



## Brazilian Creamy Rice Casserole

This recipe was developed in partnership with National Dairy Council®, American Dairy Association North East, Syracuse City School District and American Dining Creations. Special thanks to the American Dairy Association Mid-east and Cabell County Schools in West Virginia for providing support and assistance during the recipe development process.

### Brazilian Creamy Rice Casserole

Meat/Meat Alternative

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Oil, pan cooking spray release	1 spray	<ol style="list-style-type: none"> <li>1. Preheat oven to 400° F. Spray a steam table pan with pan release.</li> <li>2. In a large bowl, combine cooked rice, carrots, corn, spinach, beans, pineapple juice, mozzarella cheese, salt and black pepper.</li> <li>3. In a separate bowl, combine soft cream cheese and yogurt until fully incorporated.</li> <li>4. Add cream cheese mixture with the rice mixture and combine.</li> <li>5. Place rice mixture in a prepared steam table pan and top with parmesan cheese. Bake in the oven until parmesan cheese is golden brown.</li> <li>6. Hold at 135° F. or warmer. (CCP)</li> <li>7. Serve a 6 oz. portion using a #6 scoop.</li> </ol>
Rice, long grain, brown, cooked, without salt	3 qt. + ½ cup	
Carrots, raw, grated/shredded	1-½ cups	
Corn, sweet yellow, frozen kernels, thawed	1-½ cups	
Spinach, fresh, chopped	¾ cup	
Beans, black turtle canned, low sodium	3-¾ cups	
Pineapple juice, canned	6-¼ oz.	
Cheese, mozzarella, lite, shredded	9-½ oz.	<p><b>Notes:</b></p>
Salt	½ Tbsp.	
Pepper, black	½ Tbsp.	
Cheese, cream, Neufchatel	12 oz.	
Yogurt, low-fat, plain	3 cups	
Cheese, parmesan, dry grated, reduced fat	¾ cup	

Serving:	Yield:	Volume:
Meets 1 oz. meat/meat alternate, 1 grain serving.	25 servings	

Nutrients Per Serving					
Calories	244 kcal	Saturated Fat	3.84 g	Iron	0.67 mg
Protein	11.03 g	Cholesterol	19.21 mg	Calcium	188.19 mg
Carbohydrates	34.95 g	Vitamin A	1395.10 IU	Sodium	332.77 mg
Total Fat	6.39 g	Vitamin C	3.43 mg	Dietary Fiber	4.72 g