

BUFFALO CHICKEN RICE DIP

The popular buffalo chicken dip is transformed into a filling meal with the addition of U.S.-grown rice. Serve with celery, carrots, and tortilla chips for a grab and go lunch. Plus, this recipe is a great way to use leftover rice!

1 PORTION PROVIDES:

2 oz. eq. whole grain, 2 oz. eq. meat/meat alternate, ½ cup vegetable



INGREDIENTS	50 SERVINGS	DIRECTIONS
U.S.-grown rice, brown, parboiled	3 ¼ pounds	1. Add rice and seasonings to a full-size 4-inch steam table pan. Mix to combine.
Dill, dried	2 tablespoons	
Garlic, granulated	2 tablespoons	
Onion, granulated	2 tablespoons	
Salt, kosher	1 teaspoon	
Chicken, cooked, diced	3 pounds, 2 ounces	2. Add chicken and about ¾ the amount of cheese (about 2 ¼ pounds for 50 portions).
Cheese, Cheddar, shredded, low sodium	3 pounds, 2 ounces	
Water	3 quarts, 1 cup	3. In a large container, mix water, buffalo sauce, and yogurt to make a smooth mixture. Pour over rice and chicken.
Buffalo sauce	2 cups	
Yogurt, plain	1 quart, 1 cup	4. Cover tightly and bake at 350 °F for 90 minutes.
Green onions, cut on bias	1 pound	5. Remove from the oven. Top with remaining cheese and garnish with green onions. CCP: Heat to 165 °F for 15 seconds.
Tortilla chips, whole grain OR	50, 1-ounce equivalent servings	

Flatbread, whole grain, 1 ounce equivalent each		CCP: Hold for hot service at 135 °F or higher. 6. Serve with 1 oz. eq. whole-grain rich tortilla chips or flatbread, three carrot sticks and three celery sticks.
Celery, sticks, 4 inches	3 ¾ pounds	
Carrot, sticks, 4 inches	3 ¾ pounds	

NUTRITION INFORMATION

1 serving = 2/3 cup dip plus carrot and celery sticks, and tortilla chips

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	450	kcal	Total Carbohydrate	46	(g)
Total Fat	21	(g)	Dietary Fiber	3	(g)
Saturated Fat	8	(g)	Added Sugars	0.5	(g)
Cholesterol	55	(mg)	Vitamin D	0	(IU)
Sodium	550	(mg)	Calcium	305	(mg)
Protein	21	(g)	Iron	1	(mg)

NOTES

YIELD/VOLUME

SOURCE

Samantha Cowens-Gasbarro, Healthy School Recipes

Recipe Analysis Workbook (RAW)





Recipe Name: Buffalo Chicken Rice Dip

Servings per Recipe: 50

Recipe Number:

Serving Size: 1 cup

Meal Pattern Contribution

	Vegetables	Red/Orange Vegetables	$\frac{1}{4}$ cup
	Vegetables	Other Vegetables	$\frac{1}{4}$ cup
	Meats/Meat Alternates		2.00 oz eq
	Grains (Method A, Method B)		2.00 oz eq

1 cup provides $\frac{1}{2}$ cup total vegetable ($\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{4}$ cup other vegetable), 2.00 oz eq meat/meat alternate, 2.00 oz eq grains

NOTE: Total creditable amount cannot exceed the serving size of the product.

Red/Orange Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Carrots, fresh, Sticks, Ready-to-use (1/2-inch by 4-inch)	Pound	15.40	1/4 cup raw vegetable (about 3 sticks)	1 lb AP = 1 lb (about 3-3/4 cups) carrot sticks	3.2500	0.0000	3.2500

Other Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Celery, fresh, Sticks, Read-to-use (1/2-inch by 4-inch)	Pound	14.00	1/4 cup raw vegetables (about 3 sticks)	1 lb AP = 1 lb (about 3-1/2 cups) ready-to-serve raw celery	3.7500	0.0000	3.7500
Onions, green, fresh, Whole	Pound	15.00	1/4 cup raw vegetable, with tops	1 lb AP = 0.83 lb ready-to-serve, raw onions with tops	1.0000	0.0000	1.0000

Meats/Meat Alternates

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Cheese, American, Cheddar, Mozzarella, or Swiss, Natural or Process, Includes USDA Foods	Pound	16.00	1 oz Cheese	1 lb AP = about 4 cups shredded cheese; 1 lb AP = about 2 cups cubed cheese	3.1250	0.0000	3.1250
Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidneys, Includes USDA Foods	Pound	16.00	1 oz cooked poultry	1 lb AP = 1.0 lb cooked chicken meat	3.1250	0.0000	3.1250
Yogurt, fresh, Plain or Flavored, Sweetened or Unsweetened, Commercially-prepared, (includes Greek yogurt), Includes USDA Foods	32 oz Container	8.00	1/2 cup or 4 oz yogurt provides 1 oz meat alternate		1.2500	0.0000	1.2500

Method A - Grains Based on Exhibit A**Groups A-G**

Product Description per Exhibit A	Quantity of Product	Weight of One Unit	Measurement Unit	Quantity of Product in Ounces	Weight of one ounce equivalent as listed in Exhibit A
Tortilla chips	50.0000	1.0000	oz	50.0000 oz	1.00 oz

Method B - Grains Based on FBG

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Calculated Quantity to Purchase
Rice (Group H) , <i>Brown, Long grain, Parboiled, Dry, Includes USDA Foods</i>	Pound	15.50	1/2 cup cooked	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked	3.2500	3.2500