
Make It Local
Recipes for Alaska's Children

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How This Book Came About

The idea for creating this book came about from the trend of schools, child care centers and residential child care institutions preparing their menu items from scratch and using locally grown products in those recipes.

The purchasing of locally grown or harvested foods has risen substantially in the last few years. In the 2012 Farm to School census, approximately 68 percent of our schools reported participating in Farm to School activities. At 53 percent, seafood and vegetables are reported as the most commonly purchased local foods for service. In increasing the use of local foods, there was a corresponding need for recipes using Alaska grown and harvested products that are less common in the Lower 48 such as moose, reindeer, and caribou.

Through a grant from USDA Team Nutrition, the Department of Education & Early Development in collaboration with the UAF Cooperative Extension Service and the Farm to School Program created the Make it Local Recipes for Alaska's Children with much thought and planning. We hope that you enjoy it and remember to have fun when preparing and serving the recipes to children throughout Alaska.

Jo Dawson, DEED, Alaska Child Nutrition Programs
Ellen Hackenmueller, DEED, Alaska Child Nutrition Programs
Sue Lampert, DEED, Alaska Child Nutrition Program

Dedication

This cookbook is dedicated to Cheryl Forrest in appreciation for her work with children in Alaska.

Special Thanks

To the Make it Local Recipes for Alaska's Children Advisory Committee who volunteered their time, expertise and recipes to develop this cookbook for Alaska schools and child care centers:

Cheryl Forrest, Rural Cap
Tanya Dube, Bristol Bay Borough School District
Sandy Ponte, Cordova School District
Eldon Wartes, Boys and Girls Home
Geno Ceccarelli, North Slope Borough School District
Gen Armstrong, Haines Borough School District
Johanna Herron, Alaska Farm to School Program Coordinator

To Kate Idzorek and Danielle Flaherty, who developed and revised each recipe and prepared them so Alaska students could sample the recipe and for taking beautiful pictures of the finished products.

To the Fairbanks North Star Borough School District and the Boys and Girls Home of Alaska for allowing their students to sample the recipes for this cookbook.

Layout and design: Annie Kincheloe, A Sign of Design

How to Use this Cookbook

This collection of "from scratch recipes" highlight foods that are unique to Alaska and have been tested to be "kid–friendly". The recipes have been formatted to provide step by step instructions.

The recipes have been standardized for 25 or 75 servings and meet the portion requirements for both the National School Lunch Program (NSLP) and the Child and Adult Care Feeding Program (CACFP); adjustments can be made based on serving size needs.

The recipes have an ingredient list and step by step directions that are easy to follow. It is important that the foodservice staff follow each step so that the finished product has the same quality each time it is served to the students.

For your convenience, the nutrient facts and meal component credits are specified for each recipe. You may notice on some recipes that the amount of the meal component credit is less than the serving size. The staff at Cooperative Extension Service intentionally provided conservative crediting amounts to ensure all servings provided the meal component credit as presented.

All of the locally grown or harvested foods in each recipe are highlighted with ***bold blue font****.*

Recipe Resources

These recipes were developed originally or adapted from the following resources:

USDA Recipes for Schools, National Food Service Management Institute, University of Mississippi

New School Cuisine: Nutritious and Seasonal Recipes for Schools Cooks by School Cooks Vermont FEED: Vermont Agency of Education; School Nutrition Association of Vermont.

Alaska Farm to School Program and University of Alaska Fairbanks Cooperate Extension Service

USDA Standardized Recipes

Eat Local Alaska Grown Cookbook; Eat Local Club

Tanya Dube, Bristol Bay Borough School District

Sandy Ponte, Cordova School District

Geno Ceccarelli, North Slope Borough School District

Gen Armstrong, Haines Borough School District

Kate Idzorek, UAF Cooperative Extension Service

Danielle Flaherty, UAF Cooperative Extension Service

Online Resources

Alaska Grown Source Book Home Page
http://dnr.alaska.gov/ag/sourcebook/sourcebookindex2014.html

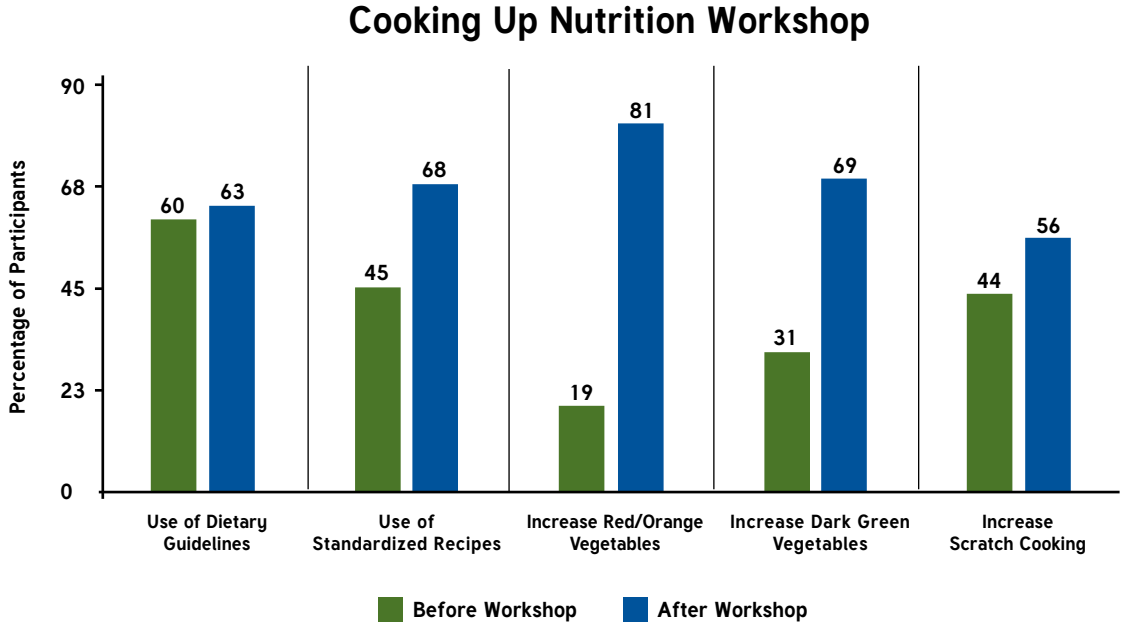
Eat Local Grown Cookbook
http://eatlocalalaskagrown.org/alaska-grown-recipes/

USDA Recipes for Schools
http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cElEPTEwMiZpc01ncj10cnVl

Cooking Up Nutrition Workshops

The Cooking Up Nutrition Workshops offered foodservice personnel at the district and agency site level to gain a greater knowledge of the use of standardized recipes and the 2010 Dietary Guidelines. The workshop focused on hands-on scratch cooking using sweet potatoes, legumes, and whole grains along with reducing the fat and sodium amounts in recipes.

Surveys were taken by the participants to determine how effective the **Cooking Up Nutrition Workshops** were. Participants had to complete an action plan identifying measures that they intended to take upon return to their school or agency. Implementation surveys were taken by participants to determine if the workshops were a success. Results showed there was an increase in the use of standardized recipes, using the Dietary Guidelines to plan menus, serving of red/orange and dark green vegetables and scratch cooking and baking.



Notes

Asian Slaw with Sunnies

Vegetable

"It looks like brains, but yummy."

Asian Slaw with Sunnies

Helpful Notes

Asian type slaws get their distinct flavor from the rice vinegar and the sesame oil.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Cabbage, Napa or Red, shredded	3 qts + 3 cups	2 gal + 3 qts + 1 cup
Onion, red or sweet yellow, finely diced	2 cups	2 quarts + 2 cups
Sunflower sprouts* (optional)	1 qt + 3 1/2 cups	1 gal + 1 qt + 2 1/2 cups
Rice vinegar	2 1/2 cups	1 quart
Sesame oil	1 cup	3 1/2 cups
Olive oil	1/2 cup	2 3/4 cups
Salt	2 Tbsp + 1 1/2 tsp	1/3 cup + 2 tsp
Sugar	1/4 c. + 3 Tbsp + 1 1/2 tsp	1/4 c. + 2 tsp + 1 1/2 tsp
Sesame seeds, toasted	1 cup	2 3/4 cups

Serving Size: 1 cup
Credit As: 3/4 cup other vegetable

*Sprouts are potentially hazardous for young children and older adults.

DIRECTIONS

1. In large bowl, combine cabbage, onion and sunflower sprouts (if using). Stir to combine.
2. In separate bowl, combine rice vinegar, sesame oil, olive oil, salt, sugar and sesame seeds. Whisk to combine.
3. Pour oil mixture over cabbage mixture. Stir to combine.
4. Cover bowl and place in refrigerator for a minimum of 1 hour before serving for a better flavor.

   CCP: Cool to 41°F or lower within 4 hours.
5. Serve:

   If using sunflower sprouts, serve 1 cup (2—No. 4 scoops) per plate.

   If **NOT** using sunflower sprouts, serve 3/4 cup (No. 5 scoops + No. 16) per plate.

Nutrition Facts
Serving Size (165g)
Calories 250
Calories from Fat 140

Amount Per Serving	% Daily Values*
Total Fat 16g	**25%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 710mg	**30%**

Amount Per Serving	% Daily Values*
Total Carbohydrate 26g	**9%**
Dietary Fiber 2g	**8%**
Sugars 13g	
Protein 5g	**10%**

Vitamin A 20% • Vitamin C 40% • Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Baked Halibut

"Fishy fun in my mouth."

Meat/ Meat Alternate

Baked Halibut

Helpful Notes

Be creative and make your own mix of herbs and spices.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Halibut, raw, boneless, skinless fillets	5 lb 13 oz	17 lbs 9 oz
Lemon juice (optional)	1 Tbsp	3 Tbsp + 1 tsp
Salt	3/4 tsp	2 1/4 tsp
Onion powder	3/4 tsp	2 1/4 tsp
Garlic powder	1/3 tsp	1 tsp
Thyme, dried, ground	1/4 tsp	3/4 tsp
Coriander, dried, ground (optional)	1/3 tsp	1 tsp
Black pepper	1/4 tsp	3/4 tsp

Serving Size: 2 1/2 oz cooked
Credit As: 2 oz M/MA

DIRECTIONS

1. Cut fillets into 3 oz portions if desired, or leave whole and portion after baking.
2. Spray sheet pan with pan release spray and place halibut onto pan.
3. Sprinkle halibut with lemon juice if using.
4. Mix together spices and sprinkle evenly over fish.
5. Bake:

   Conventional oven: 350°F for 20–25 minutes

   Convection oven: 325°F for 16–20 minutes

   CCP: Heat to 145°F or higher for at least 15 seconds.

Nutrition Facts
Serving Size (106g)
Calories 100
Calories from Fat 15

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 1.5g	2%	**Total Carbohydrate** 0g	0%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 0g	
Cholesterol 50mg	17%	**Protein** 20g	40%
Sodium 140mg	6%		

Vitamin A 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Banana Muffins

Grain

"I love it."

Banana Muffins

Helpful Notes

These may be made the day ahead. Once completely cooled, store in airtight container.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Barley flour	2 cups	1 quart + 2 cups
All–purpose flour	1 3/4 cups	1 quart + 1 1/4 cups
Salt	1 tsp	1 Tbsp
Baking soda	2 1/4 tsp	2 Tbsp + 1 tsp
Canola oil or other transfat free oil	3/4 cup	2 1/4 cup
Sugar	1 cup	3 1/4 cups
Eggs	4 each	12 each
Vanilla extract	2 tsp	2 Tbsp
Bananas, very ripe, mashed	2 1/4 cups	1 quart + 2 1/4 cups
Water	1/2 cup	1 1/2 cups

Serving Size: 1 muffin
Credit As: 2 oz WGR grain

DIRECTIONS

1. In large bowl, combine barley flour, all-purpose flour, salt and baking soda. Stir until fully combined and set aside.
2. In mixer with paddle attachment, place canola oil, sugar, eggs and vanilla. Mix on medium–low speed, 2–3 minutes or until fully combined.
3. Add mashed bananas and water and mix on medium–low, another 2–3 minutes until fully combined.
4. Add dry ingredients and mix on medium speed until just combined. Batter may still have a few lumps.
5. Pour 1/3 cup batter into prepared muffin tins. (Muffin tins can either be lined with paper liners or sprayed with pan release spray and coated in flour).
6. Bake:

   Conventional oven: 325°F for 20–25 minutes

   Convection oven: 300°F for 16–18 minutes

   Or until a toothpick inserted into the center of one comes out clean.

Cool on wire rack until completely cooled.

Nutrition Facts
Serving Size (64g)
Calories 180
Calories from Fat 70

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 8g	**12%**	**Total Carbohydrate** 25g	**8%**
Saturated Fat 1g	**5%**	Dietary Fiber 2g	**8%**
Trans Fat 0g		Sugars 11g	
Cholesterol 30mg	**10%**	**Protein** 3g	**6%**
Sodium 220mg	**9%**		

Vitamin A 2% • Vitamin C 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Barley Pizza Crust

Grain

"This pizza crust is fast, and easy to prepare."

Barley Pizza Crust

Helpful Hints

When rolling out the dough it may want to bounce back instead of spreading out to the edges of the pan. If it becomes too difficult to work with, cover with plastic or a towel and allow to sit undisturbed for a few minutes while working on the next pan(s) of dough.

INGREDIENTS	25 SERVINGS	75 SERVING
All–Purpose flour	2 1/2 cups	7 1/2 cups
Whole wheat flour	1 1/4 cups	3 3/4 cups
Barley flour	2 cups + 2 Tbsp	6 cups + 2 Tbsp
Salt	1 tsp	1 Tbsp
Sugar	1 Tbsp	3 Tbsp
Yeast	2 Tbsp + 2 tsp	1/2 cup
Water, at 70° F	2 1/4 cups	1 quart + 2 3/4 cup
Canola oil	2 Tbsp + 1 tsp	1/4 cup + 3 Tbsp
Corn meal	1 Tbsp	3 Tbsp

Serving Size: 1 piece
Credit As: 1 1/2 oz WGR grain

Tip: For best results, have all ingredients and utensils at room temperature.

DIRECTIONS

1. Place flour, salt, sugar, and dry yeast in large mixer bowl. Mix with a dough hook on low speed until combined, about 30 seconds.
2. Combine warm water and oil. Add liquids to the dry ingredients. Mix on low until combined. Turn mixer to medium speed and mix until dough is very stiff and bounces back when pressed with a thumb, about 12 minutes.
3. Shape dough into a ball and place into a lightly greased container. Cover with plastic wrap or a lid and place in a warm area to rise until doubled in size, approximately 45 minutes to an hour.
4. Preheat oven to 400°F.
5. Punch dough down and divide into balls as necessary. For 25 servings leave dough as one ball. For 75 servings divide into 3 balls. All dough balls will be approximately 2 lbs 6 oz. Keep dough balls covered until ready to use.
6. Lightly coat half-sheet pans (13”x18”x1”) with pan release spray and sprinkle with cornmeal or cover with parchment paper. For 25 servings, use 1 half-sheet pan. For 75 servings, use 3 half-sheet pans.
7. Place each dough ball on lightly floured surface and roll out to 1/8” thickness, transfer to prepared pan.
8. Add toppings and place in oven and bake for 15–18 minutes or until done.
9. Remove from oven and cut each half-sheet pan into 25 servings (5 x 5).

Nutrition Facts
Serving Size grams (53g)
Calories 110
Calories from Fat 5

Amount Per Serving	% Daily Values*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%

Amount Per Serving	% Daily Values*
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 3g	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Beef Stroganoff

Meat/ Meat Alternate

Grain

Beef Stroganoff

Serving Secrets

Mushrooms can be easily minced by placing in a food processor and pulsing them a few times.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Beef, **caribou** or **moose**, roast or steaks, cut into 1/4" strips	4 lbs.	12 lbs.
Onion, diced	1 quart + 2 cups	1 gallon + 1 2/3 cups
Mushrooms, canned, drained, minced	1 quart + 2 cups	1 gallon + 1 2/3 cups
Canola oil	1/4 cup	3/4 cup
All–Purpose flour	1 quart	2 quarts + 3 cups
Beef broth	1 quart	2 quarts + 3 cups
Salt	1 1/2 tsp	1 tbl + 1 1/4 tsp
Pepper	1/2 tsp	1 1/4 tsp
Sour cream	2 cups	1 quart + 1 3/4 cups
Brown rice or whole wheat egg noodles, fully cooked	1 gal + 3 cups	3 gals + 1 qt + 1 cup

Serving Size: 3/4 cup brown rice or whole wheat egg noodles + 1 cup beef with sauce.

Credit As: 2 oz M/MA and 2 oz WGR grain

DIRECTIONS

1. Cut steak or roast into strips, approximately 1/4" x 1/4" x 1".
2. In large bowl, combine beef, onion, mushrooms, salt and pepper. Stir to combine.
3. Add flour and gently toss to evenly coat ingredients.
4. Heat oil in a large skillet on medium–high heat.
5. Add beef mixture to hot skillet. Stir to brown, about 5 minutes.
6. Stirring constantly, slowly add beef broth. Reduce heat to low and simmer about 20 minutes, stirring occasionally, until broth has formed a thick sauce.
7. Remove skillet from heat and stir in sour cream.

   CCP: Heat to 165°F or higher for at least 15 seconds.
8. Serve immediately or hot hold for service.

   CCP: Hot hold at 135°F or higher.

Nutrition Facts

Serving Size (396g)

Calories 430

Calories from Fat 100

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 11g	**17%**	**Total Carbohydrate** 58g	**19%**
Saturated Fat 3.5g	**18%**	Dietary Fiber 5g	**20%**
Trans Fat 0g		Sugars 5g	
Cholesterol 55mg	**18%**	**Protein** 24g	**48%**
Sodium 460mg	**19%**		

Vitamin A 2% • Vitamin C 4% • Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Berry Rhubarb Crisp

Fruit

Berry Rhubarb Crisp

Cooks Tips

Try replacing walnuts with any kind of nut.

Berries and rhubarb can be fresh or frozen.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Berries, assorted varieties such as **blueberries**, **strawberries** or **raspberries**	2 qts + 1/2 cup	6 qts + 1 1/2 cups
Rhubarb	1 quart	3 quarts
Sugar, white	2 cups	1 quart + 2 cups
All–Purpose flour	1 1/4 cup	3 3/4 cups
Cinnamon	1 Tbsp	3 Tbsp
Crumb Crust		
Oatmeal	3 cups	2 quarts + 1 cup
Barley flour	1 cup	3 cups
Salt	1/2 tsp	1 1/2 tsp
Brown sugar, packed	1 cup	3 cups
Walnuts (optional)	1 cup	3 cups
Margarine or (Trans fat free oil)	1/2 cup (1/4 cup + 3 Tbsp)	1 1/2 cups (1 1/4 cups + 1 Tbsp)

Serving Size: 1 cup
Credit As: 3/4 cup fruit

DIRECTIONS

1. Combine berries, rhubarb, sugar, flour and cinnamon in large bowl. Stir to combine.
2. Pour berry mixture into steamtable pans (20" x 12" x 2 1/2").
3. In a separate bowl, combine oatmeal, barley flour, brown sugar, walnuts and margarine or oil in a food processor fitted with a steel blade. Process for 1–2 minutes until the mixture is fully combined and crumbly in texture.
4. Dump crumb topping and spread evenly over berry mixture.
5. Bake:

   Conventional oven: 350°F for 50–60 minutes

   Convection oven: 325°F for 40–45 minutes
6. May be served cool or lukewarm. Cut each pan 5 x 5 or scoop a scant (a little less than) 1 cup serving per person.

Nutrition Facts
Serving Size (154g)
Calories 280
Calories from Fat 70

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 8g	**12%**	**Total Carbohydrate** 52g	**17%**
Saturated Fat 1g	**5%**	Dietary Fiber 4g	**16%**
Trans Fat 0g		Sugars 32g	
Cholesterol 0mg	**0%**	**Protein** 4g	**8%**
Sodium 50mg	**2%**		

Vitamin A 2% • Vitamin C 15% • Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Breakfast Burrito

"So, so, so amazing!"

Meat/ Meat Alternate

Grain

Vegetable

Breakfast Burrito

Serving Secrets

This can be served at breakfast or lunch.

Try serving the tortillas and filling separately and let the kids assemble their own burrito.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Tortillas, whole wheat 8"	25 each	75 each
Eggs	7–8 each	22–24 each
Salt	1/2 tsp	1 1/2 tsp
Potatoes, shredded	1 1/3 cups	4 cups
Zucchini, shredded	1 1/4 cups	3 3/4 cups
Carrots, shredded	3/4 cup	2 1/4 cups
Onion, shredded	1/2 cup	1 1/2 cups
Cheddar cheese, shredded	1 1/2 cups + 1 Tbsp	4 3/4 cups
Salsa, mild	1 1/2 cups + 1 Tbsp	4 3/4 cups
Taco Meat (see recipe)	3 cups + 2 Tbsp	9 1/4 cups + 2 Tbsp

Serving Size: 1 burrito
Credit As: 1/8 cup mixed vegetable; 2 oz M/MA; 1 oz WGR grain

DIRECTIONS

1. In skillet, scramble eggs with a pinch of salt.
2. Prepare Taco Meat according to recipe on page 95.
3. In food processor, shred potatoes and set aside.
4. In food processor, shred zucchini, carrots and onions, set aside.
5. In skillet, saute potatoes with a pinch of salt and set aside.
6. In skillet, saute zucchini, carrots and onion with a pinch of salt. Add Taco Meat, stir and set aside.

For each burrito, top 1 tortilla with:

- 1 Tbsp + 1 1/2 tsp egg (1/2 oz)
- 2 tsp potatoes (1/3 oz)
- 2 Tbsp Taco Meat and vegetable mixture (1 1/2 oz)
- 1 Tbsp cheddar cheese
- 1 Tbsp salsa (or taco sauce)

Roll into burritos and serve.

Nutrition Facts
Serving Size (132g)
Calories 220
Calories from Fat 60

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 7g	11%	**Total Carbohydrate** 27g	9%
Saturated Fat 2.5g	13%	Dietary Fiber 4g	16%
Trans Fat 0g		Sugars 2g	
Cholesterol 70mg	23%	**Protein** 13g	26%
Sodium 590mg	25%		

Vitamin A 15% • Vitamin C 15% • Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Broccoli Salad

Vegetable

Broccoli Salad

Serving Secrets

Let sit at least 30 minutes before serving to allow flavors to meld.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Broccoli	3 quarts + 1 cup	1 gal + 2 qts + 2 cups
Red onion	3/4 cup	2 1/4 cups
Carrots	1 quart	3 quarts
Bacon, fully cooked, crumbled	1/4 cup + 1 Tbsp	3/4 cup + 3 Tbsp
Raisins	2 1/4 cups	1 quart + 2 3/4 cups
Mayonnaise, lite	1 1/2 cups	1 quart + 1/2 cup
Yogurt, plain, fat-free	3 1/4 cups	1 quart + 1 3/4 cups
Sugar, white, granulated	2 Tbsp + 1 tsp	1/4 cup + 3 Tbsp
Salt	3/4 tsp	1 1/4 tsp
Vinegar	2 Tbsp + 1 tsp	1/4 cup + 3 Tbsp
Water	3/4 cup	2 1/4 cups

Serving Size: 1/2 cup
Credit As: 3/8 cup dark green vegetable

DIRECTIONS

1. Trim broccoli and cut into bite-sized pieces.
2. Trim, peel and thinly slice onion.
3. Shred carrots in food processor or grate by hand.
4. Cook bacon until crispy. Drain, cool and crumble.
5. In large bowl, combine broccoli, diced onion, shredded carrots, bacon pieces and raisins.
6. In a medium mixing bowl or food processor fitted with steel blade, combine mayonnaise, yogurt, sugar, salt, vinegar and water. Whisk or blend until well combined. Pour over broccoli mixture and stir until fully combined.
7. Cool. Refrigerate until service.
   CCP: Cool to 41°F or lower within 4 hours.

Nutrition Facts
Serving Size (139g)
Calories 140
Calories from Fat 40

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 4.5g	7%	**Total Carbohydrate** 22g	7%
Saturated Fat 1g	5%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 14g	
Cholesterol 10mg	3%	**Protein** 5g	10%
Sodium 310mg	13%		

Vitamin A 20% • Vitamin C 90% • Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Carrot Muffins

"Great Awesome Goooooood!"

Grain

Vegetable

Carrot Muffins

Cook's Tip

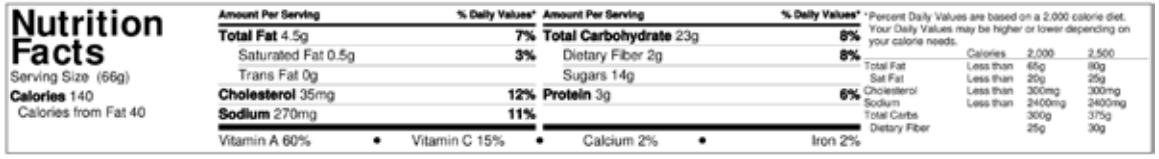
Muffins may be made the day ahead. Once cooled, place in airtight container until ready to serve.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Barley flour	2 cups + 2 Tbsp	1 qt + 2 1/4 c. + 2 Tbsp
Baking soda	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Salt	1 1/4 tsp	1 Tbsp + 3/4 tsp
Cinnamon	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Nutmeg (optional)	1/2 tsp	1 1/2 tsp
Ginger	1 1/4 tsp	1 Tbsp + 3/4 tsp
Sugar	1 1/2 cups	1 quart + 1/2 cup
Canola or other Trans fat free oil	1/3 cup	1 cup
Applesauce	1 1/4 cups	3 3/4 cups
Eggs	5 each (1 1/4 c.)	15 each (3 3/4 c.)
Carrots, shredded	3 3/4 cups	11 1/4 cups

Serving Size: 1 muffin
Credit As: 2 oz WGR Grain and 1/8 cup red/orange vegetable

DIRECTIONS

1. In large bowl, combine barley flour, baking soda, salt, cinnamon, nutmeg and ginger. Stir until combined. Set aside.
2. In mixer with paddle attachment, combine sugar, canola oil and applesauce. Mix on medium–low speed until fully combined, 2–3 minutes.
3. Add egg and mix until fully combined, 2–3 minutes more.
4. Add carrots and mix until fully combined, 2–3 minutes.
5. Add dry ingredients and mix on medium until fully combined, 2–3 more minutes.
6. Pour 1/3 cup batter into prepared muffin tins (Use paper cups or spray tins with pan release spray and coat with flour).
7. Bake:
   Conventional oven: 350°F for 20–25 minutes
   Convection oven: 325°F for 16–18 minutes
   Or until a toothpick inserted into the center of a muffin comes out clean.
8. Cool completely on wire rack.



Cioppino (Seafood Stew)

Meat/ Meat Alternate

Vegetable

Cioppino (Seafood Stew)

Helpful Hints

Cioppino is a traditional San Francisco seafood stew. It usually has shellfish in it. This recipe does not but we encourage you to add it to yours.

Serving Size: 1 cup
Credit As: 2 oz M/MA and 3/4 cup mixed vegetable

INGREDIENTS	25 SERVINGS	75 SERVINGS
Canola oil	2 Tbsp + 1 tsp	1/4 cup + 2 Tbsp
Onion, **carrots**, **celery**, **bell pepper**, chopped	3 1/2 cups each	2 qts + 1 1/2 c. each
Zucchini	1 quart + 3 cups	1 gallon + 3 quarts
Tomatoes, canned, diced w/juice	1 quart + 2 cups	1 gallon
Tomato paste	3 Tbsp + 1 1/2 tsp	1/2 cup + 2 Tbsp
Red wine vinegar	1/4 cup + 3 Tbsp	1 cup + 3 Tbsp
Chicken broth	3 qts + 2 cups	2 gals + 1 qt + 2 cups
Garlic powder	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Parsley, dried flakes	1 3/4 tsp	1 Tbsp + 1 1/2 tsp
Thyme, dried, ground	1 tsp	3 tsp
Basil, dried flakes	1 tsp	3 tsp
Black pepper	1/2 tsp	1 1/2 tsp
Salmon, cut into 1" chunks	2 lbs. 3 oz.	6 lbs. 9 oz
White fish, boneless, skinless cut into 1" chunks	2 lbs. 3 oz.	6 lbs. 9 oz
Cornstarch	1 3/4 tsp	1 Tbsp + 2 1/4 tsp
Water	1/4 cup	3/4 cup

DIRECTIONS

1. Heat oil in a large, heavy bottomed stock pot over medium/medium high heat. Add onion, carrot, celery, bell pepper and salt. Saute lightly, about 5 minutes, or until onion starts to become translucent.
2. Add zucchini, diced tomatoes, tomato paste, red wine vinegar, chicken broth, garlic powder, parsley, thyme, basil and black pepper. Bring to a boil then turn heat to low and simmer about 40 minutes.
3. In a small cup, whisk together the cornstarch and water to make a slurry.
4. Add salmon, white fish and the cornstarch and water slurry to the stew and stir to fully combine.
5. Simmer for 15 minutes more or until the fish is fully cooked.

   CCP: Heat to 165°F or higher for 15 seconds.
6. Serve immediately or hold for hot service. Use 8 oz. ladle to serve 1 cup servings.

   CCP: Hot hold at 135°F or higher.

Nutrition Facts
Serving Size (408g)
Calories 170
Calories from Fat 60

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 6g	9%	**Total Carbohydrate** 11g	4%
Saturated Fat 1.5g	8%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 6g	
Cholesterol 40mg	13%	**Protein** 17g	34%
Sodium 850mg	35%		

Vitamin A 90% • Vitamin C 70% • Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Coleslaw

Vegetable

"Mouth-watering"

Coleslaw

Serving Secrets

This would be great served with a pulled pork sandwich or with crispy fish fingers in a whole wheat tortilla.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Cabbage, green, shredded	2 quarts + 3 cups	2 gallons
Carrot, grated	2 3/4 cups	2 quarts
Celery, thinly sliced	2 cups	1 quart + 1 1/2 cups
Onion, red, thinly sliced	1/2 cup + 3 Tbsp	2 cups
Dressing:		
Yogurt, fat–free, plain	2 cups	1 quart + 2 cups
Mayonnaise, lite	1 cup	3 cups
Apple cider vinegar	2 Tbsp + 2 1/4 tsp	1/2 cup
Water	1/4 cup + 1 Tbsp	1 cup
Sugar	1 Tbsp + 1 1/4 tsp	1/4 cup
Salt	1 1/4 tsp + 1/8 tsp	1 Tbsp + 1 tsp

Serving Size: 3/4 cup
Credit As: 3/4 cup other vegetable

DIRECTIONS

1. In large bowl, combine cabbage, carrots, celery and onion. Toss to combine.
2. In separate bowl, combine yogurt, mayonnaise, apple cider vinegar, water, sugar and salt. Whisk to combine.
3. Pour yogurt mixture over cabbage mixture. Stir to evenly coat.
4. Cover bowl and place in refrigerator for a minimum of 1 hour before serving for a better flavor.

   CCP: Cool to 41°F or lower within 4 hours.
5. Serve: Place rounded 3/4 cup (No. 5 scoop) per plate.

Nutrition Facts
Serving Size (108g)
Calories 70
Calories from Fat 30

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 3g	5%	**Total Carbohydrate** 8g	3%
Saturated Fat 0g	0%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 5g	
Cholesterol 5mg	2%	**Protein** 2g	4%
Sodium 230mg	10%		

Vitamin A 45% • Vitamin C 30% • Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Crab Cake

Meat/ Meat Alternate

Vegetable

"I love these crab cakes."

