

# WHOLE GRAINS FOR SCHOOLS FOODSERVICE RECIPES



While an increasing number of school districts do little more onsite than warm and serve pre-cooked food – or simply serve food prepared at a central district kitchen – a study published in the August 2005 issue of the *Journal of the American Dietetic Association* found that 45.3% of schools still have onsite production systems.

Wherever whole grains are being prepared, whether onsite or centrally, many school foodservice staff feel challenged working with new and unfamiliar ingredients. It is for them that we have created this collection of recipes suitable for school foodservice – a collection that is also posted on the Whole Grains Council website where it can be freely downloaded.

## **Recipes in this collection include:**

- Whole Wheat Veggie Pizzas
- Multi-Grain Pumpkin Muffins
- Carrot Lentil Brown Rice Casserole
- Tamari-Almond Kamut Berry Salad
- Pasta Salad with Zucchini
- Italian Pasta Salad
- Cinnamon Rolls
- Spelt Pita
- Quinoa Pilaf
- “Jackson Square” Pasta Salad
- Vegan Preacher Cookies
- Whole Wheat White Pizza
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- Wild Mushroom-Walnut Bulgur Pilaf
- Warm Rice Salad, with Roasted Chicken, Bacon, and Cheddar
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- Sweet Coconut-Curry Brown Rice
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- Autumn-Inspired Wheatberry Salad

# WHOLE WHEAT VEGGIE PIZZAS

Courtesy of HSC Cafeterias, WVUH  
"Whole Grains Challenge" Winner

## 9 (7-inch) Pizzas:

2 c.	Whole wheat flour
2 c.	All purpose flour
1/2 c.	Dry oats
1 Tbsp. + 1 1/2 tsp.	Active dry yeast
1/4 tsp.	Salt
2 tsp.	Honey
1 1/2 c.	Warm water

- Mix 1 cup each of white and whole wheat flour, oats, yeast and salt. Heat water to 125°, then add honey.
- Gradually add water to dry mixture. Mix for 2 minutes. Add remaining flour, mixing well after each addition.
- Knead dough for 10 minutes. Spray with Pam. Cover. Let rise in warm place until double. Punch down.
- Divide into equal parts. Roll and place in 7-inch pizza pans. Cover; let rise in warm place approximately 45 minutes.

## Sauce and Toppings:

1 c. + 2 Tbsp.	Pizza sauce
2 tsp.	Minced garlic
1/4 c.	Fresh basil leaves, trimmed and chopped
1 1/2 c.	Spinach leaves, stems trimmed
1 c. + 2 Tbsp.	Broccoli flowerets
1/2 c. + 1 Tbsp.	Carrots, grated
1 c. + 2 Tbsp.	Green peppers, diced
1 c. + 2 Tbsp.	Diced fresh tomatoes
2 1/4 c.	Part-skim mozzarella cheese

- Mix pizza sauce with minced garlic and fresh basil.
- Top each dough with:
  - 2 Tbsp. Pizza sauce
  - Spinach leaves
  - 2 Tbsp. Broccoli flowerets
  - 1 Tbsp. Grated carrots
  - 2 Tbsp. Green peppers
  - 2 Tbsp. Diced fresh tomatoes
  - 1/4 c. Mozzarella (part-skim) cheese
- Bake in hot oven (375° convection oven; 425° home oven) approximately 10 minutes.

