Whole Grains

In this traditional, spiced Indian dish, tender chicken strips, fresh carrots, diced celery, and brown rice are tossed in a creamy curry sauce and baked until golden.

Chicken Curry Casserole

GARFIELD ELEMENTARY SCHOOL
Washington, District of Columbia

Our Story

The students of Garfield Elementary School were eager to accept the *Recipes for Healthy Kids* Competition challenge. The recipe challenge team began by brainstorming ideas and developing recipes for each category of the competition. Students then prepared the dishes for their peers and used the feedback to perfect the recipes. While all of the dishes were popular at Garfield, the Chicken Curry Casserole gained special attention from the competition judges. This chicken curry recipe originated from a student who was inspired by a favorite dish her aunt makes at home. Chicken Curry Casserole is a dish to warm the heart and please the soul!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Danielle Schaub, RD (Chartwells-Thompson)

CHEF
Clay Berry (Executive Chef, Chartwells-Thompson)

COMMUNITY MEMBER
Sapna Batheja, MS, RD (Project Manager, American Association of School Administrators)

STUDENTS
Mark K., Carmen J., and Samya C.

Chicken Curry Casserole

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains **Main Dishes D-55r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		1 qt 3 cups	1. Boil water.
Brown rice, long-grain, regular, dry	1 lb 8 oz	3 ¾ cups	2. Place 1 lb 8 oz brown rice in each steam table pan (12″ x 20″ x 2 ½″). For 25 servings, use 1 pan. 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 from oven and let stand covered for 5 minutes.
Canola oil		¼ cup	6. Cook oil and broth over medium heat for 5 minutes.
Low-sodium chicken broth		1 cup	
*Fresh carrots, shredded	1 lb 1 ½ oz	1 qt 1 cup	7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside.
*Fresh celery, diced	11 ½ oz	2 ¼ cups	
*Fresh onions, chopped ½″	11 oz	2 ½ cups	
Curry powder		3 Tbsp	8. Combine curry, garlic, pepper, salt, and yogurt. Mix well.
Garlic powder		1 ½ Tbsp	
Ground black pepper		¾ Tbsp	
Salt		1 ½ tsp	
Low-fat yogurt, plain	1 lb	2 cups	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chicken Curry Casserole

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains **Main Dishes D-55r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Frozen, cooked fajita chicken strips, thawed, diced 1"	3 lb 2 oz	2 qt	9. Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well. 10. Bake uncovered: Conventional oven: 400 °F for 10 minutes Convection oven: 375 °F for 10 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
			11. Critical Control Point: Hold for hot service at 135 °F or higher. 12. Portion with 6 fl oz spoodle (¾ cup).

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle or No. 8 scoop) provides 1 ¼ oz equivalent meat/meat alternate, ¼ cup other vegetable, and ¾ oz equivalent grains.	25 Servings: about 10 lb 8 oz	25 Servings: about 1 gallon 1 ¼ quarts

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide	
Food as Purchased for	**25 servings**
Carrots	1 lb 6 oz
Celery	14 oz
Mature onions	13 oz

Nutrients Per Serving					
Calories	220.32	Saturated Fat	1.34 g	Iron	1.43 mg
Protein	14.33 g	Cholesterol	50.70 mg	Calcium	64.98 mg
Carbohydrate	26.40 g	Vitamin A	3161.50 IU (158.37 RAE)	Sodium	563.78 mg
Total Fat	6.47 g	Vitamin C	2.56 mg	Dietary Fiber	2.81 g

Chicken Curry Casserole

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains **Main Dishes D-55r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		3 qt 2 cups	1. Boil water.
Brown rice, long-grain, regular, dry	3 lb	1 qt 3 ½ cups	2. Place 1 lb 8 oz brown rice in each steam table pan (12″ x 20″ x 2 ½″). 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 from oven and let stand covered for 5 minutes.
Canola oil		½ cup	6. Cook oil and broth over medium heat for 5 minutes.
Low-sodium chicken broth		2 cups	
*Fresh carrots, shredded	2 lb 3 oz	2 qt 2 cups	7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside.
*Fresh celery, diced	1 lb 7 oz	1 qt ½ cup	
*Fresh onions, chopped ½″	1 lb 6 oz	1 qt 1 cup	
Curry powder		¼ cup 2 Tbsp	8. Combine curry, garlic, pepper, salt, and yogurt. Mix well.
Garlic powder		3 Tbsp	
Ground black pepper		1 ½ Tbsp	
Salt		1 Tbsp	
Low-fat yogurt, plain	2 lb	1 qt	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chicken Curry Casserole