Crab Cake

Helpful Hint

Replace dried parsley flakes with fresh parsley. Use 3 Tbsp fresh parsley for 25 servings. Use 1/2 cup + 1 Tbsp fresh parsley for 75 servings.

Replace coriander with fresh cilantro. Use 1 1/2 Tbsp of fresh cilantro for 25 servings. Use 1/4 cup fresh cilantro for 75 servings.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Crab meat or immitation crab meat, fully cooked	2 quarts + 2 cups	1 gal + 3 qts + 2 cups
Celery, diced	1 1/4 cups	3 2/3 cups
Onion, diced	1 1/4 cups	3 2/3 cups
Green pepper, diced	1 1/4 cups	3 2/3 cups
Eggs	6 each	18 each
Bread crumbs	2 cups	1 quart + 2 cups
Worchestershire sauce	2 Tbsp	1/4 cup + 2 Tbsp
Lemon juice	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Mayonnaise, lite	1/2 cup	1 1/2 cups
Garlic powder	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Parsley flakes, dried	1 Tbsp	3 Tbsp
Coriander, dried, ground	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Mustard, dried, ground	3/4 tsp	2 1/4 tsp
Black pepper	1/4 tsp	3/4 tsp

Serving Size: 1 cake (2/3 cup)
Credit As: 2 oz M/MA and 1/8 cup other vegetables

DIRECTIONS

1. In large mixing bowl, combine all ingredients. Stir by hand until fully combined, or mix on low in a large mixer fitted with a paddle attachment.
2. Spray baking sheet or muffin tin with pan release spray. To make the cakes: Use a rounded 2/3 cup (#6 scoop) for each patty. Either form by hand or gently press into muffin tins.
3. Bake at 400°F for 25 minutes.
   CCP: Heat to 145°F or above for 15 seconds.
4. Serve or hold for hot service.
   CCP: Hot hold at 135°F or higher.

Nutrition Facts
Serving Size (96g)
Calories 120
Calories from Fat 30

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 3g	**5%**	**Total Carbohydrate** 12g	**4%**
Saturated Fat 0.5g	**3%**	Dietary Fiber 1g	**4%**
Trans Fat 0g		Sugars 1g	
Cholesterol 45mg	**15%**	**Protein** 11g	**22%**
Sodium 200mg	**8%**		

Vitamin A 2% • Vitamin C 10% • Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Crab Salad

Meat/ Meat Alternate

Vegetable

"So good you need to put it in the school lunch."

Crab Salad

Serving Secrets

Dark leafy greens may be substituted with romaine or other lettuce.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Crab meat or immitation crab meat, fully cooked	3 quarts	9 quarts
Celery, diced finely	1/2 cup	1 1/2 cups
Onion, diced finely	1/2 cup	1 1/2 cups
Green bell pepper, diced finely	1 cup	3 cups
Yogurt, plain, fat free	2 cups	1 quart + 2 cups
Mayonnaise, lite	1 cup	3 cups
Lemon juice	1 Tbsp	3 Tbsp
Parsley, dried	2 tsp	2 Tbsp
Garlic, dried, powder	1 tsp	1 Tbsp
Dill, dried	1 tsp	1 Tbsp
Pepper, black, ground	1/4 tsp	3/4 tsp
Salt	1/4 tsp	3/4 tsp
Dark leafy greens, shredded (such as **Swiss chard**, **kale**, **spinach**, etc.)	1 gal + 2 qts + 1 c.	4 gals + 3 cups

Serving Size: 1 cup dark leafy greens + 1/2 cup crab salad
Credit As: 2 oz M/MA and 1/2 cup dark green vegetable

DIRECTIONS

1. In a large bowl, mix together crab, celery, onion, green bell pepper, yogurt, mayonnaise, lemon juice, parsley, garlic, dill, pepper and salt. Place in refrigerator for a minimum of 1 hour before serving to allow flavors to combine.
2. To serve: Place 1 cup of dark leafy greens onto plate. Top with 1/2 cup (No. 8 scoop) of crab salad.

Nutrition Facts
Serving Size (172g)
Calories 120
Calories from Fat 25

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 3g	**5%**	**Total Carbohydrate** 10g	**3%**
Saturated Fat 0g	**0%**	Dietary Fiber 1g	**4%**
Trans Fat 0g		Sugars 3g	
Cholesterol 25mg	**8%**	**Protein** 13g	**26%**
Sodium 350mg	**15%**		

Vitamin A 70% • Vitamin C 40% • Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Crispy Fish Fingers

Meat/ Meat Alternate

Grain

Crispy Fish Fingers

Helpful Hints

Replace 1/3 of breadcrumbs with cornmeal for a crunchier texture.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Fish (**halibut**, **cod** or **salmon**)	5 lb. 8 oz.	16 lbs 8 oz.
Cornstarch	3 Tbsp	1/2 cup + 1 Tbsp
Milk (or reconstituted powdered milk—reconstitute according to package instructions)	3 cups	2 quarts + 1 cup
Eggs	9 each	27 each
Breadcrumbs	3 cups	2 quarts + 1 cup
Cornstarch	1 Tbsp + 1 1/2 tsp	1/4 cup + 1 1/2 tsp
Salt	2 1/8 tsp	2 Tbsp + 3/8 tsp
Margarine, melted	2 Tbsp + 1/2 tsp	1/4 c. + 2 Tbsp + 1 1/2 tsp

Serving Size: 3 oz cooked fish
Credit As: 2 oz M/MA and 1/4 cup WGR grain

DIRECTIONS

1. Cut fish fillets into 1–2 oz. portions. Set aside.
2. Combine cornstarch, water, milk (or milk powder) and eggs in a large bowl. Let sit 5–10 minutes.
3. Meanwhile, combine breadcrumbs, cornstarch, salt and margarine in a food processor. Pulse or mix until fully combined. Place in large bowl and set aside.
4. Add fish to liquid in large bowl. Gently toss to fully coat all pieces. Let sit 3–5 minutes.
5. Pour fish and liquid into a collander and drain.
6. Dump drained fish pieces into the dry breadcrumb/cornmeal mixture. Gently toss to fully coat all pieces.
7. Dump entire bowl, fish, crumbs and all onto prepared sheet pan(s) (with parchment paper or greased) leaving about 1/2–1 inch of space between each piece. Use 1 sheet pan for 25 servings, use 3 sheet pans for 75 servings.
8. Bake:

   Conventional oven: 400°F for 15 minutes
   Convection oven: 375°F for 12 minutes

   CCP: Heat to internal temperature of 145°F for a minimum of 15 seconds.

   Hot hold for service at 135°F or above.

Nutrition Facts
Serving Size (113g)
Calories 130
Calories from Fat 30

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 3g	5%	**Total Carbohydrate** 8g	3%
Saturated Fat 1g	5%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 2g	
Cholesterol 80mg	27%	**Protein** 16g	32%
Sodium 290mg	12%		

Vitamin A 2% • Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Crushed Hot Potatoes

Vegetable

"Good. As in super good."

Crushed Hot Potatoes

Helpful Hints

Red potatoes are what is known as a waxy potato. They should not be replaced with a starchy variety of potato such as a Russet.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Red potatoes	6 lbs. 11 oz.	20 lbs.
Olive oil	3 Tbsp + 1 tsp	1/2 cup + 2 Tbsp
Salt	3/4 tsp	2 1/2 tsp
Parsley, dried	3/4 tsp	2 1/2 tsp
Black pepper	1/4 tsp	1/2 tsp
Thyme, dried, ground	1/4 tsp	1/2 tsp
Oregano, dried	1/4 tsp	1/2 tsp
Parmesan cheese	3 Tbsp + 1 tsp	1/2 cup + 2 Tbsp

Serving Size: 2/3 cup
Credit As: 1/2 cup starchy vegetable

Tips: Canola oil should NOT be substituted for olive oil. Olive oil gives this recipe a richer flavor. Use margarine as an alternative instead.

Cut larger potatoes so that all potatoes are of a similar size before baking.

DIRECTIONS

1. Spray steamtable pan (12" x 20" x 2 1/2") with pan release spray.
2. Place potatoes in steamtable pan and bake:

   Conventional oven: 400°F for 1–1 1/2 hours

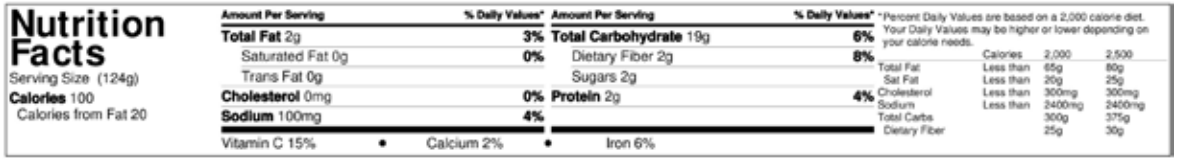
   Convection oven: 375°F for 45 minutes–1 hour, 15 minutes

   Note: Potatoes should be easy to pierce with a fork.

   In the steamtable pan, crush potates to 1" thickness or less using a fork, masher, or small, flat surfaced item such as a measuring cup or clean jar. It may be helpful to cut larger pieces down before crushing.
4. Drizzle potatoes with olive oil.
5. In small bowl, mix together salt, parsley, black pepper, thyme, oregano and parmesan cheese.
6. Sprinkle spice mixture evenly over potatoes.
7. Bake:

   Conventional oven: 400°F for 20–30 minutes

   Convection oven: 375°F for 15–20 minutes
8. Serve: 2/3 cup (No. 6 scoop) per serving.



Nutrition Facts
Serving Size (124g)
Calories 100
Calories from Fat 20

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 2g	3%	**Total Carbohydrate** 19g	6%
Saturated Fat 0g	0%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 2g	
Cholesterol 0mg	0%	**Protein** 2g	4%
Sodium 100mg	4%		

Vitamin C 15% • Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Equinox Lasagna

Meat/ Meat Alternate

Vegetable

Grain

"I like how it's so saucy... yum!"

Equinox Lasagna

Helpful Hint

Let lasagna rest for 15–20 minutes before cutting into serving sizes.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Whole wheat lasagna noodles	14 each	42 each
Mild Italian sausage, ground	1 lb.	3 lbs.
Kale	4 1/2–5 cups	3 quarts + 2 cups
Squash or **pumpkin** (or canned pumpkin)	3 1/2 cups	10 1/2 cups
Cottage cheese	4 1/2 cups	14 cups
Pasta sauce (Kitchen Sink Pasta Sauce or other prepared sauce)	1 quart	3 quarts
Mozzarella	4 3/4 cups	14 cups

Serving Size: 1 piece
Credit As: 2 oz M/MA, 1/2 oz WGR grains, 1/3 cup other vegetable.

DIRECTIONS

1. Cook lasagna noodles according to instructions on package until just under al dente (still a little hard). Drain.
2. De-rib kale (remove hard stems by folding leaves in half lengthwise and pull free from hard stem). Discard stem. Shred in food processor or chop kale leaves finely with large knife. Mix in with cottage cheese. Set aside.
3. Place whole squash or pumpkin in oven and bake until the flesh is soft. About 1 hour at 350°F. Or use canned pumpkin.
4. Brown Italian sausage. Drain and set aside.
5. To assemble: In steamtable pans (12" x 20" x 2 1/2") which have been lightly coated with pan release spray. For 25 servings, use 1 pan, for 75 servings, use 3 pans.

   For each pan:
   1st layer: 1/2 cup pasta sauce
   2nd layer: 7 cooked lasagna noodles lengthwise
   3rd layer: 1/2 of squash or pumpkin
   4th layer: 1/2 of cottage cheese/kale mixture
   5th layer: 1/2 of mild Italian sausage
   6th layer: 1/2 of remaining sauce
   7th layer: 1/2 of mozzarella cheese

   Repeat layers 2–7, ending with mozzarella cheese.
6. Tightly cover pans.
7. Bake:

   Conventional oven: 350°F for 1 hour, 15 minutes to 1 hour, 30 minutes

   Convection oven: 325°F for 45 minutes

   Uncover pans about 15 minutes before they are done. Replace in oven and finish cooking.

   CCP: Heat to 165°F or higher for 15 seconds.
8. Remove pans from oven and let stand, uncovered, for 15 minutes before serving.

   CCP: Hold for hot service at 135°F or higher.

   Cut each lasagna 5 x 5 (25 pieces total).

Nutrition Facts
Serving Size (190g)
Calories 200
Calories from Fat 60

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 6g	9%	**Total Carbohydrate** 19g	6%
Saturated Fat 3.5g	18%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 5g	
Cholesterol 20mg	7%	**Protein** 17g	34%
Sodium 520mg	22%		

Vitamin A 70% • Vitamin C 25% • Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Fish Scandia

Meat/
Meat
Alternate

Fish Scandia

Serving Secrets

Instead of pre-cutting portions leave fillets whole and cut into portions for service.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Breadcrumbs	1 cup	3 cups
Lemon juice	1/4 cup	1 1/2 cups
Onion salt	1 tsp	1 Tbsp
Pepper, black	1/4 tsp	3/4 tsp
Hot sauce	1/4 tsp	3/4 tsp
Parsley, dried	2 Tbsp	1/4 cup + 2 Tbsp
Vegetable oil	2 Tbsp	1/4 cup + 2 Tbsp
Fish, white, such as **halibut**, **cod** or **rockfish**, cut into 3 oz. portions	25 each	75 each
Yogurt, plain, fat free	1 1/2 cups + 2 Tbsp	4 3/4 cup + 2 Tbsp
Cheddar cheese, shredded	3/4 cup	2 1/4 cups

Serving Size: 1 piece
Credit As: 2 oz M/MA

DIRECTIONS

1. In a bowl, mix bread crumbs, lemon juice, onion salt, pepper, hot sauce, and parsley. Reserve for step 6.
2. Oil each steamtable pan (12" x 20" x 2 1/2") with 2 Tbsp oil. For 25 servings, use 1 pan. For 75 servings, use 3 pans.
3. Place 25 fish portions into each steam-table pan.
4. Cover each portion with 1 Tbsp (No. 60 scoop) of fat-free yogurt.
5. Sprinkle 3 oz (3/4 cup) of cheese, per pan, on top of lowfat yogurt.
6. Sprinkle 1 Tbsp of crumb mixture on top of each portion.
7. Bake:
   Conventional oven: 400°F for 25 minutes
   Convection oven: 350°F for 25 minutes
   Fish should flake easily with a fork.
   CCP: Heat to 145°F or higher for at least 15 seconds.
8. CCP: Hold for hot service at 135°F or higher.

Nutrition Facts
Serving Size (111g)
Calories 90
Calories from Fat 10

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 1g	2%	**Total Carbohydrate** 5g	2%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 1g	
Cholesterol 40mg	13%	**Protein** 15g	30%
Sodium 360mg	15%		

Vitamin C 2% • Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Fresh Tomato Bruschetta

Vegetable

Grain

Fresh Tomato Bruschetta

Helpful Hints

Replace dried basil with fresh basil. For 25 servings, use 2 Tbsp + 2 tsp, for 75 servings, use 1/2 cup fresh basil.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Tomatoes, fresh	12 1/2 cups	37 1/2 cups
Basil, dried	2 1/2 tsp	1 Tbsp + 2 1/2 tsp
Garlic powder	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Salt	3/4 tsp	2 1/4 tsp
Black pepper	3/16 tsp	1/2 tsp
Olive oil	1 Tbsp + 2 tsp	1/4 cup + 1 Tbsp
Lemon juice	1 Tbsp + 1 1/2 tsp	1/4 cup + 1 1/2 tsp
Barley Pizza Crust fully cooked*	25 servings	75 servings

Serving Size: 1/2 cup of tomato + 1 piece (~3 1/2" x 5" square) of barley pizza crust
Credit As: 1/2 cup serving of red/orange vegetables and 1 1/2 oz WGR grain

Note: The olive oil is necessary for the final flavor of this recipe. Ideally, Virgin or Extra Virgin Olive Oil should be used. It is best not to substitute other kinds of cooking oil in this recipe.

* Barley Pizza Crust found on page 13.

DIRECTIONS

1. Remove core from tomatoes and dice into 1/4" pieces or cut into 2" chunks and pulse in batches in a food processor to approximately 1/4" pieces.
2. In large bowl, combine tomatoes, basil, garlic powder, salt, black pepper, olive oil and lemon juice. Gently stir until spices, olive oil and lemon juice evenly coat the tomatoes.
3. Cover bowl and place in refrigerator to allow flavors to combine for 1–24 hours.
4. Before serving, cut cooled pizza crust into 25 squares per sheet pan.
5. To serve: Place 1/2 cup (No. 8 scoop) of tomato mixture on each piece of pizza crust. Serve immediately.

   If not serving immediately, place tomato mixture into individual serving cups and serve with bread on the side.

Nutrition Facts
Serving Size (127g)
Calories 130
Calories from Fat 15

Amount Per Serving	% Daily Values*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 4g	8%

Vitamin A 10% • Vitamin C 15% • Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Garden Vegetable Couscous

Vegetable

Grain

Garden Vegetable Couscous

Helpful Hints

Try substituting other whole grains such as quinoa or brown rice for the couscous. Standard couscous may be used but is not typically whole grain.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Barley couscous, raw	3 1/2 cups	2 quarts + 2 cups
Canola oil	3 Tbsp	1/2 cup + 1 Tbsp
Onion, diced	1 1/4 cup	1 quart
Tomato, diced	2 1/2 cups	2 quarts
Assorted vegetables, diced (such as **broccoli**, **carrot**, **cabbage**, **zucchini**, **cauliflower**)	1 gallon	3 gallons
Soy sauce, low sodium	1/3 cup	1 cup
Parsley, dried	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Garlic powder	3/4 tsp	2 tsp
Black pepper	1/4 tsp	1 tsp
Salt	2 1/2 tsp	2 Tbsp + 1 1/2 tsp

Serving Size: 1 cup
Credit As: 1/2 cup other vegetables and 2 oz WGR grain

DIRECTIONS

1. Cook barley couscous according to package instructions.
2. In skillet, heat canola oil over medium to medium high heat. Add onion, saute about 5 minutes, add tomato and vegetables and saute until semi-soft, about 15 minutes.
3. Remove skillet from heat. Add soy sauce, parsley, garlic powder, black pepper and salt. Toss together to evenly coat.
4. Add barley couscous to vegetable mixture. Stir to evenly combine.
5. Serve rounded 1 cup (No. 4 scoop) per plate.

Nutrition Facts
Serving Size (155g)
Calories 150
Calories from Fat 25

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 2.5g	4%	**Total Carbohydrate** 27g	9%
Saturated Fat 0g	0%	Dietary Fiber 7g	28%
Trans Fat 0g		Sugars 3g	
Cholesterol 0mg	0%	**Protein** 5g	10%
Sodium 400mg	17%		

Vitamin A 90% • Vitamin C 60% • Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Garlicky Baked Fries

Vegetable

"Garlic is the bomb."

Garlicky Baked Fries

Helpful Hints

Potatoes may be par-baked ahead of time but should not be cut until they are ready to be tossed in cornstarch mixture and baked.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Potatoes, Russet or other starchy variety	10 lbs.	30 lbs.
Cornstarch	1/2 cup	1 1/3 cups
Salt	1 Tbsp + 3/4 tsp	1/4 cup
Garlic powder	2 Tbsp + 1 1/2 tsp	1/4 c + 3 Tbsp + 1 1/2 tsp
Dill weed, dried	1/4 tsp	1 Tbsp + 3/4 tsp
Black pepper	1/4 + 1/8 tsp	1 tsp
Canola oil	3 Tbsp + 1 tsp	1/2 cup + 2 Tbsp

Serving Size: 5 wedges
Credit As: 2/3 cup starchy vegetable

DIRECTIONS

1. Par-bake potatoes:
   Conventional oven: 400°F for 20–30 minutes
   Convection oven: 375°F for 18–25 minutes
   Note: You should be able to insert a fork into the potato with some resistance.
2. While the potatoes are baking, combine cornstarch, salt, garlic powder, dill weed and black pepper.
3. Allow potatoes to cool enough to handle.
4. Cut par-baked potatoes into wedges 1/2"–3/4". A medium sized potato should yield about 8 wedges.
5. Toss potatoes with oil. Add cornstarch mixture and toss to coat evenly.
6. Place potatoes on sheet pan.
7. Bake:
   Conventional oven: 400°F for 45 minutes or until browned on the outside and tender on the inside.
   Convection oven: 375°F for 35 minutes or until browned on the outside and tender on the inside.
8. To serve: place about 5 wedges per plate.

Nutrition Facts
Serving Size (187g)
Calories 170
Calories from Fat 20

Amount Per Serving	% Daily Values*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 360mg	**15%**

Amount Per Serving	% Daily Values*
Total Carbohydrate 35g	**12%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 4g	**8%**

Vitamin C 15% • Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Green Monster Pops

Fruit

"It's the most best out of all of them."

Green Monster Pops

Cook's Tip

Canned pineapple may be used instead of fresh pineapple.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Pineapple, fresh	1 1/2 whole (4–5 cups)	4 1/2 whole (about 3 quarts)
Banana	3 medium	9 medium
Spinach, chopped	1 1/2 cups	4 1/2 cups
Kale, chopped	3/4 cup	2 1/4 cups
Water	1 cup	3 cups

Serving Size: 1/4 cup (2 oz) popsicle
Credit As: 1/4 cup fruit

NOTE: Canned pineapple may be used in place of the fresh pineapple.

- 1 1/2 medium pineapples equals 1 quart + 3 cups of drained, cubed pineapple
- 4 1/2 medium pineapples equals 5 quarts + 1 cup

DIRECTIONS

1. Peel pineapple. Cut into quarters and cut out core. Chop.
2. Peel bananas
3. Puree spinach, kale, bananas and pineapple in blender. Add water and puree again.
4. Pour into 2 oz portion cups and insert treat sticks. Freeze until solid, at least 4 hours.

Nutrition Facts
Serving Size (69g)
Calories 40

Amount Per Serving	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%

Amount Per Serving	% Daily Values*
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	2%

Vitamin A 4% • Vitamin C 15% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Halibut Olympia

Meat/ Meat Alternate

"Awesome."

Halibut Olympia

Helpful Hint

Use 3 oz portions, if using individual fish portions.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Breadcrumbs	3 cups	2 quarts + 1 cup
Cheddar cheese, shredded	1 1/2 cups	1 quart + 1/2 cup
Margarine	1/4 cup	3/4 cup
Parsley, dried flakes	1 Tbsp	3 Tbsp
Garlic powder	1/2 tsp	1 1/4 tsp
Pan release spray		
Red onion, thinly sliced (optional)	3 cups	2 qts + 1 1/3 cups
Halibut	4 lbs 11 oz	14 lbs
Salt	3/4 tsp	2 1/4 tsp
Lemon juice	1 Tbsp	2 1/4 tsp
Yogurt, Greek, plain, fat free	3 cups	9 cups
Salt	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Black pepper	3/4 tsp	2 1/4 tsp

Serving Size: 2 1/2 oz of halibut, cooked
Credit As: 2 oz M/MA

DIRECTIONS

1. In medium bowl or food processor, combine breadcrumbs, cheddar cheese, margarine, parsley and garlic powder. Combine by rubbing between gloved hands, or pulse in food processor until fully combined and fluffy looking. Set aside.
2. Spray pan release spray on steamtable pans (12' x 20' x 2 1/2'). Use 1 pan for 25 servings. Use 3 pans for 75 servings. If using individual fish portions (3 oz raw portions, place 25 portions per pan.)
3. Spread onions evenly on bottom of steamtable pan and sprinkle with salt and lemon juice.
4. Gently spray top of onion layer with pan release spray.
5. Place halibut fillets on onions, place each fillet touching the one next to it. Overlap as necessary to make one continuous layer of halibut on top of the onions.
6. Sprinkle second quantity of salt.
7. Spread the yogurt evenly over the top of fish.
8. Sprinkle the breadcrumb mixture evenly over the yogurt.
9. Bake uncovered:
   Conventional oven: 400°F for 20 minutes
   Convection oven: 375°F for 16–18 minutes
   CCP: Heat to 145°F or higher for at least 15 seconds.
10. To serve: cut each pan 5 x 5.

Nutrition Facts
Serving Size (155g)
Calories 180
Calories from Fat 40

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 4g	**6%**	**Total Carbohydrate** 12g	**4%**
Saturated Fat 1g	**5%**	Dietary Fiber 1g	**4%**
Trans Fat 0g		Sugars 3g	
Cholesterol 45mg	**15%**	**Protein** 22g	**44%**
Sodium 450mg	**19%**		

Vitamin A 4% • Vitamin C 2% • Calcium 10% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Herb Roasted Potatoes

Vegetable

"Great!"

Herb Roasted Potatoes

Helpful Hint

When cutting potatoes, have a bowl of water at station to place cut chunks into. Storing them in water while cutting remainder of product will keep them from discoloring. Drain well before proceeding.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Potatoes	1 gallon + 1 quart	3 gallons + 3 quarts
Canola or other trans fat free oil	2 Tbsp	1/4 cup + 2 Tbsp
Salt	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Pepper	3/8 tsp	1 1/8 tsp
Oregano	3/4 tsp	2 1/4 tsp
Thyme, rubbed	3/8 tsp	1 1/8 tsp
Parsley	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Sage	3/8 tsp	1 1/8 tsp
Onion powder	3/4 tsp	2 1/4 tsp
Garlic powder	3/8 tsp	1 1/8 tsp

Serving Size: 2/3 cup
Credit As: 1/2 cup strachy vegetables

DIRECTIONS

1. Wash potatoes and, leaving the skins on, cut into 1/2" pieces.
2. Toss in oil to coat.
3. In small bowl, combine salt, pepper, oregano, thyme, parsley, sage, onion powder and garlic powder. Mix to fully combine. Pour over potatoes.
4. Toss potatoes to evenly coat.
5. Spread onto full size sheet pans (1 pan for 25 servings, 3 pans for 75 servings).
6. Roast:

   Conventional oven: 400°F for 40–45 minutes

   Convection oven: 375°F for 35–40 minutes

   Or until golden brown and tender.

   Serve hot.

   CCP: Hold for hot service at 135°F or higher.

Nutrition Facts
Serving Size (110g)
Calories 90
Calories from Fat 10

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 1.5g	2%	**Total Carbohydrate** 17g	6%
Saturated Fat 0g	0%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 1g	
Cholesterol 0mg	0%	**Protein** 2g	4%
Sodium 160mg	7%		

Vitamin C 15% • Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Hot Zucchini Bruschetta

Vegetable

Grain

"Like it a lot."

Hot Zucchini Bruschetta

Cook's Tips

Replace dried herbs with fresh herbs. Use triple the volume of fresh herbs (example: use 1 Tbsp + 1 1/4 tsp of fresh basil instead of 1 3/4 tsp of dried basil for a 25 serving batch).

INGREDIENTS	25 SERVINGS	75 SERVINGS
Zucchini (see note)	1 gallon + 1 cup	3 gallons + 1 cup
Onion, finely minced	1 1/4 cups	1 quart
Plum tomatoes	3 1/2 cups + 2 Tbsp	2 quarts + 2 2/3 cups
Olive oil	3 Tbsp + 2 tsp	1/2 cup + 3 Tbsp
Lemon juice	1 Tbsp + 1/2 tsp	3 Tbsp + 2 tsp
Parmesan cheese	1/4 cup + 3 Tbsp	1 1/4 c + 1 Tbsp + 1 tsp
Garlic powder	1 3/4 tsp	1 Tbsp + 1 1/4 tsp
Basil, dried	1 3/4 tsp	1 Tbsp + 1 1/4 tsp
Oregano, dried	3/4 tsp	2 1/2 tsp
Thyme, dried	1/4 tsp	3/4 tsp
Black pepper	1/4 tsp	3/4 tsp
Salt	1 3/4 tsp	1 Tbsp + 1 1/4 tsp
Barley Pizza Crust fully cooked*	25 servings	75 servings

Note: If using large zucchini, slice each zucchini lengthwise and remove seeds from center by scraping with a large spoon. Then dice into 1/4" cubes.

Serving Size: 1/2 cup of zucchini mixture + 1 piece (~3 1/2" x 5" square) of barley pizza crust
Credit As: 1/2 cup other vegetables and 1 1/2 oz WGR grain

* Barley Pizza Crust found on page 13.

DIRECTIONS

1. Preheat oven to 400°F.
2. Remove ends of zucchini and dice into 1/4" cubes. Place in large bowl.
3. Remove core from tomatoes and dice into 1/4" cubes. Place in bowl with zucchini and onions.
4. Add onions to zucchini and tomato mixture.
5. Add olive oil, lemon juice, parmesan cheese, garlic powder, basil, oregano, thyme, black pepper and salt. Gently toss to evenly combine.
6. Spread into a single layer on sheet pans and roast in 400°F oven for 20–25 minutes until cheese begins to brown.
7. Remove from oven and serve hot or hold for hot service at 135°F or higher.
8. Before serving, cut cooled pizza crust into 25 squares per sheet pan.
9. To serve: Place 1/2 cup (No. 8 scoop) of zucchini mixture on each piece of pizza crust. Serve immediately.

Nutrition Facts
Serving Size (168g)
Calories 150
Calories from Fat 20

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 2.5g	4%	**Total Carbohydrate** 28g	9%
Saturated Fat 0g	0%	Dietary Fiber 4g	16%
Trans Fat 0g		Sugars 2g	
Cholesterol 0mg	0%	**Protein** 6g	12%
Sodium 280mg	12%		

Vitamin A 10% • Vitamin C 50% • Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Kale Chips

Vegetable

Kale Chips

Helpful Hint

Spray leaves with cooking spray instead of drizzling with oil.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Kale	5 lbs 12 oz	17 lbs 4 oz
Olive oil	1/4 cup	3/4 cup
Salt	2 tsp	2 Tbsp

Serving Size: 1 cup
Credit As: 1/3 cup dark green vegetable

Tips:

Bake with the oven door slightly ajar (this allows the steam to escape) until the kale is crispy and bright green. If the kale turns olive green, they have cooked to long.

Don't cook more than 4 sheet pans at a time, or the oven will get too steamy.

DIRECTIONS

1. Wash kale and dry very well (use a salad spinner if you have one). De-rib kale (remove hard stems by folding leaves in half lengthwise and pull free from hard stem). Discard stems. Tear leaves into 2–3" pieces.
2. Drizzle with oil and sprinkle with salt. Toss leaves to evenly coat with oil and salt.
3. Spread kale on full size sheet pans.
   Use 2 sheet pans for 25 servings.
   Use 6 sheet pans for 75 servings.
4. Bake

   Conventional oven: 425°F for about 10 minutes

   Convection oven: 400°F for about 8 minutes
5. Let cool for 2 minutes. Transfer to a serving dish.

Nutrition Facts
Serving Size (9g)
Calories 20
Calories from Fat 20

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 2g	3%	**Total Carbohydrate** 1g	0%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 0g	
Cholesterol 0mg	0%	**Protein** 0g	0%
Sodium 190mg	8%		

Vitamin A 15% • Vitamin C 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Kitchen Sink Pasta Sauce

Vegetable

Kitchen Sink Pasta Sauce

Cook's Tip

This sauce can be made ahead. Store overnight in covered hotel pans in the refrigerator.

Replace olive oil with canola or other trans fat free cooking oil. Use beets in this sauce! It makes it very sweet with a very vibrant color.

