



The MINH[®] Fried Rice Guide

GET CREATIVE WITH MINH[®] WHOLE GRAIN VEGETABLE

SEE REVERSE SIDE FOR FUSION RECIPES

One Rice, Seven Ways! MINH[®] Whole Grain Vegetable Fried Rice provides the ease and versatility to elevate your ethnic meal days! From traditional favorite entrees like Chicken Fried Rice to exciting fusion entrees like the Fiesta Rice Bowl, MINH[®] Whole Grain Vegetable Fried Rice is the perfect base for meals that will have your students lining up.

CURRY FRIED RICE

[LINK TO RECIPE](#)

Meatless Entrée



Whole Grain Vegetable Fried Rice
4 bags



Curry Powder
3/8 tsp.

YIELD: 56
SERVING SIZE: 1 CUP

CN CREDITING
M/MA 0
GRAIN 2 OZ EQ
VEG(RED/ORANGE) 1/8 CUP
VEG(OTHER) 1/4 CUP

KEY NUTRITIONALS
CALORIES 270
TOTAL FAT(G) 2.5 G
SATURATED FAT(G) 0G

EDAMAME FRIED RICE

[LINK TO RECIPE](#)

Meatless Entrée



Whole Grain Vegetable Fried Rice
4 bags



Edamame
Frozen, Shelled
7 quarts

YIELD: 56
SERVING SIZE: 1 CUP

CN CREDITING
M/MA 2 OZ EQ
GRAIN 2 OZ EQ
VEG (RED/ORANGE) 1/8 CUP
VEG (OTHER) 1/4 CUP

KEY NUTRITIONALS
CALORIES 360
TOTAL FAT(G) 7
SATURATED FAT(G) 0
SODIUM (MG) 450

CHICKEN FRIED RICE

[LINK TO RECIPE](#)



Whole Grain Vegetable Fried Rice
4 bags



Chicken
Skinless, diced or shredded
3 qts. + 1pt

YIELD: 56
SERVING SIZE: 1 CUP

CN CREDITING
M/MA 2 OZ EQ
GRAIN 2 OZ EQ
VEG (RED/ORANGE) 1/8 CUP
VEG (OTHER) 1/4 CUP

KEY NUTRITIONALS
CALORIES 280
TOTAL FAT(G) 7
SATURATED FAT(G) 1
SODIUM (MG) 490

THAI PINEAPPLE CHICKEN FRIED RICE

[LINK TO RECIPE](#)



Whole Grain Vegetable Fried Rice
4 Bags



White Pepper
2 tbsp.



Less Sodium Sweet and Sour Sauce
1 pt. +1 cup



Curry Powder
2 tsp.



Ginger Root
1/2 cups



Garlic, minced
1 tbsp.



Green Onions
1/2 cup



Cilantro
4 tbsp



Pineapple
2 pt + 1/2



Chicken
fully cooked, grilled strips
2 qts. + 1pt

YIELD: 56
SERVING SIZE: 1 CUP

CN CREDITING
M/MA 2 OZ EQ
GRAIN 2 OZ EQ
VE (RED/ORANGE) 1/8 CUP
VEG (OTHER) 1/4 CUP

KEY NUTRITIONALS
CALORIES 460
TOTAL FAT(G) 12
SATURATED FAT(G) 2
SODIUM (MG) 810

Traditional



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SPANISH RICE WITH BEANS



[LINK TO RECIPE](#)

Meatless Entrée



Whole Grain Vegetable Fried Rice
4 bags



Black beans/Pinto beans
canned, drained, rinsed
3 qts + 1/2 pts



Chunky Salsa
low sodium
3 qts + 1/2 pt.



Taco seasoning
Low sodium
1 1/4 cups

YIELD: 56
SERVING SIZE: 1 CUP

CN CREDITING
M/MA 2 OZ EQ
GRAIN 2 OZ EQ
VEG (RED/ORANGE) 1/8 CUP
VEG (STARCHY) 1/8 CUP

KEY NUTRITIONALS
CALORIES 400
TOTAL FAT(G) 3.5
SATURATED FAT(G) 0.6
SODIUM (MG) 690

FIESTA RICE BOWL



[LINK TO RECIPE](#)



Whole Grain Vegetable Fried Rice
4 bags



Tomatoes
fresh dice,
1 gal. + 1 qt



Carnitas, seasoned shredded pork
thawed
1 gal. + 1 qt



Red Chill Sauce
1 1/2 cups



Oregano
dried,
3 tbsp + 1 tsp.



Hominy
drained,
1-1/2 cups



Corn
frozen,
2 qt. + 1 pt.

YIELD: 56
SERVING SIZE: 1 CUP

CN CREDITING
M/MA 2 OZ EQ
GRAIN 1 OZ EQ
VEG (RED/ORANGE) 1/8 CUP
VEG (OTHER) 1/4 CUP

KEY NUTRITIONALS
CALORIES 370
TOTAL FAT(G) 10
SATURATED FAT(G) 3
SODIUM (MG) 840

HAWAIIAN BREAKFAST FRIED RICE



[LINK TO RECIPE](#)



Whole Grain Vegetable Fried Rice
4 bags



Soy Sauce
low sodium
2 cups



Turkey Ham, diced
3 qtrs. + 1/2 pint



Pineapple chunks, drained
3 Qts + 1 pint



Eggs
cooked, soft scrambled
2 qts



Cheddar Cheese
shredded
1 qt. + 1 pints



Peas
frozen
1 qt. + 1 1/2 pints

YIELD: 56
SERVING SIZE: 1 CUP

CN CREDITING
M/MA 2 OZ EQ
GRAIN 2 OZ EQ
VEG (RED/ORANGE) 1/8 CUP
VEG (OTHER) 3/8 CUP

KEY NUTRITIONALS
CALORIES 420
TOTAL FAT(G) 10
SATURATED FAT(G) 3
SODIUM (MG) 970

DISTRIBUTOR CODE	PRODUCT CODE	PRODUCT DESCRIPTION	FROZEN SHELF LIFE	REFRIGERATED SHELF LIFE	CASE PACK	SERVINGS PER CASE	M/MA	GRAIN	VEG.	CAL.	TOTAL FAT (G)	SAT. FAT (G)	SODIUM (MG)	CARBS (G)	PROTEIN (G)	TKC POINTS/CASE
	69074	MINH® WHOLE GRAIN VEGETABLE FRIED RICE*	365 DAYS	3 DAYS	6 - 5 LBS. BAG	84	N/A	2	1/4	270	2.5	0	440	54	6	1

Find out more: call 1-888-554-7421
or visit SchwansFoodService.com

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*PRODUCT NOT CN LABELED. PRODUCT FORMULATION SHEET (PFS) AVAILABLE UPON REQUEST.