*Nutrition Facts per pizza: Calories 340, Total Fat 6g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 20 mg, Sodium 350 mg, Total Carbohydrate 55g, Dietary Fiber 8g, Sugars 3g, Protein 15g, Vitamin A 40%, Vitamin C 50%, Calcium 25%, Iron 20%.*

# MULTI-GRAIN PUMPKIN MUFFINS

Courtesy of HSC Cafeterias, WVUH  
 “Whole Grains Challenge” Winner

12 Cupcake Size Muffins	Ingredients	36 Cupcake Size Muffins
1/2 c.	Whole Wheat Flour	1 1/2 c.
1 c.	All Purpose Flour	3 c.
3/4 c.	Ground Flax	2 1/4 c.
3/4 c.	Oatmeal	2 1/4 c.
1/2 c.	Brown Sugar	1 1/2 c.
2 tsp.	Baking Soda	2 Tbsp.
1 tsp.	Baking Powder	1 Tbsp.
1/4 tsp.	Salt	3/4 tsp
2 tsp.	Cinnamon	2 Tbsp.
1 c.	Pumpkin, canned	3 c.
1/2 c.	Raisins	1 1/2 c.
1/3 c. + 1 Tbsp.	Egg Substitute	1 1/4 c.
2 Tbsp.	Unsweetened Applesauce	1/3 c.
1 tsp.	Vanilla	1 Tbsp.
1 c.	Skim Milk	3 c.
1 Tbsp.	Lemon Juice	3 Tbsp.

- Mix dry ingredients. Stir in raisins.
- Combine eggs, pumpkin, milk, applesauce and vanilla in separate bowl.
- Add liquids to dry ingredients; stir until moist (batter will be lumpy).
- Bake at 350° (300° convection oven) for 15-20 minutes. Take out of pan as soon as possible to cool.

*Nutrition Facts per muffin: Calories 170, Total Fat 3g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 320mg, Total Carbohydrate 31g, Dietary Fiber 4g, Sugars 12g, Protein 6g, Vitamin A 70%, Vitamin C 2%, Calcium 6%, Iron 10%.*

# CARROT LENTIL BROWN RICE CASSEROLE

Courtesy of HSC Cafeterias, WVUH  
"Whole Grains Challenge" Winner

1 1/2 c. Onion, chopped  
2 1/2 c. Carrots, diced frozen  
2 c. Dry lentils, rinsed  
2 c. Uncooked brown rice  
2 1/2 c. Green pepper, chopped  
1 tsp. Dried thyme  
1 tsp. Dried basil  
1 tsp. Oregano  
1/2 tsp. Salt  
1/2 tsp. Rubbed sage  
1 Tbsp. Minced garlic  
5 c. Water  
3/4 oz. Low sodium vegetable base  
5 c. Canned tomato strips in puree

- In steam table pans sprayed with Pam, combine all ingredients.
- Cover and bake at 300° (convection oven) until the liquid is absorbed and lentils and rice are tender (about 1 1/2 hours).
- Keep hot (155° or higher) for service.

*Makes: 30 servings*

*Serving Size: 1/2 cup*

*Nutrition Facts per serving: Calories 110, Total Fat 0.5g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 80mg, Total Carbohydrate 22g, Dietary Fiber 5g, Sugars 4g, Protein 5g, Vitamin A 15% DV, Vitamin C 20% DV, Calcium 0% DV, Iron 8%DV.*

# TAMARI-ALMOND KAMUT BERRY SALAD

Courtesy of Robin Asbell  
Whole Grains Council Culinary Advisor

## Kamut Berries:

8 c. Kamut berries  
20 c. Purified water

## Tamari Almonds:

5 1/2 c. Almonds, whole  
1/4 c. Tamari

## Dressing:

1/2 lb. Red onion, small dice  
1 bunch Celery, chopped  
2 bunches Parsley, washed, dried and minced  
2 Tbsp. Ginger  
1/4 c. Almond butter  
1 c. Apple juice  
1 c. Lemon juice  
1/4 c. Tamari  
1/2 c. Canola oil  
3 Tbsp. Toasted sesame oil  
1/4 c. Honey  
1 Tbsp. Cracked black pepper  
1 Tbsp. Salt

- Boil the water in a large pot, rinse kamut and add to the boiling water, return to a boil. Lower heat to a simmer, cover tightly and cook until the kamut is soft but a little crunchy, about 45 minutes. Drain excess water but don't rinse. Chill the grain.
- In a large bowl, mix 1/4 c. tamari with almonds. Spread on a parchment lined sheet pan and toast in a convection oven at 375° for 15 minutes. Cool.
- Chop the onions and celery and add to the chilled grain. In a food processor, mince the parsley and ginger. Add the almond butter and apple juice and process until smooth. Add the remaining ingredients and process to blend.
- Pour the dressing over the kamut and veggies and toss to mix. Chill. Add the tamari almonds just before serving.

