



United States Department of Agriculture  
What's Cooking? USDA Mixing Bowl

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## Rice Salad

**Makes:** 25 or 50 Servings

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Enriched white rice, medium grain, regular	10 oz	1 1/2 cups	1 lb 4 oz	3 cups
OR	OR	OR	OR	OR
Enriched white rice, long grain, regular	13 1/2 oz	2 cups 2 Tbsp	1 lb 11 oz	1 qt 1/4 cup
Water		3 1/4 cups		1 qt 2 1/2 cups
Salt		1 tsp		2 tsp
Tomato juice		3/4 cup		1 1/2 cups
White vinegar		1 Tbsp 1 1/2 tsp		3 Tbsp
Vegetable oil		1 Tbsp		2 Tbsp
Granulated garlic		1 tsp		2 tsp
Dry mustard		1/2 tsp		1 tsp
Dried oregano		1 tsp		2 tsp
Dried parsley		1 Tbsp		2 Tbsp
Ground black or white pepper		1/4 tsp		1/2 tsp
*Fresh carrots, shredded	6 oz	1 3/4 cups	12 oz	3 1/2 cups
*Fresh tomatoes, 1/4" diced	3 oz	1/2 cup	6 oz	1 cup
*Fresh cucumber, peeled, seeded, 1/4" diced	3 oz	1/2 cup 2 Tbsp	6 oz	1 1/4 cups
Frozen mixed vegetables, thawed, drained	12 oz	2 3/4 cups	1 lb 8 oz	1 qt 1 1/2 cups
Canned garbanzo beans, drained	7 1/4 oz	1 1/8 cups (3/4 No. 300 can)	14 1/2 oz	2 1/4 cups (1 1/2 No. 300 cans)

## Directions

1. Combine rice, water, and salt in a pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Cover.
2. Bake: Conventional oven: 350° F for 25 minutes
3. Dressing: In a mixing bowl, whisk together tomato juice, vinegar, vegetable oil, granulated garlic, dry mustard, oregano, parsley, and pepper.
4. Place hot rice in a mixing bowl. Pour dressing over top and toss to thoroughly coat rice. Cover with plastic wrap and refrigerate for 1 hour.
5. To the rice, add carrots, tomatoes, cucumbers, mixed vegetables, and beans. Stir to combine.
6. CCP: Refrigerate within 1 hour. Hold at 40° F or colder. Spread 2 lb 7 oz (approximately 1 qt 2 Tbsp) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Cover. Refrigerate until ready to serve.
7. Portion with No. 12 scoop ( 1/3 cup).

## Notes

\* See Marketing Guide

## My Notes

**Source:** USDA Recipes for Child Care

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
Calories	75
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	128 mg
Total Carbohydrate	15 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	12 mg
Iron	1 mg
Potassium	N/A

N/A - data is not available

<b>Meal Components</b>	
Vegetables	1/4 cup
Grains	1/4 slice

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)