

NUTTY RICE AND CHEESE

Yield 100

Portion 9 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
323 cal	40 g	22 g	8 g	12 mg	835 mg	289 mg

Ingredient

Weight

Measure

Issue

WATER	20-7/8 lbs	2 gal 2 qts	
SALT	1-2/3 oz	2-2/3 tbsp	
RICE,BROWN,LONG GRAIN,DRY	8-1/8 lbs	1 gal 1 qts	
CHEESE,COTTAGE,LOWFAT	14 lbs	1 gal 3 qts	
YOGURT,PLAIN,NONFAT	10-3/4 lbs	1 gal 1 qts	
EGG WHITES,FROZEN,THAWED	5 lbs	2 qts 1-3/8 cup	
ONIONS,FRESH,CHOPPED	3-7/8 lbs	2 qts 3 cup	4-1/3 lbs
ALMONDS,SLIVERED	1-3/8 lbs	1 qts 2 cup	
CHEESE,PARMESAN,GRATED	1-1/3 lbs	1 qts 2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	6-5/8 oz	1-1/2 cup	
SALT	1-1/2 oz	2-1/3 tbsp	
PARSLEY,DEHYDRATED,FLAKED	1-1/4 oz	1-5/8 cup	
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
PEPPER,WHITE,GROUND	2/3 oz	2-2/3 tbsp	
COOKING SPRAY,NONSTICK	1/2 oz	1 tbsp	
CHEESE,PARMESAN,GRATED	7 oz	2 cup	

Method

- 1 Combine water, rice, and salt; bring to a boil; stir, cover tightly; simmer 25 minutes or until most of the water is absorbed.
- 2 Remove from heat. Transfer to sheet pans. Allow to cool 5 minutes.
- 3 Combine cottage cheese, yogurt, egg whites, onions, almonds, parmesan cheese, flour, salt, parsley flakes, garlic powder, and pepper in mixer bowl. Mix at low speed 1 minute. Scrape down bowl.
- 4 Add chilled rice to ingredients in mixer bowl. Mix at low speed 1 minute or until thoroughly blended.
- 5 Lightly spray steam table pans with non-stick spray. Place 12-1/4 pounds of mixture in each steam table pan. Spread evenly. Sprinkle 6 tablespoons of parmesan cheese over the top of each pan.
- 6 Using a convection oven, bake 55 minutes at 325 F. on high fan, open vent or until set. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 7 Cut each pan 4 by 5. CCP: Hold for service at 140 F. or higher.