*Makes: 15 lbs*

# PASTA SALAD WITH ZUCCHINI

Courtesy of Colorado Springs School District  
"Whole Grains Challenge" Winner

1 lb. + 9 oz.	Multi grain penne pasta, cooked
1 lb + 5 1/8 oz.	Italian salad dressing
3 1/8 oz.	Green peppers
4 3/4 oz.	Celery
4 3/4 oz.	Zucchini, unpeeled
6 1/4 oz.	Onions, chopped fine
6 1/4 oz.	Carrots, peeled & sliced

- Cook pasta in boiling water until just tender. Drain well. Rinse in cold water. Drain very well.
- Combine all remaining ingredients and add to rinsed pasta. Mix well.
- Refrigerate overnight.

*Makes: 50 servings*

*Serving Size: 1/4 cup*

*Nutrition Facts per serving: Calories 85, Iron 0.29mg, Protein 1.36g, Cholesterol 0mg, Calcium 7mg, Carbohydrates 6.50g, Sodium 102mg, Vitamin A 629\*IU, Total Fat 6.31g, Dietary Fiber 0.76g, Vitamin C 2.4mg, Saturated Fat 0.91g, Protein 6.38%, Carbohydrates. 30.45%, Total Fat 66.46%, Saturated Fat. 9.54%*

*\* - Denotes Missing Nutrient Values*

# ITALIAN PASTA SALAD

Courtesy of Colorado Springs School District  
"Whole Grains Challenge" Winner

2 lbs + 8 oz.      Multi grain penne pasta, cooked  
1 3/4 c. + 2 Tbsp.    Canned olives, sliced and drained  
12 1/2 oz.        Pepperoni, sliced  
3/4 c. + 1 Tbsp.    Italian salad dressing

- Cook pasta according to package directions and drain well.
- Add sliced olives, sliced pepperoni (quartered), and Italian dressing to cooked pasta and toss to combine.
- Chill and serve.

*Makes: 50 servings*

*Serving Size: 2 oz.*

*Nutrition Facts per serving: Calories 93, Iron 0.56mg, Protein 3.27g, Cholesterol 7mg, Calcium 4mg, Carbohydrates 7.78g, Sodium 236mg, Vitamin A 1\*IU, Total Fat 5.78g, Dietary Fiber 0.82g, Vitamin C 0mg, Saturated Fat 1.46g, Saturated Fat 14.09%, Protein 14.04%, Carbohydrates. 33.42%, Total Fat 55.88%*  
*\* - Denotes Missing Nutrient Values*

# CINNAMON ROLLS

Courtesy of Colorado Springs School District  
"Whole Grains Challenge" Winner

## Dough:

7 oz.	Active yeast
16 lbs	All-purpose bleached wheat flour
16 lbs	Whole-grain wheat flour
2 lbs + 3 oz.	Non-fat milk
2 lbs + 12 oz.	Granulated sugar
14 oz.	Salt
2 qts + 3/4 c.	Soybean oil
2 1/4 gals + 1 c.	Water
6 lbs + 1 oz.	Non-hydrogenated margarine

## Cinnamon Spread:

5 lbs + 6 oz.	Brown sugar (light)
9 lbs	Granulated sugar
1 1/2 c.	Ground cinnamon
2 13 oz. cans + 2 oz.	Condensed evaporated milk

