

Lesson 5A Fiesta Rice Bowl

Materials Required:

- 2.5 qt casserole dish microwave safe
- Measuring spoons
- Sturdy mixing spoons
- 2 microwave safe bowl
- Liquid and dry measuring cups
- Spoons, bowls, napkins 1 per student
- Cleaning supplies

1) Wash hands, ensure *mise en place*, and start recipe

Recipe:

Ingredients: Brown rice, fiesta black beans, turkey strips, guacamole, sour cream, Pico de Gallo, oregano, chili powder, cumin, salt, parchment paper

Note: Make double batch of rice-One batch for 5A and one for lesson 5B- and chill for 5B. If rice is uncooked- it will take 30 min to cook. If you have access to 2 microwaves, you can make 2 batches at the same time.

-To cook brown rice: In a 2 ½ quart microwave-safe dish, combine 3 cups water and 1 cup rice. You do not need to cover it. Microwave on HIGH for 10 minutes. Reduce setting to 50% power, microwave for 20 minutes. Makes 4 cups of cooked brown rice.

-If you already have cooked brown rice to start with, you will simply reheat the rice. For each cup of rice, add 1-2 tablespoons of water. Cover with a damp paper towel or lid. Place in microwave and heat for 3-4 minutes, or until piping hot throughout. Make sure internal temp of rice is at 165F or higher.

1. When rice is ready proceed with recipe
2. Heat 4 cups of fiesta beans in microwave for 1 min and 30 sec
3. Chop turkey strips if desired and season with oregano, chili powder, & cumin and mix together
4. Heat turkey strips in microwave for 1 min
5. Layer ¼ cup of brown rice, ¼ cup beans, and turkey strips in bowl- top with sour cream, guacamole, and Pico de Gallo to liking.

2) Quick Review: Facts About Rice

- Rice is the primary staple food for more than half of the people in the world, and it is grown on every continent except Antarctica. Most of the world's rice is grown and eaten in Asia.
- China, India, and Indonesia are three of the top rice-producing countries in the world.
- Rice is usually planted in a flat field filled with water. Before cropping, the water is drained from the field. Before farmers developed a good farming system and fertilizers, they used to let lands rest for 1 to 2 years while farming in other lands

3) Clean Up

Optional activities for this lesson (see back of booklet):

- Video: Hooray 4 Healthy Grains