

# Zucchini Cheesy Rice

Vegetable

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat oven 375 F
Brown rice, long grain	4 lbs.	10 cups	8 lbs.	20 cups	2. Spread out the rice evenly between each steamtable pan. Add the broth and butter evenly, then stir to ensure even distribution. Cover with aluminum foil and bake for 1 hour or until rice is tender.
Low sodium chicken broth		3 quarts, 2 cups		7 quarts	
Butter without salt		6 Tbsp.		12 Tbsp.	
Zucchini	8.5 lbs.	30 cups, grated	17 lbs.	60 cups, grated	3. Grate the zucchini with a food processor using the largest grater attachment available
Reduced fat cheddar cheese, shredded	4 lbs.		8 lbs.		4. Fluff cooked rice then add cheese and zucchini. Let stand for at least 10 minutes before serving. CCP: Hold at 135 F or higher.

Serving	Yield	Volume
1 cup of Zucchini cheesy rice (1 serving provides 1 ounce equivalents of meat/meat alternate, ½ cup vegetable (other) and 1 oz of grain)	<b>50 Servings:</b> 50 cups	<b>50 Servings:</b> 2 steamtable pans (12 ¾" x 20 ¾" x 4")
	<b>100 Servings:</b> 100 cups	<b>100 Servings:</b> 4 steamtable pans (12 ¾" x 20 ¾" x 4")

Nutrients Per Serving					
<b>Calories</b>	272	<b>Saturated Fat</b>	6.32 g	<b>Iron</b>	0.82 mg
<b>Protein</b>	13.82 g	<b>Cholesterol</b>	30.70 mg	<b>Calcium</b>	22.11 mg
<b>Carbohydrate</b>	32.41 g	<b>Vitamin A</b>	191.38 IU	<b>Sodium</b>	299.30 mg
<b>Total Fat</b>	10.69 g	<b>Vitamin C</b>	13.32 mg	<b>Dietary Fiber</b>	2.02 g