MEALS on WHEELS SAN DIEGO COUNTY

Wild Rice & Barley with Roasted Tuna Steak

Yield 8

Portion Size: One cup

AMT	UNIT	INGREDIENTS
6	cups	cooked rice/barley mix, cooked
4.5	oz	red bell pepper, chopped
4.5	oz	green bell pepper, chopped
3	oz	scallions, chopped
24	oz	tuna steak, roasted
		Almonds, slivered
16	T	Tangy Lemon Sauce, MOW recipe

PROCEDURES

Cook rice/barley
Chop bell peppers and scallions
Mix all together.
Plate rice mixture.
Place 3 ounces roasted tuna on top of each salad.
Sprinkle 1 tsp of almonds on top of each salad.
Serve w 2 T. of Tangy Lemon Sauce on the side.
For the lunch, add 3 cherry tomatoes and 6 slices 1.5 oz cucumber slices

*****Special Instructions: Weigh all vegetables after washing, rinsing, and discarding waste.******

HACCP: Potentially hazardous food. Thaw fish in refrigerator overnight. Cook fish to a minimum internal temperature of 145°F or until fish flakes. Hot ingredient must be cooled to 70°F or less within 2 hours and then to 41°F within an additional 4 hours. Chill hot foods thoroughly before combining with other ingredients. Hold chilled food for service at an internal temperature of 41°F or below. Do not mix old product with new. Keep all leftover product chilled at 41°F or below.

Recipe Nutrition Summary **Yield:** 8 (1.000 serving(s))

Ingredients

3.000 c. Rice, Brown, Long Grain, Cooked
3.000 c. Barley, Pearled, Cooked
9.000 oz. Pepper, Bell or Sweet, Red
3.000 oz. Onions, Scallion or Spring Green
24.000 oz. Tuna, Bluefin, Cooked, Dry Heat
0.500 oz. Almonds, Sliced

Macronutrients

Kilocalories	333.623	kcal	**Percentage of Kcals**		
Trans Fatty Acid		g			
Sugar, Total		g	Protein	35.9%	
Protein	29.540	g	Carbohydrate	44.3%	
Carbohydrate	36.489	g	Fat, total	19.8%	
Fat, Total	7.259	g	Alcohol	0.0%	
Alcohol	0.000	g			
Cholesterol	41.674	mg			
Saturated Fat	1.637	g			
Monounsaturated Fat	2.582	g			
Polyunsaturated Fat	2.179	g			
Trans Fatty Acid	0.000	g			
Dietary Fiber, Total	4.721	g			
Sugar, Total	2.082	g			

Vitamins & Minerals

Sodium	50.941	mg	Phosphorus	390.494	mg
Potassium	470.530	mg	Magnesium	109.565	mg
Vitamin A (RE)	753.910	RE	Zinc	1.775	mg
Vitamin C	42.726	mg	Copper	0.261	mg
Calcium	36.947	mg	Manganese	0.923	mg
Iron	2.565	mg	Selenium	52.201	µg
Vitamin D (ug)	0.000	µg	Chromium	0.002	mg
Thiamin	0.382	mg			
Riboflavin	0.371	mg			
Niacin	11.728	mg			
Pyridoxine (Vitamin B6)	0.722	mg			
Folate (Total)	36.300	µg			
Cobalamin (Vitamin B12)	9.253	µg			
Biotin	0.780	µg			
Pantothenic Acid	1.570	mg			
Vitamin K	24.479	µg			

