

Cranberry Rice Shaker Salad

A recipe for every season.

One shaker salad provides

1 oz. equivalent whole grain-rich grains

2 oz. equivalent meat/meat alternate

½ cup vegetables

- ¼ cup red/orange subgroup
- ⅛ cup other subgroup
- ⅛ cup beans and peas subgroup

½ cup fruit





Cranberry Rice Shaker Salad

Yield: 48 servings

Prep Time: 30 minutes

Serving Size: 1 shaker salad

Cook Time: 45-55 minutes for rice

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INGREDIENTS

WEIGHT

MEASURE

DIRECTIONS

Rice, brown, long, parboiled, dry
Water, hot, nearly boiling

2 lb. 12 oz.

1 gal.

Orange Dressing:

Orange juice
Vinegar, white
Orange zest
Sugar

4 ½ cups

1 ½ cups

2 tsp. or to taste

¾ cup

Oil, vegetable, canola or olive

1 cup

Black beans, drained and rinsed
Red pepper, diced (½-inch dice)
Cucumbers, pared, diced (½-inch dice)
Carrot, shredded, RTE
Cranberries, dried

3 lb. 8 oz.

1½ qt.

1½ qt.

1½ qt.

1½ qt.

3 qt.

Chicken, boneless, fully cooked,
diced, chilled

6 lb.

Marketing Guide: Per the USDA Food Buying Guide, 1 #10 can black beans, 2.5 pounds red peppers, 2.5 pounds cucumbers and 1.25 pounds of shredded carrots (RTE) will yield the volumes needed when prepared for recipe use.

1. Combine rice and hot water in a 4-inch deep full-size pan, taking care to avoid burns from hot water; cover and place in preheated 350°F oven. Cook for 45 minutes; stir and check doneness. If necessary, cook 5-10 minutes longer until rice is fully cooked.

2. While rice is cooking, prepare salad dressing by combining orange juice, vinegar, orange zest and sugar, then divide into two equal amounts. Critical Control Point (CCP): Cold hold at 41°F or below.

3. Combine cooked rice, half of dressing and oil. Mix thoroughly. If needed, transfer to pans with ½-inch to 1-inch rice mixture depth to speed chilling. Chill to 70°F within 2 hours and to 41°F within 4 hours. Critical Control Point (CCP): Cold hold at 41°F or below. **Chef's Tip:** Rice may be prepared the day before service. Follow food safety procedures and record CCPs and times.

4. While rice is chilling: Prepare vegetables for layers: rinse and drain black beans, dice cucumber and red peppers; and measure shredded carrots RTE or shred from whole carrots. CCP: Cold hold at 41°F or below.

5. **To Serve:** In an 18-fl. oz. clear cup, layer:

- ½ cup each of black beans, red pepper, diced cucumber and shredded carrot (½ cup total vegetables)
- ½ cup chilled rice and dressing
- ¼ cup dried cranberries
- 2 oz. eq. of diced chicken
- 1 Tbsp. of Orange Dressing.

Cover with plastic wrap or lid.

SERVING: One shaker salad provides 1 oz. equivalent whole grain-rich grains; 2 oz. equivalent meat/meat alternate; ½ cup vegetables (¼ cup red/orange subgroup, ¼ cup other subgroup, ¼ cup beans and peas subgroup), ½ cup fruit

APPROXIMATE NUTRIENT ANALYSIS PER 1 CUP SERVING:

Calories 380 kcal	Saturated Fat 0.5 g	Carbohydrate 61 g	Protein 17 g	Calcium 34 mg	Vitamin A 2717 IU
Total Fat 8 g	Trans Fat 0 g	Sodium 115 mg	Dietary Fiber 6 g	Vitamin C 26 mg	Iron 3 mg

COOLING: CCP: Cool to 70°F or lower within 2 hours and from 70°F to 41°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using a FDA recommended method.

Note: Recipe Concept by Debra Morris, director of nutrition of Jackson County Schools in Jefferson, GA for the 2017 Cranberry Marketing Committee / USA Rice Search for the Next Great Cranberry-Rice Recipe

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