

Brown Rice & Quinoa Pilaf

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ 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 (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			1 Preheat convection oven to 350°F.	
Onion	10 oz	1 large	2 Peel onion and finely chop in a food processor fitted with a 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, divided		
Quinoa, rinsed and drained		3 cups		
Low-sodium chicken broth or vegetable broth		1½ qt		
Minced garlic		3 Tblsp	4 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.	
Dried thyme leaves		2 tsp		
Ground black pepper		½ tsp		
Shredded reduced-fat Cheddar cheese		1 qt	5 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.	