

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

Meal Components: Grains, Meat / Meat Alternate

Main Dishes, D-57r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 qt 1 cup		1 gal 2 1/2 qt	1. Boil water
Brown rice, long-grain, regular, dry 2 lb 13 oz		1 qt 3 cups	5 lb 10 oz	3 qt 2 cups	2. Place 2 lb 13 oz brown rice in each steam table pan (12" x 20" x 2 1/2"). 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; add salt and mix well.
Salt		1 1/4 tsp		2 1/2 tsp	
Liquid eggs		2 1/2 cups		1 qt 1 cup	6. Whisk eggs and water. For 25 servings, 1/4 cup water. For 50 servings, 1/2 cup water.
OR		OR		OR	
Fresh large eggs, beaten		12		24	7. Lightly coat pan with pan release spray. Cook half of egg mixture. Chop and set aside for step

Vegetable oil		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp	<b>8.</b> Sauté ham in vegetable oil over high heat for 2 minutes or until ham begins to brown.
Extra-lean turkey ham, diced 1/4"	12 oz	2 cups	1 lb 8 oz	1 qt	<b>9.</b> Reduce heat to medium. Mix in brown rice. <b>10.</b> Add remaining egg mixture. Stir frequently for about 5 minutes, or until cooked.
*Fresh green onions	5 oz	2 cups	10 oz	1 qt	<b>11.</b> Mix in onions, spinach, chopped egg, sesame oil, and soy sauce.
Frozen chopped spinach, thawed, drained	1 1/2 lb	3 cups	3 lb	1 qt 2 cups	
OR	OR	OR	OR	OR	
*Fresh spinach, chopped	2 lb 8 oz	1 gal	5 lb	2 gal	
Sesame Oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Low-sodium soy sauce		1 Tbsp		2 Tbsp	<b>12.</b> Critical Control Point: Hold for hot service at 135 °F or higher. <b>13.</b> Portion with 8 fl oz spoodle (1 cup).

Notes

### Our Story

A local restaurant owner and chef worked with the recipe challenge team comprised of students from McDougle Elementary School and Culbreth Middle School. The team developed this recipe using the chef's cooking style, consisting of North Carolina ingredients and Asian-inspired flavors. Stir-Fried Green Rice, Eggs, and Ham is a beautifully presented and colorful dish that will be an instant kids' favorite, not only due to the recipe's name, but also its taste!

### Mcdougle Elementary School/Culbreth Middle School

Chapel Hill, North Carolina

### School Team Members

**School Nutrition Professional:** Ryan McGuire

**Chef:** Andrea Reusing (Owner, Lantern Restaurant)

**Community Members:** Joe Palladino (Cafeteria Manager at Culbreth Middle School) and Liz Cartano (District Manager of the Food and Nutrition Department for Chapel Hill Carrboro City Schools)

**Student:** Bridget P.

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

### Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Green onions	6 oz	12 oz
Spinach	2 lb 14 oz	5 lb 12 oz

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 1 oz equivalent meat/meat alternate and 1 1/2 oz equivalent grains.	<b>25 Servings:</b> about 9 lb 8 oz <b>50 Servings:</b> about 19 lb 8 oz	<b>25 Servings:</b> about 1 gallon 1 quart <b>50 Servings:</b> about 2 gallons 2 quarts

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