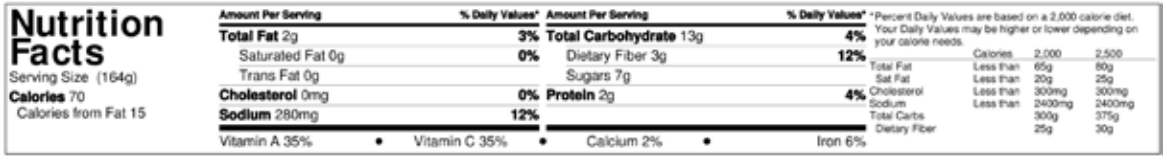
INGREDIENTS	25 SERVINGS	75 SERVINGS
Onion	1 lb 12 oz	5 lbs 2 oz
Misc. vegetables, trimmed, peeled if necessary, chopped	1 lb 12 oz	5 lbs 2 oz
Garlic	6–7 cloves 2 Tbsp + 2 tsp minced or 2/3 tsp garlic powder	20 cloves 1/2 cup minced or 2 tsp garlic powder
Olive oil	2 Tbsp + 2 tsp	1/2 cup
Fresh Roma tomatoes	4 lbs 6 oz	13 lbs 2 oz
Basil	1 tbs+1 tsp dried leaves or 1/4 c finely chopped, fresh	1/4 cup dried leaves or 3/4 c finely chopped, fresh
Oregano	2 tsp dried leaves or 2 Tbsp finely chopped fresh	2 Tbsp dried leaves or 6 Tbsp finely chopped fresh
Tomato paste	2 cups + 2 tsp	1 qt + 2 cups + 2 Tbsp
Salt	2 tsp	2 Tbsp
Pepper, white, ground	1 tsp	1 Tbsp

Serving Size: 1/2 cup
Credit As: 1/2 cup red/orange vegetables

DIRECTIONS

1. Trim, peel and roughly chop onions.
2. Trim, peel (if desired) and roughly chop miscellaneous vegetables.
3. If using fresh garlic, trim and peel garlic.
4. Heat oil in 20 qt. brazier or tilt skillet over medium heat. Add the onions and cook, stirring occasionally, until tender, 3–5 minutes. Add the garlic and cook, stirring for 1 minute.
5. Add the miscellaneous vegetables, tomatoes, basil and oregano. Bring to a low boil. Cook, stirring every 15–20 minutes, until the vegetables are tender and falling apart, about 1 hour.
6. Puree the sauce with an immersion blender to break up large pieces.
7. Add tomato paste and stir to combine. Stir in salt and pepper. Bring to a simmer and cook, stirring often to prevent burning, until thickened, 30–45 minutes.
8. If the sauce is too thick, thin with water to the desired consistency. Pour into 6" full hotel pan and keep warm on serving line.

CCP: Hold for hot service at 135°F or higher.
CCP: Cool to 70°F within 2 hours and from 70°F–41°F within an additional 4 hours.



Mac 'n Cheese with Beef

Meat/ Meat Alternate

Grain

"Delish."

Mac 'n Cheese with Beef

Helpful Hint

Feel free to try other cheeses and cheese blends in place of the cheddar or mozzarella.

Drain the pasta very well to make sure the final product is creamy and delicious.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Whole wheat macaroni, raw	5 cups	14 cups
Ground beef	3–4 cups	10–12 cups
Water	5 cups	14 cups
Cornstarch	2 1/2 tsp	2 Tbsp
Powdered milk	2 1/2 cups	6 cups
Ground mustard seed (powder)	2 1/2 tsp	2 Tbsp
Onion powder	1 tbp + 2 tsp	1/4 cup
Garlic powder	2 1/2 tsp	2 Tbsp
Salt	1 tsp	1 Tbsp
Sugar	2 1/2 tsp	2 Tbsp
Margarine	1/4 cup + 3 Tbsp	1 1/4 cup
Cheddar, shredded (low fat)	5 cups	14 cups
Mozzarella, shredded (low fat)	5 cups	14 cups

Serving Size: 1 cup
Credit As: 1 1/4 oz M/MA and 1 oz serving WGR grain

DIRECTIONS

1. Brown ground beef, drain and set aside.
2. Cook macaroni according to instructions on package until just under al dente (still a little hard). Drain well. It is very important to undercook the pasta in this step!
3. Return pasta to pan. Place on low heat and add water, powdered milk, and seasonings.
4. Add margarine, stir until melted. Slowly add cheese, no more than 3–4 cups at a time. Incorporate each batch of cheese fully before adding more.
5. Add ground beef and gently stir to combine.
6. Cook, covered, on low for 10–15 minutes until sauce thickens.
   CCP: Heat to 140°F or higher for 15 seconds.
7. Hold in steamtable pans (12" x 20" x 2 1/2"). 1 pan for 25 servings, 3 pans for 75 servings.
   CCP: Hold for hot service at 135°F or higher.

Nutrition Facts
Serving Size (172g)
Calories 290
Calories from Fat 90

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 10g	15%	**Total Carbohydrate** 23g	8%
Saturated Fat 5g	25%	Dietary Fiber 2g	8%
Trans Fat 0.5g		Sugars 5g	
Cholesterol 40mg	13%	**Protein** 25g	50%
Sodium 540mg	23%		

Vitamin A 10% • Calcium 35% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Mac 'n Cheese with Broccoli

"This is good."

Grain

Vegetable

Meat/ Meat Alternate

Mac 'n Cheese with Broccoli

Cook's Tip

Replace broccoli with cauliflower or other in-season vegetables.

Drain the pasta very well to make sure the final product is creamy and delicious.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Whole wheat macaroni, raw	3 1/2 cups	10 1/2 cups
Broccoli, chopped into 1/2" pieces	6 cups	18 cups
Water	3 cups	9 cups
Cornstarch	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Powdered milk	2 1/2 cups	7 1/2 cups
Ground mustard	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Salt	1/4 tsp	3/4 tsp
Onion powder	1 Tbsp + 2 tsp	1/4 cup + 1 Tbsp
Garlic powder	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Sugar	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Margarine, cut into 1/2" cubes	1/4 cup + 1 Tbsp	1 1/4 cup
Cheddar cheese, shredded	5 cups	14 1/2 cups
Mozzarella cheese, shredded	5 cups	14 1/2 cups

Serving Size: 1 cup
Credit As: 1 1/2 oz M/MA, 1 oz WGR grain and 1/8 cup dark green vegetable.

DIRECTIONS

1. Cook macaroni according to instructions on package until just under al dente (still a little hard). Drain well. It is very important to undercook the pasta in this step!

   Steam or blanch broccoli. Drain excess water and set aside.

   Return pasta to pan. Place on low heat and add water, powdered milk, and seasonings.
2. Add margarine, stir until melted. Slowly add cheese, no more than 3–4 cups at a time. Incorporate each batch of cheese fully before adding more.
3. Add broccoli and gently stir to combine.
4. Cook, covered, on low for 10–15 minutes until sauce thickens.

   CCP: Heat to 140°F or higher for 15 seconds.
5. Hold in steamtable pans (12" x 20" x 2 1/2"). 1 pan for 25 servings, 3 pans for 75 servings.

   CCP: Hold for hot service at 135°F or higher.

Nutrition Facts
Serving Size (126g)
Calories 230
Calories from Fat 80

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 9g	**14%**	**Total Carbohydrate** 21g	**7%**
Saturated Fat 4.5g	**23%**	Dietary Fiber 2g	**8%**
Trans Fat 0g		Sugars 5g	
Cholesterol 20mg	**7%**	**Protein** 17g	**34%**
Sodium 450mg	**19%**		

Vitamin A 10% • Vitamin C 35% • Calcium 35% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Meatloaf

Meat/ Meat Alternate

Vegetable

"Yum. Yum. Yum."

Meatloaf

Helpful Hint

Try turning this recipe into meatballs instead of meatloaf.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Carrots	3 3/4 cups	11 1/4 cups
Celery	3 cups	9 cups
Zucchini	4 1/2 cups	13 1/2 cups
Kale (optional)	6 cups	18 cups
Salt	1 tsp	1 Tbsp
Canola oil	3 Tbsp	1/2 cup + 1 Tbsp
Onion	2 cups	1 quart + 2 cups
Tomato paste	1 cup	3 cups
Eggs, whole	4 each (1 cup)	12 each (3 cups)
Milk, powdered	3 1/2 cups	10 1/2 cups
Rolled oats, quick cooking/instant	4 cups + 2 Tbsp	12 1/3 cups
Ground beef, raw	3 lbs 8 oz	10 lbs 8 oz
Parsley, dried	1 Tbsp + 1/2 tsp	3 Tbsp + 1 1/2 tsp
Onion powder	1 Tbsp + 1/2 tsp	3 Tbsp + 1 1/2 tsp
Thyme, dried	1/2 tsp	1 1/2 tsp
Garlic powder	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Black pepper	1/4 tsp	3/4 tsp
Worcestershire sauce	3 Tbsp	1/2 cup + 1 Tbsp

GLAZE	25 SERVINGS	75 SERVINGS
Ketchup	1 1/4 cups	3 3/4 cups
Apple cider vinegar	2 Tbsp + 3/4 tsp	8 Tbsp + 1 tsp
Worcestershire sauce	1/4 c. + 1 1/2 tsp	3/4 c + 1 Tbsp + 1 1/2 tsp
Brown sugar	1 1/2 cups	2 1/4 cups

Serving Size: 1 slice of meatloaf
Credit As: 2 oz M/MA and 1/2 cup other vegetables

Meatloaf

DIRECTIONS

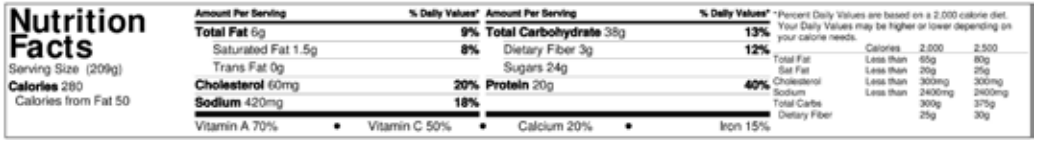
1. Wash carrots, celery, zucchini and kale.
2. Shred carrots and zucchini in food processor or grate by hand. Set aside.
3. Thinly slice or mince onion and celery, either in food processor or by hand.
4. De-rib kale (remove hard stems by folding leaves in half lengthwise and pull free from hard stem). Discard stem. Shred in food processor or chop kale leaves finely with large knife.
5. Heat oil in pan, add onions, carrots, celery and salt. Saute lightly—about 5 minutes.
6. Add zucchini and kale to carrot/celery mixture and saute lightly—about 5 more minutes.
7. In mixer with paddle attachment, combine tomato paste, eggs, powdered milk and rolled oats. Mix on medium speed for about 2 minutes.
8. Add hamburger, sauted vegetables, herbs, spices and Worchestershire sauce. Mix on medium speed about 2–3 minutes or until well combined. Do not overmix.
9. Place mixture onto prepared (with parchment paper or oiled) sheet pan(s). Use 1 sheet pan for 25 servings. Use 3 sheet pans for 75 servings. Form two equal-sized loaves on each pan.
10. Cover with plastic wrap and refrigerate overnight or for a minimum of 3 hours.

Before Baking:

11. In a medium—large bowl, combine all ingredients for the glaze. Mix until fully combined.
12. Glaze each loaf with about 1 1/2 cups of glaze.
13. Bake:

    Conventional oven: 375°F for 1 1/4 hours
    Convection oven: 350°F for 1 1/2 hours

    CCP: Heat to internal temperature of 155°F or higher for at least 15 seconds.
14. Let stand about 20 minutes. Slice each loaf into 13 slices.



Nutrition Facts

Serving Size (209g)

Calories 280
Calories from Fat 50

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 6g	**9%**	**Total Carbohydrate** 38g	**13%**
Saturated Fat 1.5g	**8%**	Dietary Fiber 3g	**12%**
Trans Fat 0g		Sugars 24g	
Cholesterol 60mg	**20%**	**Protein** 20g	**40%**
Sodium 420mg	**18%**		

Vitamin A 70% • Vitamin C 50% • Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Notes

Oven Stir Fry

Vegetable

Grain

Oven Stir Fry

Meal Idea

Make this recipe a complete meal by serving with Sweet and Sour Salmon from page 93, or Salmon and Vegetable Burgers (patties only) from page 89. Add canned, drained pineapple to the stir fried vegetables before serving. For 25 servings add 8 1/2 cups. For 75 servings add 25 cups. Toss together and serve over rice.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Vegetables (total below)*	3 gals + 2 cups	9 gals + 1 qt + 2 cups
***Carrots**, diced*	*2 quarts + 1/2 cup*	*1 gal + 2 qts + 2 cups*
***Onion**, diced*	*1 quart*	*3 quarts*
***Celery**, diced*	*1 quart*	*3 quarts*
***Cabbage**, red, chopped*	*3 quarts + 1 cup*	*2 gals + 1 qt + 2 cups*
***Zucchini**, diced*	*1 quart*	*3 quarts*
***Turnip**, diced*	*1 quart*	*3 quarts*
***Cauliflower**, diced*	*2 quarts + 1/2 cup*	*1 gal + 2 qts + 2 cup*
***Green bell pepper**, diced*	*1 quart*	*3 quarts*
Canola oil	3/4 cup	2 cups
Soy sauce	1/2 cup	1 1/2 cups
Garlic powder	1 Tbsp + 1 1/4 tsp	1/4 cup
Ginger, ground	2 tsp	2 Tbsp
Coriander, ground	1 tsp	1 Tbsp
Thyme, ground	1/2 tsp	1 1/2 tsp
Black pepper	1/2 tsp	1 1/2 tsp
Brown rice, cooked	17 cups	50 cups

Serving Size: 2/3 cup rice + 1 cup vegetables
Credit As: 1 oz WGR grain and 1 cup other vegetables

DIRECTIONS

1. In large bowl, combine all vegetables. Toss together and set aside.
2. In small bowl, combine canola oil, soy sauce, garlic powder, ginger, coriander, thyme and black pepper. Whisk to combine. Pour over vegetable mixture in large bowl.
3. Toss vegetable mixture until evenly coated with dressing.
4. Prepare sheet pans with pan release spray. Dump vegetables onto sheet pans spreading out so that vegetables are only 1 layer deep.
5. Bake:

   Conventional oven: 400°F for 20–22 minutes until vegetables are roasted

   Convection oven: 375°F for 16–19 minutes

   CCP: Heat to 165°F or higher for 15 seconds.

   Serve immediately or hold for hot service.

   CCP: Hold at 135°F or higher
6. To serve: place 2/3 cup brown rice (No. 6 scoop) per plate. Top with 1 cup (No. 4 scoop) of vegetables.

Nutrition Facts
Serving Size (413g)
Calories 290
Calories from Fat 70

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 8g	12%	**Total Carbohydrate** 49g	16%
Saturated Fat 1g	5%	Dietary Fiber 8g	32%
Trans Fat 0g		Sugars 8g	
Cholesterol 0mg	0%	**Protein** 7g	14%
Sodium 280mg	12%		

Vitamin A 190% • Vitamin C 150% • Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

* Any variety of mixed vegetables may be used, however the listed mix was tested and kid approved. Broccoli is NOT recommended as a substitution as it tested very poorly in this recipe.

Pasta Primavera

Grain

Vegetable

Pasta Primavera

Helpful Hint

Cook pasta to al dente, making sure not to overcook.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Whole wheat penne pasta, raw	2 1/2 quarts	1 gallon + 3 qts
Carrots, diced	1 1/4 quarts	1 gallon
Onion, diced	2 1/2 cups	2 quarts
Broccoli, chopped, 1/4" florets	2 1/2 quarts	2 gallons
Cauliflower, chopped, 1/4" florets	2 quarts	1 1/2 gallons
Canola oil	1/4 cup	3/4 cup
Salt	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Peas, shelled (fresh or frozen)	1 1/4 cup	3 3/4 cups
Margarine	1/4 cup	3/4 cup
All–Purpose flour	1/4 cup	3/4 cup
Milk, fat free	2 quarts	1 1/2 gals
Garlic powder	2 tsp	1 1/2 Tbsp
Salt	1 Tbsp	3 Tbsp
Cornstarch	1 Tbsp + 2 tsp	1/4 cup + 2 tsp
Water	2/3 cup	2 cups
Parmesan cheese	1 1/2 cup	1 quart

Serving Size: 1 1/4 cups; **Credit As:** 1 cup other vegetable and 1 oz WGR grain

Nutrition Facts

Serving Size (243g)
Calories 250
Calories from Fat 70

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 8g	12%	**Total Carbohydrate** 36g	12%
Saturated Fat 1.5g	8%	Dietary Fiber 8g	32%
Trans Fat 0g		Sugars 9g	
Cholesterol 5mg	2%	**Protein** 12g	24%
Sodium 600mg	25%		

Vitamin A 90% • Vitamin C 90% • Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

DIRECTIONS

1. Bring a large pot of water to a boil. Cook pasta according to package instructions. Cook to al dente, making sure not to overcook.
2. Drain pasta well and rinse. Set aside.
3. Combine, carrot, onion, broccoli, cauliflower, canola oil and salt. Toss to coat vegetables evenly.
4. Place vegetables on a sheet pans in a single layer.
5. Bake:
   Conventional oven: 400°F for 20 minutes
   Convection oven: 375°F for 16 minutes
   CCP: Heat to 165°F or higher for 15 seconds.
6. When the hot vegetables come out of the oven, sprinkle peas on top of them and set aside.
7. In the meantime, melt margarine in a pan over medium heat. Add flour and combine well. Cook for about 5 minutes, stirring constantly, until the mixture becomes a blonde color but has not started to brown.
8. Slowly whisk in milk a little at a time, taking care to incorporate all of the milk in the pan before adding more.
9. Stir in garlic powder and salt.
10. Make a slurry of cornstarch and water and combine with sauce while stirring constantly.
11. Simmer on low 5–10 minutes, stirring regularly, until sauce has thickened.
12. Add the pasta, roasted vegetables and parmesan cheese to sauce. Gently stir to fully combine. Pasta, vegetables and sauce may be combined and poured into a steamtable pan, then topped with parmesan and held for service.

    CCP: Hot hold at 135°F or higher.

Pink Potato Salad

Vegetable

Pink Potato Salad

Serving Secrets

This recipe should be made the day before it will be served. If it is not, it should sit a minimum of 3 hours before serving to ensure all of the flavors have properly melded.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Red potatoes with skins	14 cups	42 cups
Beets	5 cups	15 cups
Canola oil	1 Tbsp	3 Tbsp
Mayonnaise, lite	3/4 cup + 2 Tbsp	2 1/2 cups + 2 Tbsp
Sugar	1 3/4 tsp	1 Tbsp + 2 1/4 tsp
Salt	2 1/4 tsp	2 Tbsp + 3/4 tsp
Garlic powder	1 tsp	1 Tbsp
Onion powder	1 3/4 tsp	1 Tbsp + 3/4 tsp
Apple cider vinegar	1 Tbsp + 1/2 tsp	1/4 cup + 1/2 tsp
Greek yogurt, fat free	3/4 cup + 2 Tbsp	2 1/2 cups + 2 Tbsp
Sour cream, fat free	3/4 cup + 2 Tbsp	2 1/2 cups + 2 Tbsp
Water	2/3 cup	2 cups
Celery	2 cups	6 cups
Red onion	3/4 cup	2 1/4 cups
Eggs, hard-cooked, peeled	1 1/2 cups (6 each)	4 1/2 cups (18 each)

Serving Size: 2/3 cup (5 oz)
Credit As: 1/2 cup of starchy vegetables

DIRECTIONS

1. Rinse potatoes and beets well. Trim greens off beets leaving about 1/2" of stem at the top of each bulb.
2. Toss whole beets and potatoes in canola oil. Roast at 400°F for about 1 hour. Remove beets and potatoes from oven. Let cool enough to handle. Peel beets, gloves recommended. Chop both beets and potatoes into roughly 1/2" cubes.
3. Dice celery into 1/4" pieces and add to potato mixture.
4. Finely dice red onion and add to potato mixture.
5. Dice hard boiled egg and add to potato mixture.
6. In a medium bowl, prepare dressing by combining mayonnaise, sugar, salt, garlic powder, onion powder, apple cider vinegar, greek yogurt, sour cream and water. Whisk together until smooth. Pour over vegetable and egg mixture.
7. Mix gently until all ingredients are well blended.
8. Spread evenly into shallow pan (12" x 20" x 2 1/2") to a product depth of 2 inches or less. Use 1 pan for 25 servings. Use 3 pans for 75 servings.
9. CCP: Cool to 41°F or lower within 4 hours. Refrigerate until ready to serve.

Nutrition Facts
Serving Size (142g)
Calories 110
Calories from Fat 35

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 3.5g	5%	**Total Carbohydrate** 17g	6%
Saturated Fat 1g	5%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 4g	
Cholesterol 50mg	17%	**Protein** 4g	8%
Sodium 330mg	14%		

Vitamin A 4% • Vitamin C 10% • Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Pulled Pork

Meat/ Meat Alternate

Pulled Pork

Helpful Hint

Serve with 2–4 Tbsp of barbeque sauce for a special treat.

The pork cubes may also be cooked in a pressure cooker. Cook in batches for 20–35 minutes depending on batch size.

Pork roast(s) may be cooked whole. Rub 4–5 lb. roasts with sauce and roast covered at 275°F–300°F for 6–12 hours.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Pork shoulder or butt (4–5 lb roasts)	4 lbs 8 oz.	13 lbs. 8 oz.
Worcestershire sauce	2 Tbsp + 2 tsp	1/4 cup + 1 Tbsp + 1 tsp
Salt	2/3 tsp	2 tsp
Chili powder	2 Tbsp	1/4 cup + 2 Tbsp
Cumin	1 1/3 tsp	1 Tbsp + 1 tsp
Mustard powder	2 2/3 tsp	2 Tbsp + 2 tsp
Coriander	2/3 tsp	2 tsp
Brown sugar	1/4 cup	3/4 cup

Serving Size: 2 1/2 oz of pork, cooked
Credit As: 2 oz M/MA

Nutrition Facts
Serving Size (45g)
Calories 100
Calories from Fat 50

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 5g	8%	**Total Carbohydrate** 1g	0%
Saturated Fat 2g	10%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 1g	
Cholesterol 40mg	13%	**Protein** 11g	22%
Sodium 55mg	2%		

Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

DIRECTIONS

1. Cut pork roast(s) into 1"–2" cubes and place in steamtable pans (20" x 12" x 2 1/2") prepared with pan release spray.
2. Combine Worcestershire sauce, salt, chili powder, cumin, mustard powder, coriander and brown sugar. Pour over pork cubes and stir to coat.
3. Cover each pan tightly with foil and let sit in refrigerator 1 to 24 hours.
4. Place pans, covered, in oven and bake:
   Conventional oven: 325°F for 5–6 hours
   Convection oven: 300°F for 5–6 hours

   Or

   Place cubes in electric slow cooker(s) or cook and hold ovens and cook 4–5 hours on high, until pork is falling apart when touched with a spoon.

   CCP: Heat to 165°F or higher for 15 seconds.
5. Shred pork by hand, with forks, or by placing into a large stand mixer fitted with a paddle. Gently beat with paddle unit meat is shredded.
6. Serve 1/3 cup pulled pork on a roll, over noodles or on rice.

   CCP: Hold for hot service at 135°F or higher.

Pumpkin Pancakes

Grain

Meat/ Meat Alternate

Pumpkin Pancakes

Fun Fact

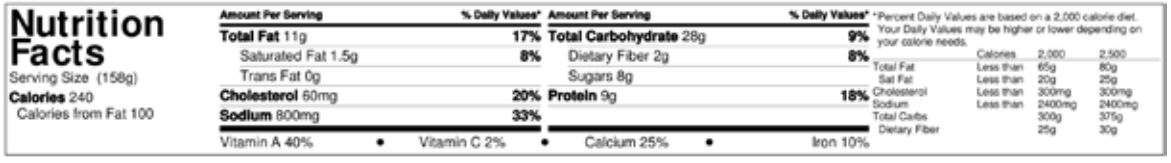
The largest pumpkin ever grown in Alaska weighed 1,789 pounds.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Whole wheat flour	3 cups	9 cups
All–Purpose flour	2 cups	6 cups
Brown sugar	1/2 cup	1 1/2 cups
Baking powder	1/3 cup	1 cup
Kosher salt	1 Tbsp + 1 tsp	1/4 cup
Nonfat cottage cheese	2 cups	1 quart + 2 cups
Nonfat milk	1 qt + 1 1/3 cups	1 gallon
Eggs	8 each	24 each
Pumpkin puree (baked, pureed fresh pumpkin or canned	3 cups	9 cups
Ground cinnamon	1 Tbsp + 1 tsp	1/4 cup
Ground ginger	2 tsp	2 Tbsp
Ground nutmeg	2 tsp	2 Tbsp
Vegetable oil	1 cup	3 cups

Serving Size: 2 pancakes
Credit As: 1 1/2 oz WGR grain and 3/4 oz M/MA

DIRECTIONS

1. Whisk together whole wheat flour, all-purpose flour, brown sugar, baking powder and salt in a large mixing bowl.
2. Blend cottage cheese with a food processor fitted with a steel blade until smooth. Transfer to a large bowl. Add milk, eggs, pumpkin, cinnamon, ginger and nutmeg; whisk until combined.
3. Mix the wet ingredients into the dry ingredients, stirring thoroughly to blend.
4. Heat griddle to medium–high. Brush the griddle with some oil. Using a 3 oz. scoop, pour batter onto the griddle. Cook until bubbles form on top, 3–5 minutes. Turn and cook until browned on the other side, about 3 minutes more. Repeat with remaining batter and oil.



Pumpkin Pie Bars

"It's so good and delicious."

Grain

Pumpkin Pie Bars

Helpful Hint

Best when made a day ahead. Once cool, cover tightly with foil and refrigerate overnight until ready to serve.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Crust		
Barley flour	3 cup	2 quart + 1 cup
Powdered (Confectioners) sugar	1 1/2 cup	1 quart + 1/2 cup
Salt	3/8 tsp	1 1/8 tsp
Canola oil (or other trans fat free oil)	3/4 cup	2 1/4 cups
Filling		
Pumpkin puree (baked, pureed fresh pumpkin or canned)	3 cups	2 quarts + 1 cup
Milk	3 cups	2 quarts + 1 cup
Eggs	6 each	18 each
White sugar	3/4 cup	2 1/4 cup
Brown sugar, packed	3/4 cup	2 1/4 cup
Salt	3/8 tsp	1 1/8 tsp
Nutmeg	1/8 tsp	3/8 tsp
Cinnamon	1 Tbsp	3 Tbsp
Allspice (optional)	3/8 tsp	1 1/8 tsp
Ginger, ground (optional)	3/8 tsp	1 1/8 tsp

Serving Size: 1 bar; **Credit As:** 1/2 oz WGR grain

Nutrition Facts
Serving Size (96g)
Calories 220
Calories from Fat 70

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 8g	12%	**Total Carbohydrate** 33g	11%
Saturated Fat 1g	5%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 22g	
Cholesterol 45mg	15%	**Protein** 4g	8%
Sodium 100mg	4%		

Vitamin A 20% • Vitamin C 2% • Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

DIRECTIONS

1. In food processor or stand mixer, combine barley flour, powdered sugar, salt and vegetable oil. Mix until fully combined and crumbly.
2. Press mixture into bottom of steamtable pan(s) (20" x 12" x 2 1/2"). Use 1 pan for 25 servings. Use 3 pans for 75 servings.
3. Bake until golden brown:
   Conventional oven: 350°F for 12–15 minutes
   Convection oven: 325°F for 9–12 minutes
4. Remove from oven and set aside to cool while making filling.
5. Meanwhile, in stand mixer on medium speed fitted with a whip (or in large bowl by hand with large whisk), mix pumpkin, milk, eggs, white and brown sugar, salt, nutmeg, cinnamon, Allspice and ginger (if using) until fully combined, about 2–3 minutes.
6. Pour mixture over crust and spread evenly. Return to oven.
7. Bake until filling has set:
   Conventional oven: 350°F for 1 hour –1 hour 15 minutes
   Convection oven: 325°F for 50–55 minutes
8. Remove from oven. Let cool completely.
   CCP: Cool to 70°F or lower within 2 hours. Cool for 70°F to 41°F within 4 hours.
9. Cut each pan into 25 pieces (5 pieces x 5 pieces)
10. Cover tightly and refrigerate.
    CCP: Store at 41°F or below until ready to serve.

Pumpkin Squares

Grain

"I would marry it."

Pumpkin Squares

Helpful Hint

Try using other varieties of winter squash instead of pumpkin.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Whole wheat flour	2 1/2 cups	7 1/2 cups
All-Purpose flour	1 cup + 2 tsp	3 cups + 2 Tbsp
Baking powder	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Ground cinnamon	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Baking soda	1 1/4 tsp	1 7/8 tsp (1 3/4 tsp+1/8 tsp)
Kosher salt	1/2 tsp	1 3/4 tsp
Eggs (or equivalent liquid eggs)	6 large	17 1/2 large
Pumpkin puree (baked, pureed fresh pumpkin or canned	2 cups + 1 Tbsp	6 1/4 cups
Granulated sugar	2 cups + 1 Tbsp	6 1/4 cups
Vegetable oil	1 1/2 cups	4 1/3 cups

Serving Size: 1 piece
Credit As: 1 1/4 oz WGR grain

DIRECTIONS

1. Preheat convection oven to 350°F or conventional oven to 375°F. Coat sheet pans with cooking spray. Use 1 half-sheet pan for 25 servings or 3 half-sheet pans for 75 servings.
2. Sift together whole wheat flour, all-purpose flour, baking powder, cinnamon, baking soda and salt in a large bowl. Whisk together eggs, sugar, oil and pumpkin in another large bowl. Add dry ingredients to the wet ingredients and mix well. (Do not overmix). Scrape mixture onto the prepared sheet pan(s) and spread evenly.
3. Bake until a toothpick inserted in the center comes out clean.
   Conventional oven: 20–25 minutes
   Convection oven: 15–20 minutes

Nutrition Facts
Serving Size (76g)
Calories 220
Calories from Fat 90

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 10g	**15%**	**Total Carbohydrate** 30g	**10%**
Saturated Fat 1g	**5%**	Dietary Fiber 2g	**8%**
Trans Fat 0g		Sugars 17g	
Cholesterol 45mg	**15%**	**Protein** 4g	**8%**
Sodium 180mg	**8%**		

Vitamin A 25% • Vitamin C 2% • Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Reindeer and Red Cabbage

"To drool for."

Meat/ Meat Alternate

Grain

Vegetable

Reindeer and Red Cabbage

Helpful Hint

Ground beef or any Alaska game meat can be substituted for the ground reindeer meat.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Reindeer meat, ground, raw	4 lb 4 oz	12 lbs 8 oz
Onion, finely diced	2 3/4 cup	2 quarts + 1/2 cup
Garlic powder	1 tsp	1 Tbsp
Water	1 quart	3 quarts
Red cabbage, shredded	3 gallons + 3 quarts	11 gallons
Onion, diced	2 quarts	1 gallon + 2 quarts
Tomato sauce	3 quarts + 3 cups	2 gallons + 3 quarts
Tomato paste	3/4 cup	2 1/4 cups
Beef broth	1 quart + 2 1/2 cups	1 gallon + 2 3/4 cup
Apple cider vinegar	1/2 cup + 2 tsp	1 1/2 cups + 1 Tbsp
Salt	2 Tbsp + 1 tsp	1/4 cup + 2 Tbsp
Black pepper	1 tsp	1 Tbsp
Garlic powder	2 Tbsp + 1 tsp	1/4 cup + 2 Tbsp
Thyme, dried, ground	1/2 tsp	1 1/2 tsp
Brown rice, slightly undercooked	2 qts + 1 cup	1 gal + 2 qts + 3 cups

Serving Size: 1 1/2 cups; **Credit As:** 2 oz. M/MA, 2 oz WGR grain, 1 cup other vegetable

DIRECTIONS

1. In skillet, combine reindeer, diced onion, garlic powder and water.
2. Brown reindeer mixture over medium heat, stirring occasionally, until liquid is evaporated and meat is fully cooked and crumbly.
   CCP: Heat to 165°F or higher for 15 seconds
3. In a steamtable pan, combine reindeer mixture, cabbage, onion, tomato sauce, tomato paste, beef broth, apple cider vinegar, salt, pepper, garlic, thyme and rice. Cover tightly with foil.
4. Bake:
   Conventional oven: 400°F for 1 hour
   Convection oven: 375°F for 1 hour
   CCP: Heat to 165°F or higher for 15 seconds
   CCP: Hold for hot service at 135°F or higher
5. Serve: 1 1/2 (3 No. 8 scoops) cups per plate.

