



Cauliflower Rice

Colorful cauliflower rice with a medley of celery, carrots, peppers, and a hint of cilantro that burst with flavor in every bite.

Preparation Time: 20 minutes

Cook Time: 6 minutes

CACFP Crediting Information:

½ cup (4 oz spoodle) provides
 ⅛ cup red/orange vegetable, ⅜ cup other vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oil, olive	1 oz	2 Tbsp	2 oz	¼ cup	1 Heat a tilt skillet to medium-high heat. 2 Add olive oil to the tilt skillet and immediately add the celery, onions, carrots, and bell peppers. Cook over medium-high heat for 3 minutes.
*Celery, fresh, small dice	8 oz	2 cups	1 lb	1 qt	
*Onion, yellow, fresh, small dice	8 oz	2 cups	1 lb	1 qt	
*Carrots, fresh, small dice	8 oz	2 cups	1 lb	1 qt	
*Pepper, bell, red, fresh, small dice	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cauliflower, riced, frozen, thawed, drained	2 lbs 8 oz	2 qt	5 lb	1 gal	3 Add cauliflower, salt, and granulated garlic to the tilt skillet and continue cooking over medium-high heat, stirring frequently, for 3 minutes.
Salt		½ Tbsp		1 Tbsp	
Garlic, granulated		½ tsp		1 tsp	
*Cilantro, fresh, minced	1 oz	½ cup	2 oz	1 cup	4 Stir in cilantro. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
					6 Portion with 4 oz spoodle (½ cup). Serve ½ cup.

NUTRITION INFORMATION

For ½ cup (4 oz spoodle)

NUTRIENTS	AMOUNT
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Calories	49
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Total Fat	3 g
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Saturated Fat	0 g
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Cholesterol	0 g
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Sodium	168 mg
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Total Carbohydrate	4 g
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Dietary Fiber	2 g
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Total Sugars	2 g
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Added Sugars	N/A
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Protein	1 g
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Vitamin A	2609 IU
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Vitamin C	39 mg
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Calcium	18 mg
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Iron	0 mg
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N/A=no information available

Source:

USDA Standardized Recipes Project - 2024

*MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Celery, fresh	10 oz	1 lb 4 oz
Onion, yellow, mature	9 oz	1 lb 2 oz
Carrots, fresh	9 oz	1 lb 2 oz
Pepper, bell, red, fresh	1 lb 1 oz	2 lbs 2 oz
Cilantro, fresh	2 ½ oz	5 oz

NOTES

Cooking Process #2: Same Day Service.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

YIELD/VOLUME

25 Servings	50 Servings
About 4 ½ lbs	About 9 lbs
About 3 qts 1 cup/1 steam table pan (12" x 20" x 2 ½").	About 1 gal 1 qt/2 steam table pans (12" x 20" x 2 ½").