



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

NSLP/SBP Crediting Information:

½ cup (4 oz spoon) provides

⅛ cup red/orange vegetable, ⅜ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oil, olive	2 oz	¼ cup	4 oz	½ 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	1 lb	1 qt	2 lbs	2 qts	
*Onion, yellow, fresh, small dice	1 lb	1 qt	2 lbs	2 qts	
*Carrots, fresh, small dice	1 lb	1 qt	2 lbs	2 qts	
*Pepper, bell, red, fresh, small dice	1 lb 8 oz	1 qt 2 cups	3 lbs	3 qts	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cauliflower, riced, frozen, thawed, drained	5 lbs	1 gal	10 lbs	2 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		1 Tbsp		2 Tbsp	
Garlic, granulated		1 tsp		2 tsp	
*Cilantro, fresh, minced	2 oz	1 cup	4 oz	2 cups	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	52
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Total Fat	4 g
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Saturated Fat	0 g
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Cholesterol	0 g
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Sodium	166 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	1985 IU
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Vitamin C	42 mg
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Calcium	17 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	50 Servings	100 Servings
Celery, fresh	1 lb 4 oz	2 lbs 8 oz
Onion, yellow, mature	1 lb 2 oz	2 lbs 4 oz
Carrots, fresh	1 lb 2 oz	2 lbs 4 oz
Pepper, bell, red, fresh	2 lbs 2 oz	4 lbs 4 oz
Cilantro, fresh	5 oz	10 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

50 Servings	100 Servings
About 9 lbs	About 18 lbs
About 1 gal 1 qt/2 steam table pans (12" x 20" x 2 ½").	About 2 gal 2 qt/4 steam table pans (12" x 20" x 2 ½").