Nutrition Facts
Serving Size (585g)
Calories 310
Calories from Fat 60

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 7g	11%	**Total Carbohydrate** 41g	14%
Saturated Fat 2.5g	13%	Dietary Fiber 8g	32%
Trans Fat 0g		Sugars 14g	
Cholesterol 50mg	17%	**Protein** 23g	46%
Sodium 980mg	41%		

Vitamin A 45% • Vitamin C 170% • Calcium 10% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Reindeer Ratatouille

Meat/ Meat Alternate

Vegetable

"Best thing I've ever tasted."

Reindeer Ratatouille

Helpful Hint

Use any Alaska game meat.

Unused meat for ratatouille recipe will freeze well, and may be used in any recipe that calls for shredded beef including Taco Meat on page 94.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Reindeer roast, bone–in	12 lbs.	36 lbs.
Worcestershire sauce	1/4 cup	3/4 cup
Brown sugar	1/4 cup	3/4 cup
Garlic powder	1 1/4 tsp	1 Tbsp + 1 tsp
Onion powder	1 1/4 tsp	1 Tbsp + 1 tsp
Salt	1/2 tsp	1 1/2 tsp
Coriander, dried ground	1/2 tsp	1 1/2 tsp
Thyme, dried, ground	1/2 tsp	3/4 tsp
Oregano, dried	1/4 tsp	3/4 tsp

A note about reindeer roasts: Because the Alaska reindeer industry is less commercialized than the beef industry, purchased cuts will not always be consistent in size, weight and yield. This recipe allows the use of any cut, from any part of the animal. Bone-in roasts will yield around 30% of their initial, as purchased, weight after they are cooked and cleaned. "Non-prime" cuts that are typically considered "tough" or designated for stew meat will be ideal as the long, slow cooking process leaves the meat fall-apart tender and very flavorful. Because this recipe was designed to have flexibility, the assumed yield errs on the conservative side and you may end up with more cooked reindeer meat than the designated number of servings.

DIRECTIONS

1. Combine Worcestershire sauce, brown sugar, garlic powder, onion powder, salt, coriander, thyme, and oregano. Rub liberally over the surface of the meat and allow to sit (chilled) for at least 1 hour, up to 24.
2. Place roast in a slow cooker or roasting pan. Cook, covered, on low or at 300°F for 5–10 hours, until meat is fall apart tender. This can be done overnight up to 3 days ahead of time.
3. When meat has cooled enough to handle, use gloves to pull apart and clean, removing bones, silverskin and tendons or gristly bits.
4. Shred remaining meat by hand using two forks, or on low in a stand mixer fitted with a paddle attachment.
5. It is possible to substitute ground reindeer instead of a roast. Follow the cooking instructions for the meat, including seasonings, in Reindeer and Red Cabbage recipe on page 82. Quantities will be the same for 25 and 75.

Continued on page 86.

Nutrition Facts

Serving Size grams (207g)

Calories 170

Calories from Fat 60

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 7g	11%	**Total Carbohydrate** 7g	2%
Saturated Fat 2.5g	13%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 4g	
Cholesterol 55mg	18%	**Protein** 21g	42%
Sodium 290mg	12%		

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Reindeer Ratatoullie (cont.)

Recipe Secret

Ratatouille is a provincial French tradition which typically contains eggplant, in addition to the vegetables in this recipe. As eggplant can be difficult and costly to obtain in many parts of Alaska, this recipe was developed to be just as tasty without it. If you have access to eggplant, feel free to substitute it for a portion of the zucchini and bell pepper.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Ratatoullie		
Water	1/4 cup	3/4 cup
Cornstarch	2 tsp	2 Tbsp
Zucchini, diced	3 1/3 cups	2 quarts + 1 cup
Bell pepper, diced	2 1/4 cups	1 quart + 2 cups
Onion, diced	1 cup	3 cups
Thyme, dried	1/8 tsp	1/4 tsp
Basil, dried	1/4 tsp	3/4 tsp
Sage, dried, ground	1/16 tsp	1/8 tsp
Parsley, dried	1/2 tsp	1 1/2 tsp
Garlic powder	1/4 tsp	3/4 tsp
Salt	1/2 tsp	1 1/2 tsp
Black pepper	1/8 tsp	1/4 + 1/8 tsp
Red wine vinegar	2 Tbsp + 1 tsp	1/4 cup + 2 Tbsp
Tomato, canned, diced with juice	3 1/3 cups	2 quarts + 1 cup
Tomato paste	2 1/4 tsp	2 Tbsp
Beef broth	3 1/3 cups	2 quarts + 1 cup

Serving Size: 1/3 cup reindeer + 1/2 cup vegetables
Credit As: 2 oz M/MA and 1/2 cup other vegetable

DIRECTIONS

Ratatoullie

1. Combine water and cornstarch to make a slurry.
2. Combine all ingredients in a large pot, including the cornstarch and water slurry.
3. Stir to combine.
4. Bring pot to a boil, reduce heat and simmer, uncovered, until peppers and onions are soft and most of the liquid has evaporated, about 40 minutes.

   CCP: Heat to 165°F or higher for 15 seconds.
5. To serve: place 2 1/2 ounces (about 1/3 cup or No. 12 scoop) of shredded reindeer meat on plate, top with 1/2 cup (4 oz. portion server) of vegetables.

Notes

Roasted Fish with Crispy Slaw Wrap

Meat/ Meat Alternate

Grain

Vegetable

Roasted Fish with Crispy Slaw Wrap

Helpful Hint

Spray each fillet with cooking oil instead of brushing with olive oil.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Red cabbage, shredded	2 qts + 1/2 cup	1 gal + 2 qts + 1 1/2 c.
Green cabbage, shredded	2 1/2 cups	1 quart + 3 1/2 cups
Carrots, shredded	1 quart + 1 cup	3 quarts + 3 cups
Bok choy, julienne sliced	2 1/2 cups	1 quart + 3 1/2 cups
Cilantro, chopped	1/2 cup	1 1/2 cups
Light Balsamic vinaigrette dressing	2 1/3 cup	1 quart + 3 cups
White fish, cod or **rockfish**, cut into 4 oz portions	25 pieces	75 pieces
Extra virgin olive oil	1/4 cup	3/4 cup
Salt-free chili-lime seasoning blend	1/4 cup + 1 Tbsp	3/4 cup + 3 Tbsp
Romaine lettuce, julienne sliced	1 qt + 2 1/2 cups	1 gallon + 2 1/2 cups
Whole-grain tortillas, 8"	25 each	75 each
Avocados, 1/4" slices	25 slices	75 slices
Limes, cut into quarters, or the equivalent quantity on bottled lime juice	7 each	19 each

DIRECTIONS

1. Combine red cabbage, white cabbage, carrots, bok choy, cilantro, and balsamic dressing to make slaw.
2. Cover and refrigerate until ready to serve. CCP: Cool to 41°F or lower within 4 hours.
3. Place white fish portions on sheet pan (18" x 26" x 1") lined with parchment paper or lightly coated with pan release spray. For 25 servings, use 1 pan. For 75 servings, use 3 pans.
4. Brush oil on white fish and sprinkle with salt-free seasoning.
5. Roast:

   Conventional oven: 375°F for 12 minutes
   Convection oven: 350°F for 9 minutes

   When done, fish will flake easily with a fork.

   CCP: Heat to 145°F or higher for at least 15 seconds.
6. CCP: Hold at 135°F or higher.
7. Place 1/4 cup lettuce on tortilla.

   Cut fish in half and place both pieces on top of lettuce. Add 8 fl oz spoodle (1 cup) slaw and one slice of avocado. Squeeze lime on top of filling.

   Roll in the form of a burrito and seal.

Serving Size: 1 wrap
Credit As: 2 3/4 oz equivalent M/MA, 1/4 cup dark green vegetable, 1/4 cup red/orange vegetable, 7/8 cup other vegetable, and 1 1/2 oz equivalent grains

Nutrition Facts

Serving Size grams (307g)
Calories 360
Calories from Fat 120

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 13g	20%	**Total Carbohydrate** 33g	11%
Saturated Fat 2g	10%	Dietary Fiber 6g	24%
Trans Fat 0g		Sugars 4g	
Cholesterol 55mg	18%	**Protein** 28g	56%
Sodium 690mg	29%		

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Salmon & Vegetable Burgers

Meat/ Meat Alternate

Vegetable

Grain

"I'm in love with it it's so good."

Salmon & Vegetable Burgers

Serving Secrets

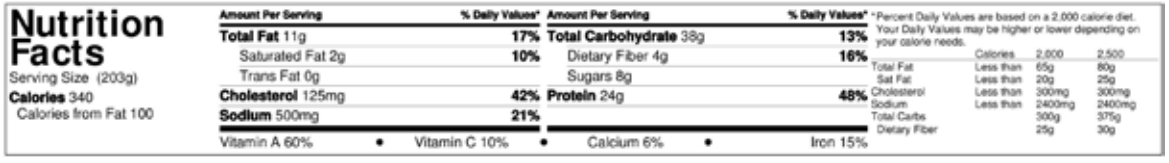
Make chicken burgers instead of salmon burgers. Replace the salmon with canned chicken.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Salmon	2 qts + 2 cups	1 gal + 3 qts + 1 cups
Carrots, fresh, shredded	3 cups	9 cups
Celery, fresh, thinly sliced	2 1/2 cups	3 cups
Onion, fresh, thinly sliced	1 cup + 2 Tbsp	1/4 cup + 2 Tbsp
Zucchini, fresh, shredded	3 1/4 cups	2 quarts + 1 3/4 cups
Dill weed	1/2 tsp	1 1/2 tsp
Garlic powder	1/2 tsp	1 1/2 tsp
Lemon juice	2 tsp	2 Tbsp
Eggs	9 each (2 1/4 c.)	27 each (1qt + 2 1/4 c.)
Breadcrumbs	1 cup	3 1/4 cups
Whole grain barley hamburger buns (or other whole grain bun)	25	75
Ketchup	3/4 cup + 1 1/2 tsp	2 1/4 cup + 1 Tbsp
Mayonnaise, lite	3/4 cup + 1 1/2 tsp	2 1/4 cup + 1 Tbsp

Serving Size: 1 burger plus bun and condiments
Credit As: 2 oz M/MA, 2 oz WGR grain and 1/3 cup vegetable

DIRECTIONS

1. Place salmon in large bowl or in mixer bowl fitted with paddle attachment.
2. Add carrots, celery, onion, zucchini, dill weed, garlic powder, lemon juice eggs and breadcrumbs to chicken. Stir or mix on low until fully combined.
3. Spray sheet pan well with pan release spray. Use a heaping 1/2 cup (No. 8 scoop) per patty. Form each into a patty about 3/4" thick. Place patties on sheet pan about 1 inch apart.
5. Bake:
   Conventional oven: 400°F for 18–20 minutes or until fully cooked and each patty holds together.
   Convection oven: 375°F for 15–18 minutes or until fully cooked and each patty holds together.
   CCP: Heat to 165°F or higher for 15 seconds.
6. Serve immediately or hold for hot service.
   CCP: Hold for hot service at 135°F or higher.
7. To serve: place 1 1/2 tsp lite mayonnaise and 1 1/2 tsp of ketchup on each bun. Place 1 burger inside each bun and serve.



Nutrition Facts
Serving Size (203g)
Calories 340
Calories from Fat 100

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 11g	17%	**Total Carbohydrate** 38g	13%
Saturated Fat 2g	10%	Dietary Fiber 4g	16%
Trans Fat 0g		Sugars 8g	
Cholesterol 125mg	42%	**Protein** 24g	48%
Sodium 500mg	21%		

Vitamin A 60% • Vitamin C 10% • Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Strawberry Spinach Salad

Fruit

Vegetable

"It's really, really good."

Strawberry Spinach Salad

Cook's Tip

Try replacing the maple syrup with equal parts Alaskan birch syrup.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Sunflower seeds, pumpkin seeds, or slivered almonds (optional)	2 cups	1 quart + 2 cups
Cucumbers	1 1/2 lbs.	4 1/2 lbs.
Fresh strawberries	1 lb. 10 oz.	4 lbs. 14 oz.
Romaine lettuce	1 lb. 2 oz.	3 lbs. 6 oz.
Baby spinach	1 gallon + 1 quart	3 gallons + 3 quarts
Balsamic vinegar	1/4 cup	3/4 cup
Maple syrup	3 Tbsp	1/2 cup + 1 Tbsp
Dijon mustard	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Garlic powder	3/4 tsp	2 1/4 tsp
Salt	1/2 tsp	1 1/2 tsp
Pepper, black, ground	1/2 tsp	1 1/2 tsp
Vegetable oil or olive oil	1/2 cup	1 1/2 cups

Serving Size: 1 1/4 cups
Credit As: 1/2 cup dark green vegetable, 1/8 cup other vegetable and 1/8 cup fruit

DIRECTIONS

1. Toast sunflower (or pumpkin) seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4 to 5 minutes. Transfer to a bowl and let cool.
2. Peel cucumbers. Cut in half lengthwise then slice 1/4" thick.
3. Hull strawberries and cut into 1/4" thick slices.
4. Trim romaine and cut into 1" pieces.
5. Mix spinach and romaine in a large bowl.
6. Process vinegar, syrup, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds.
7. Add the strawberries, cucumbers and toasted seeds to the greens. Drizzle with dressing and toss to coat. Serve immediately.

Nutrition Facts
Serving Size grams (123g)
Calories 140
Calories from Fat 90

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 10g	15%	**Total Carbohydrate** 9g	3%
Saturated Fat 1g	5%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 4g	
Cholesterol 0mg	0%	**Protein** 4g	8%
Sodium 75mg	3%		

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Sweet 'n Sour Fish

Meat/ Meat Alternate

Grain

Sweet 'n Sour Fish

Cook's Tip

Try this recipe with chicken instead of fish.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Crispy **Fish** Fingers (page 33)	4 1/4 lbs.	12 3/4 lbs.
Brown rice, cooked	8–8 1/2 cups	26 cups
Sauce		
Water	1/2 cup	1 cup
Cornstarch	1/4 cup + 1 Tbsp	3/4 cup + 3 Tbsp
Water	5 3/4 c. (1 qt + 1 3/4 c.)	17 3/4 c. (1 gal + 1 3/4 c.)
Vinegar	3/4 cup + 3 Tbsp	2 3/4 cup + 1 Tbsp
Sugar, white	1 1/4 cup + 1 Tbsp + 1 tsp	4 cups
Ketchup	1/2 cup + 2 Tbsp	1 3/4 cup + 2 Tbsp
Salt	1 1/4 tsp	1 Tbsp + 3/4 tsp

Serving Size: 1/3 cup brown rice, 3 oz fish, 1/4 cup sweet and sour sauce
Credit As: 2 oz M/MA and 2 oz WGR grain

DIRECTIONS

1. Cook fish sticks according to Fish Stick Recipe on page 33.
2. Cook rice according to package instructions.
3. Combine 1/2 cup water with cornstarch.Whisk together until fully combined and there are no lumps.
4. In a medium sauce pan, combine cornstarch slurry with remaining water, vinegar, sugar, ketchup and salt. Whisk until fully combined. Bring to a boil over high heat. Reduce heat to low and simmer for 10–15 minutes until thickened. Stir occassionally to prevent sticking.
5. To serve, place 1/3 cup brown rice on plate, top with 3 oz Crispy Fish Fingers and 1/4 cup (2 oz) sweet and sour sauce. Or serve sweet and sour sauce on the side.

Nutrition Facts
Serving Size grams (175g)
Calories 160
Calories from Fat 20

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 2.5g	4%	**Total Carbohydrate** 21g	7%
Saturated Fat 0.5g	3%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 14g	
Cholesterol 60mg	20%	**Protein** 12g	24%
Sodium 400mg	17%		

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Taco Meat

Meat/ Meat Alternate

Taco Meat

Helpful Hint

Make this recipe with any type of meat: shredded pork, canned chicken chunks or game meat like canned or cooked, shredded moose or caribou.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Cooked ground or shredded **beef**, **pork** or chicken	3 lbs 2 oz	9 lbs 6 oz
Onion, raw	1 3/4 cups	5 cups
Salt	3/4 tsp	2 1/4 tsp
Garlic powder	1 Tbsp + 1 tsp	1/4 cup
Black pepper	1 tsp	1 Tbsp
Chili powder	2 Tbsp + 1/4 tsp	1/4 cup + 2 1/4 tsp
Cumin, ground	1 Tbsp	3 Tbsp
Onion powder	2 1/3 tsp	2 Tbsp + 1 tsp
Coriander, ground	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Oregano	3/4 tsp	2 1/4 tsp
Tomato paste	1 cup	3 cups
Tomatoes in juice, no salt added	2 cups	1 quart + 2 cups
Water	3/4 cup	2 /4 cups

Serving Size: 2 oz
Credit As: 2 oz M/MA

DIRECTIONS

1. Combine all ingredients in shallow pan or skillet. Simmer on medium low stirring occassionally until liquid has reduced to a thick sauce on the meat.

Tip: Use in tamale pie and breakfast burritos.

Nutrition Facts

Serving Size grams (117g)
Calories 140
Calories from Fat 50

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 5g	8%	**Total Carbohydrate** 5g	2%
Saturated Fat 2g	10%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 3g	
Cholesterol 50mg	17%	**Protein** 18g	36%
Sodium 240mg	10%		

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Tamale Pie

Meat/ Meat Alternate

Vegetable

Grain

Tamale Pie

Helpful Hint

Cheese may be mixed into cornbread topping instead of sprinkling over the top.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Canola oil	1 Tbsp + 1 tsp	1/4 cup
Carrots, grated	5 1/3 cups	16 cups
Zucchini, shredded	3 cups	9 cups
Celery, thinly sliced	2 cups (~1 bunch)	6 cups (~3 bunches)
Onion, thinly sliced	1 2/3 cups	5 cups
Salt	3/4 tsp	2 1/4 tsp
Taco Meat (See recipe on page 94)	4 lbs 6 oz	13 lbs 2 oz
Cornbread Topping		
Barley flour	1 1/2 cups	4 1/2 cups
Cornmeal	1 1/2 cups	4 1/2 cups
Sugar	1/4 cup + 3 Tbsp	1 1/2 cups
Salt	1/2 tsp	1 1/2 tsp
Baking powder	2 1/4 tsp	2 Tbsp + 1 tsp
Canola oil	1/4 cup + 2 Tbsp	3/4 cup
Eggs	3 each	9 each
Milk, fat free	1 1/2 cups	4 1/2 cups
Shredded cheese	4 1/2 oz	12 1/2 oz

Serving Size: 1 piece;
Credit As: 1 1/2 oz M/MA, 1/3 cup other vegetables and 1 oz serving of WGR grains

Nutrition Facts
Serving Size 159 grams
Calories 230
Calories from Fat 80

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 9g	**14%**	**Total Carbohydrate** 23g	**8%**
Saturated Fat 2g	**10%**	Dietary Fiber 3g	**12%**
Trans Fat 0g		Sugars 7g	
Cholesterol 50mg	**17%**	**Protein** 15g	**30%**
Sodium 310mg	**13%**		

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

DIRECTIONS

1. In food processor, grate carrots and zucchini. Use slicing attachment to thinly slice onions and celery or chop thinly by hand.
2. Heat canola oil in pan over medium. Add carrot, onion, celery, zucchini, and salt. Saute for about 5–7 minutes.
3. Add taco meat. Stir until well combined.
   CCP: Heat to 165°F for at least 15 seconds.
4. Spread mixture into steamtable pans (20" x 12" x 2 1/2") sprayed with pan release spray. Use 1 pan for 25 servings. Use 3 pans for 75 servings. Meat and vegetable mixture may be prepared ahead and refrigerated overnight.
   CCP: Cool to 70°F within 2 hours and from 70°F–41°F within an additional 4 hours.

For Cornbread Topping

5. Blend barley flour, cornmeal, sugar, salt and baking powder in mixer on low for 1 minute.
6. In a separate bowl, mix oil, eggs and milk.
7. Pour wet ingredients into dry ingredients and blend for 2–3 minutes on medium until just combined. Batter may be lumpy.
8. Pour cornbread mixture over meat mixture in each pan and spread into corners of pan.
9. Bake:
   Conventional oven: 400°F for 30–35 minutes
   Convection oven: 350°F for 25–30 minutes
   CCP: Heat to 165°F for higher for at least 15 seconds.
10. Sprinkle 4–5 ounces of cheese over cornbread in each pan.
    CCP: Hold for hot service at 135°F or higher.
11. Cut each pan 5 x 5 (25 portions per pan).

Teriyaki Salmon Caesar Salad

Meat/ Meat Alternate

Vegetable

Teriyaki Salmon Caesar Salad

Helpful Hint

Chicken fillets can be substituted for the salmon fillets.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Salmon fillets, raw, boneless	4 lbs 8 oz	13 lbs 8 oz
Prepared Teriyaki Sauce	1 cup	2 3/4 cups
or see recipe below		
Dressing		
Yogurt, plain, fat free	1 1/3 cups	1 quart + 3 Tbsp
Mayonnaise, lite	1/2 cup + 1 tsp	3/4 cup + 1 Tbsp
Sugar	2 3/4 tsp	2 Tbsp + 2 1/2 tsp
Lemon juice	2 3/4 tsp	2 Tbsp + 2 1/2 tsp
Olive oil	1 Tbsp + 2 1/2 tsp	1/4 cup + 1 Tbsp + 1 1/2 tsp
Water	2 Tbsp + 2 tsp	1/2 cup + 1 tsp
Garlic powder	2 3/4 tsp	2 Tbsp + 2 1/2 tsp
Salt	1 tsp	1 Tbsp
Mustard, dried, ground	2/3 tsp	2 tsp
Black pepper	1/8 tsp	1/4 + 1/8 tsp
Romaine lettuce	1 gal + 2 qts + 1 cup	4 gal + 2 qts + 3 cups
Parmesan cheese	1 1/3 cup	1 quart
Croutons, whole grain	3 1/4 c	2 quarts + 1 3/4 cups

Serving Size: 1 cup romaine lettuce, 3–4 croutons and 2 1/2 oz teriyaki salmon
Credit As: 2 oz M/MA and 1/2 cup dark green vegetable

Nutrition Facts
Serving Size grams (168g)
Calories 230
Calories from Fat 110

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 12g	18%	**Total Carbohydrate** 10g	3%
Saturated Fat 3.5g	18%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 4g	
Cholesterol 50mg	17%	**Protein** 20g	40%
Sodium 520mg	22%		

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

DIRECTIONS

1. Spray sheet pans with pan release spray.
2. Place fillets on sheet pans with skin side down. Space fillets about 1" apart.
3. Brush the top of salmon fillets with teriyaki glaze.
4. Bake:
   Conventional oven: 350°F for 20 minutes
   Convection oven: 325°F for 15 minutes
   CCP: Heat to 145°F or higher for 15 seconds.
   Serve hot or cold.
   CCP: Hold for hot service at 135°F or higher
   CCP: Hold for cold service at 41°F or below
6. In large bowl, combine yogurt, mayonnaise, sugar, lemon juice, olive oil, water, garlic powder, salt, ground mustard and black pepper. Stir or whisk until fully combined. Place in refrigerator and let sit a minimum of 1 hour. May sit up to 24 hours.
7. Chop romaine lettuce into 1/2"–1" pieces. Place in large bowl. Add parmesan cheese and slowly add dressing. Gently toss to evenly coat lettuce with dressing.
8. To serve: Place 1 cup dressed romaine lettuce on plate. Add 3–4 croutons per serving. Top with 2 1/2 oz portion of salmon per serving.

Teriyaki Sauce

INGREDIENTS	25 SERVINGS	75 SERVINGS
Teriyaki Sauce		
Soy sauce, low sodium	1/2 cup + 2 tsp	1 1/2 cups + 2 Tbsp
Brown sugar, packed	1/2 cup + 2 tsp	1 1/2 cups + 2 Tbsp
Pineapple juice	1/2 cup + 2 Tbsp	1 3/4 cups + 2 Tbsp
Apple cider vinegar	2 3/4 tsp	2 Tbsp + 2 1/4 tsp
Canola oil	2 3/4 tsp	2 Tbsp + 2 1/4 tsp
Garlic powder	1/4 + 1/8 tsp	1 tsp
Ginger, ground	1/8 tsp	1/2 tsp
Cornstarch	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Water	2 Tbsp + 2 1/2 tsp	1/2 cup + 1 1/2 tsp

DIRECTIONS

1. In sauce pan, combine soy sauce, brown sugar, pineapple juice, vinegar, canola oil, garlic powder and ginger.
2. In separate dish, combine cornstarch and water. Whisk to make a slurry.
3. Whisk cornstarch slurry into ingredients in sauce pan.
4. Bring to a boil. Reduce heat to bring mixture to a simmer. Simmer 10 minutes until sauce has thickened.

Notes

Winter Vegetable Soup

Vegetable

Grain

Winter Vegetable Soup

Helpful Hint

Replace lentils with canned beans. Use 2 cups for 25 servings. Use 1 quart + 2 cups for 75 servings.

Use par-baked squash instead of raw squash.

Use a sturdier noodle like macaroni in place of the egg noodles.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Kale, **collard greens** or **Swiss chard**	2 lbs	6 lbs
Carrots	1 lb	3 lbs
Onion	1 large	3 large
Vegetable oil	2 Tbsp	1/2 cup + 2 Tbsp
Garlic, chopped	1 Tbsp + 1 1/2 tsp	1/4 cup + 1 1/2 tsp
Kosher salt	1 Tbsp + 1/2 tsp	3 Tbsp + 1 1/2 tsp
Butternut squash, diced, peeled, seeded (1/2" pieces)	2 cups	1 quart + 2 cups
Turnip, diced, peeled (1/2" pieces)	1 cup	3 cups
Water	2 gal + 3 qts + 2 c	8 gal + 2 qts + 2 c
Pasta, whole wheat	2 quarts	1 gallon + 2 quarts
Green lentils, dry	1 cup	3 cups
Chicken base	2 Tbsp + 1 1/2 tsp	1/4 c + 3 Tbsp + 1 1/2 tsp
Ground black pepper	1 tsp	1 Tbsp

Serving Size: 1 cup
Credit As: 1/8 cup red/orange vegetable, 1/4 cup dark green vegetable, and 1/8 cup bean/legumes or 1/2 oz M/MA and 1/2 oz WGR grain

Nutrition Facts
Serving Size 577 grams
Calories 110
Calories from Fat 15

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 0g	0%	**Total Carbohydrate** 21g	7%
Saturated Fat 0g	0%	Dietary Fiber 4g	16%
Trans Fat 0g		Sugars 3g	
Cholesterol 0mg	0%	**Protein** 5g	10%
Sodium 380mg	16%		

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

DIRECTIONS

1. Remove tough ribs from kale (or collard greens or Swiss chard). Cut into 1/2" pieces.
2. Trim and peel carrots and onions. Cut into 1/2" dice.
3. Heat oil in a large stockpot over medium heat. Add the onion, garlic and part of salt (1 1/2 tsp for 25 servings, 1 Tbsp + 1 1/2 tsp for 75 servings). Cook, stirring occasionally, until browned, 10–15 minutes. Add the carrots, squash and turnips. Reduce heat to medium–low and cook, stirring occasionally, until tender, 10–15 minutes.
4. Meanwhile, bring water (1 gal + 2 qts for 25 servings, 4 gal + 2 qt for 75 servings) to a boil in a large pot. Cook pasta until tender, about 10 minutes. Drain and set aside.
5. Bring water (2 c for 25 servings, 1 qt + 2 c for 75 servings), lentils and salt (1/2 tsp for 25 servings, 1 1/2 tsp for 75 servings) to a boil in a large saucepan. Reduce heat to a simmer and cook until tender, about 30 minutes. Drain and set aside.
6. When the vegetables are tender, add water, salt, chicken base and pepper to the pot. Bring to a simmer and cook for 20 minutes.
7. Add the greens and cook until tender, about 5 minutes. Add the drained lentils.
8. To serve, add 2/3 cup cooked noodles to the individual bowls, ladle soup over the top or stir cooked noodles into the pot of soup.

   CCP: Hold for hot service at 135°F or higher.

Zucchini Muffins

Grain

Vegetable

Zucchini Muffins

Serving Secrets

These can be made up to two days in advance. Store in airtight container after they are completely cooled.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Sugar	1 2/3 cup	1 quart + 1 cup
Canola oil	1/2 cup	1 1/2 cups
Applesauce	1/2 cup	1 1/2 cups
Eggs	3 each	9 each
Zucchini, shredded	3 1/3 cups	2 quarts + 2 cups
Vanilla	1 Tbsp	3 Tbsp
All-purpose flour	1 1/4 cups	3 3/4 cups
Whole wheat flour	1 1/4 cups	3 3/4 cups
Barley flour	1 1/4 cups	3 3/4 cups
Salt	1 tsp	1 Tbsp
Baking soda	1 tsp	1 Tbsp
Baking powder	1/4 tsp	3/4 tsp
Cinnamon	1 Tbsp	3 Tbsp

Serving Size: 1 muffin (2.15 oz.)
Credit As: 2 oz WGR grain and 1/8 cup of other vegetable

DIRECTIONS

1. Prepare muffin tins by spraying liberally with pan release spray or line with paper muffin cups. Set aside.
2. Combine sugar, canola oil, applesauce, eggs, zucchini and vanilla in large bowl or mixer fitted with paddle attachment. Stir or mix on low to combine.
3. In separate bowl, combine all purpose flour, whole wheat flour, barley flour, salt, baking soda and cinnamon. Stir to combine.
4. Pour dry ingredients into wet ingredients. Stir or mix on medium for 1–2 minutes to combine. Do not overmix. Batter may be slightly lumpy.
5. Pour 1/3 cup batter (No. 12 scoop) (2.25 oz) into each prepared muffin cup.
6. Bake:

   Conventional oven: 350°F for 20–25 minutes
   Convection oven: 325°F for 16–20 minutes

   Or until toothpick inserted into center comes out clean
   CCP: Heat to 165°F for 15 seconds.
7. Cool completely and serve.

Nutrition Facts
Serving Size (67g)
Calories 180
Calories from Fat 60

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 7g	11%	**Total Carbohydrate** 28g	9%
Saturated Fat 0.5g	3%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 14g	
Cholesterol 20mg	7%	**Protein** 3g	6%
Sodium 105mg	4%		

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Traditional foods are an important part of the Alaska Native culture. Traditional foods are especially good sources of nutrients like protein, iron and Vitamin A, and are low in saturated fat and sugar.

According to state regulations traditional wild game meat, seafood, plants, and other food may be donated to a food service of a residential childcare facility, a school lunch program, or a senior meal program provided that certain conditions are met. It is very important to read and apply the Alaska State Food Code Regulations if you intend to accept such a donation.

