

## Hawaiian Ham Coconut Rice - USDA Recipe D-540 for CACFP

**Makes:** 25 or 50 Servings



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		1 qt 3 cups		3 qt 2 cups
Brown rice, long-grain, regular, dry	1 lb 10 oz	1 qt	3 lb 4 oz	2 qt
Sweetened coconut, shredded	3 oz	1 cup	6 oz	2 cups
Low-sodium ham, diced 1/4"	3 lb	2 qt 1 cup	6 lb	1 gal 2 cups
Sugar	4 oz	1/2 cup	8 oz	1 cup
Whole-wheat flour		1/4 cup	3 oz	1/2 cup
Canned pineapple tidbits in 100% juice, drained	4 lb	2 qt (1 No. 10 can)	8 lb	1 gal (2 No. 10 cans)
Sweetened coconut, shredded	1 1/2 oz	1/2 cup	3 oz	1 cup
Reduced-fat Cheddar cheese, shredded	11 oz	1 qt	1 lb 6 oz	2 qt
Pineapple juice		3 cups		1 qt 2 cups
Whole-grain bread crumbs, plain (See Notes)	6 1/2 oz	1 1/2 cups	13 oz	3 cups

### Directions

1. Boil water.
2. Place 1 qt brown rice (1 lb 10 oz) and 1 cup coconut (3 oz) in each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
4. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
5. Remove cooked rice mixture from oven and let stand covered for 5 minutes. Stir rice.
6. Assembly:
7. First layer: Smooth rice mixture over bottom of pan.
8. Second layer: Evenly distribute 2 qt 1 cup diced ham (3 lb) over rice mixture.
9. Third layer: Combine sugar, flour, pineapple, remaining coconut, and cheddar cheese in a large bowl. Stir well. Pour 3 qt 1 1/4 cups (about 5 lb 3 oz) pineapple mixture over diced ham in each pan.
10. Fourth layer: Pour 3 cups pineapple juice over each pan.
11. Fifth layer: Sprinkle with 1 1/2 cups bread crumbs (6 1/2 oz) per pan and spray with a pan release cooking spray.
12. Bake until cheese is melted and bread crumbs are lightly toasted: Conventional oven: 350 °F for 20 minutes. Convection oven: 325 °F for 15 minutes.

13. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

14. Critical Control Point: Hold for hot service at 140 °F or higher.

15. Portion with 8 fl oz spoodle (1 cup).

## Notes

Cooking Process #2: Same Day Service

### **Serving**

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, ¼ cup fruit, and 1 ¼ oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, ¼ cup fruit/vegetable, and 1 ¼ oz grains/bread.

### **Whole-Grain Bread Crumbs Recipe**

#### **For 25 servings:**

4 slices of whole-grain bread

#### **For 50 servings:**

8 slices of whole-grain bread

Lightly toast whole-grain bread slices. Tear into small pieces. Insert into a food processor and pulse until coarse crumbs form. Place on a small baking sheet and bake in oven at 350 °F for 2-3 minutes until browned and dry. Toss occasionally. Cool and store in an airtight container.

My Notes

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
Calories	278
Total Fat	8 g
Saturated Fat	4 g
Cholesterol	34 mg
Sodium	665 mg
Total Carbohydrate	35 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	18 g
Vitamin D	19 IU
Calcium	73 mg
Iron	1 mg
Potassium	364 mg

N/A - data is not available

<b>Meal Components</b>	
Fruits	1/4 cup
Grains	1 1/4 ounces
Meat / Meat Alternate	2 ounces

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)