

Brown Rice Pilaf with Carrots and Fresh Dill

BY **CHEF AMY COTLER**, ADAPTED FROM THE MASSACHUSETTS FARM TO SCHOOL COOKBOOK

Dill is an herb that is inexpensive, keeps well (about 2 weeks in a plastic bag in the fridge), and is a flavor that most youth readily enjoy.

12 cups diced onion
(3½ pounds or 10 large)
½ cup vegetable oil
3½ tablespoons minced fresh garlic
(10 cloves)
3½ teaspoons powdered ginger
15⅔ cups dry rice for recipe 3.5 Rena's
Brown Rice (6¼ pounds dry or
50 cups cooked)
1¾ teaspoon black pepper
3 gallons chicken broth
2½ cups sliced carrots
(10½ pounds or 65 large)
2¼ cups chopped fresh dill

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Add the onion, oil, garlic, and ginger to 2½-inch-deep hotel pans (one full hotel pan will serve 50). Roast, stirring once or twice, until the onions are translucent but not brown.

Remove from oven, stir in rice and black pepper.

Bring the broth to a boil, and then divide it equally among hotel pans if you are using more than one pan. Cover tightly.

Bake until all liquid is absorbed and rice is tender, about 40 to 50 minutes.

Steam the carrots until tender but not mushy, about 5 to 7 minutes, depending on the intensity of your steamer. (Check after 5 minutes.)

Stir carrots and dill into cooked rice, reserving a little dill for garnish, using forks to mix gently. (Add salt to taste. The amount added will depend on the amount of sodium in the chicken broth.)

Serve immediately, sprinkle with remaining oil.

NOTE: *The amount of salt you add will depend on the kind of chicken broth used, as broth varies greatly in sodium, so salt to taste. Kathy Seibert, manager at Westfield South Middle School, tested this recipe to rave reviews.*

NUTRITIONAL INFORMATION

CALORIES: 140; SODIUM: 421.03 MG; SATURATED FAT: 2.55%

USDA REQUIREMENTS MET

1 OUNCE EQUIVALENT WHOLE GRAIN

1/8 CUP RED OR ORANGE VEGETABLE