



Main Meals

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What's Cooking? USDA Mixing Bowl

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Black Bean Burgers

Makes: 24 Servings

24 Servings

Ingredients	Weight	Measure
Black beans, canned	8 lb	
Onion, finely diced		1 cup
Red bell pepper, finely diced		1 cup
Cumin		1 tsp
Whole-wheat bread crumbs		2 cups
Salt and pepper		to taste
Vegetable bouillon cubes		2

Directions

1. Drain and rinse beans; mash with onion, red pepper, cumin, breadcrumbs, salt and pepper. Do not overmash.
2. Dissolve vegetable bouillon cubes in 1/2 cup water; add to bean mixture. Add more water if necessary to make mixture just soft enough to form patties.
3. Shape into 5-ounce patties; cover and refrigerate 1 hour.
4. Spray each patty with vegetable cooking spray; grill until hot through, turning once.

Notes

Serving Tips:

Serve on a bun with guacamole or avocado slices, sour cream and salsa.

My Notes

Source: Idaho Bean Commission

Nutrition Information

Nutrients	Amount
Calories	157
Total Fat	2 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	543 mg
Total Carbohydrate	27 g
Dietary Fiber	9 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available



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Black Bean Fiesta Wrap

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Black beans, canned, rinsed, drained		3 qts		1 1/2 gals
Rice, cooked, cooled		3 qts		1 1/2 gals
Carrots, shredded	1 1/2 lbs	1 1/2 qts	3 lbs	3 qts
Lettuce, shredded	1 1/2 lbs	1 1/2 qts	3 lbs	3 qts
Red Cabbage, Shredded	1 1/2 lbs	1 1/2 qts	3 lbs	3 qts
Italian salad dressing		3 cups		1 1/2 qts
Salt		2 tsp		4 tsp
Black pepper		1 tsp		2 tsp
Flour tortillas		50		100
Tomato slices		50		100

Directions

1. Combine beans, rice, carrots, lettuce, and cabbage in large bowl.
2. Toss with dressing. Season with salt and pepper.
3. Place 1 cup bean and vegetable mixture on each tortilla; top with a tomato slice and roll up.

My Notes

Source: Physicians Committee for Responsible Medicine

Nutrition Information

Nutrients	Amount
Calories	288
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	852 mg
Total Carbohydrate	47 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	94 mg
Iron	3 mg
Potassium	N/A

N/A - data is not available



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Black Beans with Plantains

Prep time: 20 minutes

Cook time: 1 hour

Makes: 25 or 50 Servings

This flavorful dish includes black beans and plantains, two foods that are frequently used in meals prepared in South America and the Caribbean. Plantains are a staple food in many tropical regions. They can be steamed or boiled and used in a manner similar to the way potatoes are used in North America.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Brown rice, long-grain, uncooked	12 1/2 oz	2 cups	1 lb 9 oz	1 qt
Water		1 qt 2 cups		3 qts
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp
*Onions, fresh, 1/4" diced	1 lb 5 oz	1 qt 1 1/4 cups	2 lbs 10 oz	2 qts 2 1/2 cups
Garlic, fresh, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp
*Black beans, low-sodium, canned, drained and rinsed or black beans, dry, cooked	6 lbs	1 gallon 2/3 cup (1 1/2 No. 10 can)	10 lbs 15 oz	2 gallons 1 1/3 cups (2 1/2 No. 10 can)
Water		1 qt		2 qts
Tomato sauce, low-sodium, canned	1 lb 11 oz	1 qt 1/4 cup (1/4 No. 10 can)	3 lbs 6 oz	2 qts 1/2 cup (1/2 No. 10 can)
*Plantains, raw, ripe (yellow), peeled, 1/4" diced	12 1/2 oz	2 3/4 cups	1 lb 9 oz	1 qt 1 1/2 cups
Cumin, dried, ground		1/4 cup		1/2 cup
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Black pepper, ground		2 tsp		1 Tbsp 1 tsp
Salsa, traditional (optional)	4 oz	1/2 cup 1 tsp	8 oz	1 cup 2 tsp
Cilantro, fresh, chopped (optional)	2 oz	1/2 cup 1 tsp	4 oz	1 cup 2 tsp
*Green onions with tops, fresh, chopped (optional)	2 oz	1/2 cup 1 tsp	4 oz	1 cup 2 tsp

Directions

1. Combine brown rice and water in a large stockpot. For 25 servings, add 1 qt. water to rice. For 50 servings, add 2 qts. water to rice.
2. Heat on medium-high to a rolling boil.
3. Cover and reduce heat to medium. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff the rice gently with a fork.
4. Heat oil in a medium stockpot or a tilting kettle on medium-high heat.
5. Sauté onions until soft.
6. Add garlic. Continue cooking on medium-high heat until garlic is fragrant, about 2-4 minutes. Stir frequently. 1 clove is about

1/2 teaspoon minced.

