Recipe Name: Brown Rice & Cranberries Pilaf **Recipe from:** Holmen School District

Grade Group: K-8

Number of Portions: 50

Portion Size: 1/2 cup

Serving Utensil: #8 Scoop

Servings per Pan:

HACCP Process:

❑ #1 No Cook

X #2 Cook & Serve Same Day

❑ #3 Includes Cooling Step

Ingredients:	**Weight:**	**Measure:**
Brown Rice, Long Grain, Dry		1 qt + 2 1/4 cups
Chicken Broth, Low-Sodium		2 qts
Orange Juice		1 1/2 cups
Olive Oil		3/4 cup + 1/2 Tbsp
Onions, Raw	3 lbs + 14 oz	
Brown Sugar	1/4 cup, packed	
Cranberries, Dried		1 qt + 2 cups

Procedure:

1) Combine broth, orange juice, and brown rice and bake for 1 hour at 350°F in a steam table pan covered with foil.
2) Combine oil and brown sugar and stir until dissolved. Toss onions with oil and sugar mixture and bake on sheet tray in oven until onions are caramelized.
3) When rice is tender and no liquid is left, stir in cranberries and onions.
4) Serve at 135°F or higher.

Total Yield		Number of Pans:	**Equipment** (if not specified in procedures above):
Weight:	Measure (volume):	Pan Size:	

Meal Component Contribution Based on Portion Size							**Nutrient Analysis Based on Portion Size**
Meat/Meat Alternate							Calories: 198
	DG	B/P	R/O	S	O	A	Saturated Fat (g): 1
Vegetable Subgroups							Sodium (mg): 93
Fruits	1/8 cup						
Grains	0.5 oz eq WGR						

DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other A=Additional Food Buying Guide (FBG)