

# Energizing Edamame & Rice Shaker



THE HUMANE SOCIETY  
OF THE UNITED STATES

ADAPTED FROM CALIFORNIA WALNUT FOODSERVICE  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

## Process # 2 – Same Day Service

### YIELD:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Rockin' Roasted Chickpeas		1 gal + 3 ½ cups (12 ½ cups total)		1 ½ gal + 1 cup (25 cups total)
Edamame, shelled, cooked and drained	4 lb 12 oz		9 lb 8 oz	
Rice, Brown, dry	6 lb 4 oz		12 lb 8 oz	
Water		1 gal + 1 qt		2 ½ gal
Pepper, bell, green or red variety, diced, fresh or frozen	5 lb 4 oz		10 lb 8 oz	
Corn, frozen, thawed	4 lb 8 oz		9 lb 4 oz	
Mandarin Oranges, canned, drained	8 lb 5 oz		16 lb 10 oz	
<b>Asian Dressing: Optional</b>				
Vegetable Oil		1 qt + 1 1/8 cup		2 qts + 1 pt + 1/3 cup
Vinegar, white		3 cups		1 ½ qts
Sugar		1 pt		1 qt
Soy Sauce, reduced sodium		1 cup		2 cups
Pepper, black		1 ½ Tbsp		3 Tbsp

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

## Preparation

### Day Before:

1. Prepare rice by combining with water and cook. Fluff.

\*Recommended cooking method: Steam or bake, covered for approximately 15 minutes or until water is absorbed. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

2. Cool rice completely.

HACCP Critical Control Point: Cool to 41°F or lower within 4 hours.

3. If preparing the listed salad dressing, combine all ingredients in a pan and heat until sugar is melted; stir frequently. Remove from heat and cool; store in airtight container in cooler.

### Day of:

4. Layer ingredients into a 12-oz. or 16-oz. cup as follows:

- 1 cup rice
- ¼ cup diced bell peppers
- ¼ cup drained mandarin oranges

# Energizing Edamame & Rice Shaker



THE HUMANE SOCIETY  
OF THE UNITED STATES

ADAPTED FROM CALIFORNIA WALNUT FOODSERVICE  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

- ¼ cup corn
- ¼ cup edamame
- 1/4 cup Rockin' Roasted Chickpeas

5. Cover the cup with the flat lid.

6. Optional - For prepared salad dressing, portion 1-2 ounces Asian dressing in appropriate sized soufflé cups.

Place the dressing on the flat lid and top with the domed lid.

\*Or serve with individually packaged prepared salad dressings.

*HACCP Critical Control Point: Hold at internal temperature of 41°F or below.*

## Serving Information

Serve salad shaker with salsa cup or prepared salad dressing. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, ¼ cup starchy vegetable and ¼ cup other vegetable and ¼ cup fruit. **This salad shaker qualifies as a reimbursable meal.**

## Nutrition Information

 \*From USDA Nutrient Database

With salad dressing listed in recipe:

Calories: 616 Total Fat: 29g Saturated Fat: 2g Carbohydrate: 78g (10g Fiber) Protein: 13g Sodium: 569mg

Without salad dressing:

Calories: 363 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 68g (10g Fiber) Protein: 13g Sodium: 435mg