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.

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
- ⅛ 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
- ½ cup or ⅛ 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.
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