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains **Main Dishes D-55r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Frozen, cooked fajita chicken strips, thawed, diced 1"	6 lb 4 oz	1 gal	9. Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well. 10. Bake uncovered: Conventional oven: 400 °F for 10 minutes Convection oven: 375 °F for 10 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
			11. Critical Control Point: Hold for hot service at 135 °F or higher. 12. Portion with 6 fl oz spoodle (¾ cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle or No. 8 scoop) provides 1 ¼ oz equivalent meat/meat alternate, ¼ cup other vegetable, and ¾ oz equivalent grains.	50 Servings: about 21 lb	50 Servings: about 2 gallons 2 ½ quarts

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings
Carrots	2 lb 12 oz
Celery	1 lb 12 oz
Mature onions	1 lb 10 oz

Nutrients Per Serving

Calories	220.32	Saturated Fat	1.34 g	Iron	1.43 mg
Protein	14.33 g	Cholesterol	50.70 mg	Calcium	64.98 mg
Carbohydrate	26.40 g	Vitamin A	3161.50 IU (158.37 RAE)	Sodium	563.78 mg
Total Fat	6.47 g	Vitamin C	2.56 mg	Dietary Fiber	2.81 g

Chicken Curry Casserole

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains **Main Dishes D-55r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		1 gal 3 qt	1. Boil water.
Brown rice, long-grain, regular, dry	6 lb	3 qt 3 cups	2. Place 1 lb 8 oz brown rice in each steam table pan (12″ x 20″ x 2 ½″). For 100 servings, use 4 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 from oven and let stand covered for 5 minutes.
Canola oil		1 cup	6. Cook oil and broth over medium heat for 5 minutes.
Low-sodium chicken broth		1 qt	
*Fresh carrots, shredded	4 lb 6 oz	5 qt	7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside.
*Fresh celery, diced	2 lb 14 oz	2 qt 1 cup	
*Fresh onions, chopped ½″	2 lb 12 oz	2 qt 2 cups	
Curry powder	3 oz	¾ cup	8. Combine curry, garlic, pepper, salt, and yogurt. Mix well.
Garlic powder		¼ cup 2 Tbsp	
Ground black pepper		3 Tbsp	
Salt		2 Tbsp	
Low-fat yogurt, plain	4 lb	2 qt	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chicken Curry Casserole

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains **Main Dishes D-55r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Frozen, cooked fajita chicken strips, thawed, diced 1"	12 lb 8 oz	2 gal	9. Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well. 10. Bake uncovered: Conventional oven: 400 °F for 10 minutes Convection oven: 375 °F for 10 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
			11. Critical Control Point: Hold for hot service at 135 °F or higher. 12. Portion with 6 fl oz spoodle (¾ cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle or No. 8 scoop) provides 1 ¼ oz equivalent meat/meat alternate, ¼ cup other vegetable, and ¾ oz equivalent grains.	100 Servings: about 42 lb	100 Servings: about 5 gallons 1 quart

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	100 servings
Carrots	5 lb 8 oz
Celery	3 lb 8 oz
Mature onions	3 lb 4 oz

Nutrients Per Serving

Calories	220.32	Saturated Fat	1.34 g	Iron	1.43 mg
Protein	14.33 g	Cholesterol	50.70 mg	Calcium	64.98 mg
Carbohydrate	26.40 g	Vitamin A	3161.50 IU (158.37 RAE)	Sodium	563.78 mg
Total Fat	6.47 g	Vitamin C	2.56 mg	Dietary Fiber	2.81 g