



Brazilian Creamy Rice Casserole

Meat/Meat Alternative

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Oil, pan cooking spray release	1 spray	1. Preheat oven to 400° F. Spray a steam table pan with pan release.
Rice, long grain, brown, cooked, without salt	3 qt. + 1/2 cup	2. In a large bowl, combine cooked rice, carrots, corn, spinach, beans, pineapple juice, mozzarella cheese, salt and black pepper.
Carrots, raw, grated/shredded	1-1/2 cups	3. In a separate bowl, combine soft cream cheese and yogurt until fully incorporated.
Corn, sweet yellow, frozen kernels, thawed	1-1/2 cups	4. Add cream cheese mixture with the rice mixture and combine.
Spinach, fresh, chopped	3/4 cup	5. Place rice mixture in a prepared steam table pan and top with parmesan cheese. Bake in the oven until parmesan cheese is golden brown.
Beans, black turtle canned, low sodium	3-3/4 cups	6. Hold at 135° F. or warmer. (CCP)
Pineapple juice, canned	6-1/4 oz.	7. Serve a 6 oz. portion using a #6 scoop.
Cheese, mozzarella, lite, shredded	9-1/2 oz.	
Salt	1/2 Tbsp.	
Pepper, black	1/2 Tbsp.	
Cheese, cream, Neufchatel	12 oz.	
Yogurt, low-fat, plain	3 cups	
Cheese, parmesan, dry grated, reduced fat	3/4 cup	

Notes:

Serving:	Yield:	Volume:
Meets 1 oz. meat/meat alternate, 1 grain serving.	25 servings	

Nutrients Per Serving					
Calories	244 kcal	Saturated Fat	3.84 g	Iron	0.67 mg
Protein	11.03 g	Cholesterol	19.21 mg	Calcium	188.19 mg
Carbohydrates	34.95 g	Vitamin A	1395.10 IU	Sodium	332.77 mg
Total Fat	6.39 g	Vitamin C	3.43 mg	Dietary Fiber	4.72 g