Donated foods that Child Nutrition Programs can accept:

- Wild game meat in whole or quarters or roasts, no burger or ground meats
- Seafood whole in round or gutted and gilled from commercial sources only.
- Berries, vegetables and wild plants.
- Eggs

When accepting donated traditional foods, Child Nutrition Programs need to check that the animal was not diseased and that it was butchered, transported and stored cleanly and kept cool to prevent spoilage. After the donation is inspected, it should be labeled and cooled or frozen promptly. When preparing for meal service, the food items should be defrosted in the refrigerator. Cooking temperature for game meat is 165°F and fish should be cooked to 145°F

Traditional foods that cannot be accepted or used in a Child Nutrition Program include:

- Fox meat
- Walrus meat
- Bear meat
- Seal or whale oil, with or without meat
- Fermented game meat (Beaver tail, Whale or Seal Flipper, Muktuk)
- Fermented seafood (Salmon eggs, fish)
- Home canned foods
- Home smoke or dried meats/seafood
- Home vacuum packaged foods
- Shellfish from unapproved sources

For more information on the Alaska Food Code and Traditional Foods please see 18 AAC 31.

For more information on traditional foods in Child Nutrition Programs, see our website at http://education.alaska.gov/tls/cnp/TFDFG.html

Food Facts

Nutritional Specifications of Traditional Foods

Beach Asparagus

Nutrition Facts
Serving Size 1 cup (raw)

Amount Per Serving	
Calories 15	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 2mg	1%
Sodium 23mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	2%

*Percent Daily Values are based on a 2,000 calorie diet.

Black Cod

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 89	Calories from Fat 10
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 77mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	40%

*Percent Daily Values are based on a 2,000 calorie diet.

Blueberry

Nutrition Facts
Serving Size 1 cup (raw)

Amount Per Serving	
Calories 88	Calories from Fat 11
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 9mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 2g	4%

*Percent Daily Values are based on a 2,000 calorie diet.

Caribou

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 142	Calories from Fat 25
	% Daily Values*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 93mg	31%
Sodium 51mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	50%

*Percent Daily Values are based on a 2,000 calorie diet.

Cloudberry

Nutrition Facts
Serving Size 1 cup (raw)

Amount Per Serving	
Calories 76	Calories from Fat 14
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	8%

*Percent Daily Values are based on a 2,000 calorie diet.

Cod

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 89	Calories from Fat 10
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 77mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	40%

*Percent Daily Values are based on a 2,000 calorie diet.

Crab

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 82	Calories from Fat 11
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 911mg	38%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 16g	32%

*Percent Daily Values are based on a 2,000 calorie diet.

Crowberry

Nutrition Facts
Serving Size 1 cup (raw)

Amount Per Serving	
Calories 75	Calories from Fat 18
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 4mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 1g	2%

*Percent Daily Values are based on a 2,000 calorie diet.

Deer

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving	
Calories 134	Calories from Fat 20
	% Daily Values*
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 46mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 26g	52%

*Percent Daily Values are based on a 2,000 calorie diet.

Duck

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 105 — Calories from Fat 34

	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 48mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	34%

*Percent Daily Values are based on a 2,000 calorie diet.

Flounder

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 100 — Calories from Fat 9

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 58mg	19%
Sodium 89mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	42%

*Percent Daily Values are based on a 2,000 calorie diet.

Halibut

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 96 — Calories from Fat 19

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 64mg	21%
Sodium 73mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	38%

*Percent Daily Values are based on a 2,000 calorie diet.

Seaweed

Nutrition Facts
Serving Size 1 cup (dried)

Amount Per Serving
Calories 40

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 145mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 4g	8%

*Percent Daily Values are based on a 2,000 calorie diet.

King/Chinook Salmon

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 155 — Calories from Fat 62

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 48mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	44%

*Percent Daily Values are based on a 2,000 calorie diet.

Coho/Silver Salmon

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 123 — Calories from Fat 37

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 49mg	16%
Sodium 49mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	38%

*Percent Daily Values are based on a 2,000 calorie diet.

Sockeye/Red Salmon

Nutrition Facts
Serving Size 3 ounce (canned)

Amount Per Serving
Calories 137 — Calories from Fat 33

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 59mg	20%
Sodium 332mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	46%

*Percent Daily Values are based on a 2,000 calorie diet.

Pink/Humpy Salmon

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 127 — Calories from Fat 28

	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 57mg	19%
Sodium 73mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	44%

*Percent Daily Values are based on a 2,000 calorie diet.

Shrimp

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 84 — Calories from Fat 11

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 166mg	55%
Sodium 190mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	36%

*Percent Daily Values are based on a 2,000 calorie diet.

Trout

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 128 — Calories from Fat 35

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 59mg	20%
Sodium 48mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	38%

*Percent Daily Values are based on a 2,000 calorie diet.

Whitefish

Nutrition Facts
Serving Size 3 ounce (cooked)

Amount Per Serving
Calories 114 — Calories from Fat 45

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 51mg	17%
Sodium 43mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	32%

*Percent Daily Values are based on a 2,000 calorie diet.

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Baked Sweet Potatoes and Apples
USDA Recipe for Schools

Fresh sweet potatoes and fresh apples combined with a brown sugar glaze and dried cranberries.

NSLP/SBP CREDITING INFORMATION
⅓ cup (No. 12 scoop) provides ⅛ cup red/orange vegetable and ⅛ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh sweet potatoes, diced ½"	4 lb	3 qt 3 cups	8 lb	1 gal 3 qt 2 cups	1 Place 1 qt 3½ cups (about 2 lb) sweet potatoes on a steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					2 Bake: Conventional oven: 375 °F for 20–25 minutes. Convection oven: 350 °F for 15–20 minutes
					3 Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Trans-fat free margarine	8 oz	1 cup	1 lb	2 cups	4 While sweet potatoes are baking, add margarine, ginger, brown sugar, cinnamon, nutmeg, salt, and vanilla to a large stock pot. Simmer uncovered over medium–high heat for 1–2 minutes.

Baked Sweet Potatoes and Apples

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ginger, chopped	4 oz	½ cup	8 oz	1 cup	
Brown sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground nutmeg		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Vanilla extract		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Frozen green apples, thawed, unsweetened	3 lb 10 oz	2 qt 3⅓ cups	7 lb 4 oz	1 gal 1 qt 2⅔ cups	**5** Add apples. Simmer uncovered over medium–high heat for 3–5 minutes. Stir well until apples are coated with sugar mixture.
Water		2 cups		1 qt	**6** Add water and orange juice concentrate. Bring to a boil.
Frozen, concentrated orange juice, thawed		2 cups		1 qt	
Dried Cranberries	10 oz	2 cups	1 lb 4 oz	1 qt	**7** Add cranberries, cornstarch, and water. Stir well. Bring to a boil. Allow cornstarch mixture to thicken and adhere to apples.
Cornstarch		¼ cup	2⅓ oz	½ cup	
Water		¼ cup		½ cup	
					8 After removing sweet potatoes from oven, pour 1 qt 2 cups (about 3 lb 2 oz) apple mixture over each pan.
					9 Critical Control Point: Hold for hot service at 135 °F or higher.
					10 Portion with No. 12 scoop (⅓ cup).

NUTRITION INFORMATION
For ⅓ cup (No. 12 scoop).

NUTRIENTS	AMOUNT
Calories	**159**
Total Fat	**3 g**
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	**149 mg**
Total Carbohydrate	**34 g**
Dietary Fiber	2 g
Total Sugars	25 g
Added Sugars included	N/A
Protein	**1 g**
Vitamin D	0 IU
Calcium	88 mg
Iron	0 mg
Potassium	246 mg

N/A=data not available.

SOURCE
USDA Standardized Recipes Project.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Sweet potatoes	5 lb	10 lb

NOTES

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

Cooking Process #2: Same Day Service.

YIELD/VOLUME	
50 Servings	**100 Servings**
About 9 lb 12 oz About 1 gal 3½ cups/2 steam table pans (12" x 20" x 2½")	About 19 lb 8 oz About 2 gal 1 qt 3 cups/4 steam table pans (12" x 20" x 2½")

Bison and Barley Soup

Our bison and barley soup features local bison and fresh vegetables simmered in a tomato-based sauce.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Montana Office of Public Instruction

Preparation Time: 30 minutes
Cook Time: 3 hours

NSLP/SBP crediting information:
1 cup (8 fl oz spoodle) provides 1 ¾ oz equivalent meat, ¼ cup red/orange vegetable, ⅛ cup starchy vegetable, ¼ cup other vegetable, and ¼ oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground bison, raw	8 lb		16 lb		1. Thaw frozen ground bison for at least 5 days in advance in refrigerator in a thawing tub at or below 41 ºF.
Vegetable oil		3 Tbsp		¼ cup 2 Tbsp	2. Add bison, oil and salt to large stock pot or tilt skillet. Cook bison on the day to be served to no less than 155 ºF for at least 15 seconds. Critical Control Point: Cook to 155 ºF for at least 15 seconds. Bison should be cooked low and slow (cooking the day before may be best. Cool down to 41 ºF within 6 hours of cooking it. Keep refrigerated until next day). Cook, breaking up meat until fully browned through.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		1 Tbsp		2 Tbsp	
Barley, hulled, dry	1 lb 8 oz	3 ½ cups	3 lb	1 qt 3 cups	**3.** Add barley and the water. Cook until barley starts to become tender (about 1 hour).
Water		3 gallons		6 gallons	
*Onion, fresh, diced	1 lb	1 qt	2 lb	2 qt	**4.** Add the rest of the ingredients (except for the cabbage; it is added at the end). Keep cooking until the vegetables become tender. You may need to add more water. Continue cooking for 1-2 hours until the barley is tender.
*Green bell pepper, fresh, diced	1 lb	1 qt	2 lb	2 qt	
*Celery, fresh, diced	8 oz	1 ½ cups	1 lb	3 cups	
Tomatoes, diced, canned, low sodium	3 lb	1 qt 1 ¼ cups	6 lb	2 qt 2 ½ cups	
Tomato sauce, canned, low sodium	3 lb	1 qt 1 ¼ cups	6 lb	2 qt 2 ½ cups	
Green beans, canned, drained	3 lb	2 ½ cups	6 lb	1 qt 1 cup	
Carrots, diced, frozen	3 lb	3 ¾ cups	6 lb	1 qt 3 ½ cups	
Potatoes, diced, frozen	3 lb	3 ½ cups	6 lb	1 qt 3 cups	
Beef base, low sodium (choose one with meat listed as the first ingredient)	3 ⅛ oz	¼ cup	6 ¼ oz	½ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pepper, black		1 Tbsp		2 Tbsp	
Onion Powder		2 Tbsp		¼ cup	
Celery seed		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Red pepper flakes, dried		½ tsp		1 tsp	
*Green cabbage, fresh, raw, shredded	1 lb	1 qt	2 lb	2 qt	**5.** Add the cabbage. Cook until the soup reaches 165 ºF. Critical Control Point: Heat to 165 ºF for at least 15 seconds. **6.** Portion into soup kettles. Critical Control Point: Hold for hot service at 135 ºF or higher. Serve an 8 fl oz portion. **7.** Any remaining soup may be cooled down to 41 ºF. Follow this 2-step cooling process: Critical Control Point: Cool from 135 ºF to 70 ºF within 2 hours. Cool from 70 ºF to 41 ºF or below within 4 hours. May be served back out, after reheating to 165 ºF for at least 15 seconds.

NUTRITION INFORMATION

For 1 Cup (8 fl oz spoodle)

NUTRIENTS	AMOUNT
Calories	**212**
Total Fat	**6.5 g**
Saturated Fat	2.3 g
Cholesterol	40 mg
Sodium	**254 mg**
Total Carbohydrate	**21 g**
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	**18 g**
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Onion, mature, fresh, whole	1 lb 2 oz	2 lb 4 oz
Green pepper, fresh, whole	1 lb 4 oz	2 lb 8 oz
Celery, fresh, trimmed	10 oz	1 lb 4 oz
Green cabbage, fresh, raw, shredded	1 lb	2 lb

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available. Cooking Process #3: Complex

YIELD/VOLUME	
50 Servings	**100 Servings**
About 3 gal 3 qt	About 7 gal 2 qt

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

Bean Soup
USDA Recipe for Schools

Our Bean Soup recipe is a hearty combination of vegetable broth, tomatoes, beans, and green chili peppers.

NSLP/SBP CREDITING INFORMATION
1 cup (8 fl oz ladle) provides

Legume as Meat Alternate: 1 oz equivalent meat alternate, ⅛ cup red/orange vegetable, and ¼ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		¼ cup 1 Tbsp		½ cup 2 Tbsp	1 Heat oil in a large stock pot.
*Onions, fresh, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	2 Add onions, garlic, bell peppers, green chilies, sugar, black pepper, oregano, and Old Bay seasoning. Simmer uncovered over medium–high heat for 2 minutes, stirring occasionally.
Garlic, fresh, minced	10 ⅔ oz	¾ cup 3 Tbsp	1 lb 5 ⅓ oz	1 ¾ cups 2 Tbsp	
*Red bell peppers, fresh	1 lb 4 oz	3 ¾ cups	2 lb 8 oz	1 qt 3 ½ cup	
Green chilies, canned	1 lb 4 oz	3½ cups 1 Tbsp ½ tsp (about ½ No. 10 can)	2 lb 8 oz	1 qt 3 cups 2 Tbsp 1 tsp (about 1 No. 10 can)	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Black pepper, ground		1 tsp		2 tsp	
Oregano, dried		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Old Bay seasoning (see Notes)		¼ cup 1 Tbsp	3 ¾ oz	½ cup 2 Tbsp	
Vegetable broth, low-sodium		1 qt 2 cups		3 qt	**3** Add vegetable broth, water, tomatoes, and 2 qt 2 Tbsp 1 tsp (about 3 lb 1 oz) beans. Bring to a boil. Reduce heat to medium. Simmer uncovered for 10–12 minutes. Set aside for step 6.
Water		3 qt 2 cups		1 gal 3 qt	
Tomatoes, diced, canned, no-salt-added, undrained	3 lb 8 oz	1 qt 2 ⅔ cups (about ½ No. 10 can)	7 lb	3 qt 1 ⅓ cups (about 1 No. 10 can)	**4** Critical Control Point: Heat to 135 °F or higher.
Great northern beans, canned, low-sodium, drained, rinsed OR	8 lb 4 oz	3 qt 3 ½ cups 3 Tbsp 1 ¼ tsp (about 2 No. 10 cans)	16 lb 8 oz	1 gal 3 qt 3 ¼ cups 2 Tbsp 2 ½ tsp (about 4 No. 10 cans)	
Great northern beans, dry, cooked (see Notes)	8 lb 4 oz	3 qt 3 ½ cups 3 Tbsp 1 ¼ tsp	16 lb 8 oz	1 gal 3 qt 3 ¼ cups 2 Tbsp 2 ½ tsp	
					5 Purée remaining beans with an immersion mixer in a large bowl for 3–5 minutes until mixture has a smooth consistency. Set aside for step 6.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					6 Add 3 cups (about 1 lb 1 oz) puréed beans to soup mixture. Stir well until soup has a thick consistency.
					7 Pour 1 gal 1 qt (about 9 lb 5.5 oz) soup into a half steam table pan (12¾″ x 10½″ x 6″). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					8 Critical Control Point: Hold for hot service at 135 °F or higher.
					9 Portion with 8 fl oz ladle (1 cup).

NUTRITION INFORMATION

For 1 cup (8 fl oz ladle).

NUTRIENTS	AMOUNT
Calories	**132**
Total Fat	**2 g**
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	**389 mg**
Total Carbohydrate	**21 g**
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	**6 g**
Vitamin D	0 IU
Calcium	53 mg
Iron	1 mg
Potassium	315 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 8 oz	3 lb
Red bell peppers	1 lb 10 oz	3 lb 4 oz

NOTES

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

Cooking Process #2: Same Day Service.

*Use the 30% reduced sodium version of Old Bay Seasoning to further reduce the sodium in the recipe.

How to Cook Dry Beans
Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.
Critical Control Point: Hold for hot service at 135 °F or higher.
OR chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.
1 lb dry great northern beans = about 2 ½ cups dry or 6¼ cups cooked beans.

YIELD/VOLUME

50 Servings	100 Servings
About 18 lb 11 oz About 2 gal 1 qt 1 ⅓ cups/2 steam table pans (12 ¾″ x 10 ½″ x 6”)	About 37 lb 6 oz About 4 gal 2 qt 2¾ cups/4 steam table pans (12 ¾″ x 10 ½″ x 6″)

Berry Cornmeal Muffins

Light and fluffy cornmeal muffins with sweet and sour berries.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Washington State Office of Superintendent of Public Instruction on behalf of Highline Public Schools

Preparation Time: 15 minutes
Cook Time: 20 minutes

NSLP/SBP crediting information:
1 muffin provides 1 ¼ oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, whole wheat	1 lb 8 oz	3 ¾ cup	3 lb	1 qt 3 ½ cups	1. Preheat conventional oven to 325 °F or convection oven to 300 °F. 2. In the bowl of a mixer fitted with a paddle attachment, add the flour, corn meal, brown sugar, baking powder, baking soda, salt, and powdered milk. Mix on low until combined. For 50 servings, use an 8 qt or larger countertop mixer. For 100 servings, use a 20 qt or larger floor mixer.
Cornmeal, 100% whole grain, yellow	1 lb 2 oz	2 ¾ cup	2 lb 3 oz	1 qt 1 ½ cups	
Brown sugar, light, soft, without clumps	1 lb 2 oz	3 cups	2 lb 5 oz	1 qt 2 cups	
Baking powder	1 oz	2 Tbsp	2 oz	¼ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Baking soda	½ oz	1 Tbsp	1 oz	2 Tbsp	
Salt, kosher		½ Tbsp		1 Tbsp	
Instant powdered milk, nonfat	8 oz	2 cups	1 lb	1 qt	
Liquid egg	1 lb 4 oz	2 ½ cups	2 lb 8 oz	1 qt 1 cup	3. Add the eggs, oil, water, vanilla extract, and lemon juice to the dry ingredients and mix on low speed until well combined. The mixture should have a thick consistency with no lumps.
Oil, vegetable	8 oz	1 cup	1 lb	2 cups	
Water	1 lb 12 oz	3 ½ cups	3 lb 8 oz	1 qt 3 cups	
Vanilla extract	1 oz	1 Tbsp	2 oz	2 Tbsp	
Lemon juice	4 oz	½ cup 1 tsp	8 oz	1 cup 2 tsp	
*Frozen huckleberries or blueberries	1 lb	3 cups	2 lb	1 qt 2 cups	4. Remove paddle from mixer and fold berries into the batter, gently mixing by hand until berries are well incorporated. 5. Spray muffin tins with nonstick spray. Using a No. 12 scoop, fill each muffin tin ⅔ full.
Muffin Topping					
Brown sugar, light, soft, without clumps	3 ½ oz	½ cup 1 tsp	6 ¾ oz	1 cup 2 tsp	6. Mix brown sugar and lemon zest together in a small bowl.
Lemon zest		½ cup		1 cup	7. Sprinkle brown sugar/lemon zest mixture on top of each muffin. 8. Bake muffins in a conventional oven at 325 °F or convection oven at 300 °F at low fan speed for 15-18 minutes until the muffins are golden brown and a toothpick inserted in the center comes out clean.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					9. Serving size – 1 muffin.

BERRY CORNMEAL MUFFIN
NUTRITION INFORMATION
For 1 muffin

NUTRIENTS	AMOUNT
Calories	**207**
Total Fat	**6 g**
Saturated Fat	1 g
Cholesterol	43 mg
Sodium	**179 mg**
Total Carbohydrates	**34 g**
Dietary Fiber	2 g
Total Sugars	15 g
Added Sugars included	12 g
Protein	**6 g**
Vitamin A	60 mcg RAE
Vitamin C	1 mg
Vitamin D	32 IU
Calcium	106 mg
Iron	1 mg
Potassium	256 mg

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Blueberries or huckleberries, frozen	1 lb	2 lb

NOTES

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

Muffins can be made ahead and stored in refrigerator or freezer until ready for service. Freeze muffins individually on sheet pan before transferring to a container for storage. Separate muffins to thaw prior to service.

Cooking Process #2: Same Day Service

YIELD/VOLUME	
50 Servings	**100 Servings**
50 muffins About 8 lb 12 oz raw batter before cooking	100 muffins About 17 lb 8 oz raw batter before cooking

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

Montana Bison and Lentil Chili

Our bison and lentil chili features local bison and lentils with a savory blend of spices.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Montana Office of Public Instruction

Preparation Time: 30 minutes
Cook Time: 2 hours

NSLP/SBP crediting information:
1 cup (8 fl oz spoodle) provides
Crediting Lentils and Bison as Meat/Meat Alternates, Beans as Vegetables: 2 oz equivalent meat/meat alternate (1 oz bison + ¼ cup lentils), ⅜ cup red/orange vegetable, ⅛ cup other vegetable, ⅛ cup additional vegetable
Or
Crediting Lentils, Beans, and Bison as Meat/Meat Alternates: 3 ½ oz equivalent meat/meat alternate (1 oz bison + ⅝ cup legumes (kidney beans + pinto beans + lentils)), ⅜ cup red/orange vegetable, ⅛ cup other vegetable, ⅛ cup additional vegetable
Or
Crediting Lentils and Beans as Vegetables: 1 oz equivalent meat (1 oz bison), ⅜ cup red/orange vegetable, ⅝ cup legumes (kidney beans + pinto beans + lentils), ⅛ cup other vegetable, and ⅛ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil		¼ cup		½ cup	**1.** Heat oil in large stock pot or tilt skillet. Add onions, green peppers (or fajita style vegetables), garlic, and sauté until soft. Add salt and bison and cook until browned, breaking up chunks. Stir in spices and tomato paste. Mix until bison is fully cooked and fully coated in spices. Critical Control Point: Cook to 155 ºF for at least 15 seconds.
*Onions, fresh, diced very small	1 lb 10 oz	1 qt 1 cup	3 lb 4 oz	2 qt 2 cups	
*Green pepper, fresh, diced OR USDA fajita style peppers, diced)	1 lb	2 ½ cups	2 lb	1 qt 1 cup	
Garlic, minced	5.7 oz	¾ cup	11.4 oz	1 ½ cups	
Bison, ground, raw	5 lb		10 lb		
Salt		1 Tbsp		2 Tbsp	
Cumin, ground, dry	1.5 oz	⅓ cup	3 oz	⅔ cup	
Chili powder	1.7 oz	½ cup	3.4 oz	1 cup	
Smoked paprika	1 oz	¼ cup	2 oz	½ cup	
Tomato paste, canned	1 lb 4 oz	2 cups	2 lb 7 oz	1 qt	
Lentils, dried (Spanish brown lentils from Timeless Seeds,	1 lb 12 oz	1 qt	3 lb 8 oz	2 qt	**2.** Add lentils, diced tomatoes, broth, kidney beans, and pinto beans.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Montana, are preferred; any kind of lentil works)					**3.** Bring to a boil. Cook until the soup reaches 165 ºF. Critical Control Point: Heat to 165 ºF for at least 15 seconds. Then, lower heat and allow to simmer, stirring occasionally until chili thickens and lentils are cooked through (about 35 minutes). Add more water if too thick.
Diced tomatoes, canned, drained, low sodium	6 lb 6 oz	3 qt ¼ cup (about 1 No. 10 can)	12 lb 12 oz	1 gal 2 qt ½ cup (about 2 No. 10 cans)	
Beef broth, low sodium		2 qt		1 gallon	
Kidney beans, canned, drained	4 lb 8 oz	2 qt 3 cups (about 1 No. 10 can)	9 lb	1 gal 1 qt 2 cups (about 2 No. 10 cans)	
Pinto beans, canned, drained	4 lb 9 oz	2 qt 2 cups 2 Tbsp (about 1 No. 10 can)	9 lb 2 oz	1 gal 1 qt ¼ cup (about 2 No. 10 cans)	
Lime juice		¼ cup		½ cup	**4.** Prior to service, stir in the lime juice. Add fresh chopped cilantro before serving. **5.** Serve an 8 fl oz portion. Critical Control Point: Hold for hot service at 135 ºF or higher. Service options: Serve with shredded cheddar cheese and/or hot sauce.
*Cilantro, fresh, chopped	3 oz	1 cup	6 oz	2 cups	

NUTRITION INFORMATION
For 1 cup (8 fl oz spoodle)

NUTRIENTS	AMOUNT
Calories	**207**
Total Fat	**5.5 g**
Saturated Fat	1.6 g
Cholesterol	25 mg
Sodium	**442 mg**
Total Carbohydrate	**25 g**
Dietary Fiber	7 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	**17 g**
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	83 mg
Iron	4 mg
Potassium	N/A

N/A=data not available.

	MARKETING GUIDE	
Food as Purchased for	**50 Servings**	**100 Servings**
Onion, fresh, diced	1 lb 14 oz	3 lb 12 oz
Green pepper, fresh, diced	1 lb 4 oz	2 lb 8 oz
Cilantro, fresh, chopped	6 oz	12 oz

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available. Cooking Process #2: Same Day Service

YIELD/VOLUME	YIELD/VOLUME
50 Servings	**100 Servings**
About 3 gallons 1 cup	About 6 gallons 2 cups

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

Blue Corn Mush with Roasted Squash & Pepitas

Recipe Description: This version of the blue corn mush dish includes ingredients that give it a unique taste and texture. Blue corn meal and juniper ash are Indigenous ingredients featured in this dish, while roasted winter squash and pepitas are added to provide exciting flavor and texture combinations.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Arizona Department of Education

Preparation Time: 20 minutes
Cook Time: 45 minutes

NSLP/SBP crediting information:
1 cup provides 1/8 cup total vegetable (1/8 cup red/orange vegetable), 2.50 oz eq grains

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 50 servings
	Weight	Measure	Weight	Measure	
					1. Preheat oven to 350°F.
Squash, Winter, fresh Butternut, Whole	3 lb 9 oz	2 qt 1 cup	6 lb 8 oz	1 gal 2 cups	2. Peel and cube fresh squash to ½" size.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 50 servings
	Weight	Measure	Weight	Measure	
					3. Toss squash, canola oil and black pepper in a large bowl.
					4. Line sheet pan (18" x 26" x 1") with a layer of parchment paper. Spray lightly with pan release spray. Add squash to pan and spread evenly. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Canola Oil		2 cups 2 Tbsp		1 qt ¼ cup	**5.** Bake at 350°F for 15 minutes, or until squash is soft and begins to brown.
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	**6.** Transfer to steam table.
					7. Critical Control Point: Hold for hot service at 135°F or higher.
					8. Set aside for step 12.
Water, cold		3 gal 2 cups		6 gal 1 qt	**9.** Bring water to a boil.
Salt		2 Tbsp ½ tsp		4 Tbsp 1 tsp	**10.** Add salt into water.
Blue Corn meal, stone ground*	4 lb 8 oz	3 qt ½ cup	9 lb	1 gal 2 qt 1 cup	**11.** Mix blue corn meal and juniper ash.
Juniper ash (see notes section)	8 oz	1/2 cup 1 tsp	15 oz	1 cup 2 tsp	
					12. Add blue corn meal mixture to medium heat, stirring with whisk until smooth.
					13. Reduce heat to medium-high and continue to stir until thickens.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 50 servings
	Weight	Measure	Weight	Measure	
					50 servings: approximately 30 – 45 minute cook time. 100 servings: approximately 30 – 45 minute cook time.
					14. Pour about (1 gal) blue corn mush into steam table pan (12” x 20” x 2 1/3”). For 50 servings, use 2 pans. Serve immediately. For 100 servings, use 4 pans. Serve immediately.
					15. Critical Control Point: Hold for hot service at 135°F or higher.
Pepitas, roasted		1 cup 2 tsp		2 cups 1 Tbsp 1 tsp	**16.** Serve 1 cup (portion with 8 oz spoodle).
					17. Garnish each bowl with 1/8 cup roasted squash and 1 tsp pepitas.

Blue Corn Mush with Roasted Squash & Pepitas

NUTRITION INFORMATION
For 1 cup (serving size)

NUTRIENTS	AMOUNT
Calories	**272**
Total Fat	**13 g**
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	**329 mg**
Total Carbohydrate	**35 g**
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	**5 g**
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	607 mg
Iron	1.6 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Squash	4 lb 4 oz	8 lb

NOTES

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

Cooking Process #2. Same Day Service.

Juniper ash is necessary to bring out the nutritional value of the corn and creates a creamy, thick texture. It can be purchased from third party companies online.

YIELD/VOLUME	
50 Servings	**100 Servings**
Cooked Mush: About 24 lb 14 oz (50cups) Squash, EP: 3 lb 4 oz	Cooked Mush: About 49 lb 8 oz (100 cups) Squash, EP: 6 lb 8 oz

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

Blue Corn Mush with Roasted Corn

Recipe Description: This is a savory version of a common dish that comes from Southwestern tribes. This dish features ingredients used in indigenous cooking like blue corn meal and juniper ash. Roasted sweet corn is mixed in to give the dish extra flavor and make it a filling breakfast.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Arizona Department of Education

Preparation Time: 15 minutes
Cook Time: 45 minutes

NSLP/SBP crediting information:
1 cup provides ½ cup total vegetable (½ cup starchy vegetable), 2.50 oz eq grains

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 50 servings
	Weight	Measure	Weight	Measure	
Corn, frozen	9 lb 4 oz	1 gal 2 qt 1 cup	18 lb 8 oz	3 gal 2 cups	1. Preheat oven to bake at 350°F.
Canola Oil		¾ cup 2 tsp		1 ½ c 1 Tbsp 1 tsp	2. Line sheet pan (18" x 26" x 1") with a layer of parchment paper. Spray lightly with pan release spray. Toss corn with oil and black pepper on pan and spread evenly.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 50 servings
	Weight	Measure	Weight	Measure	
					For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	**3.** Bake at 350°F for 15 minutes.
					4. Critical Control Point: Hold for hot service at 135°F or higher.
					5. Transfer to steam table.
					6. Set aside for step 17.
Parsley, fresh	5 oz	1 cup 2 tsp	10 oz	2 cups 1 Tbsp 1 tsp	**7.** Chop fresh parsley for garnish.
					8. Set aside for step 17.
Water, cold		3 gal 2 cups		6 gal 1 qt	**9.** Bring water to a boil.
Salt	1.5 oz	2 Tbsp ½ tsp	3 oz	4 Tbsp 1 tsp	**10.** Add salt into water.
Blue Corn meal, stone ground*	4 lb 8 oz	3 qt ½ cup	9 lb	1 gal 2 qt 1 cup	**11.** Mix blue corn meal and juniper ash.
Juniper ash (see notes section)	8 oz	½ cup 1 tsp	15 oz	1 cup 2 tsp	
					12. Add blue corn meal mixture to medium heat, stirring with whisk until smooth.
					13. Reduce heat to medium-high and continue to stir until thickens. 50 servings: approximately 30 – 45 minute cook time. 100 servings: approximately 30 – 45 minute cook time.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 50 servings
	Weight	Measure	Weight	Measure	
					14. Pour about (1 gal) blue corn mush into steam table pan (12” x 20” x 2 1/3”). For 50 servings, use 2 pans. Serve immediately. For 100 servings, use 4 pans. Serve immediately.
					15. Critical Control Point: Hold for hot service at 135°F or higher.
					16. Serve 1 cup (portion with 8 oz spoodle).
Sour cream, light		3 cups		1 qt 2 cups	**17.** Top with ½ cup roasted corn, 1 tsp sour cream and 1 tsp chopped Parsley.

