



Chicken Curry Casserole

GARFIELD ELEMENTARY SCHOOL

Washington, District of Columbia

Our Story

The students of Garfield Elementary School were eager to accept the *Recipes for Healthy Kids* Competition challenge. The recipe challenge team began by brainstorming ideas and developing recipes for each category of the competition. Students then prepared the dishes for their peers and used the feedback to perfect the recipes. While all of the dishes were popular at Garfield, the Chicken Curry Casserole gained special attention from the competition judges. This chicken curry recipe originated from a student who was inspired by a favorite dish her aunt makes at home. Chicken Curry Casserole is a dish to warm the heart and please the soul!

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Danielle Schaub, RD (Chartwells-Thompson)

CHEF

Clay Berry (Executive Chef, Chartwells-Thompson)

COMMUNITY MEMBER

Sapna Batheja, MS, RD (Project Manager, American Association of School Administrators)

STUDENTS

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Meal Components: Meat/Meat Alternate-Other Vegetable-Grains

Main Dishes D-55r

	25 Servings		50 Servings		Directions		
Ingredients	Weight	Measure	Weight	Measure	Process #2: Same Day Service		
Water		1 qt 3 cups		3 qt 2 cups	1. Boil water.		
Brown rice, long-grain, regular, dry	1 lb 8 oz	3 ¾ cups	3 lb	1 qt 3 ½ cups	2. Place 1 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly. 4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.		
Canola oil		⅓ cup		½ cup	6. Cook oil and broth over medium heat for 5 minutes		
Low-sodium chicken broth		1 cup		2 cups			
*Fresh carrots, shredded	1 lb 1 ½ oz	1 qt 1 cup	2 lb 3 oz	2 qt 2 cups	7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside.		
*Fresh celery, diced	11 ½ oz	2 ¼ cups	1 lb 7 oz	1 qt ½ cup			
*Fresh onions, chopped ½"	11 oz	2½ cups	1 lb 6 oz	1 qt 1 cup			
Curry powder		3 Tbsp		¼ cup 2 Tbsp	8. Combine curry, garlic, pepper, salt, and yogurt. Mix well.		
Garlic powder		1½ Tbsp		3 Tbsp			
Ground black pepper		¾ Tbsp		1½ Tbsp			
Salt		1 ½ tsp		1 Tbsp			
Low-fat yogurt, plain	1 lb	2 cups	2 lb	1 qt			

🎉 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.





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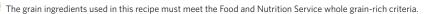
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Lucius discuts	25 Servings		50 Servings		Directions	
Ingredients	Weight	Measure	Weight	Measure	Process #2: Same Day Service	
Frozen, cooked fajita chicken strips, thawed, diced 1"	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	9. Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well.	
					10. Bake uncovered: Conventional oven: 400 °F for 10 minutes Convection oven: 375 °F for 10 minutes	
					Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.	
					11. Critical Control Point: Hold for hot service at 135 °F or higher.	
					12. Portion with 6 fl oz spoodle (¾ cup).	

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
3/4 cup (6 fl oz spoodle) provides 1 1/4 oz equivalent meat/meat alternate, 1/4 cup vegetable, and 3/4 oz equivalent	25 Servings: about 10 lb 8 oz	25 Servings: about 1 gallon 1 ¼ quarts
grains.	50 Servings: about 21 lb	50 Servings: about 2 gallons 2 ½ quarts



Marketing Guide				
Food as Purchased for	25 servings	50 servings		
Carrots	1 lb 6 oz	2 lb 12 oz		
Celery	14 oz	1 lb 12 oz		
Mature onions	13 oz	1 lb 10 oz		

Nutrients Per Serving							
Calories Protein Carbohydrate Total Fat	220.32 14.33 g 26.40 g 6.47 g	Saturated Fat Cholesterol Vitamin A Vitamin C	1.34 g 50.70 mg 3161.50 IU (158.37 RAE) 2.56 mg	Iron Calcium Sodium Dietary Fiber	1.43 mg 64.98 mg 563.78 mg 2.81 g		