

Rice Salad

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
White rice	12 oz	1 1/2 cup 2 Tbsp	1 lb 8 oz	3 1/4 cups	1. Combine rice, water, and salt in a half-steamtable pan (12" x 10" x 2"). Cover with plastic wrap and foil. 2. To Steam: Compartment Steamer: 20 minutes To Bake: Conventional Oven: 350 degrees F, 25 minutes
Water		3 1/4 cups		1 qt 2 1/2 cups	
Salt		1 tsp		2 tsp	3. In a mixing bowl, whisk together tomato juice, vinegar, vegetable oil, garlic, mustard, oregano, parsley, and pepper. 4. Place hot rice in a mixing bowl. Pour dressing over top and toss to thoroughly coat rice. Cover with plastic wrap and refrigerate for 1 hour.
Tomato juice		3/4 cup		1 1/2 cups	
Vinegar		1 Tbsp 1 1/2 tsp		3 Tbsp	
Vegetable oil		1 Tbsp		2 Tbsp	
Garlic powder		1 tsp		2 tsp	
Ground mustard		1/2 tsp		1 tsp	
Dry oregano flakes		1 tsp		2 tsp	
Dry parsley flakes		1 Tbsp		2 Tbsp	
Black pepper		1/4 tsp		1/2 tsp	
*Fresh carrots, shredded	6 oz	1 2/3 cups	12 oz	3 1/3 cups	5. To the rice, add: carrots, tomatoes, cucumbers, mixed vegetables, and beans. Stir to combine.
*Fresh tomatoes, 1/4" dice		1/2 cup	6 oz	1 cup	
*Fresh cucumber, peeled, seeded, 1/4" dice		1/2 cup	6 oz	1 cup	
Frozen mixed vegetables, thawed	12 oz	2 3/4 cups	1 lb 8 oz	1 qt 1 1/2 cups	
Canned garbanzo beans, drained	10 oz	1 No. 303 can	1 lb 4 oz	2 No. 303 cans	6. Cover and refrigerate until ready to serve.
*See Marketing Guide					

Rice Salad

Vegetable-Grains/Breads

Salads and Salad Dressings

E-02

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Carrots	8 1/2 oz	1 lb 1 oz
Tomatoes	4 oz	7 oz
Cucumbers	4 oz	7 oz

SERVING:

1/3 cup (No. 12 scoop) provides 1/4 cup of vegetable and the equivalent of 1/2 slice of bread

YIELD:

25 Servings: 4 lb 14 oz
50 Servings: 9 lb 12 oz

VOLUME:

25 Servings: 3 qt
50 Servings: 1 gal 2 qt

Nutrients Per Serving

Calories	84	Saturated Fat	.1 g	Iron	1.0 mg
Protein	2 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	17 g	Vitamin A	268 RE/2684 IU	Sodium	139 mg
Total Fat	.9 g	Vitamin C	5 mg	Dietary Fiber	2 g