NUTRITION INFORMATION
For 1 cup (serving size)

NUTRIENTS	AMOUNT
Calories	**285**
Total Fat	**8 g**
Saturated Fat	1.5 g
Cholesterol	4 mg
Sodium	**341 mg**
Total Carbohydrate	**50 g**
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	**7 g**
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	620 mg
Iron	1.8 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Parsley, Fresh	5.5 oz	11 oz

NOTES

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

Cooking Process #2. Same Day Service.

Juniper ash is necessary to bring out the nutritional value of the corn and creates a creamy, thick texture. It can be purchased from third party companies online.

YIELD/VOLUME	
50 Servings	**100 Servings**
Cooked Mush: About 24 lb 14 oz (50cups) Corn: About 9 lb 4 oz (25 cups) Parsley, EP: 5 oz	Cooked Mush: About 49 lb 8 oz (100 cups) Corn: About 18 lb 8 oz (50 cups) Parsley, EP: 10 oz

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

Blue Corn Mush with Strawberries, Banana and Honey

Recipe Description: This recipe is a sweet and fruity version of the dish that comes from Southwestern tribes featuring blue cornmeal and juniper ash (an ingredient sometimes used in Indigenous cooking). Fresh strawberries and bananas topped with honey are added to turn it into a refreshing breakfast.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Arizona Department of Education

Preparation Time: 20 minutes
Cook Time: 30 minutes

NSLP/SBP crediting information:
1 ½ cup provides ½ cup fruit, 2.50 oz eq grains

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water, cold		3 gal 2 cups		6 gal 1 qt	1. Bring water to a boil.
Salt	1.5 oz	2 Tbsp ½ tsp	3 oz	4 Tbsp 1 tsp	2. Add salt into water.
Blue Corn meal, stone ground*	4 lb 8 oz	3 qt ½ cup	9 lb	1 gal 2 qt 1 cup	3. Mix blue corn meal and juniper ash.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Juniper ash (see notes section)	8 oz	½ cup 1 tsp	15 oz	1 cup 2 tsp	**4.** Add blue corn meal mixture to medium heat, stirring with whisk until smooth.
					5. Reduce heat to medium-high and continue to stir until thickens. 50 servings: approximately 30 – 45 minutes cook time. 100 servings: approximately 30 – 45 minutes cook time.
					6. Pour about (1 gal) blue corn mush into steam table pan (12” x 20” x 2 1/3”). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					7. Critical Control Point: Hold for hot service at 135°F or higher.
					8. Serve 1 cup (portion with 8 oz spoodle).
Strawberries, fresh, stems removed, sliced*	4 lb 4 oz	3 qts 1/2 cup	8 lb 8 oz	1 gal 2 qts 1 cup	**9.** Into each 1 cup of blue mush bowl: top with ¼ cup sliced strawberries, ¼ cup sliced bananas and ½ tsp honey.
Bananas, fresh, peeled, ½-inch sliced*	4 lb 8 oz	3 qts 1/2 cup	9 lb	3 qts 1/2 cup	
Honey		1/2 cup 1 tsp		1 cup + 1 tsp	
					10. Critical Control Point: Hold for hot service at 135°F or higher.
					11. Serve Warm.

NUTRITION INFORMATION

For 1 ½ cup (serving size)

NUTRIENTS	AMOUNT
Calories	**209**
Total Fat	**3 g**
Saturated Fat	1 g
Cholesterol	0.0 mg
Sodium	**328 mg**
Total Carbohydrate	**44 g**
Dietary Fiber	5 g
Total Sugars	9 g
Added Sugars included	0 g
Protein	**5 g**
Vitamin A	21 mcg RAE
Vitamin C	25 mg
Vitamin D	N/A
Calcium	604 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Strawberries, fresh	4 lb 14 oz	9 lb 11oz
Banana, fresh	7 lb 1 oz	14 lb 1oz

NOTES

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

Cooking Process #2: Same Day Service.

Juniper ash is necessary to bring out the nutritional value of the corn and creates a creamy, thick texture. It can be purchased from third party companies online.

YIELD/VOLUME	
50 Servings	**100 Servings**
Cooked Mush: About 24 lb 14 oz (50 cups) Strawberries, EP: About 4 lb 4 oz (12.5 cups) Banana, EP: About 4 lb 8 oz (12.5 cups)	Cooked Mush: About 49 lb 8 oz (100 cups) Strawberries, EP: About 8 lb 8 oz (25 cups) Banana EP: About 9 lb (25 cups)

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

Recipe Detail Cost Report

CUSTOMER: ZZ THE SIOUX CHEF (34146381)

MINNESOTA (2350)

NAME: FTPIR Blue Corn Mush **SERVING SIZE:** 3 Liquid Oz **SERVINGS PER RECIPE:** 30

RECIPE ID: 1615392 **YIELD LABEL:** 30 - 3 oz servings **COST PER RECIPE:** $9.96

	Slice	Portion	Pound	Ounce	Gallon	Quart	Pint	Cup	Liquid Oz	Tablespoon	Teaspoon	**Serving**
Units/Batch	-	-	-	-	**0.70**	**2.81**	**5.63**	**11.25**	**90.00**	**180.00**	**540.00**	**30.00**
Cost/Unit	-	-	-	-	**$14.23**	**$3.54**	**$1.77**	**$0.89**	**$0.11**	**$0.06**	**$0.02**	**$0.33**

SEQ	PRODUCT #	SC	DESCRIPTION	QTY	UOM	TYPE	INSTRUCTIONS	COST
1	1		Water	4.50	Quart	Non US Foods		$0.04
2	4999470		SALT, KO GRND CORSE BOX	7.00	Gram	US Foods		$0.01
3	2740389		SYRUP, MAPL PURE GRD A DARK	7.50	Liquid Oz	US Foods		$4.35
4	33		Cornmeal, Blue	2.00	Pound	Non US Foods		$5.56

Recipe Instructions

STEP	INSTRUCTIONS
Cook	Bring water to boil. Sift cornmeal and add to boiling water. Add salt. Whisk vigorously. Reduce heat and bring to a simmer 10 mins. Stir constantly and turn heat off. Transfer to multiple 2 inch hotel pans (if needed) and cool in walk-in.
Maple Syrup	Top with maple for service or add to taste.

Chicken or Turkey and Rice Soup USDA Recipe for Schools

Our healthy and comforting Chicken or Turkey and Rice Soup combines chicken or turkey, brown rice, and puréed vegetables in chicken broth.

NSLP/SBP CREDITING INFORMATION
8 fl oz ladle (1 cup) soup and a rounded 2 fl oz spoodle (about 1.4 oz) of chicken provides 1.25 oz equivalent meat, ¼ cup other vegetable, ⅛ cup additional vegetable, and 0.5 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Old Bay seasoning		1 Tbsp 1 tsp		2 Tbsp 2 tsp	1 In a medium stock pot, add Old Bay seasoning, onion powder, garlic powder, poultry seasoning, brown rice, water, and chicken base. Cook uncovered over medium–high heat. Bring to a boil.
Onion powder		1 tsp		2 tsp	2 Simmer uncovered over medium heat for 10–15 minutes or until rice is completely cooked. Remove 2 cups 1 Tbsp (about 12 oz) rice. Set aside for step 5.
Garlic powder		1 tsp		2 tsp	
Poultry seasoning		1 Tbsp		2 Tbsp	
Brown rice, long-grain, regular, dry, parboiled	1 lb 14 oz	1 qt ⅔ cup 2 Tbsp	3 lb 12 oz	2 qt 1½ cups 1 Tbsp 1 tsp	
Water		3 gal 2 cups		7 gal	

Chicken or Turkey and Rice Soup

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken base, low-sodium		¼ cup 2 Tbsp		¾ cup	
*Celery, fresh, hopped	10 oz	1¾ cups 3 Tbsp 1 tsp	1 lb 4 oz	3¾ cups 2 Tbsp 2 tsp	**3** Add celery, carrots, onions, mushrooms, parsley, pepper, and basil. Cook uncovered for 10–15 minutes or until soft.
Carrots, frozen, sliced, thawed	1 lb 12 oz	1 qt ¼ cup 2 Tbsp	3 lb 8 oz	2 qt ¾ cup	
*Onions, fresh, chopped	1 lb 12 oz	1¾ cups	3 lb 8 oz	3½ cups	
*Mushrooms, fresh, sliced	1 lb 12 oz	2 qt 1 Tbsp 1 tsp	3 lb 8 oz	1 gal 2 Tbsp 2 tsp	
Parsley, dried		¼ cup		½ cup	
Black or white pepper, ground		1 Tbsp		2 Tbsp	
Basil, dried		1 Tbsp		2 Tbsp	
					4 Purée ingredients in stock pot with an immersion mixer for 3–5 minutes until mixture has a smooth consistency.
					5 Fold in remaining rice.
					6 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					7 Pour 1 gal 1 qt (about 10 lb 14 oz) soup into a half steam table pan (12¾" x 10 ½" x 6"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					8 Critical Control Point: Hold for hot service at 135 °F or higher.
					9 Set aside for step 16.
Chicken or turkey, frozen, cooked, diced, thawed, ½" pieces	4 lb 8 oz	3 qt 3½ cups	9 lb	1 gal 3 qt 3 cups	**10** Transfer 1 qt 3¾ cups (about 2 lb 4 oz) chicken onto a steam table pan (12" x 20" x 2½") lightly coated with pan-release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					11 Bake: Conventional oven: 350 °F for 3–5 minutes. Convection oven: 325 °F for 2–3 minutes.
					12 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					13 Place 25 individual soufflé cups on a sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					14 Portion a rounded 2 fl oz spoodle (about 1⅘ oz) of cooked chicken into each soufflé cup.
					15 Critical Control Point: Hold for hot service at 135 °F or higher.
					16 Portion soup with 8 fl oz ladle (1 cup), and serve with 1 soufflé cup of chicken.

Chicken or Turkey and Rice Soup

NUTRITION INFORMATION

For 1 cup (8 fl oz ladle) of soup and a rounded 2 fl oz spoodle (about 1⅔ oz) of chicken.

NUTRIENTS	AMOUNT
Calories	**110**
Total Fat	**3 g**
Saturated Fat	1 g
Cholesterol	27 mg
Sodium	**196 mg**
Total Carbohydrate	**10 g**
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	**10 g**
Vitamin D	1 IU
Calcium	23 mg
Iron	1 mg
Potassium	154 mg

N/a=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	2 lb	4 lb
Celery	14 oz	1 lb 12 oz
Mushrooms	1 lb 12 oz	3 lb 8 oz

NOTES

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

Cooking Process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 26 lb 4 oz About 3 gal 1 qt ½ cup/2 steam table pans (12¾" x 10½" x 6")	About 52 lb 8 oz About 6 gal 2 qt 1 cup/4 steam table pans (12¾" x 10½" x 6")

Chicken Pozole

A rich Mexican stew filled with chicken and hominy, topped with fresh cabbage, radish, and onions.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Washington State Office of Superintendent of Public Instruction on behalf of Highline Public Schools

Preparation Time: 30 minutes
Cook Time: 1 hour

NSLP/SBP crediting information:
1 cup (8 oz ladle) and ½ cup raw vegetable condiments provide ⅛ cup additional vegetable, ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ⅜ cup other vegetable, 2 oz equivalent meats/meat alternates.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chili Sauce					
Chilis, California or Guajillo, whole, dehydrated	5 oz	26 chilis	10 oz	52 chilis	1. Submerge the chilis in hot tap water (about 210 °F) for 10 minutes, until soft.
Water		⅔ cup		1 ⅓ cups	2. Remove the stems and put chilis in a blender or food processor with water and blend until smooth.
Garlic, minced	10 oz	2 cups	1 lb 5 oz	1 qt	3. Add minced garlic to pureed chilis and blend until smooth. 4. Strain the chili sauce through a fine mesh colander. Discard seeds and skin caught by strainer, and reserve chili sauce for use in Step 7.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					For 50 servings, resulting chili paste should yield about 1 ⅛ cups. For 100 servings, resulting chili paste should yield about 2 ¼ cups.
Vegetable oil		1 Tbsp		2 Tbsp	**5.** Heat a steam-jacked kettle or stock pot to medium-high heat. Add the oil and diced onion and stir to combine. Sauté onions for about 10 minutes, or until onions are soft and translucent.
*Onion, raw, diced	2 lb	1 gal 1 ½ cups	4 lb	2 gal 3 cups	
Water		3 gal		6 gal	**6.** Add water to onions and bring to a boil.
Chicken base, reduced sodium		⅓ cup		⅔ cup	**7.** Add chicken base and stir to combine and make sure the base is dissolved. Add chicken, hominy, oregano, and reserved chili sauce from Step 4. Reduce heat and simmer for about 30 minutes to 1 hour. **Critical Control Point:** Heat to an internal temperature of 165 °F for at least 15 seconds. Hold for hot service at 140 °F or higher through service.
Chicken, skinless, diced, cooked, frozen	7 lb	1 gal 1 qt 1 cup	13 lb	2 gal 2 qt 2 cups	
Hominy, canned, drained and rinsed	6 lb	1 No. 10 can	12 lb	2 No.10 cans	
Oregano, dried	16 g	⅓ cup	32 g	⅔ cup	
Chili sauce, reserved from Step 4		1 ¾ cup		3 ⅓ cup	
*Green cabbage, shredded	1 lb 8 oz		3 lb		**8.** Portion soup into bowls using an 8 oz ladle. Top each bowl with ½ cup total cabbage, radish, and fresh onion.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Radish, thinly sliced	1 lb 8 oz		3 lb		
*Onion, fresh, diced	1 lb 8 oz		3 lb		

CHICKEN POZOLE
NUTRITION INFORMATION
For 1 cup (8 fl oz)

NUTRIENTS	AMOUNT
Calories	**204**
Total Fat	**6 g**
Saturated Fat	1 g
Cholesterol	59 mg
Sodium	**271 mg**
Total Carbohydrates	**16 g**
Dietary Fiber Total	3 g
Sugars	3 g
Added Sugars included	0 g
Protein	**21 g**
Vitamin A	189 mcg RAE
Vitamin C	11 mg
Vitamin D	3 IU
Calcium	50 mg
Iron	2 mg
Potassium	357 mg

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Onions, mature, fresh, whole	4 lb	8 lb
Cabbage, fresh, whole	1 lb 12 oz	3 lb 8 oz
Radishes, fresh, without tops	1 lb 10 oz	3 lb 4 oz

NOTES

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

Cooking Process #2: Same Day Service

YIELD/VOLUME	
50 Servings	**100 Servings**
About 3 gal 2 cups soup	About 6 gal 1 qt soup

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

Recipe Detail Cost Report

CUSTOMER: ZZ THE SIOUX CHEF (34146381)

MINNESOTA (2350)

NAME: DRESSING, CRANBERRY **SERVING SIZE:** 1 Liquid Oz **SERVINGS PER RECIPE:** 32

RECIPE ID: 1190359 **YIELD LABEL:** 1 Qt **COST PER RECIPE:** $5.01

	Slice	Portion	Pound	Ounce	Gallon	Quart	Pint	Cup	Liquid Oz	Tablespoon	Teaspoon	**Serving**
Units/Batch	-	-	-	-	**0.25**	**1.00**	**2.00**	**4.00**	**32.00**	**64.00**	**192.00**	**32.00**
Cost/Unit	-	-	-	-	**$20.05**	**$5.01**	**$2.51**	**$1.25**	**$0.16**	**$0.08**	**$0.03**	**$0.16**

SEQ	PRODUCT #	SC	DESCRIPTION	QTY	UOM	TYPE	INSTRUCTIONS	COST
1	1190152		SAUCE, CRANBERRY	16.00	Liquid Oz	Recipe		$2.32
2	1		Water	8.00	Liquid Oz	Non US Foods		$0.00
3	4328332		VINEGAR, APPL CIDR 5% ACIDITY	4.00	Liquid Oz	US Foods		$0.31
4	2740389		SYRUP, MAPL PURE GRD A DARK	3.00	Tablespoon	US Foods		$0.87
5	2650950		SPICE, SUMAC GRND PLST JAR	0.30	Ounce	US Foods		$0.34
6	6587933		OIL, SNFLR ORGNC SALAD & FRYG	4.00	Ounce	US Foods		$1.17

Recipe Instructions

STEP	INSTRUCTIONS
Cook	Cook cranberry sauce according to the SAUCE, CRANBERRY recipe, but do not strain. Cool to approximately 32 degrees F.
Blend	Blend all except oil in food processor for 30 seconds. Drizzle in oil until emulsified. Add additional water if too thick. Taste and add additional syrup or seasoning if necessary.
Use immediately or store.	Transfer to an airtight container. Cover, label and store in the walk in. Shelf life =

Recipe Detail Cost Report

CUSTOMER: ZZ THE SIOUX CHEF (34146381)

MINNESOTA (2350)

NAME: SAUCE, CRANBERRY **SERVING SIZE:** 1 Liquid Oz **SERVINGS PER RECIPE:** 48

RECIPE ID: 1190152 **YIELD LABEL:** 1.5 qt (approximately) **COST PER RECIPE:** $6.97

	Slice	Portion	Pound	Ounce	Gallon	Quart	Pint	Cup	Liquid Oz	Tablespoon	Teaspoon	**Serving**
Units/Batch	-	-	**1.36**	**21.73**	**0.38**	**1.50**	**3.00**	**6.00**	**48.00**	**96.00**	**288.00**	**48.00**
Cost/Unit	-	-	**$5.12**	**$0.32**	**$18.34**	**$4.65**	**$2.32**	**$1.16**	**$0.15**	**$0.07**	**$0.02**	**$0.15**

SEQ	PRODUCT #	SC	DESCRIPTION	QTY	UOM	TYPE	INSTRUCTIONS	COST
1	1		Water	1.50	Cup	Non US Foods		$0.00
2	1327709		CRANBERRY, WHL DMSTC IQF FZN	1.50	Pound	US Foods		$3.48
3	4999470		SALT, KO GRND CORSE BOX	6.00	Gram	US Foods	small pinch to taste	$0.01
4	2740389		SYRUP, MAPL PURE GRD A DARK	0.75	Cup	US Foods		$3.48

Recipe Instructions

STEP	INSTRUCTIONS
Cook	Put the cranberries and water into a saucepan and set over medium heat. Bring to a boil, then reduce heat to med-low and simmer, stirring occasionally, until the cranberries have popped and completely soften, approximately 15 minutes.
Puree	Carefully transfer the mixture to the blender. Add maple syrup and salt. Cover tightly and puree. May need to add additional water if mixture is too thick or additional salt and/or maple.
Use immediately or cool and store.	Serve room temp. Cool at room temp. Transfer to an airtight container. Cover, label and store in the walk in.

Green Beans With Potatoes and Smoked Turkey USDA Recipe for Schools

Green Beans With Potatoes and Smoked Turkey consists of frozen green beans and smoked turkey combined with onions and fresh red potatoes.

NSLP/SBP CREDITING INFORMATION
⅓ cup (3 fl oz spoodle) provides 0.5 oz equivalent meat and ¼ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Turkey legs, smoked, deboned	1 lb 12 oz	1 qt	3 lb 8 oz	2 qt	1 Remove turkey meat from bone.
Water		1 gal		2 gal	2 In a large stock pot, add turkey, water, potatoes, margarine, onions, garlic, thyme, pepper, and onion powder. Cook uncovered over medium–high heat for 8 minutes. Stir well. About half of the water will remain in the pot, while the rest will cook away.
*Fresh red potatoes, unpeeled, diced ½"	2 lb	2 qt ¼ cup 1 Tbsp 1 tsp	4 lb	1 gal ½ cup 2 Tbsp 2 tsp	
Margarine, trans-fat free	4 oz	½ cup	8 oz	1 cup	
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 ¼ cups	

Green Beans With Potatoes and Smoked Turkey

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic, minced	3 oz	¼ cup	6 oz	½ cup	
Thyme, ground		½ tsp		1 tsp	
Pepper, black or white pepper, ground		1 tsp		2 tsp	
Onion powder		1 tsp		2 tsp	
Green beans, frozen, thawed, drained	5 lb 8 oz	1 gal ¼ cup 2 Tbsp 1 ½ tsp	11 lb	2 gal ¾ cup 1 Tbsp	**3** Add green beans. Cook uncovered over medium heat for 10–15 minutes. DO NOT OVERCOOK. Green beans should be bright green.
					4 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					5 Pour 2 qt 3 cups (about 5 lb 6 ½ oz) green bean, potato, and turkey mixture into a large steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					6 Critical Control Point: Hold for hot service at 135 °F or higher.
					7 Portion with 3 fl oz spoodle (⅓ cup).

Green Beans With Potatoes and Smoked Turkey

NUTRITION INFORMATION

For ⅓ cup (3 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	**75**
Total Fat	**3 g**
Saturated Fat	1 g
Cholesterol	13 mg
Sodium	**180 mg**
Total Carbohydrate	**7 g**
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	**6 g**
Vitamin D	1 IU
Calcium	30 mg
Iron	1 mg
Potassium	212 mg

N/A=data not available

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Red potatoes	2 lb 2 oz	4 lb 4 oz

NOTES

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

Cooking Process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 10 lb 13 oz	About 21 lb 10 oz
About 1 gal 1 qt 1 ⅔ cups/2 steam table pans (12" x 20" x 2 ½")	About 2 gal 2 qt 3 ¼ cups/4 steam table pans (12" x 20" x 2 ½")

Recipe Detail Cost Report

CUSTOMER: ZZ THE SIOUX CHEF (34146381)

MINNESOTA (2350)

NAME: FTPIR Kale Salad **SERVING SIZE:** 1 EA/Portion **SERVINGS PER RECIPE:** 30

RECIPE ID: 1614770 **YIELD LABEL:** 30 servings **COST PER RECIPE:** $10.34

	Slice	Portion	Pound	Ounce	Gallon	Quart	Pint	Cup	Liquid Oz	Tablespoon	Teaspoon	**Serving**
Units/Batch	-	**30.00**	-	-	-	-	-	-	-	-	-	**30.00**
Cost/Unit	-	**$0.34**	-	-	-	-	-	-	-	-	-	**$0.34**

SEQ	PRODUCT #	SC	DESCRIPTION	QTY	UOM	TYPE	INSTRUCTIONS	COST
1	7835812		SALAD MIX, KALE SHRD FRESH REF	1.50	Pound	US Foods		$4.64
2	1190359		DRESSING, CRANBERRY	16.00	Liquid Oz	Recipe		$2.51
3	3064587		PUMPKIN, SEED KERNELS PEPITAS	3.00	Ounce	US Foods	toasted, not salted	$2.13
4	5378682		SUNFLOWER SEED, UNSLTD RSTD	3.00	Ounce	US Foods		$1.06

Recipe Instructions

STEP	INSTRUCTIONS
Build	Toss kale with dressing. Top with sunflower seeds and pepitas.

001209 - Indian Taco

Source: Local
Number of Portions: 100
Size of Portion: 1 each

Recipe HACCP Process: #2 Same Day Service

900065 CHILI CON CARNE WITH BEANS LOW FAT....	6 1/4 GAL	1. Heat Chili con Carne to 165° F **CCP:** Heat to 165° F or higher for at least 15 seconds
011253 LETTUCE,GRN LEAF,RAW..... 900578 Tomatoes Diced Fresh..... 900310 Cheese Cheddar Shred LF..... 900020 Tortilla Whl Grain 8 in.....	7 LB, Raw, Yield Incl. 11 1/2 LB 3 1/8 LB 100 EACH	2. Wash and shred lettuce 3. Wash and dice tomatoes 4. Shred cheese **CCP:** Hold for cold service at 41° F or lower.
		5. Heat Flat bread in oven until warm through. **CCP:** Hold for hot service at 135° F or higher
		6. To serve: Assemble Navajo Taco: Frybread or Naan 1 cup chili beans with meat 1 cup shredded lettuce 1/4 cup diced tomatoes 1/2 oz cheese
		Portion 1 serving. 1 serving provides 2 oz eq meat/meat alternate, 2.25 oz eq whole grain rich bread/grain, 3/4 cup red orange vegetable, 1/4 cup beans/peas, and 1/4 cup other vegetable.

NUTRIKIDS

Recipe Sizing Report

Jul 19, 2012

000095 - Lettuce/Tomato Nacho Garnish :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: 3/8 cup Alternate Recipe Name: Lettuce & Tomato				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011253 LETTUCE,GRN LEAF,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	3 lbs + 8 ozs 5 lbs + 12 ozs	Top each serving with 1/4 cup lettuce, 1 TBSP tomato Provides 1/4 cup vegetable. 4.6 lbs untrimmed lettuce will yield 3.5 lbs washed, trimmed and shredded. 6.6 lbs unpared tomatoes will yield 5.75 lbs washed, pared and diced.

*Nutrients are based upon 1 Portion Size (3/8 cup)

Calories	7 kcal	Cholesterol	0 mg	Protein	0.45 g	Calcium	8.32 mg	9.66%	Calories from Total Fat
Total Fat	0.08 g	Sodium	6 mg	Vitamin A	46.3 RE	Iron	0.21 mg	1.40%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	1.47 g	Vitamin A	1392.9 IU	Water¹	39.73 g	*N/A%*	Calories from Trans Fat
Trans Fat¹	*N/A* g	Dietary Fiber	0.52 g	Vitamin C	5.0 mg	Ash¹	0.23 g	83.11%	Calories from Carbohydrates
								25.18%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for [illegible] ***medical conditions.***

Sysco NM

Recipe

Jul 20, 2015

Recipe: 000812 Barbequed Ribs
Recipe Source: D11 Adapt
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Barbequed Chicken

Number of Portions: 100
Size of Portion: 1 each

001902 Lamb ribs 24#	100 piece, raw, yield incl	1. Preheat oven to 425° F Cover sheet pans with parchment. 2. Arrange approximately 25 pieces of lamb on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. 3. Bake uncovered, checking frequently: Conventional oven: 425° F for 45 minutes Convection oven: 375° F for 30 minutes **CCP:** Heat to 165° F or higher for at least 15 seconds
900127 Barbeque Sauce Classic.....	12 CUP	4. Brush approximately 3 cups of barbecue sauce over chicken in each pan.
		5. Transfer to steamtable pans for serving. **CCP:** Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1 each)

Calories	201 kcal	Cholesterol	66.50 mg	Sugars	*N/A* g	Calcium	30.69 mg	48.14% Calories from Total Fat
Total Fat	10.74 g	Sodium	432.60 mg	Protein	10.74 g	Iron	0.55 mg	13.75% Calories from Saturated Fat
Saturated Fat	3.07 g	Carbohydrates	15.94 g	Vitamin A	102.31 IU	Water¹	0.00 g	0.00% Calories from Trans Fat
Trans Fat²	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash¹	0.00 g	31.74% Calories from Carbohydrates
								21.40% Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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000498 - Lamb or Mutton Stew Homemade

Source: D-14 Adapt
Number of Portions: 100
Size of Portion: 1 cup

Recipe HACCP Process: #2 Same Day Service

Alternate Menu Name: Lamb Stew

900357 Lamb Meat for Stew 014429 WATER,MUNICIPAL	20 LB 1 GAL	1. Brown meat cubes in oil. Drain. Continue immediately.
900251 Soup Base Beef 011282 ONIONS,RAW 900209 Garlic Chpd Water 902274 THYME LEAF,DRIED 900203 Flour H&R All-Purpose, Enr	1 TBSP 2 1/4 LB, chopped 1 TSP 1 TSP, ground 1 CUP	2. Add onions, granulated garlic, soup base, flour and thyme. Stir to keep flour from browning. Cook 5 minutes. 3. Add water or stock. Bring to boil, stirring frequently. Reduce heat and cover.
900303 Pepper Jalapeno Sli 900142 Carrot Sli Frozen 011352 POTATO,FLESH & SKN,RAW	1 LB 5 1/8 LB 2 1/2 LB	4. Add green chili, potatoes and carrots. Simmer for approximately 1 ½ hours, or until meat is tender. **CCP: Heat to 165° F or higher at least 15 seconds.**
903399 CABBAGE, Green shredded 011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW 002047 SALT,TABLE 002030 PEPPER,BLACK	1 1/2 LB 2 1/4 LB 1 TBSP 1 1/2 TSP	6. 5. Add remaining vegetables and cook just until tender, about 20 minutes. 6. Add salt and pepper.
		Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. 6. Portion with 8 oz ladle (1 cup). 5. **CCP: Hold for hot service at 135° F or higher.**
		Serving 1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and 1/8 cup starchy vegetable, 1/8 cup red orange vegetable and 1/8 cup other vegetable.

Sysco NM

Recipe Master List

001557 - Posole Stew with Lamb

Source: TCBS
Number of Portions: 100
Size of Portion: 1 cup

Recipe HACCP Process: #2 Same Day Service

900357 Diced Lamb meat-lean ..... 20 lb 900038 WATER, COLD..... 3 GAL 900639 Posole Frz..... 6 LB 900303 Pepper Jalapeno Sli..... 1 LB + 6 OZ 900209 Garlic Chpd Water..... 1 TBSP + 1 TSP 011282 ONIONS,RAW..... 1 LB, chopped + 10 OZ, chopped 900271 Tomatoes Diced in Jc..... 1 #10 can 002047 SALT,TABLE..... 1/4 OZ	1. Saute onions and garlic until tender. Add lamb and cook until browned. 2. Add hominy, chili, tomatoes, and water. Simmer, covered, 4 hours until meat is tender and hominy soft. 3. Add salt. Simmer 1 more hour. Adjust seasonings. **CCP:** Heat to 165° F or higher for at least 15 seconds **CCP:** Hold for hot service at 135° F or higher
	Portion 1 cup with 1 cup ladle. 1 cup provides 2 oz eq meat/meat alternate and 1/8 cup red orange and 1/8 cup other vegetable.

NSLP Game Meat Burger Patty

Lunch Entrée

Quantity	Ingredients
1 LB	Ground bison or venison
2 C	Cooked Wild Rice
2 cloves	minced Garlic
2 T	Minced Shallots
1T	Fresh Wild Bergamot chopped or Oregano / can use dried
1/8 tsp	salt
1/8 tsp	pepper

Preparation Instructions

Preheat oven to 350° F

Thoroughly mix the wild rice, ground beef and other optional ingredients, if desired, in a large bowl until the texture is consistent.

2. Form 4 patties per pound for 2.5 M/MA or 8 patties for 1.25 M/MA

3. Sear on grill.

4. place in oven to cook for 30 minuntes, till tempertures reach 165° F, (optional: skip sear step and place meatballs directly in oven to cook.)

5. serve like a standard hamburger

Yield 4 or 8 patties per LB

serving Quanity	NSLP Equivlents
4 patties	2.5 M/MA
8 Patties	1.25 M/MA

NSLP Game Meat Meatballs

Lunch Entrée

Quantity	Ingredients
1 LB	Ground bison or venison
1 C	Corn from fresh uncooked corn on cob
2 cloves	minced Garlic
1/4 Cup	Minced Shallots
1 cup	Black beans
1 tsp	Fresh Wild Bergamot chopped or Oregano / can use dried
1 tsp	Fresh Chives
1 tsp	Fresh Sage
1 tsp	salt

Preparation Instructions

Preheat oven to 350° F

1. In a large bowl, mix by hand the bison, corn, onion, garlic, black beans, salt, wild bergamot, chives, and sage. Using a #40 ice cream scoop, make tightly packed meatballs and set aside.
2. Add 1 Tbsp sunflower oil to a large cast-iron pan over medium heat. Add the meatballs and sear on all sides, 3 to 5 minutes per side. Transfer the meatballs to a to a greased sheet pan with sunflower oil and finish cooking in oven for 30 minutes till tempertures reach 165° F (optional: skip sear step and place meatballs directly in oven to cook.)