MEALS on WHEELS SAN DIEGO COUNTY

Wild Rice and Barley w Roasted Tuna Steak

Ingredient	50 Servings	100 Servings	150 Servings	200 Servings
3.000 c. Rice, Brown, Long Grain, Cooked	1 gal. + 2 3/4 cups	2 gal. + 5 1/2 cups	3 gal. + 2 qts	4 gal.+2 qts +3 c.
3.000 c. Barley, Pearled, Cooked	1 gal. + 2 3/4 cups	2 gal. + 5 1/2 cups	3 gal. + 2 qts	4 gal.+2 qts + 3 c.
9.000 oz. Pepper, Bell or Sweet, Red	3.516 pound(s)	7.031 pound(s)	10.547 pound(s)	14.063 pound(s)
3.000 oz. Onions, Scallion or Spring Green	1.172 pound(s)	2.344 pound(s)	3.516 pound(s)	4.688 pound(s)
24.000 oz. Tuna, Bluefin, Cooked, Dry Heat	9.375 pound(s)	18.750 pound(s)	28.125 pound(s)	37.500 pound(s)
0.500 oz. Almonds, Sliced	3.125 ounce(s)	6.250 ounce(s)	9.375 ounce(s)	12.500 ounce(s)

Ingredient	250 Servings	300 Servings	350 Servings	400 Servings
3.000 c. Rice, Brown, Long Grain, Cooked	5 g. + 3 qts + 1 3/4 cups	7 g. + 1/2 cup	8 g. + 3 1/4 cups	9 g. + 6 cups
3.000 c. Barley, Pearled, Cooked	5 g. + 3 qts + 1 3/4 cups	7 g. + 1/2 cup	8 g. + 3 1/4 cups	9 g. + 6 cups
9.000 oz. Pepper, Bell or Sweet, Red	17.578 pound(s)	21.094 pound(s)	24.609 pound(s)	28.125 pound(s)
3.000 oz. Onions, Scallion or Spring Green	5.859 pound(s)	7.031 pound(s)	8.203 pound(s)	9.375 pound(s)
24.000 oz. Tuna, Bluefin, Cooked, Dry Heat	46.875 pound(s)	56.250 pound(s)	65.625 pound(s)	75.000 pound(s)
0.500 oz. Almonds, Sliced	15.625 ounce(s)	1.172 pound(s)	1.367 pound(s)	1.563 pound(s)

Ingredient	450 Servings	500 Servings	550 Servings	600 Servings
3.000 c. Rice, Brown, Long Grain, Cooked	10 g. + 8 3/4 cups	11 g. + 11 1/2 cups	12 g. + 14 1/4 cups	14 g. + 1 cup
3.000 c. Barley, Pearled, Cooked	10 g. + 8 3/4 cup	11 g. + 11 1/2 cups	12 g. + 14 1/4 cups	14 g. + 1 cup
9.000 oz. Pepper, Bell or Sweet, Red	31.641 pound(s)	35.156 pound(s)	38.672 pound(s)	42.188 pound(s)
3.000 oz. Onions, Scallion or Spring Green	10.547 pound(s)	11.719 pound(s)	12.891 pound(s)	14.063 pound(s)
24.000 oz. Tuna, Bluefin, Cooked, Dry Heat	84.375 pound(s)	93.750 pound(s)	103.125 pound(s)	112.500 pound(s)
0.500 oz. Almonds, Sliced	1.758 pound(s)	1.953 pound(s)	2.148 pound(s)	2.344 pound(s)

Ingredient	650 Servings	700 Servings	750 Servings	800 Servings
3.000 c. Rice, Brown, Long Grain, Cooked	15 g. + 3 3/4 cups	16 g. + 6 1/2 cups	17 g. + 2 1/4 qts.	18 g. + 3 qts
3.000 c. Barley, Pearled, Cooked	15 g. + 3 3/4 cups	16 g. + 6 1/2 cups	17 g. + 2 1/4 qts.	18 g. + 3 qts
9.000 oz. Pepper, Bell or Sweet, Red	45.703 pound(s)	49.219 pound(s)	52.734 pound(s)	56.250 pound(s)
3.000 oz. Onions, Scallion or Spring Green	15.234 pound(s)	16.406 pound(s)	17.578 pound(s)	18.750 pound(s)
24.000 oz. Tuna, Bluefin, Cooked, Dry Heat	121.875 pound(s)	131.250 pound(s)	140.625 pound(s)	150.000 pound(s)
0.500 oz. Almonds, Sliced	2.539 pound(s)	2.734 pound(s)	2.930 pound(s)	3.125 pound(s)