

**TOSSED GREEN RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
163 cal	33 g	3 g	2 g	0 mg	217 mg	34 mg

**Ingredient**

RICE, LONG GRAIN

WATER, COLD

SALT

OIL, SALAD

ONIONS, GREEN, FRESH, SLICED

PEPPERS, GREEN, FRESH, CHOPPED

OIL, SALAD

PARSLEY, FRESH, BUNCH, CHOPPED

PEPPER, BLACK, GROUND

**Weight**

8-1/2 lbs

23 lbs

1-7/8 oz

1-1/2 oz

1-1/3 lbs

2 lbs

3-7/8 oz

8 oz

1/8 oz

**Measure**

1 gal 1-1/4 qts

2 gal 3 qts

3 tbsp

3 tbsp

1 qts 2 cup

1 qts 2 cup

1/2 cup

3-3/4 cup

1/3 tsp

**Issue**

1-1/2 lbs

2-3/8 lbs

8-3/8 oz

**Method**

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR. Remove from heat.
- 3 Saute green onions with tops and sweet peppers in oil until tender.
- 4 Add to cooked rice. Add parsley and black pepper. Toss well. CCP: Hold for service at 140 F. or higher.