374.16 mg |  |
| Dietary Fiber      | 2.62 g    |  |

EQUIVALENTS: ½ cup provides 1 oz equiv WGR grain and .75 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

"Quinoa is a grain-like crop that is native to South America. It is high in protein, and it also comes in brown and black!"

— ABBIE NELSON



## Brown Rice & Quinoa Pilaf • 36 servings (1/2 cup)

|   |        | •                           |  |       |
|---|--------|-----------------------------|--|-------|
| INGREDIENTS                                       | WEIGHT | MEASURE                     | METHOD   | NOTES |
|   |        |                             | 1 Preheat convection oven to 350°F.  |       |
| Onion   | 10 oz  | 1 large                     | Peel onion and finely chop in a food processor fitted with a<br>steel blade (or by hand).  |       |
| Water   |        | 3 qt                        | 3 Combine water, rice and 1 Tblsp salt in a full hotel pan. Cover with parchment paper then foil. Bake until the liquid is absorbed and rice is cooked, 50 to 60 minutes.  |       |
| Brown rice  |        | 1½ qt                       |  |       |
| Kosher salt                                       |        | 1 Tblsp + 1 tsp,<br>divided |  |       |
| Quinoa, rinsed and drained                        |        | 3 cups                      | Meanwhile, coat a full 2-inch hotel pan with cooking spray. Add quinoa, broth, the onion, garlic, thyme, the remaining 1 tsp salt and pepper; stir to combine. Cover with parchment paper then foil. Bake until the liquid is absorbed and the quinoa is fluffy, 30 to 35 minutes. |       |
| Low-sodium chicken<br>broth or vegetable<br>broth |        | 1½ qt                       |  |       |
| Minced garlic                                     |        | 3 Tblsp                     |  |       |
| Dried thyme leaves                                |        | 2 tsp                       |  |       |
| Ground black pepper                               |        | ½ tsp                       |  |       |
| Shredded reduced-fat<br>Cheddar cheese            |        | 1 qt                        | Stir the quinoa into the rice. Sprinkle with cheese and bake until it's melted, about 5 minutes. Serve immediately, or hold at 135°F in a steam table until ready to serve.  |       |
|   |        | . ,                         |  |       |