Yield 16 meatballs per 1 lb

serving Quanity	NSLP Equivlents
4 Meatballs	2.25 M/MA
2 Meatbalss	1 M/MA

Wild Rice Pilaf

Lunch Entrée

Quantity	Ingredients
1C	Wild Rice
6C	water
2T	Labrador Tea (ground)
1/2C	Quinoa
2C	Garbanzo Beans

Preparation Instructions

HACCP Process #2

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

CCP:

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

1. Boil and steep 6 cup of water with Tea (use tea filter)
2. Add Wild Rice, cover lossly and simmer covered for 15 minutes. (larger quanities may take longer to cook)
3. Add 1/2 cup of Quinoa and 2 cups of Garbanzo beans and re-cover and simmer for another 15 minutes.

Remove product from sove top. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Yield 8 cups

serving Quanity	NSLP Equivlents
1 cup	1.5 grain & 1 m/ma or 1.5 Grain & 1/4 Cup beans veg.
3/4 cup	1 grain & .75 m/ma or 1 Grain & 1/8 cup vegetable bean
1/2 Cup	.25 Grain .5 m/ma or .25 Grain & 1/8 cup vegetable bean

Pico de Gallo
USDA Recipe for Schools

Our Pico de Gallo recipe features fresh tomatoes, red onions, garlic, cilantro, green onions, jalapeno peppers, and Mexican spices.

NSLP/SBP CREDITING INFORMATION
¼ cup provides ⅛ cup red/orange vegetable and ⅛ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Tomatoes, fresh, chopped	5 lb	2 qt 2 ⅔ cups	10 lb	1 gal 1 qt 1 ⅓ cups	1 Combine all ingredients together in a large bowl. Stir well. Refrigerate until ready for service.
*Red onions, fresh, diced ¼"	1 lb 8 oz	1 qt ⅔ cups	3 lb	2 qt 1 ⅓ cups	
*Jalapeno peppers, fresh, seeded, diced ¼"	6 oz	1 cup	12 oz	2 cups	
Cilantro, fresh, finely chopped	2 oz	3 ½ cups	4 oz	1 qt 3 cups	
*Green onions, fresh, finely chopped	4 oz	⅔ cup	8 oz	1 ⅓ cups	
Salt		⅔ tsp		1 ⅓ tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Black pepper, ground		⅔ tsp		1 ⅓ tsp	
Garlic powder		2 Tbsp		¼ cup	
					2 Critical Control Point: Cool to 41 °F or lower within 4 hours.
					3 Critical Control Point: Hold at 41 °F or below.
					4 Serve in small 2 oz soufflé cups.
					5 Portion with No. 16 scoop (¼ cup).

Pico de Gallo

NUTRITION INFORMATION
For ¼ cup (No. 16 scoop).

NUTRIENTS	AMOUNT
Calories	**16**
Total Fat	**0 g**
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	**35 mg**
Total Carbohydrate	**4 g**
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	**1 g**
Vitamin D	0 IU
Calcium	11 mg
Iron	0 mg
Potassium	128 mg

N/A=data not available.

SOURCE
USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	2 lb 8 oz	5 lb
Jalapenos	8 oz	1 lb
Green onions	6 oz	12 oz
Tomatoes	5 lb 12 oz	11 lb 8 oz

NOTES

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

Cooking Process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 7 lb 2 oz	About 14 lb 4 oz
About 3 qt 2 ¼ cups/50 small soufflé cups (2 oz)	About 1 gal 3 qt ½ cup/100 small soufflé cups (2 oz)

Salmon Corn Chowder

Traditional thick and creamy corn chowder featuring Pacific Northwest salmon.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Washington State Office of Superintendent of Public Instruction on behalf of La Conner Public Schools

Preparation Time: 30 minutes
Cook Time: 1 hour

NSLP/SBP crediting information:
1 cup (8 oz ladle) provides ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ¼ cup other vegetable, 2 ¼ oz equivalent meats/meat alternates.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Fish, salmon, Sockeye, skin on, pin bones removed, fillets, raw, frozen	8 lb 7 oz		16 lb 14 oz		1. Line full-size sheet pans with parchment paper. Place fillets skin-side down on sheet pans and place sheet pans in cooler to thaw overnight. 2. Preheat oven to 400 °F. 3. Remove thawed salmon fillets from cooler. 4. Transfer sheet pans with salmon to preheated oven and roast at 400 °F for 10-15 minutes until internal temperature of each fillet reaches 145 °F. **Critical Control Point:** Cook salmon until internal temperature of each fillet reaches 145 °F for at least 15 seconds. 5. Remove salmon from oven. When the salmon has

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					cooled enough to handle, use a spatula to carefully remove the skin by sliding spatula between the skin and body of the fish. Transfer skinless salmon to a full-size 4" hotel pan (12" x 20" x 4") and break apart fillets into bite-size pieces. **Critical Control Point:** Chill in hotel pans with no more than 2" depth of food. Cool to 70 °F within 2 hours and 40 °F or lower within 4 hours.
Oil, olive, salad or cooking		6 fl oz		12 fl oz	**6.** Heat a large stock pot or rondeau on medium-high heat. Add oil to hot pan.
*Onions, white, diced	2 lb 6 oz		4 lb 12 oz		**7.** Add onions, celery, and carrots and stir to combine. Sautee vegetables until vegetables are soft and cooked through, about 10 minutes. Do not brown vegetables.
*Celery, trimmed, diced	3 lb		6 lb		
*Carrots, peeled and diced	2 lb 11 oz		5 lb 6 oz		
Dill weed, dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp	**8.** With flat blade of knife, crush dill seed against cutting board to release fragrance. Crush dried dill weed between fingers. Add dill seed and weed to sautéing vegetables toward the end of the cooking process.
Dill seed		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Chicken broth, reduced sodium	12 lb 1 oz	1 gal 1 qt 3 cups	24 lb 2 oz	2 gal 3 qt 2 cups	**9.** Measure 3 cups of chicken broth and set aside. Add remaining broth to vegetable mixture and bring to a boil.
Corn starch	4 ½ oz		9 oz		**10.** Whisk cornstarch into reserved broth until the mixture is smooth and free of lumps. It should resemble heavy cream.
					11. After the broth and vegetables come to a boil, slowly add cornstarch mixture. Boil for 1 minute more.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Potatoes, yellow, peeled and ¾" dice	2 lb 1 oz		4 lb 2 oz		**12.** Reduce heat to simmer. Add potatoes and cook until potatoes are tender, about 15 minutes.
Corn, whole kernel, frozen	1 lb 13 oz		3 lb 10 oz		**13.** Add corn and stir.
Evaporated milk, 2% fat		1 qt ¾ cup		2 qt 1 ½ cup	**14.** Add evaporated milk, cooked and chilled salmon from step 5, salt, and pepper. Stir and return internal temperature to 135 °F. **Critical Control Point:** Hold for hot service at 135 °F or higher through service.
Salt, kosher		2 tsp		1 Tbsp 1 tsp	**15.** Serve 1 cup (8 oz ladle).
Pepper, ground		1 Tbsp		2 Tbsp	

SALMON CORN CHOWDER NUTRITION INFORMATION

For 1 cup (8 oz)

NUTRIENTS	AMOUNT
Calories	**228**
Total Fat	**8 g**
Saturated Fat	1 g
Cholesterol	42 mg
Sodium	**444 mg**
Total Carbohydrates	**17 g**
Dietary Fiber Total	2 g
Sugars	5 g
Added Sugars included	0 g
Protein	**23 g**
Vitamin A	1,253 mcg RAE
Vitamin C	8 mg
Vitamin D	497 IU
Calcium	102 mg
Iron	1 mg
Potassium	707 mg

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Onion, mature, fresh	2 lb 12 oz	5 lb 8 oz
Celery, fresh, trimmed	3 lb 10 oz	7 lb 4 oz
Potatoes, fresh, whole	2 lb 9 oz	5 lb 2 oz
Carrots, fresh, without tops	3 lb 4 oz	6 lb 8 oz

NOTES

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

In-house yield for Sockeye salmon is 1 lb raw, skin-on, pin-bones removed = 9/10 lb cooked salmon, skin removed. Yield may differ depending on salmon species used. Performing in-house yield is recommended.

Cooking Process #3: Complex

YIELD/VOLUME	
50 Servings	**100 Servings**
About 3 gal 2 cups	About 6 gal 1 qt

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

Salmon Tacos

Fresh, local wild salmon served in a familiar, kid-friendly dish with fresh toppings.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Washington State Office of Superintendent of Public Instruction on behalf of Highline Public Schools

Preparation Time: 30 minutes
Cook Time: 2 hours

NSLP/SBP crediting information:
1 taco (1 tortilla, 2 oz salmon, 2 Tbsp Pico de Gallo, 1 Tbsp cilantro lime dressing) provides ⅛ cup additional vegetable, ⅛ cup dark green vegetable, ⅛ cup red/orange vegetable, 2 oz equivalent meats/meat alternates, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salmon, pink, frozen, pin bones removed, skin on	9 lb		18 lb		1. Line full-size sheet pans with parchment paper. Place fillets skin-side down on sheet pans (5-6 fillets per sheet pan) and place sheet pans in the cooler to thaw overnight.
					2. Preheat conventional oven to 425 °F or convection oven to 400 °F.
Salt, kosher	22 4/5 g	1 Tbsp 1 tsp	45 3/5 g	2 Tbsp 2 tsp	3. While oven is preheating, combine salt, pepper, and taco seasoning in a small bowl or container.
Pepper, ground	4 3/5 g	2 tsp	9 1/5 g	1 Tbsp 1 tsp	4. Remove thawed salmon fillets from cooler and sprinkle

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					2 tsp of spice mix over each fillet.
Taco seasoning mix	5 3/10 g	2 Tbsp	10 3/5 g	¼ cup	**5.** Transfer sheet pans with salmon to preheated oven and roast at 425 °F for 10-12 minutes until internal temperature of each fillet reaches 145 °F. **Critical Control Point:** Cook salmon until internal temperature of each fillet reaches 145 °F for at least 15 seconds.
					6. Remove salmon from oven. When the salmon has cooled enough to handle, use a spatula to carefully remove the skin by sliding spatula between skin and body of fish. Transfer skinless salmon to a full-size 4" hotel pan (12" x 20" x 4") and break apart fillets into bite-size pieces. For service, weigh out 2 oz of salmon. 2 oz of salmon should completely fill a 4 oz spoodle. Use a 4 oz spoodle for service. **Critical Control Point:** Hold salmon for hot service at 135 °F or higher through service.
Whole grain flour tortillas	3 lb 8 oz	50 tortillas	7 lb	100 tortillas	**7.** Put tortillas in hot box to warm while preparing Pico de Gallo and lime cilantro sauce.
Pico de Gallo					
*Tomato, fresh, chopped	5 lb	2 qt 2 ⅔ cups	10 lb	1 gal 1 qt 1 ⅓ cup	**8.** Combine tomatoes, onion, jalapeno, and cilantro in a large bowl. Stir well. Refrigerate until ready for service. **Critical Control Point:** Cool to 41 °F or below within 4 hours. Hold for cold service at 41 °F or lower until service.
*Onion, fresh, white, diced	1 lb 8 oz	1 qt ⅔ cup	3 lb	2 qt 1 ⅓ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Jalapeno, fresh, seeded, diced	6 oz	1 cup	12 oz	2 cups	
*Cilantro, fresh, chopped	6 oz	3 cups	12 oz	1 qt 2 cups	
Lime Cilantro Sauce					
Greek yogurt, plain, low-fat	1 lb 9 oz	3 cups	3 lb 2 oz	1 qt 2 cups	**9.** Combine yogurt, garlic, cilantro, and lime juice in the bowl of a food processor and blend until smooth. **Critical Control Point:** Cool to 41 °F or below within 4 hours. Hold for cold service at 41 °F or lower until service.
Garlic, minced	25 3/10 g	3 Tbsp ½ tsp	50 3/5 g	¼ cup 2 Tbsp 1 tsp	**10.** To serve, place 1 tortilla in a serving boat and top tortilla with 2 oz salmon, 2 Tbsp Pico de Gallo, and 1 Tbsp lime cilantro sauce.
*Cilantro, fresh, chopped	4 oz	2 cups	8 oz	4 cups	
Lime juice	76 3/5 g	⅓ cup 2 tsp	153 1/5 g	⅔ cup 1 Tbsp 1 tsp	

SALMON TACOS
NUTRITION INFORMATION
For 1 taco

NUTRIENTS	AMOUNT
Calories	**206**
Total Fat	**6 g**
Saturated Fat	2 g
Cholesterol	33 mg
Sodium	**414 mg**
Total Carbohydrates	**20 g**
Dietary Fiber Total	3 g
Sugars	3 g
Added Sugars included	0 g
Protein	**18 g**
Vitamin A	276 mcg RAE
Vitamin C	14 mg
Vitamin D	297 IU
Calcium	64 mg
Iron	1 mg
Potassium	441 mg

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Tomatoes, fresh, whole	5 lb 12 oz	11 lb 8 oz
Onion, mature, fresh, whole	1 lb 12 oz	3 lb 8 oz
Jalapeno, fresh, whole	7 oz	14 oz
Cilantro, fresh	12 oz	1 lb 8 oz

NOTES

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

This recipe is based on in-house yield of 1 lb pink salmon, pin-bones removed, skin-on salmon, thawed from frozen = 0.7 lb cooked salmon without skin. Salmon yield may vary by species. An in-house yield test is recommended to ensure sufficient cooked quantity.

Cooking Process #2: Same Day Service

YIELD/VOLUME	
50 Servings	**100 Servings**
50 salmon tacos About 6 lb 5 oz cooked salmon About 1 qt 2 ¼ cups pico de gallo About 3 ⅛ cups lime cilantro sauce	100 salmon tacos About 12 lb 10 oz cooked salmon About 3 qt ½ cup pico de gallo About 1 qt 2 ¼ cups lime cilantro sauce

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

Soam Bavĭ (Brown Tepary Bean) Bowl

The Soam Bavĭ bowl is a dish that features the tepary bean over a bed of brown rice and includes chicken, salsa, and a variety of fresh produce (lettuce, sweet peppers, tomatoes, and onions) to create a filling dish that kids will love!

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
This recipe was adapted from Salt River Pima-Maricopa Indian Schools

Preparation Time: 12-18 hours
Cook Time: 8 hours, 30 minutes

NSLP/SBP crediting information:
Beans credited as meat/meat alternate:
1 bowl provides $^{5}/_{8}$ cup total vegetable ($^{1}/_{8}$ cup additional vegetable, $^{1}/_{4}$ cup red/orange vegetable, $^{1}/_{4}$ cup other vegetable), 3.25 oz eq meat/meat alternate and 1.00 oz eq grains

Beans credited as a vegetable:
1 bowl provides 1-$^{1}/_{8}$ cup total vegetable ($^{1}/_{8}$ cup additional vegetable, $^{1}/_{2}$ cup legume vegetable, $^{1}/_{4}$ cup red/orange vegetable, $^{1}/_{4}$ cup other vegetable), 1.00 oz eq grains and 1.00 oz eq meat/meat alternate

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown tepary beans, dry (see notes)	4 lb 12 oz	2 qt 2 ½ cups	9 lb 8 oz	1 gal 1 qt 1 cup	**1.** Sort beans, removing any debris or small pebbles.
					2. Rinse thoroughly to remove any dirt.
					3. Soak tepary beans overnight, in 8-16 quarts of water or until beans are well covered with water.
Water (for tepary beans)		8 qt		16 qt	**4.** Place drained tepary beans in a large pot or steam kettle, cover with water and bring to a boil.
					5. Let simmer for about 6 hours, stir occasionally to avoid scorching the bottom of the pot.
					6. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
					7. Allow tepary beans to cool.
					8. Critical Control Point**:** Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours.
					9. Critical Control Point: Keep at 41°F or lower until service.
					10. Set aside for step 25.
Water (for rice)		3 qt		1 gal 2 qt	**11.** Boil water.
					12. Preheat oven to 325°F.
Brown rice, long-grain, regular, dry, parboiled	3 lb 4 oz		6 lb 8 oz		**13.** Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20″ x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					14. Pour boiling water (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					15. Bake at 325°F for 40 minutes.
					16. Remove cooked rice from the oven and let stand covered for 5 minutes. Stir rice.
					17. Critical Control Point: Heat to 135°F or higher.
					18. Critical Control Point: Hold for hot service at 135°F or higher.
					19. Set aside for step 25.
USDA Foods #100117 – Chicken, fajita strips, cooked, frozen*	5 lb 5 oz		10 lb 10 oz		**20.** Heat chicken in a steamer.
					21. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
					22. Set aside for step 27.
					23. Critical Control Point: Hold for hot service at 135°F or higher.
					24. Assemble each entrée in a 12 oz bowl.
					25. First Layer: 1/2 cup brown rice.
					26. Second Layer: 1/2 cup cooked tepary beans.
					27. Third Layer: 1.7 oz fajita chicken.
					28. Critical Control Point: Hold for hot service at 135°F or higher.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salsa, low sodium canned*	3 lb 10 oz	1 qt 2 ¼ cup	7 lb 4 oz	3 qt ½ cup	**29.** Top each bowl with 1/8 cup salsa, 1/8 cup shredded romaine lettuce, 1/8 cup green bell peppers, 1/8 cup tomatoes and 1/8 cup red onion.
Lettuce, romaine, raw, shredded*	13 oz	1 qt 2 ¼ cup	1 lb 10 oz	3 qt ½ cup	
Sweet bell peppers, green, raw, diced*	2 lb 10 oz	1 qt 2 ¼ cup	5 lb 4 oz	3 qt ½ cup	
Tomatoes, red, ripe, fresh, diced*	2 lb 14 oz	1 qt 2 ¼ cup	5 lb 12 oz	3 qt ½ cup	
Red onion, mature, fresh, diced, ready to use*	2 lb	1 qt 2 ¼ cup	4 lb	3 qt ½ cup	
					30. Serve 1 Soam Bavĭ (Brown Tepary Bean) Bowl.

NUTRITION INFORMATION

For 1 bowl

NUTRIENTS	AMOUNT
Calories	**354**
Total Fat	**4 g**
Saturated Fat	**2 g**
Cholesterol	38 g
Sodium	361 mg
Total Carbohydrate	**59 mg**
Dietary Fiber	**25 g**
Total Sugars	5 g
Added Sugars included	N/A g
Protein	21 g
Vitamin A	N/A mcg RAE
Vitamin C	31 mg
Vitamin D	N/A IU
Calcium	292 mg
Iron	8 mg
Potassium	N/A mg

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Romaine lettuce, untrimmed	1 lb 5 oz	2 lb 10 oz
Sweet Bell Pepper	3 lb 5 oz	6 lb 10 oz
Tomatoes, red	2 lb 14 oz	5 lb 12 oz

NOTES

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

Cooking Process #3 Complex Prep.

YIELD/VOLUME	
50 Servings	**100 Servings**
Cooked Rice: About 8 lb 4 oz (25 cups) Cooked Beans: About 10 lb (25 cups)	Cooked Rice: About 16 lb 8oz (50 cups) Cooked Beans: About 10 lb (50 cups)

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

Recipe Production

Recipe Number: SA901 **Recipe Name:** SOUTH WEST QUINOA SALAD

Hot: No **Recipe Source:** Boulder Valley School District **HACCP Process Category:** Complex

Serving Description: 1/2 Cup (3oz.)

Projected Yield		Actual Yield			
Quantity	**Serving Size**	**Quantity**	**Serving Size**	**Leftovers**	**Disposition**
24	1/2 Cup				

Labor

Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3552	QUINOA 25 LB	7	Ounce	14 1/8	Gram	(Unassigned)
2500	BEANS BLACK 6/10	2	Pound	1 1/3	Ounce	(Unassigned)
2579	PEPPER RED 25 LB	9	Ounce			(Unassigned)
2600	CILANTRO 6 CT	3	Ounce			(Unassigned)
2505	CORN FROZEN 12/2.5 LB	6	Ounce			(Unassigned)
1031	VINEGAR RED WINE 1 GAL	2	Tbsp	2 1/8	tsp	(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	3 1/2	Tbsp			(Unassigned)
1046	SPICE CUMIN BULK 10 LB	3/4	tsp			(Unassigned)
1017	SPICE CHILI POW 20OZ	2 1/4	tsp			(Unassigned)
1024	SPICE PEPPER RED CRSHD	3/4	tsp			(Unassigned)
1011	SALT KOSHER	3/4	tsp			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Black beans yield 56%
Red peppers yield 80%
1. Cook quinoa by following instructions on the package and cool.
2. Drain and rinse black beans.
3. Dice red peppers.
4. Chop cilantro.

Preparation Instructions

1. Once quinoa is cooled, mix all ingredients together.
2. Store cold until service.

Serving Instructions

Serving = 1/2 Cup (3oz.)

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Recipe Production

Recipe Number: SA901 **Recipe Name:** SOUTH WEST QUINOA SALAD

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcals	1,593.3894	216.6937	66.3912		
Saturated Fat	g	6.9098	0.9397	0.2879	3.90	
Sodium	mg	2,915.6683	396.5176	121.4862		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	60.0461	8.1660	2.5019	33.92	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	214.8668	29.2209	8.9528	53.94	
Total Dietary Fiber	g	32.3511	4.3996	1.3480		
Protein	g	40.7352	5.5398	1.6973	10.23	
Vitamin A (RE)	RE	724.1823	98.4855	30.1743		
Vitamin A (IU)	IU	4,534.9850	616.7373	188.9577		
Vitamin C	mg	96.7797	13.1616	4.0325		
Calcium	mg	189.2475	25.7368	7.8853		
Iron	mg	4.6082	0.6267	0.1920		
Moisture	g	198.0375	26.9322	8.2516		*
Ash	g	8.7826	1.1944	0.3659		*

Stock Number	Description	Units per Case	Location	Cases	Broken Units	Broken Unit Description	Actual Used
3552	QUINOA 25 LB	1.00	(Unassigned)	0	0.47	LB	/
2500	BEANS BLACK 6/10	1.00	(Unassigned)	0	0.30	CAN (111 OZ)	/
2579	PEPPER RED 25 LB	1.00	(Unassigned)	0	0.56	LB	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	1	0.07	BUNCH	/
2505	CORN FROZEN 12/2.5 LB	1.00	(Unassigned)	0	0.38	LB	/
1031	VINEGAR RED WINE 1 GAL	1.00	(Unassigned)	0	0.01	GAL	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.01	CONTAINER (	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.00	LB	/
1017	SPICE CHILI POW 20OZ	1.00	(Unassigned)	0	0.21	OZ	/
1024	SPICE PEPPER RED CRSHD	1.00	(Unassigned)	0	0.05	OZ	/
1011	SALT KOSHER	1.00	(Unassigned)	0	0.00	BOX (3 LB)	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section:

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Three-Bean Salad
USDA Recipe for Schools

This Three-Bean Salad builds on the original, with the addition of red onion, cilantro, jalapeños, tomatoes, and spices.

NSLP/SBP CREDITING INFORMATION
½ cup (No. 8 scoop) provides ⅛ cup red/orange vegetable, ⅛ cup other vegetable, and ⅛ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil		¼ cup 1 Tbsp		½ cup 2 Tbsp	1 Dressing: Combine olive oil, vinegar, sugar, salt, pepper, and garlic powder in a small bowl. Stir well. Set aside for step 4.
Red wine vinegar		1½ cups		3 cups	
Sugar	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Black or white pepper, ground		1 tsp		2 tsp	
Garlic powder		1 tsp		2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Kidney beans, canned, low-sodium, chilled, drained OR Kidney beans, dry, cooked (see Notes)	1 lb 2 oz 1 lb 2 oz	2⅔ cups 1 Tbsp 1 tsp (¼ No. 10 can) 2⅔ cups 1 Tbsp 1 tsp	2 lb 4 oz 2 lb 4 oz	1 qt 1⅓ cups 2 Tbsp 2 tsp (½ No. 10 can) 1 qt 1⅓ cups 2 Tbsp 2 tsp	**2** Rinse kidney beans in cold water. Drain well.
Wax beans, canned low-sodium, chilled, drained	14 oz	2½ cups 2 tsp (approx. ¼ No. 10 can)	1 lb 12 oz	1 qt 1 cup 1 Tbsp 1 tsp (approx. ½ No. 10 can)	**3** Combine kidney beans, wax beans, green beans, tomatoes, onions, and jalapeños in a large bowl. Toss lightly. Set aside for step 4.
Green beans, canned, low-sodium, cut, chilled, drained	2 lb 4 oz	2 qt 1 Tbsp 1 tsp (approx. ⅔ No. 10 can)	4 lb 8 oz	1 gal 2 Tbsp 2 tsp (approx. 1⅓ No. 10 can)	
*Tomatoes, fresh, chopped	5 lb	2 qt 2⅔ cups	10 lb	1 gal 1 qt 1⅓ cups	
*Red onions, fresh, chopped	8 oz	1½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
*Jalapeño peppers, fresh, seeded, diced	4 oz	1 cup	8 oz	2 cups	
					4 Pour 1 cup 1 Tbsp (about 10 oz) dressing over 2 qt 2⅔ cups (about 5 lb 3 oz) vegetable mixture. Stir well.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Transfer 3 qt (about 5 lb 13 oz) three bean salad to a steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Cilantro, fresh, chopped	2 oz	3½ cups	4 oz	1 qt 3 cups	**6** Sprinkle cilantro over each pan.
					7 Critical Control Point: Cool to 41 °F or lower within 4 hours.
					8 Critical Control Point: Hold at 41 °F or below.
					9 Portion with No. 8 scoop (½ cup).

Three-Bean Salad

NUTRITION INFORMATION
For ½ cup.

NUTRIENTS	AMOUNT
Calories	**57**
Total Fat	**2 g**
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	**163 mg**
Total Carbohydrate	**9 g**
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	**1 g**
Vitamin D	0 IU
Calcium	14 mg
Iron	1 mg
Potassium	128 mg

N/A=data not available.

SOURCE
USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature red onions	10 oz	1 lb 4 oz
Tomatoes	5 lb 12 oz	11 lb 8 oz
Jalapeño peppers	6 oz	12 oz

NOTES

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

Cooking Process #1: No Cook.
How to Cook Dry Beans:
Soaking Beans
OVERNIGHT SOAK METHOD: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Cooking Beans
Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.
1 lb dry kidney beans = about 2½ cups dry or 6¼ cups cooked beans.

YIELD/VOLUME

50 Servings	100 Servings
About 11 lb 10 oz	About 23 lb 4 oz
About 1 gal 1 qt 3¼ cups/2 steam table pans (12" x 20" x 2½")	About 2 gal 3 qt 2½ cups/4 steam table pans (12" x 20" x 2½")

Recipe Production

Recipe Number: SA621 **Recipe Name:** THREE BEAN SALAD

Hot: No **Recipe Source:** Cook Book **HACCP Process Category:** No Cook

Serving Description: 1/2 Cup (7.93oz.)

Projected Yield		Actual Yield			
Quantity	**Serving Size**	**Quantity**	**Serving Size**	**Leftovers**	**Disposition**
24	1/2 Cup				

Labor

Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2600	CILANTRO 6 CT	1/8	BUNCH			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	1	tsp			(Unassigned)
2510	JALAPENO SLICED 6/10	1 1/2	tsp			(Unassigned)
2577	PEPPER GREEN MED 25 LB	5	Ounce			(Unassigned)
2579	PEPPER RED 25 LB	5	Ounce			(Unassigned)
2501	BEANS GARBANZO 6/10	3	Pound	8 1/4	Ounce	(Unassigned)
2502	BEANS RED FCY 6/10	2	Pound	12 2/3	Ounce	(Unassigned)
2500	BEANS BLACK 6/10	2	Pound	12	Ounce	(Unassigned)
2004	LIME JUICE 6/32 OZ	8	Tbsp			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1/2	Cup			(Unassigned)
1205	HONEY 6/5 LB	4	Tbsp	1/8	tsp	(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Yield Factors:
Garbanzo Bean yield = 65%
Kidney Bean yield = 60%
Black Bean yield = 56%
Green Pepper yield = 80%
Red Pepper yield = 80%
1. Wash and chop cilantro
2. Mince garlic and jalapeno
3. Dice peppers
4. Drain and rinse beans

Preparation Instructions

1. Mix all ingredients well.
2. Keep refrigerated until service.

Serving Instructions

Serving = 1/2 Cup (7.93oz)
Serve on salad bar or as a side.

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Recipe Production

Recipe Number: SA621 **Recipe Name:** THREE BEAN SALAD

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcals	3,119.4351	78.6789	129.9765		
Saturated Fat	g	15.5776	0.3929	0.6491	4.49	
Sodium	mg	5,512.3743	139.0340	229.6823		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	114.2012	2.8804	4.7584	32.95	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	462.8390	11.6738	19.2850	59.35	
Total Dietary Fiber	g	59.6737	1.5051	2.4864		
Protein	g	74.3949	1.8764	3.0998	9.54	
Vitamin A (RE)	RE	371.4789	9.3695	15.4783		
Vitamin A (IU)	IU	2,116.1865	53.3748	88.1744		
Vitamin C	mg	599.2032	15.1132	24.9668		
Calcium	mg	798.6151	20.1428	33.2756		
Iron	mg	29.8864	0.7538	1.2453		
Moisture	g	2,968.1832	74.8640	123.6743		*
Ash	g	20.5613	0.5186	0.8567		*

Stock Number	Description	Units per Case	Location	Cases	Broken Units	Broken Unit Description	Actual Used
2600	CILANTRO 6 CT	1.00	(Unassigned)	0	0.09	BUNCH	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.01	LB	/
2510	JALAPENO SLICED 6/10	1.00	(Unassigned)	0	0.00	CAN (106 OZ)	/
2577	PEPPER GREEN MED 25 LB	1.00	(Unassigned)	0	0.31	LB	/
2579	PEPPER RED 25 LB	1.00	(Unassigned)	0	0.31	LB	/
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	0	0.51	CAN (111 OZ)	/
2502	BEANS RED FCY 6/10	1.00	(Unassigned)	0	0.40	CAN (111 OZ)	/
2500	BEANS BLACK 6/10	1.00	(Unassigned)	0	0.40	CAN (111 OZ)	/
2004	LIME JUICE 6/32 OZ	1.00	(Unassigned)	2	0.65	CONT (32 FL (	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.01	CONTAINER (	/
1205	HONEY 6/5 LB	1.00	(Unassigned)	0	0.04	JUG (5 LB)	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section:

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Three Sisters Enchilada Casserole

Recipe Description: These enchiladas feature fresh Indigenous winter squash as the star ingredient. Sweet white corn and black beans surround the Indigenous winter squash to round out the three sisters. The casserole is served with a tasty green tomatillo sauce, for added Southwest flair.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Arizona Department of Education

Preparation Time: 60 minutes
Cook Time: 2 hours 18 minutes

NSLP/SBP crediting information:
Beans credited as meat/meat alternate: 1 piece provides 1 cup total vegetable (1/4 cup additional vegetable, 3/8 cup red/orange vegetable, 3/8 cup other vegetable), 1.75 oz eq meat/meat alternate and 1.75 oz eq grain

Beans credited as vegetable: 1 piece provides 1-1/4 cup total vegetable (1/4 cup additional vegetable, 1/4 cup legume vegetable, 3/8 cup red/orange vegetable, 3/8 cup other vegetable), 0.75 oz eq meat/meat alternate and 1.75 oz eq grain

INGREDIENTS	60 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1. Preheat oven to 350°F.
Indigenous squash, winter, fresh, whole*	26 lb 8 oz			44 lb	**2.** Prepare roasted squash: Peel and cube fresh squash to ½" size.
Vegetable oil		1 cup 5 Tbsp		2 cups 3 Tbsp	**3.** Toss squash, vegetable oil and black pepper in a large bowl.
Black pepper, ground		3 tsp		5 tsp	**4.** Line sheet pan (18" x 26" x 1") with a layer of parchment paper. Spray lightly with pan release spray. Add squash to pan and spread evenly. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					5. Bake at 350°F for 15 minutes. Or until squash is soft and begins to brown.
					6. Transfer squash to steam table.
					7. Critical Control Point: Hold for hot service at 135°F or higher.
					8. Set aside for step 16.
Yellow onion, mature, fresh, diced, ready to use*	3 lb 12 oz	3 qt	6 lb	5 qt	**9.** Prepare tomatillo sauce: Toss diced onion, garlic and vegetable oil in large bowl.
Garlic, chopped*	6 oz	1 cup 1 Tbsp	10 oz	2 cups 1 Tbsp	**10.** Line sheet pan (18" x 26" x 1") with a layer of parchment paper. Spray lightly with pan release spray. Add onion mixture to pan and spread evenly. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

INGREDIENTS	60 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vegetable oil		3 Tbsp 1 ½ tsp		5 Tbsp 2 ½ tsp	**11.** Bake at 350°F for 18 minutes. Rotate once after 9 minutes.
Tomatillos, canned, whole	7 lb 2 oz	3 qt ¾ cups	13 lb 12 oz	2 gal 2 cups	**12.** Add roasted onion and garlic mixture, tomatillos, chipotle adobo peppers, cilantro and water to the blender. Secure the lid and blend until smooth, about 1 minute.
Chipotle adobo peppers, canned*	3 oz	6 Tbsp	5 oz	1 cup	**13.** Critical Control Point: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours.
Cilantro, fresh, chopped*	3 oz		5 oz		**14.** Set tomatillo sauce aside for step 32. For 50 servings, 7 ½ cups For 100 servings, 12 ½ cups
Water		2 qt		4 qt	**15.** Set aside remaining tomatillo sauce for Step 20.
Yellow onion, mature, fresh, diced, ready to use*	3 lb 12 oz	3 gt	6 lb	5 qt	**16.** Prepare filling: Toss roasted squash, onion, garlic, beans, corn, green chilies and vegetable oil in a large bowl.
Garlic, raw, minced*	6 oz		10 oz		**17.** Set aside for step 20.
Black beans, low-sodium, canned, drained*	7 lb 4 oz	3 qt 3 ¼ cups	12 lb 8 oz	6 qt ½ cup	
Corn, no salt added, canned, drained*	1 lb 12 oz	1 ½ qt 1 ½ cups	3 lb 5 oz	3 qt ½ cup	
Green chilies, chopped, canned*	3 lb	1 ½ qt 1 ½ cups	5 lb	3 qt ½ cup	
Vegetable oil		3 Tbsp 1 ½ tsp		5 Tbsp 2 ½ tsp	
					18. Preheat oven to 350°F.