*For best results, have all ingredients and utensils at room temperature*

- Mix yeast, flours, milk powder, white sugar and salt on setting for 4 minutes.
- Slowly add oil and water, then mix on setting for 14 minutes.
- Let rise in warm area (about 90°F) for 45-60 minutes.
- Place on lightly floured surface and weigh out balls at 3 lbs 6 oz each.
- Measure margarine, brown sugar, sugar, cinnamon and evaporated milk. Mix until spreadable paste is formed. Set aside.
- Roll each ball of dough into a rectangle 25"x10"x1/4".
- Spread cinnamon mixture over rectangle, about 1/2 cup per rectangle.
- Roll each rectangle into long slender roll with cinnamon spread on the inside. Cut each roll into uniform one-inch pieces.
- Place on lightly floured sheet pan and cover with bag.
- Place in a warm area (about 90°) until double in size (25-30 minutes).
- Bake until lightly browned (400° conventional oven for 18-20 minutes; 325° convection oven for 12-14 minutes).
- Optional: Frost with white glaze frosting.

*Makes: 500 servings*

*Serving Size: 2 oz.*

*Nutrition Facts per serving: Calories 246, Iron 1.54mg, Protein 4.53g, Cholesterol 1mg, Calcium 47mg, Carbohydrates 38.67g, Sodium 376mg, Vitamin A 203IU, Total Fat 8.82g, Dietary Fiber 2.43g, Vitamin C 0.3mg, Saturated Fat 1.47g, Protein 7.35%, Carbohydrates 62.80%, Total Fat 32.23%, Saturated Fat. 5.39%*



# SPELT PITA

Courtesy of King Arthur Flour  
Just Ask for Whole Grains Conference Sponsor

2.833 kg Whole spelt flour  
2.833 kg Sir Galahad Artisan flour  
3.853 kg Water  
0.283 kg Extra Virgin olive oil  
0.113 kg Salt  
0.085 kg Yeast

- Add all the ingredients to the mixer. Mix on first speed for 3 minutes to incorporate the ingredients.
- Check the hydration and correct as necessary. Mix on second speed for an additional 3 to 4 minutes.
- Gluten development should be moderate. Desired dough temperature: 75°F-78°F.
- Cover the dough with plastic and bulk ferment 1.5-2 hours, with a fold halfway through.
- Divide the dough into 70g pieces and round them.
- When relaxed, pin each dough piece into a disc about 1/4" thick.
- Bake at 250°C directly on the sole of the oven. When they have ballooned and the bottoms are speckled, turn them over and finish the bake.

*Makes: About 140 pitas*

# QUINOA PILAF

Courtesy of University Village Center  
“Whole Grains Challenge” Winner

1 oz.	Shallots, minced
1/2 oz.	Garlic, peeled, minced
24 oz.	Chicken stock, prepared, hot
12 oz.	Quinoa
1/2 tsp.	Salt
1 each	Bay leaf
1/4 tsp.	White pepper
1 sprig	Thyme, whole

- Sweat shallots and garlic for one minute in one ounce of chicken stock.
- Add quinoa, remaining stock, salt, bay leaf, pepper, and thyme. Bring to a simmer.
- Cover pot tightly and place in 350°F oven. Cook for 15 minutes until grains are tender.
- Remove bay leaf and fluff grains with a fork. Fold in desired garnish. Serve.
- Garnish ideas: Red and yellow roasted peppers, diced; Almonds, toasted and slivered; Sautéed mushrooms; Fresh chopped parsley.

