

Peach Cilantro Lime Rice



Category: Side
Portion Size(s): 2/3 cup/0.64 oz
Meal Components: 1 oz eq grain; 1/8 cup fruit

Ingredients:	100 Portions	
	Weight	Measure
Nonstick cooking spray		4 sprays
Brown rice, long grain, regular, dry	4 lbs 12 oz	3 qts
White rice, long rain, regular, enriched, dry	2 lbs 8 oz	1 qt 2 cups
Water	56 fl oz	1 qts 3 cups
Peaches, diced, extra light syrup, canned, drained well (USDA or Commercial*)	12 lbs 4 oz	1 gal 2 qts 1 cup OR 3 #10 cans
Lime juice, bottled		1 cup
Cilantro, fresh, chopped	2 oz	2 cups



Directions:

1. Preheat oven to 350 °F.
 2. Cook Rice: Spray 4 – 12" x 20" x 2-1/2" steamtable pans with nonstick cooking spray. Prepare 25 servings in each pan: Combine 1 lb 1 oz/3 cups brown rice, 10 oz/ 1 ½ cups white rice, 3 lbs 1 oz 1 qt 2 ¼ cups peaches, ¼ cup lime juice, and 1 qt 3 cups water. Cover. Bake in the oven for 50-60 minutes or until liquid is absorbed. Remove from the oven and allow to sit for 10 minutes. Using a large spoon, lightly fold peaches that cooked to the top of the dish into the rice being careful to fluff rice and not agitate the starch to develop clumping.
 3. Serve Rice: Right before service, sprinkle with ½ oz/1/2 cup cilantro. Serve 2/3 cup (#6 scoop). CCP: Hold at 140 °F or higher.
- For Grab n Go Service: Place in heat proof containers with lids. CCP: Hold and serve at 140 °F or higher.*

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Nutrients Per One Serving (K-12):

Calories	146 kcal	Total Fat	<1 g	Total Dietary Fiber	1 g	Vitamin C	1 mg
Saturated Fat	0 g	Trans Fat	0 g	Protein	3 g	Iron	1 mg
Sodium	5 mg	Cholesterol	0 mg	Vitamin A	134 IU		
Sugars	6 g	Carbohydrates	32 g	Calcium	16 mg		

Components Per One Serving (K-12):

Meat/ Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz.eq.	1 oz.eq.	0 cup(s)	0.125 cup(s)	0 cup(s)

Serving Size:

Serving Size: 2/3 cup or 0.64 oz	Yield: 4 gallons
NSLP/SBP Crediting Information	
K-8:	1 oz eq grain; 1/8 cup fruit
9- 12:	1 oz eq grain; 1/8 cup fruit

Yield Study:

Peaches, diced, extra light syrup, canned, drained = 12.25 lbs = 25 cups, this cooked provides 1/8 cup fruit each serving or 12.5 cups, cooked.

Per yield study, 76 oz/12 cups long grain brown rice, dry, plus 40 oz/6 cups long grain white rice, dry = 52 cups cooked. 2 cups additional rice added for variance when serving. Rice can get mashed.