

Energizing Edamame & Rice Shaker

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Rockin' Roasted Chickpeas – See separate recipe (optional for early childcare)		½ gal+1 qt+ ½ cup (12 ½ cups total)		1 ½ gal + 1 cup (25 cups total)
Edamame, shelled, cooked, tempered	4 lbs. 12 oz.	OR ¾ gallon + ½ cup	9 lbs. 8 oz.	OR 1 ½ gallons + 1 cup
Rice, Brown, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 gallon + 1 quart		2 ½ gallons
Pepper, bell, green or red variety, diced, fresh or frozen	5 lbs. 4 oz.	OR ¾ gallon + ½ cup	10 lbs. 8 oz.	OR 1 ½ gallons + 1 cup
Corn, frozen, thawed	4 lbs. 8 oz.	OR ¾ gallon + ½ cup	9 lbs. 4 oz.	OR 1 ½ gallons + 1 cup
Mandarin Oranges, canned, drained	8 lbs. 5 oz.	OR ¾ gallon + ½ cup	16 lbs. 10 oz.	OR 1 ½ gallons + 1 cup
Sesame Dressing: Optional				
Olive or Vegetable Oil		1 pint + 1 1/8 cups		1 quart + 2 ¼ cups
Vinegar, rice		1 cup + 2 tsp.		1 pint+ 1 ½ Tbsp.
Sugar		1 cup + 2 tsp.		1 pint + 1 ½ Tbsp.
Soy Sauce, reduced sodium		1 cup		2 cups
Pepper, black		1 Tbsp.		2 Tbsp.
Sesame Oil (optional)		1 Tbsp.		2 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

Day Before

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

- Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
- Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

2. Cool rice completely.

HACCP Critical Control Point: Hold at 41°F or lower within 4 hours.

3. If preparing the listed salad dressing, combine all ingredients in a pan and heat until sugar is melted; stir frequently. Remove from heat and cool; store in airtight container in cooler.



THE HUMANE SOCIETY
OF THE UNITED STATES

forwardfood.org | 1

Energizing Edamame & Rice Shaker

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Day of

4. Layer ingredients into a 12-oz. or 16-oz. cup as follows:

- 1 cup rice
- ¼ cup diced bell peppers
- ¼ cup drained mandarin oranges
- ¼ cup corn
- ¼ cup edamame
- ¼ cup Rockin' Roasted Chickpeas

5. Cover the cup with the flat lid.

6. Optional - For prepared salad dressing, portion 1 ounce of dressing in two ounce soufflé cups. Place the dressing on the flat lid and top with the domed lid.

*Or serve with individually packaged prepared salad dressings.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

Serving Information

Serve salad shaker with salsa cup or prepared salad dressing. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, ¼ cup starchy vegetable and ¼ cup other vegetable and ¼ cup fruit. This salad shaker qualifies as a reimbursable meal.

Nutrition Information *From USDA Nutrient Database

Calories: 405 Total Fat: 9g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 70g Fiber: 11g Total Sugar: 9g Protein: 14g Sodium: 290mg Vitamin A: 47µg
Vitamin C: 50mg Calcium: 75mg Iron: 3mg Folate: 182µg

Salad Dressing (per 1 ounce serving)

Calories: 143 Total Fat: 14g Saturated Fat: 1g Carbohydrate: 5g (0g Fiber) Protein: 0g Sodium: 201mg

Serving Information for Childcare Programs

In the classroom, portion ¼-½ cup of rice, ¼ c mandarin oranges, ¼ cup corn and ¼ cup edamame over the rice on each plate. Each serving provides 1 meat/meat alternate, ½ - 1 oz. equivalent grains and ¼ cup vegetable component and ¼ cup fruit component.