*Makes: 12 servings*

# “JACKSON SQUARE” PASTA SALAD

Courtesy of Virginia Tech's D2 Dining Service  
“Whole Grains Challenge” Winner

4 lbs	Whole wheat spaghetti
8 oz.	Broccoli buds
8 oz.	Shoestring carrots
8 oz.	Green pepper strips
8 oz.	Red pepper strips
6 oz.	Fresh sliced mushrooms
8 oz.	Cherry tomatoes
1/3 c.	Pepperoncini
1 1/2 tsp.	Granulated sugar
1/2 c.	Red wine vinegar
1 tsp.	Iodized salt
1/2 tsp.	Ground black pepper
1/3 c.	Fresh basil
2 tsp.	Whole oregano, dried
2 tsp.	Whole rosemary, dried
2 tsp.	Thyme leaves, dried
1 1/2 c.	Pure olive oil

- Ensure that all preparation equipment needed for this recipe is clean and sanitized. Wash hands prior to beginning preparation.
- Cook pasta until al dente. Drain and rinse in an ice bath to cool. Drain again.
- Slightly steam broccoli and carrots until just tender. Drain and cool in an ice bath and drain again.
- Add all of the vegetables and the pasta in bowl to mix.
- In a separate bowl, dissolve sugar in vinegar. Add seasonings.
- Slowly drizzle oil into vinegar mixture, mixing until dressing is emulsified.
- Pour dressing over pasta and vegetable mixture and mix well.
- Maintain temperature at 40°F or less for holding and serving.

*Makes: 200 oz.*

*Serving Size: 4 oz.*

# VEGAN PREACHER COOKIES

Courtesy of Virginia Tech's D2 Dining Service  
"Whole Grains Challenge" Winner

13 oz. Granulated sugar  
1/2 c. Soy milk  
1/2 c. Non-hydrogenated margarine  
4 Tbsp. Cocoa  
1 tsp. Vanilla flavoring  
5 1/2 oz. Rolled oats cereal  
4 1/4 oz. Peanut butter

- Ensure that all preparation equipment needed for this recipe is clean and sanitized. Wash hands prior to beginning preparation.
- Place sugar, soy milk, margarine, and cocoa in small sauce pot and bring to a boil for one minute.
- Turn off heat and add remaining three ingredients to sauce pot.
- Portion cookies into 2-ounce scoops and place onto parchment paper.
- Allow mixture to cool and harden before serving.

*Makes: 50 cookies*

*Serving Size: 1 cookie*

# WHOLE WHEAT WHITE PIZZA

Courtesy of Virginia Tech's D2 Dining Service  
"Whole Grains Challenge" Winner

1 c.	Olive oil
6 oz.	Garlic
2 Tbsp.	Whole oregano, dried
4 - 23 oz.	Whole wheat pizza dough balls
4 oz.	Washed spinach
2 lbs	Diced mozzarella and provolone blended cheese
2 lbs	Sliced tomatoes
2 lbs	Salad cut artichoke hearts
8 oz.	Sliced black olives
2 lbs	Feta cheese

- Ensure that all preparation equipment needed for this recipe is clean and sanitized. Wash hands prior to beginning preparation.
- Heat oil in a skillet. Add garlic and oregano. Cook until soft. Set aside to cool.
- Using pizza press, roll out dough to 17 inches. Generously spray a pizza screen with pan spray. Place the crust on the screen.
- Brush crust with oil mix. Lay spinach flat on crust. Top with the mozzarella and provolone blend.
- Top cheese with sliced tomatoes, then artichokes, olives, and Feta cheese.
- Bake at 450°F for 10-15 minutes. Ensure that the final temperature is 145°F or above. Cut into twelve slices and serve.
- Maintain temperature at 140°F or greater during holding and service.

