

Recipe Crediting Worksheet

Recipe Name Bell Pepper & Pineapple Fried Rice

Portion Size 1/2 cup

 Meat/Alt X Vegetable/Fruit
 X Grain/Bread

 3-5 Age Group

Resource used for Crediting Food Buying Guide Yield 28

(1) Ingredient	(2) Amount (weight or measure)	(3) Meat/Meat Alternate (ounces)	(3) Vegetable/ Fruit (total cups)	(3) Grains/ Breads (equivalent for 3-5 yr old)
Brown Rice	4 cups			25.6 oz
Bell Peppers	2.5 lbs.		6 cups	
Ginger root	2 Tbsp.			
Garlic	1 Tbsp.			
Vegetable oil	1/2 cup			
Pineapple-drained, crushed	1 1/2 cup		1 1/2 cups	
Low-sodium soy sauce	1/3 cup			
(4)	Recipe Total	ounces	7.5 cup(s)	6.67 cups equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 =	divide by the number of servings the recipe yields
(6)			30 1/4 c divide by the number of servings the recipe yields	
(7)	Each portion contributes	ounces	1.07 1/4 cup(s)	1 = 1/4c equiv

Ingredient	Form (whole, chopped)	24 servings Recipe Yield	
		Weight	Measure
Brown Rice	regular		4 cups dry
Bell Peppers	Fresh, Chopped	2.5 lbs	
Ginger root	Fresh, Grated		2 Tbsp.
Garlic	Fresh Crushed		1 Tbsp.
Vegetable oil			1/2 cup
Pineapple	Crushed		1 1/2 cup
Low-sodium Soy Sauce	Wheat-free		3/8 cup

Directions:

1. Rinse rice under running water in strainer and place in pot with 5 1/3 cups water.
2. Bring to boil. Then lower heat and simmer, covered, 25 minutes or until all water is absorbed and rice is tender. You may need to add a little more water. Remove pot from stove and let sit, covered, 5 minutes.
3. Wash, deseed, and finely chop bell pepper.
4. Peel and finely grate ginger using a cheese grater, or finely dice it.
5. Remove outer skin from garlic cloves, crush cloves in garlic press, or finely chop them.
6. Add to skillet or wok: oil, bell pepper, ginger, and garlic. Raise heat to medium-high and sauté until peppers are soft. Add rice and pineapple.
7. Gently stir mixture to disperse oil and flavorings. Add soy sauce and heat additional 1-2 minutes.
8. Remove from heat, and allow mixture to cool slightly. Transfer to serving platter. Serve family style.