


Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

Meal Components: Meat/Meat Alternate-Dark Green Vegetable-Grains

Main Dishes D-57r

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		1 gal 2 ½ qt		3 gal 1 qt	1. Boil water.
Brown rice, long-grain, regular, dry	5 lb 10 oz	3 qt 2 cups	11 lb 4 oz	1 gal 3 qt	2. Place 2 lb 13 oz brown rice in each steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Pour boiling water (3 qt 1 cup 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.
Salt		2 ½ tsp		1 Tbsp 2 tsp	6. Add salt to brown rice. Mix well. Set aside.
Liquid eggs OR Fresh large eggs, beaten		1 qt 1 cup OR 20		2 qt 2 cups OR 40	7. Whisk eggs and water. For 50 servings, ½ cup water. For 100 servings, 1 cup water. 8. Lightly coat pan with pan release spray. Cook half of egg mixture. Chop and set aside for step 12. Reserve other half of egg mixture for step 11.
Vegetable oil		½ cup 2 Tbsp		1 ¼ cups	9. Sauté ham in vegetable oil over high heat for 2 minutes or until ham begins to brown.
Extra-lean turkey ham, diced ¼"	1 lb 8 oz	1 qt	3 lb	2 qt	10. Reduce heat to medium. Mix in brown rice. 11. Add remaining egg mixture. Stir frequently for about 5 minutes, or until cooked.
*Fresh green onions, diced	10 oz	1 qt	1 lb 4 oz	2 qt	12. Mix in onions, spinach, chopped egg, sesame oil, and soy sauce. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

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

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	Weight	Measure	Weight	Measure	
Frozen chopped spinach, thawed, drained OR * Fresh spinach, chopped	3 lb OR 5 lb	1 qt 2 cups OR 2 gal	6 lb OR 10 lb	3 qt OR 4 gal	
Sesame oil		2 Tbsp 2 tsp		⅓ cup	
Low-sodium soy sauce		2 Tbsp		¼ cup	
					13. Critical Control Point: Hold for hot service at 135 °F or higher. 14. Portion with 8 fl oz spoodle (1 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
1 cup (8 fl oz spoodle) provides ½ oz equivalent meat/meat alternate, ⅓ cup dark green vegetable, and 1 ½ oz equivalent grains.	50 Servings: about 19 lb 8 oz	50 Servings: about 2 gallons 2 quarts
	100 Servings: about 38 lb	100 Servings: about 4 gallons 3 quarts

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

Marketing Guide		
Food as Purchased for	50 servings	100 servings
Green onions	12 oz	1 lb 8 oz
Spinach	5 lb 12 oz	11 lb 8 oz

Nutrients Per Serving					
Calories	238.44	Saturated Fat	1.36 g	Iron	1.33 mg
Protein	8.76 g	Cholesterol	73.69 mg	Calcium	53.46 mg
Carbohydrate	34.96 g	Vitamin A	1960.62 IU	Sodium	312.64 mg
Total Fat	7.09 g		(120.34 RAE)	Dietary Fiber	3.24 g
		Vitamin C	0.82 mg		