*Makes: 4 pizzas*

*Serving Size: 1 slice*

# WHOLE GRAIN SPAGHETTI WITH FRESH VEGETABLES

Courtesy of Barilla  
Just Ask for Whole Grains Conference Sponsor

20 boxes	BARILLA Whole Grain Spaghetti
2 c.	Extra virgin olive oil
10 cloves	Garlic
10 small	White onion, finely chopped
10 small	Zucchini, diced small
10 small	Yellow squash, diced small
10 bunch	Asparagus, cut into 1-inch pieces
10 medium	Yellow bell peppers, julienne
10 pints	Cherry tomatoes, halved
to taste	Salt
to taste	Freshly ground black pepper
20 leaves	Fresh basil, torn

- Cook pasta according to package directions.
- Meanwhile, heat olive oil in a large skillet. Using the side of a knife, gently press and peel the garlic and sauté in skillet for 1 minute, until slightly brown. \_
- Add onion and sauté for 5 minutes, until translucent.
- Add bell pepper, zucchini, yellow squash and asparagus and sauté until heated but not completely cooked.
- Add tomatoes, season with salt and pepper and sauté for 2 additional minutes.
- Drain pasta, add to skillet and toss with basil before serving.

*Makes: 100 servings*

# WHOLE GRAIN PENNE WITH ZUCCHINI AND PARMESAN

Courtesy of Barilla  
Just Ask for Whole Grains Conference Sponsor

20 boxes	BARILLA Whole Grain Penne
2 c.	Extra virgin olive oil
10 cloves	Garlic, chopped
40 small	Zucchini, thinly sliced
20 c.	Cherry tomatoes
40	Basil leaves, torn in small pieces
10 c.	Parmesan cheese, shaved
Sea salt (to taste)	

- Cook pasta according to package directions.
- Meanwhile, season zucchini with a little sea salt.
- Heat olive oil in medium-sized skillet, add garlic and sauté for 2 minutes.
- Add zucchini and sauté for additional two minutes.
- Add cherry tomatoes and sauté until skins are slightly blistered and the tomatoes are heated all the way through. Add basil to skillet.
- Drain pasta, add to skillet and toss with cheese before serving.

*Makes: 100 servings*

# BULGUR AND BROWN RICE PILAF

Courtesy of Sunnyland Mills  
Just Ask for Whole Grains Conference Sponsor

1 1/2 lb. Butter or margarine  
20 cloves Garlic, fresh and finely chopped  
3 3/4 lb. Onion (white or yellow), small diced  
5 c. Brown rice  
15 c. Bulgur #3 coarse  
2 1/2 lb. Vermicelli fine, broken into half-inch lengths  
2 1/2 gal. Chicken stock or broth  
10 tsp. Marjoram (to taste)  
Green onion, finely chopped (for garnish)  
Salt and pepper to taste

- Sauté vermicelli, onion in butter or margarine until lightly browned. Use of rondeau in batches may be preferable.
- Add rice and bulgur and sauté.
- Add chicken stock or broth and marjoram.
- Bring to boil, cover and simmer over low heat for approximately 30-35 minutes or until liquid is absorbed.
- Salt and pepper to taste.

*Makes: 100 servings*  
*Serving Size: 4 oz.*



# P.F. CHANG'S COMBO FRIED BROWN RICE

Courtesy of P.F. Chang's China Bistro  
"Whole Grains Challenge" Winner

2 oz. Shrimp  
2 oz. Beef (cut into strips)  
2 oz. Chicken (cut into strips)  
1/2 Tbsp. Vegetable oil  
1 Egg  
3 1/2 c. Cooked brown rice (follow directions on package)  
1.5 oz. Bean sprouts (approximately 1 cup)  
1.5 oz. Carrots (cut into strips, approximately 1/2 cup)  
1/2 c. Green onions (fine chop)

## **Fried Rice Sauce:**

1/4 c. Kikkoman soy sauce  
2 Tbsp. Cooking sherry  
2 tsp. Oyster sauce

- In a mixing bowl, mix all Fried Rice Sauce ingredients well; set aside.
- Add 1/2 Tbsp. of vegetable oil to hot pan.
- Add chicken, beef and shrimp and stir-fry until done; set aside.
- Add remaining 1/2 Tbsp. of vegetable oil to hot pan.
- Add egg in and scramble.
- Add Fried Rice sauce, stir-fry until all rice is coated evenly.
- Add shrimp, beef, and chicken and quickly stir-fry.
- Add rice and vegetable and stir-fry.

