

## Brown Rice Pilaf

Brown Rice Pilaf is a beautiful side dish that combines brown rice and spinach with a burst of dried cranberries in a way that makes you want more!

### CACFP Home Childcare Crediting Information

One cup (½ cup measuring cup or No. 8 scoop) provides ¼ cup vegetable (¼ cup red/orange vegetable) and 1 oz equivalent grains.



**Preparation Time:** 15 minutes

**Cooking Time:** 35 minutes

**Makes:** 6 servings

### Ingredients

- ¼ cup or 2 oz Fresh onions, diced
- ¼ cup or 2 oz Fresh green bell peppers, diced
- ½ tsp Garlic, minced
- ¼ tsp Salt
- Pinch or ⅛ tsp Ground black pepper
- OR
- Pinch or ⅛ tsp Ground white pepper
- ¼ tsp Celery salt
- 1 cup or 2 oz Fresh mushrooms, sliced
- ¼ tsp Fresh thyme
- 3 cups Low-sodium chicken broth
- ½ cup or 4 oz Canned no-salt-added tomato paste
- 1 ⅛ cups or 7 oz Brown rice, uncooked, long-grain, regular, dry, parboil
- 2 cups or 2 oz Fresh spinach, chopped
- ¼ cup or 1 ½ oz Dried cranberries
- ⅛ cup or ½ oz Fresh Parmesan cheese, shaved
- 1 ½ tsp Fresh parsley, minced

### Directions

- 1 Preheat oven:  
Conventional oven: 350 °F.  
Convection oven: 325 °F.
- 2 Place onions, peppers, and garlic in a medium saucepan. Sauté uncovered over medium heat for 2 minutes.
- 3 Add salt, pepper, celery salt, mushrooms, and thyme. Continue cooking one additional minute, stirring constantly.
- 4 Add chicken broth and tomato paste to vegetable mixture. Stir well. Bring mixture to a boil and reduce heat to low and simmer for 2 minutes.
- 5 Place uncooked brown rice in a medium baking dish (9"x13"x 2").
- 6 Pour vegetable mixture over rice. Stir well.
- 7 Cover baking dish tightly.
- 8 Bake:  
Conventional oven: 350 °F for 45 minutes.  
Convection oven: 325 °F for 40 minutes.
- 9 Critical Control Point:  
Heat to 140 °F or higher for at least 15 seconds.
- 10 Remove baking dish from oven.
- 11 Combine spinach, cranberries, and parmesan cheese in a large bowl. Sprinkle over cooked rice.
- 12 Critical Control Point:  
Hold at 140 °F or higher until served.
- 13 Garnish with parsley.
- 14 Serve ½ cup (portion with ½ cup measuring cup or No. 8 scoop).

### Source:

CACFP Home Childcare 6-Serving Recipe Project

**Nutrients Per Serving:** Calories 195, Protein 8 g, Carbohydrates 42 g, Dietary Fiber 5 g, Total Sugars 8 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 2 mg, Sodium 248 mg, Vitamin A 89 mcg RAE, Vitamin C 21 mg, Vitamin D 1 IU, Calcium 90 mg, Iron, 5 mcg, Potassium 462 mg

