

## **FUN PRESENTATION FOR RICE BOWLS**

During a site visit, s'Cool Food's Culinary Advisor, Pam, showed us how to make Sweet and Sour Pork. This recipe came from the USDA data base. We made the pork mixture at the Central Kitchen using fresh cut vegetables such as carrots, green peppers and celery. This is a wonderful way to incorporate vegetables into the diets of children. We added to the healthiness of this recipe by using brown rice instead of white. We also make the brown rice at the Central Kitchen, although, next year we will purchase rice cookers which are 55 cups and make the rice fresh at the sites. We use them at the high schools with great success. We reheat the pork mixture and rice at the middle schools and portion them into 16oz Chinese food pails and serve with a packet of soy sauce and a fortune cookie. This really adds to the fun of this entrée item, which is a favorite among the students.

