

# Cheesy Rice Casserole

Recipe Component: Meat alt/ veg/ grain

Recipe Category: main dish

Recipe: Modified New School Cuisine Cookbook p. 124

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Water		3 qt			<p>1. Bring water to a boil in a large pot. Add rice, cover, reduce heat to low and cook until tender, about 40 minutes. Spread rice on sheet pan and let cool 10-15 minutes. Proceed to step # 6 within 30 minutes of starting to let the rice cool.</p> <p>2. While rice is cooking, bring a large saucepan of water to a boil. Add spinach and cook until tender, about 1 minute. Cool and squeeze out excess liquid. Chop into ¼-inch pieces.</p> <p>3. Heat oil in a large skillet over medium heat. Add onions and garlic. Cook, stirring occasionally, until translucent, about 10 minutes. Remove from the heat. Stir in the spinach and thyme. Set aside.</p> <p>4. Preheat oven to 325°F. For 48 servings, coat two 2-inch hotel pans with cooking spray.</p> <p>5. Purée cottage cheese in a food processor fitted with a steel blade until smooth. Transfer to a large bowl. Next purée eggs and Parmesan cheese until smooth. Transfer to the large bowl with the pureed cottage cheese.</p> <p>6. Hold aside 1 cup of shredded cheddar cheese per hotel pan. Add milk, shredded cheddar cheese, salt and pepper to the cottage cheese mixture. Mix until smooth.</p> <p>6. Add the rice and the spinach mixture to the cheese mixture; stir to combine.</p>
Brown rice	2 lb 12 oz	1 qt 2 ⅔ cup			
Fresh spinach leaves		10 cups			
Vegetable oil		1 ½ cup			
Diced onion, 1/4"	3 lb				
Finely chopped garlic (adjust as needed)		¾ cup			
Dried thyme leaves		1 Tbsp			
Nonfat cottage cheese		1 qt 2 ¼ cup			
Pasteurized eggs, fresh, or equal volume liquid		25 large			
Grated parmesan cheese		¾ cup			
Low-fat milk		1 qt 2 ¼ cup			
Shredded reduced-fat cheddar cheese		3 qt 2 cup, divided			
Salt		1 Tbsp			
Ground black pepper		1 Tbsp 1 tsp			

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					<p>7. Divide the mixture between the prepared pans. Sprinkle each pan with 1 cup of the remaining cheddar cheese. Loosely cover with foil and bake for 25 minutes. Remove foil and bake until light brown (about 10 minutes).</p> <p>8. CCP: Heat to 165 °F or higher for at least 15 seconds.</p> <p>10. CCP: Hold at 135 °F or warmer for hot service.</p>
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## Notes:

Nutrient Information calculated using Food Processor. Crediting of rice is based on 25 grams of dry rice = one grain serving.

**Serving:** 1/2 cup provides 2.5 oz meat alternate, 1 oz grain, 1/4 cup vegetable

1-2 year olds: 1/4 cup

3-5 year olds: 1/3 cup

6-12 year olds: 1/2 cup



## Nutrients Per Serving

<b>Calories</b>	337.58	<b>Saturated Fat</b>	5.77 g	<b>Iron</b>	1.10 mg
<b>Protein</b>	18.23 g	<b>Cholesterol</b>	119.63 mg	<b>Calcium</b>	401.54 mg
<b>Carbohydrate</b>	27.52 g	<b>Vitamin A</b>	139.88 RAE mcg	<b>Sodium</b>	532.99 mg
<b>Total Fat</b>	17.21 g	<b>Vitamin C</b>	4.58 mg	<b>Dietary Fiber (2016)</b>	1.67 g