

# 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:** **10 Servings**

Ingredients	Weight	Measure
Rockin´ Roasted Chickpeas		1 ½ quarts + ¼ cup (6 ¼ cups total)
Edamame, shelled, cooked, tempered		3 ¼ cups
Rice, Brown, dry	1 lb. 9 oz.	
Water		1 quart + 1 cup
Pepper, bell, green or red variety, diced, fresh or frozen	1 lb. 6 oz.	<b>OR</b> 3 cups
Corn, frozen, thawed	1 lb. 2 oz.	<b>OR</b> 3 cups
Mandarin Oranges, canned, drained	2 lbs.	<b>OR</b> 3 cups
<b>Salad Dressing</b>		

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

## Preparation

### Day Before:

- 1 a. Combine rice and water, heat to a rolling boil, then reduce heat and simmer. 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: Hold at 41°F or lower within 4 hours.*

### Day of:

3. 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
- ¼ cup corn
- ¼ cup edamame
- 1/4 cup Rockin´ Roasted Chickpeas

5. Cover the cup with the flat lid.

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

## Serving Information

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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

Edamame & Rice Shaker:

Calories: 426 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 74g (12g Fiber) Protein: 15g Sodium: 290mg