INGREDIENTS	60 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					19. Assemble casserole in a steam table pan (12” x 20” x 2½”) lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 5 pans.
Corn tortillas, 6”		120 each (26g each)		200 each (26g each)	**20.** First layer: a. 1 ½ cups tomatillo sauce. b. 10 tortillas, slightly overlapping. c. 6 cups of the vegetable mixture, evenly spread.
					21. Second layer: Repeat step 20.
					22. Third layer: Repeat step 20.
					23. Fourth layer: Repeat step 20.
					24. Tightly cover pans.
					25. Bake at 350°F for 80 minutes.
Cheddar cheese, yellow, shredded*	3 lb	3 qt	5 lb	5 qt	**26.** Remove from oven. Uncover, top each casserole with 1 lb cheese.
					27. Bake an additional 15 minutes uncovered.
					28. Critical Control Point: Heat to 135°F or higher for at least 15 seconds.
					29. Remove from oven. Allow to set for 15 minutes before serving.
					30. Critical Control Point: Hold at 135°F or higher.

INGREDIENTS	60 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					31. Cut each pan 5 x 4 (20 pieces per pan). Serve 1 piece (3" x 4" piece).
					32. Add 2 Tbsp tomatillo sauce to each serving.

NUTRITION INFORMATION

For Three Sisters Enchilada Casserole (3” x 4” piece)

NUTRIENTS	AMOUNT
Calories	**425**
Total Fat	**16 g**
Saturated Fat	7 g
Cholesterol	24 mg
Sodium	**313 mg**
Total Carbohydrate	**60 g**
Dietary Fiber	10 g
Total Sugars	5 g
Added Sugars included	N/A g
Protein	**15 g**
Vitamin A	N/A mcg RAE
Vitamin C	31 mg
Vitamin D	N/A IU
Calcium	109mg
Iron	3 mg
Potassium	N/A mg

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**60 Servings**	**100 Servings**
Cilantro	4 oz	6 oz

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available. Cooking Process #3: Complex Food Prep *Varieties of Indigenous Orange-Flesh Winter Squash include: Corrizo Butternut, Mayo Kamo Butternut, Heirloom Waltham Butternut, Navajo Hubbard, Cushaw (aka Tohono O’odham Squash), Hopi Orange Winter Squash, or Magdalena Cheese Pumpkin

YIELD/VOLUME	
50 Servings	**100 Servings**
3 steam table pans (12” x 20” x 2½”)	5 steam table pans (12” x 20” x 2½”)

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

RECIPE NAME: Three Sisters Salad

File Category:

Grade Group: K-12

Number of Portions: 60

Portion Size: 1 cup

Serving Utensil: 8 fl. oz. scoop

Servings per Pan:

HACCP Process:

- ☐ #1 No Cook
- ☐ #2 Cook & Serve Same Day
- ☑ #3 Includes Cooling Step

Ingredients:	Weight:	Measure:
Butternut squash, frozen	4-5# packages	
	(approx. 8 fresh)	
Olive oil		3/8 cup + 3 Tbsp.
Beans, Great Northern,		#10 can
canned, drained		
Corn, whole kernel,		#10 can
canned, drained		
Red onion, small, diced		1/2 cup
Lettuce, romaine, chopped		18 cups
Balsamic vinegar		3 Tbsp.

Procedure:

1. Preheat oven to 400°F.
2. Distribute squash evenly between three baking sheets. Toss each with 2 Tbsp. olive oil and bake for 20 minutes, stirring halfway through. Set aside to cool
3. In a large bowl, toss together beans, corn, and onion, and dress with 3 Tbsp. olive oil and balsamic vinegar.
4. Serve immediately with lettuce or chill for 2-4 hours and then toss with lettuce.

Total Yield: 60 portions

Weight:	Measure (volume):

Number of Pans:

Pan Size:

Equipment (if not specified in the procedures above)

Meal Component Contribution Based on Portion Size					
Meat/Meat Alternate					
Vegetable Subgroups	DG	B/P	R/O	S	O
7/8 cup total*	1/8	1/8	3/8	1/8	*
Fruits					
Grains					

DG= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

Nutrient Analysis Based on Portion Size

Calories: 143

Saturated Fat (g): 0

Sodium (mg): 43

Tortilla Soup

A rich mixture of chicken, vegetables, and spices served with tortilla chips.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Washington State Office of Superintendent of Public Instruction, on behalf of Bellingham Public Schools

Preparation Time: 1 hour 30 minutes
Cook Time: 2 hours 30 minutes

NSLP/SBP crediting information:
1 cup (8 fl oz spoodle or ladle) provides ⅛ cup additional vegetable, ¾ cup red/orange vegetable, ⅛ cup other vegetable, 2 oz equivalent meats/meat alternates.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken, whole, fresh, without neck or giblets	17 lb 6 oz	About six 3-lb chickens	34 lb 12 oz	About twelve 3-lb chickens	1. Place whole chickens and 2-3 gal of cold water (enough to submerge chickens) in a 30-qt stock pot or kettle. Bring to a simmer and cook until internal temperature of each chicken reaches 165 °F, approximately 2 hours. **Critical Control Point:** Cook chicken to internal temperature of 165 °F for at least 15 seconds. 2. Remove chickens from cooking water. Reserve cooking water for use in step 12. 3. When cool enough to handle, separate meat from bones and skin and shred. Place shredded chicken in 2” full-size hotel pans (12” x 20” x 2”) to cool under refrigeration. Reserve for use in step 17.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					Critical Control Point: Place chicken in 2” full-size hotel pans (12” x 20” x 2”) and cool uncovered to 70 °F within 2 hours and to 40 °F or lower within 4 hours.
					4. Preheat combi oven to 375 °F and 80% humidity.
Tomatillo, fresh, whole, husks removed	2 lb		4 lb		**5.** Cut tomatillos and Roma tomatoes in half top to bottom.
Roma tomatoes, fresh, whole	2 lb		4 lb		
Poblano or Anaheim peppers, fresh, whole	2 lb		4 lb		**6.** Cut all peppers into quarters lengthwise and remove membrane and seeds. Cut each quarter into thirds in the opposite direction to yield approximately 2” x 2” pieces.
Red bell pepper, fresh, whole	2 lb		4 lb		
Onion, mature, large, fresh, whole	2 lb		4 lb		**7.** Peel and remove ends of onions. Cut each onion into eights.
Carrots, fresh, whole	2 lb		4 lb		**8.** Cut carrots into ½” coins.
Jalapeno, fresh, whole	1 oz		2 oz		**9.** Cut jalapeno into large chunks.
Garlic, fresh, peeled	2 oz		4 oz		**10.** Trim ends from garlic.
Vegetable Oil		½ cup		1 cup	**11.** In a large mixing bowl, toss all trimmed and chopped vegetables in oil. Split oil-coated vegetables evenly between 3 full-size hotel pans. Roast at 375 °F in a combi-oven using 80% humidity/steam for 20 minutes.
Reserved chicken cooking water (from step 2)	12 lb	1 gal 2 qt	24 lb	3 gal	**12.** Using a whisk, mix all spices, except salt, into 2 qt of reserved chicken cooking water (from step 2). This prevents spices from clumping. Combine spiced broth with remaining reserved chicken cooking water.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chili flakes	⅛ oz	2 ½ tsp	¼ oz	1 Tbsp 2 tsp	**13.** Preheat combi oven to 325 °F at 100% humidity/steam.
Cayenne pepper, powder	1/20 oz	½ tsp	1/10 oz	1 tsp	
Cumin, ground	2 oz	½ cup	4 oz	1 cup	
Chili powder	2 oz	½ cup	4 oz	1 cup	
Paprika, ground	1 ½ oz	⅜ cup	3 oz	¾ cup	
Onion powder	1 oz	¼ cup	2 oz	½ cup	
Garlic powder	1 oz	⅛ cup 1 Tbsp	2 oz	¼ cup 2 Tbsp	
Coriander seed, ground	½ oz	⅛ cup 1 ½ tsp	1 oz	¼ cup 1 Tbsp	
Thyme, dried	3/20 oz	1 Tbsp	3/10 oz	⅛ cup	
Oregano, dried	¼ oz	¼ cup	½ oz	½ cup	
Tomato paste, no salt added	1 lb	1 ¾ cups	2 lb	3 ½ cups	**14.** Combine roasted vegetables from step 11, spiced reserved chicken cooking water from step 12, and tomato paste in a 30-qt stock pot and bring to a simmer for 15 minutes. Using an immersion blender, puree mixture until smooth.
Salt, kosher		3 Tbsp 1 ¼ tsp		¼ cup 2 Tbsp 2 ½ tsp	**15.** Add salt, vinegar, and lime juice to soup mixture.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Apple cider vinegar	2 oz	¼ cup	4 oz	½ cup	
Lime juice, fresh	2 oz	¼ cup	4 oz	½ cup	
Diced tomatoes, canned, no salt added	10 lb	1 ½ No. 10 cans	20 lb	3 No. 10 cans	**16.** Stir in diced tomatoes, including liquid. Soup is ready for service. **Critical Control Point:** Hold for hot service at 135 °F or higher through service. Cooling – Pour mixture in 2" full-size hotel pans and cool uncovered to 70 °F within 2 hours and to 40 °F or lower within 4 hours. Reheat to 165 °F for at least 15 seconds and hold for hot service at 135 °F or higher through service. **17.** Weigh out reserved shredded chicken from step 3. For 50 servings, weigh out 6 lb 4 oz of chicken. For 100 servings, weigh out 12 lb 8 oz of chicken. **18.** Heat shredded chicken, in 2" full-size hotel pans (12" x 20" x 2"), covered, at 325 °F in a combi oven at 100% humidity/steam. **Critical Control Point:** Reheat to 165 °F for at least 15 seconds and hold for hot service at 135 °F or higher through service. Portion into bowls at service with an 8 oz spoodle or ladle. Add 2 oz heated, shredded chicken portion to each soup.
(Optional) Tortilla chips, whole grain	6 lb 4 oz		12 lb 8 oz		**19.** Serve with 2 oz of tortilla chips (optional).

TORTILLA SOUP
NUTRITION INFORMATION
For 1 cup (8 oz spoodle/ladle)

NUTRIENTS	AMOUNT
Calories	**173**
Total Fat	**6 g**
Saturated Fat	1 g
Cholesterol	41 mg
Sodium	**449 mg**
Total Carbohydrates	**15 g**
Dietary Fiber Total	3 g
Sugars	8 g
Added Sugars included	0 g
Protein	**15 g**
Vitamin A	1,313 mcg RAE
Vitamin C	56 mg
Vitamin D	0 IU
Calcium	40 mg
Iron	2 mg
Potassium	264 mg

N/A=data not available.

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

NOTES

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

Optional: Serve with whole grain tortilla chips.

Whole chickens are used in this recipe to facilitate Farm to School activities and the use of local ingredients. Whole chickens are often more available from local suppliers than chicken parts.

The roasted vegetables used in this recipe are a medley of late season vegetables that can also be sourced from local farms. The roasted vegetables can be made when these vegetables are plentiful and frozen for later use in this soup throughout the year.

Cooking Process #3: Complex

YIELD/VOLUME

50 Servings	100 Servings
About 26 lb 4 oz About 3 full-size (12” x 20” x 2”) and one quarter-size (6” x 10” x 2”) 2” hotel pans	About 52 lb 8 oz About 6 full-size (12” x 20” x 2”) and one half-size (12” x 10” x 2”) 2” hotel pans

Triple Berry Parfait with Fresh Berries

This parfait is a refreshing dish featuring Sonora wheat berries. It's a simple recipe made with yogurt, strawberries, blueberries. Served with a drizzle of honey.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Recipe adapted from Salt River Pima-Maricopa Community Schools

Preparation Time: 20 minutes
Cook Time: 45 minutes

NSLP/SBP crediting information:
1 ½ cups provides 1 oz eq meat/meat alternate, 1 oz eq whole grain and ½ cup fruit

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		5 qt 1 cup		10 qt 2 cups	1. Add water to pot and bring to a boil.
White Sonora wheat berries, dry	4 lb 4 oz		8 lb 8 oz		2. Reduce heat to medium, add white Sonora wheat berries, and lightly boil until berries are soft (approximately 45 minutes).

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					3. Remove from heat, drain and allow to cool.
					4. Critical Control Point: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours.
					5. Set aside for step 9.
					6. Portion 1 parfait in 16 oz cup per serving.
Blueberries, fresh*	4 lb 4 oz	3 qt ½ cup	8 lb 8oz	1 gal 2 qt 1 cup	**7.** Layer 1/2 cup cooked wheat berries, 1/4 cup blueberries, 1/4 cup strawberries and1/2 cup yogurt in each parfait cup.
Strawberries, fresh, stems removed, sliced*	4 lb 4 oz	3 qt ½ cup	8 lb 8oz	1 gal 2 qt 1 cup	
Yogurt, vanilla, low-fat*	12 lb 8 oz	1 gal 2 qt 1 cup	25 lb	3 gal 2 cups	
Honey		1 cup 2 tsp		2 cups 4 tsp	**8.** Drizzle 1 tsp of honey on each parfait cup.
					9. Critical Control Point: Hold at 41°F or below.
					10. Serve 1 Triple Berry Parfait with Fresh Berries.

NUTRITION INFORMATION

For 1 Parfait (1 ½ cups)

NUTRIENTS	AMOUNT
Calories	**303**
Total Fat	**3 g**
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	**76 mg**
Total Carbohydrate	**61 g**
Dietary Fiber	7 g
Total Sugars	18 g
Added Sugars included	
Protein	
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	230 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Strawberries, fresh	4 lb 9oz	9 lb 11oz

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available. Cooking Process #3– Complex Food Preparation.

YIELD/VOLUME	
50 Servings	**100 Servings**
Cooked Wheat Berry: 9.4 lb	Cooked Wheat Berry: 18.75 lb

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

Triple Berry Parfait with Fresh Strawberries and Blueberry Compote

This parfait is a refreshing dish featuring white Sonora wheat berries. It's a simple recipe made with yogurt, blueberry compote, and strawberries.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Recipe adapted from Salt River Pima-Maricopa Community Schools

Preparation Time: 20 minutes
Cook Time: 90 minutes

NSLP/SBP crediting information:
1 ½ cups provides 1 oz eq meat/meat alternate, 1 oz eq whole grain and ½ cup fruit

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Blueberries, frozen*	4 lb 4oz	1 gal 1 qt 1 cup	8 lb 8 oz	2 gal 2 qt 2 cups	1. Heat blueberries, honey, and lemon juice in a saucepan on the stovetop until compote reaches 200°F or blueberries break down (approximately 30 minutes).
Honey		1 cup 2 tsp		2 cups 4 tsp	
Lemon juice		¾ cup ½ tsp		1 ½ cup 1 tsp	
					2. Set compote mixture aside until cool.
					3. Critical Control Point: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					4. Set aside for step 13.
Water		5 qt 1 cup		10 qt 2 cups	**5.** Add water to pot and bring to a boil.
White Sonora wheat berries, dry	4 lb 4 oz		8 lb 8 oz		**6.** Reduce heat to medium, add white Sonora wheat berries, and lightly boil until berries are soft (approximately 45 minutes).
					7. Remove from heat, drain and allow to cool.
					8. Critical Control Point: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours.
					9. Set aside for step 13.
					10. Portion 1 parfait in 16 oz cup per serving.
Yogurt, vanilla, low-fat*	12 lb 8 oz	1 gal 2 qt 1 cup	25 lb	3 gal 2 cups	**11.** Layer 1/4 cup blueberry compote, 1/2 cup cooked wheat berries, 1/2 cup yogurt, and 1/4 cup strawberries in each parfait cup.
Strawberries, fresh, stems removed, sliced*	4 lb 4 oz	3 qt ½ cup	8 lb 8oz	1 gal 2 qt 1 cup	**12.** Critical Control Point: Hold at 41°F or below.
					13. Serve 1 Triple Berry Parfait with Fresh Strawberries and Blueberry Compote.

NUTRITION INFORMATION
For 1 Parfait (1 ½ cups)

NUTRIENTS	AMOUNT
Calories	**301**
Total Fat	**3 g**
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	**76 mg**
Total Carbohydrate	**61 g**
Dietary Fiber	7 g
Total Sugars	14 g
Added Sugars included	N/A g
Protein	**10 g**
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	230 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Strawberries, fresh	4 lb 14oz	9 lb 11oz

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available. Cooking Process #3 – Complex Food Preparation.

YIELD/VOLUME	
50 Servings	**100 Servings**
Cooked Wheat Berries: 9 lb 4 oz	Cooked Wheat Berries: 18 lb 12 oz

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

Turkey and Beef Macaroni
USDA Recipe for Schools

Lean ground turkey and beef are blended into tomato sauce with tomatoes and onions, then combined with whole grain macaroni and sprinkled with cheese.

NSLP/SBP CREDITING INFORMATION
1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, ½ cup red/orange vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1 Heat water to a rolling boil.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	2 Add salt.
Whole grain elbow macaroni	3 lb 2 oz	2 qt 3½ cups	6 lb 4 oz	1 gal 1 qt 3 cups	3 Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 8.
Raw ground turkey (no more than 15% fat)	5 lb	2 qt 2 cups	10 lb	1 gal 1 qt	4 Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5–8 minutes. Stir often until meat is well done.
Raw ground beef (no more than 15% fat)	3 lb 8 oz	1 qt 3 cups	7 lb	3 qt 2 cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					6 Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.
*Fresh onions, chopped	14 oz	2⅔ cups 2½ tsp	1 lb 12 oz	1 qt 1⅓ cups 1 Tbsp 2 tsp	**7** Add onions. Heat uncovered for 5 minutes.
Canned no-salt-added tomato paste	3 lb	1 qt 1 cup 3 Tbsp (approx. ½ No. 10 can)	6 lb	2 qt 2¼ cups 2 Tbsp (approx. 1 No. 10 can)	**8** Add tomato paste, diced tomatoes, beef stock, spices, and macaroni. Heat uncovered over medium heat for 5–10 minutes.
Canned diced tomatoes, no-salt-added, undrained	3 lb 3 oz	1 qt 2 cups 2 Tbsp (½ No. 10 can)	6 lb 6 oz	3 qt ¼ cup (1 No. 10 can)	
Beef stock, non–MSG		2 qt		1 gal	
Ground black or white pepper		1½ tsp		1 Tbsp	
Garlic powder		1 Tbsp		2 Tbsp	
Chili powder		2 Tbsp		¼ cup	
Ground cumin		1 Tbsp 1½ tsp		3 Tbsp	
Paprika		1½ tsp		1 Tbsp	
Onion powder		1½ tsp		1 Tbsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ancho chili powder OR Mexican seasoning mix (see Notes)		2 Tbsp 2 Tbsp		¼ cup ¼ cup	
					9 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					10 Pour 1 gal 3 qt 2 cup (about 11 lb 10 oz) turkey and beef macaroni into a steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Low-fat cheddar cheese, shredded	14 oz	3½ cups	1 lb 12 oz	1 qt 3 cups	**11** Sprinkle 1¾ cup (about 7 oz) shredded cheese evenly over each pan.
					12 Critical Control Point: Hold for hot service at 135 °F or higher.
					13 Portion with 8 fl oz spoodle (1 cup).

Turkey and Beef Macaroni

NUTRITION INFORMATION
For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	**230**
Total Fat	**5 g**
Saturated Fat	2 g
Cholesterol	34 mg
Sodium	**377 mg**
Total Carbohydrate	**29 g**
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	**19 g**
Vitamin D	1 IU
Calcium	120 mg
Iron	4 mg
Potassium	453 mg

N/A=data not available.

SOURCE
USDA Standardized Recipes Project.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Mature onions	1 lb	2 lb

NOTES

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

Cooking Process #2: Same Day Service.

Mexican Seasoning Mix ¾ Cup (About 4½ oz)
Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

YIELD/VOLUME	
50 Servings	**100 Servings**
About 23 lb 4 oz About 2 gal 3 qt 2½ cups/2 steam table pans (12" x 20" x 2½")	About 46 lb 8 oz About 5 gal 3 qt 1 cup/4 steam table pans (12" x 20" x 2½")

Menu Item Detail Cost Report

CUSTOMER: ZZ THE SIOUX CHEF (34146381)

MINNESOTA (2350)

MENU ITEM ID: 2332182 **POS NUMBER:**

NAME: FTPIR Turkey Meatball **PRICE:** $3.00 **FOOD COST%:** 52.67 %

CATEGORY: Entree **FOOD COST:** $1.58 **GROSS PROFIT:** $1.42

DESCRIPTION:

SEQ	PRODUCT #	SC	DESCRIPTION	QTY	UOM	TYPE	INSTRUCTIONS	COST
1	1615610		FTPIR Turkey Meatballs	4.00	EA/Portion	Recipe		$0.76
2	1615392		FTPIR Blue Corn Mush	1.00	3oz Ladle	Recipe		$0.33
3	1190152		SAUCE, CRANBERRY	1.00	Liquid Oz	Recipe		$0.15
4	1614770		FTPIR Kale Salad	1.00	EA/Portion	Recipe		$0.34

Menu Item Instructions

Go back

Tuscan Smoked Turkey and Bean Soup (1st Place Winner) - USDA Recipe for Schools

This hearty soup will surely tantalize taste buds with tender smoked turkey chunks, Navy beans, and a colorful array of veggies, all simmered in a deliciously seasoned broth.

NSLP/SBP CREDITING INFORMATION

1 cup (8 fl oz ladle) provides:

Legume as Meat Alternate: 1½ oz equivalent meat/meat alternate, ⅛ cup red/orange vegetable, and ⅛ cup other vegetable.

OR

Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, ⅛ cup red/orange vegetable, and ⅛ cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

☆☆☆☆☆ No ratings yet

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50 Servings | 100 Servings

INGREDIENTS — Quantity

	Weight	Measure
*Fresh onions, diced ½"	1 lb	3 cups 2 Tbsp
*Fresh celery, diced	12 oz	2½ cups
*Fresh carrots, diced	12 oz	2½ cups
*Fresh kale, no stems, coarsely chopped	1 lb	3 qt ½ cup
Canned low-sodium tomato paste	9 oz	1 cup (½ No. 2½ can)
Fresh garlic, minced		¼ cup
Low-sodium chicken stock		2 gal
Canned low-sodium navy beans, drained, rinsed	5 lb 12 oz	3 qt 3½ cups (1½ No. 10 cans)
OR		
*Dry navy beans, cooked	5 lb 12 oz	3 qt 3½ cups (See Notes Section)
Salt		1 Tbsp 1 tsp
Ground black pepper		1 tsp
Smoked turkey breast, ¼" pieces	2 lb 12 oz	2 qt
*Fresh parsley, chopped		½ cup
Fresh thyme, finely chopped		½ cup
Fresh basil, finely chopped		¼ cup

INSTRUCTIONS

1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large stockpot. Sweat vegetable mixture over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
2. Add stock, beans, salt, and pepper.
3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
4. Add turkey, parsley, thyme, and basil. Stir well. Simmer a minimum of 10 minutes.

   Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
5. Critical Control Point: Hold for hot service at 135 °F or higher.
6. Portion with 8 fl oz ladle (1 cup).

NUTRITION INFORMATION

Tuscan Smoked Turkey and Bean Soup (1st Place Winner) - USDA Recipe for Schools

Amount Per Serving (1 cup (8 fl oz ladle))

Calories	134.55
Total Fat	2.83g
Saturated Fat	0.67g
Cholesterol	20.68mg
Sodium	524.89mg
Total Carbohydrates	13.62g
Dietary Fiber	3.65g
Protein	14.51g
Vitamin A	3058.35IU
Vitamin C	7mg
Calcium	61.62mg
Iron	2.28mg

***Marketing Guide**

50 Servings:	100 Servings:
Mature onions: 1 lb 4 oz Celery: 14½ oz Carrots: 14½ oz Kale: 1 lb 8 oz Dry navy beans: 2 lb 10 oz Parsley: 1 oz	Mature onions: 2 lb 8 oz Celery: 1 lb 13 oz Carrots: 1 lb 13 oz Kale: 3 lb Dry navy beans: 5 lb 4 oz Parsley: 2 oz

Notes

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

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1½ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry Navy beans = about 2¼ cups dry or 5¼ cups cooked beans.

Yield / Volume

50 Servings:	100 Servings:
About 25 lb 8 oz About 3 gal	About 50 lb About 6 gal

Zucchini Sticks With Red Sauce
USDA Recipe for Schools

Sliced zucchini is coated with a bread-crumb mixture, baked, and served with a tomato-based dipping sauce.

NSLP/SBP CREDITING INFORMATION
⅜ cup zucchini sticks (a rounded 3 fl oz spoodle/about 2–3 zucchini sticks) and 2 Tbsp tomato sauce provides ⅛ cup red/orange vegetable and ⅜ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Zucchini, fresh	8 lb 12 oz	1 gal 2 qt 1 cup	17 lb 8 oz	3 gal 2 cups	1 Cut zucchini into ½" x 3" sticks. Recommend to cook in batches.
Egg whites	2 lb 8 oz	1 qt 1 cup	5 lb	2 qt 2 cups	2 Combine zucchini and egg whites in a large bowl. Toss well. Set aside for step 4.
Panko bread crumbs	1 lb 14 oz	1 qt 3½ cups	3 lb 12 oz	3 qt 3 cups	3 Combine bread crumbs and parmesan cheese in a large bowl. Stir well. Set aside for step 4.
Parmesan cheese, grated	1 lb	1 qt 1½ cups 2 Tbsp 2 tsp	2 lb	2 qt 3¼ cups 1 Tbsp 1 tsp	
					4 Coat zucchini sticks with bread crumb and parmesan mixture.
					5 Place 1 qt 2¼ cups (about 2 lb 6 oz) zucchini sticks on each sheet pan (18" x 26" x 1") lightly coated with pan- release spray and lined with parchment paper. For 50 servings, use 4 pans. For 100 servings, use 8 pans.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					6 Bake: Conventional oven: 400 °F for 35 minutes. Convection oven: 375 °F for 35 minutes.
					7 Critical Control Point: Heat to 155 °F or higher for at least 15 seconds
					8 Remove from oven. Set aside for step 14.
Canola oil		1 Tbsp		2 Tbsp	**9** Heat oil in a large stock pot.
*Onions, fresh, diced	4 oz	⅔ cup 1 Tbsp 2 ½ tsp	8 oz	1⅓ cups 3 Tbsp 2 tsp	**10** Add onions, tomato paste, diced tomatoes, water, spices, vegetable base, and salt. Simmer uncovered over medium heat for 5 minutes. Set aside for step 12.
Tomato paste, canned, low-sodium	10 oz	1 cup 1 Tbsp 1 tsp (approx. ⅛ No. 10 can)	1 lb 4 oz	2 cups 2 Tbsp 2 tsp (approx. ¼ No. 10 can)	
Tomatoes, diced, canned, low-sodium, undrained	1 lb 10 oz	3 cups 2 Tbsp (approx. ¼ No. 10 can)	3 lb 4 oz	1 qt 2¼ cups (approx. ½ No. 10 can)	**11** Place 25 individual soufflé cups on a sheet pan (18" x 26" x 1"). For 50 servings, use 4 pans. For 100 servings, use 8 pans.
Water		½ cup		1 cup	
Black pepper, ground		¼ tsp		½ tsp	
Parsely, dried		2 Tbsp		¼ cup	
Garlic powder		1 Tbsp		2 Tbsp	
Basil, dried		¼ tsp		½ tsp	
Oregano, dried		¼ tsp		½ tsp	
Thyme, dried		⅛ tsp		¼ tsp	
Vegetable base		2 tsp		1 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
					12 Using a 1 fl oz ladle, portion 2 Tbsp tomato sauce into each soufflé cup.
					13 Critical Control Point: Hold for hot service at 155 °F or higher.
					14 Portion ⅜ cup zucchini sticks (a rounded 3 fl oz spoodle or about 2–3 zucchini sticks) and 1 soufflé cup.

Zucchini Sticks With Red Sauce

NUTRITION INFORMATION
For 2–3 zucchini sticks and 2 Tbsp tomato sauce.

NUTRIENTS	AMOUNT
Calories	**127**
Total Fat	**3 g**
Saturated Fat	1 g
Cholesterol	8 mg
Sodium	**284 mg**
Total Carbohydrate	**19 g**
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	**7 g**
Vitamin D	1 IU
Calcium	121 mg
Iron	1 mg
Potassium	314 mg

N/A=data not available.

SOURCE
USDA Standardized Recipes Project.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Mature onions	6 oz	12 oz
Zucchini	9 lb 4 oz	18 lb 8 oz

NOTES

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

Cooking Process #2: Same-Day Service.

YIELD/VOLUME	
50 Servings	**100 Servings**
About 9 lb 1 oz	About 18 lb 2 oz
About 1 gal 2⅛ cups/4 sheet pans (18" x 26" x 1")	About 2 gal 1 qt 1¼ cups/8 sheet pans (18" x 26" x 1")