

Mediterranean Rice

**FOOD SERVICE  
RECIPE CARD**

INGREDIENTS		QUANTITIES		COST	
Total		Amount of		Unit	
		Servings	16 ½ cup portions		
short grain brown rice		CCP	8 cups		
dried cranberries, rehydrated			¼ cup		
Chinese five spice			1 t.		
red onions, sliced			1 cup		
Olive oil			¼ cup		
Parsley, rinsed, destemmed, chopped fine			¼ cup		

Total Cost \_\_\_\_\_

Per \_\_\_\_\_

**Sanitation Instructions:** Wash, rinse, and sanitize all equipment and utensils before and after use. Wash hands before handling food, after handling raw foods, and after any interruption that may contaminate hands. Return all ingredients to refrigerated storage if preparation is interrupted. Verify and record final cooking and hot-holding temperatures using a clean and sanitized thermometer.  
 CCP - Critical Control Point

**METHOD:**

- 1) Cook brown rice in salted water until tender. Drain liquid. About 4 cups of rice will yield 8 cups of cooked rice. Thoroughly cool before making salad
- 2) Combine remaining ingredients to form salad.

**Keep below 40 at all times.**

151 calories, 2.4 g protein, 25 g carbohydrates, 2 g fiber, 4.6 g fat, 3 g sodium

2 starch exchange, 1 fat exchanges