# WILD MUSHROOM-WALNUT BULGUR PILAF

Courtesy of Kathryn Conrad  
Whole Grains Council Culinary Advisor

8 c.	Low-sodium vegetable broth, divided
1 oz.	Dried porcini mushrooms
1/4 c.	Extra virgin olive oil
2 c.	Chopped shallots
1 lb.	Mixed mushrooms (portabella, shiitake, oyster, etc.), thinly sliced
6 cloves	garlic, minced
3 Tbsp.	Butter
1 c.	Dry white wine
2 tsp.	Salt
1/2 tsp.	Freshly ground black pepper
4 c.	Whole grain bulgur
1 c.	Chopped, toasted walnuts
1/2 c.	Chopped fresh flat-leaf parsley

- Preheat oven to 350°F.
- Bring 2 cups vegetable broth to a boil over medium-high heat. Remove from heat and stir in dried porcinis. Cover and steep 20 minutes. Drain over a bowl, reserving soaking liquid. Chop porcinis and reserve.
- Heat olive oil in a large skillet over medium-high heat. Add shallots. Sauté 5 minutes or until softened. Add mushrooms, garlic and butter. Cook 8 minutes or until the mushrooms have given off their liquid and are beginning to brown, stirring often.
- Stir in wine and cook 2 minutes. Stir in reserved chopped porcinis, salt and pepper and cook 2 minutes.
- Transfer mushroom mixture to a hotel pan. Add bulgur and walnuts.
- Combine reserved porcini soaking liquid and the remaining 6 cups vegetable broth in a large saucepan over medium-high heat. Bring to a boil. Pour evenly over bulgur mixture in hotel pan. Stir well to combine. Cover tightly with foil and bake for 20 minutes at 350°F. Stir well, cover and bake for an additional 20 minutes. Remove from oven and stir in chopped parsley.

*Makes: 16 servings*

*Serving Size: 1 cup*

# WARM RICE SALAD WITH ROASTED CHICKEN, BACON, AND CHEDDAR

Courtesy of Mars Food US / Uncle Ben's  
Just Ask for Whole Grains Conference Sponsor

12 c. Uncle Ben's Infused Chicken & Wild Rice Pilaf, cooked  
12 oz. Mixed greens, fresh  
2 1/2 lbs. Roasted chicken breast, sliced  
1 1/2 c. Applewood-smoked bacon, diced, cooked crisp  
72 Grape tomatoes, fresh  
6 oz. Cheddar cheese, sharp, shaved into one-inch pieces

## For one portion:

- Combine 1 c. rice and 1 oz. mixed greens in bowl; toss gently to blend and arrange on plate.
- Arrange 3 oz. chicken over salad.
- Top with 2 Tbsp. bacon and 6 tomatoes.
- Arrange 1/2 oz. cheese over salad.
- Serve warm.

*Makes: 12 servings*

# SONOMA RICE PILAF WITH ALMONDS AND FIGS

Courtesy of Mars Food US / Uncle Ben's  
Just Ask for Whole Grains Conference Sponsor

12 c. Uncle Ben's Infused Chicken & Wild Rice Pilaf, cooked, hot  
3 1/2 c. Roasted vegetables (asparagus, red and orange bell pepper, red onions) warm,  
diced small  
1/2 c. California mission figs, fine-chopped  
1/2 c. Almonds, sliced, toasted  
6 Tbsp. Balsamic glaze, commercially prepared  
3/4 c. Goat cheese, crumbled  
12 Salmon fillets, grilled

- Combine rice, vegetables, figs, and almonds; toss to blend. Keep warm.

