



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



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SEE REVERSE SIDE FOR
TRADITIONAL RECIPES

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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](https://www.schwansfoodservice.com)

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