## **For one portion:**

- Spoon 1 cup rice pilaf onto plate
- Drizzle 1/2 Tbsp. glaze over rice
- Top with 1 Tbsp. cheese
- Serve with 1 salmon fillet

*Makes: 12 servings*

# SWEET COCONUT-CURRY BROWN RICE

Courtesy of Mars Food US / Uncle Ben's  
Just Ask for Whole Grains Conference Sponsor

8 c. Uncle Ben's Whole Grain Brown Rice, prepared  
1 Tbsp. Butter, unsalted  
2 c. Green bell pepper, chunks  
1 c. Red onion chunks  
1 c. Carrot, small diced  
2 Tbsp. Madras curry powder  
2 c. Pineapple, fresh, small dice  
3 Tbsp. Green chiles, canned, small dice  
6 c. Thai coconut milk, real  
2 c. Pineapple juice  
1 1/2 c. Coconut, sweet, shredded  
2 Tbsp. Cilantro, fresh, rough-chopped

- Cook rice according to package directions. Hold warm.
- Heat butter in sauce pot over medium-high heat to melt
- Add bell pepper, onion, and carrots. Sauté for 5 minutes.
- Add curry powder, stirring constantly. Cook for 1 minute to bring out flavor of spice.
- Add pineapple and chiles. Cook for 2 minutes.
- Add Thai coconut milk and pineapple juice. Bring to a boil, then reduce heat to simmer. Simmer for 12 minutes.
- Add coconut and cilantro to finish sauce and immediately remove sauce pot from heat. Reserve hot.

## To plate:

- Place 1 c. rice into center of large dinner bowl. Use soup cup to mold rice into domed shape. Ladle 8 oz. coconut-curry sauce around rice.
- Garnish with sprinkles of toasted coconut, chopped cilantro, and toasted black and white sesame seeds. Place a scallion fan across side of bowl.

*Makes: 8 servings*

# CHICKEN, BROWN RICE, AND EDAMAME SALAD

Courtesy of Mars Food US / Uncle Ben's  
Just Ask for Whole Grains Conference Sponsor

4 c. Uncle Ben's Whole Grain Brown Rice, prepared  
6 1/4 c. Chicken, roasted, pulled, white and dark meat  
1 c. Celery, bias-sliced  
1 c. Scallion, fresh, sliced (green and white parts)  
3/4 c. Walnut halves, toasted  
3 c. Edamame, shelled, blanched  
1 c. Red onion, fine julienne  
3 1/2 c. Citrus dressing, commercially prepared  
Mesclun lettuce leaves (as needed)

- Cook rice according to package directions. Hold chilled.
- Add remaining ingredients. Gently fold together to evenly blend.
- Chill salad for at least 2 hours to allow rice to absorb all flavors and flavor of salad to develop.

## **To plate:**

- Serve 2 c. chilled rice salad over mesclun lettuce leaves.

*Makes: 16 servings*

*Serving Size: 2 cups*

# AUTUMN-INSPIRED WHEATBERRY SALAD

Courtesy of Flik Independent Schools at Milton Academy  
“Whole Grains Challenge” Winner

3 Pks                      Wheatberries  
3                              Sweet potatoes, peeled and chopped  
1 Tbsp.                    Extra virgin olive oil  
2 Tbsp.                    Cinnamon  
1/2 c. + 1 Tbsp.        Brown sugar  
1 Pinch                    Nutmeg  
1 1/2 c.                    Craisins or Dried Cranberries  
Sliced Almonds to Top  
Salt & Pepper

- Cook wheatberries according to package.
- Allow to cool and sprinkle with salt and pepper.
- Toss sweet potatoes in olive oil, cinnamon, brown sugar and nutmeg.
- Roast in a 350° oven until tender and caramelized; allow to cool.
- Toss sliced almonds with olive oil, salt & pepper. Spread on a baking sheet and roast in a 350° oven until golden brown. Allow to cool.
- Assemble on a platter or bowl, starting with wheatberries on the bottom and top with Craisins, sweet potatoes, and almonds.

*Makes: 9-12 servings*