7. Add cooked rice, black beans, remaining water, tomato sauce, plantains, cumin, paprika, and pepper.

8. Stir well and bring to boil. Stir frequently.

9. Reduce heat to medium-low and simmer for 10-15 minutes or until liquid is absorbed into the ingredients. Critical Control Point: Heat to 140 °F for at least 15 seconds.

10. Serve 1 cup (8 oz. ladle). Critical Control Point: Hold at 140 °F or higher.

11. Garnish each serving with 1 teaspoon of salsa, 1 teaspoon of cilantro, and 1 teaspoon of green onions (optional).

Notes

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

Tips for Soaking Dry Beans:

1 lb. dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 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.

Tips for Cooking Dry Beans:

Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

For a household recipe that yields 6 servings see: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/black-beans-plantains>.

My Notes

Source: Team Nutrition: Adapted from <http://www.healthyschoolfood.org/docs/NYCHSF-Recipes-for-NYCHSF3.pdf>.

Nutrition Information

Nutrients	Amount	Meal Components
Calories	197	Vegetables 1/4 cup
Total Fat	2 g	Red & Orange 1/8 cup
Saturated Fat	0 g	Other 1/8 cup
Cholesterol	N/A	Grains 1/2 ounce
Sodium	193 mg	Meat / Meat Alternate 1 1/2 ounces
Total Carbohydrate	38 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Dietary Fiber	10 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	9 g	
Vitamin D	N/A	
Calcium	65 mg	
Iron	4 mg	
Potassium	N/A	
N/A - data is not available		



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Butternut Harvest Chili

Makes: 50 Servings



50 Servings

Ingredients

Fresh butternut squash, pared, seeded, diced 1/4"

Fresh onions, diced

Fresh carrots, shredded, ready-to-eat

Vegetable oil

Canned tomatoes, diced, no added sodium

Tomato paste, no added sodium

Canned black beans, no added sodium, drained and rinsed

Apple juice

Chili powder

Ground allspice

Sugar

Salt

Pepper

Weight

5 lb 11 oz

3 lbs

1 lb

2 oz

6 lbs 6 oz

8 oz

7 lbs 8 oz

16 oz

64 grams

Measure

1 gallon

2 qt 1 1/2 cup

1 qt 1 cup

1/4 cup

1 gal 1 qt (1 No 10 can)

1 cup

3 qt 1 1/2 cup (2 No 10 can)

2 cups

1/2 cup

2 Tbsp

2 Tbsp

3 Tbsp

2 Tbsp

Directions

1. Heat oil in large stockpot or steam jacketed kettle.
2. Saute squash, onions, and carrots over medium heat for 15 minutes.
3. Add remaining ingredients. Bring to a boil. Reduce heat and simmer covered until vegetables are tender (about 45 minutes), stirring occasionally. CCP: Heat to 140 degrees F or higher for at least 15 seconds.
4. Portion with 1 cup (8 oz) scoop. CCP: Hold for hot service at 135 degrees F or higher.



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Carrot Lentil Brown Rice Casserole

Makes: 30 Servings

30 Servings

Ingredients	Weight	Measure
Cooking spray		As needed
Onion, chopped		1 1/2 cups
Carrots, diced frozen		2 1/2 cups
Dry lentils, rinsed		2 cups
Uncooked brown rice		2 cups
Green pepper, chopped		2 1/2 cups
Dried thyme		1 tsp
Dried basil		1 tsp
Oregano		1 tsp
Salt		1/2 tsp
Rubbed sage		1/2 tsp
Minced garlic		1 Tbsp
Water		5 cups
Low sodium vegetable base	3/4 oz	
Canned tomato strips in puree		5 cups

Directions

1. In steam table pans sprayed with cooking spray, combine all ingredients.
2. Cover and bake at 300 degrees F (convection oven) until the liquid is absorbed and lentils and rice are tender (about 1 1/2 hours).
3. Keep hot (155 degrees or higher) for service.

My Notes

Source: Whole Grains Council

Nutrition Information

Nutrients	Amount
Calories	110
Total Fat	1 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	80 mg
Total Carbohydrate	22 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available



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Challenge Chili

Makes: 50 Servings

50 Servings

Ingredients	Weight	Measure
Onion, large, raw		9 each
Green pepper, large, raw		9 each
Carrot, large, raw		9 each
Yellow pepper, raw, large		5 each
Garlic		21 cloves
Olive oil		1 cup
Chili powder		3 Tbsp
Cumin		1/2 cup
Canned tomatoes, no salt	464 oz	
Black beans, canned	1 #10 can	
Red kidney beans, canned	2 #10 cans	

Directions

1. Chop vegetables into small chunks.
2. Place in large pot with heated olive oil and saute onions, green peppers, carrots and garlic until near soft.
3. Add tomatoes, seasonings and beans.
4. Heat through and then simmer for at least an hour.
5. Serve in bowls garnished with raw julienned yellow pepper.

My Notes

Source: Woolwich Central School (Recipe for Healthy Kids Challenge)

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Chickpeas & Tomatoes

Prep time: 5 minutes**Cook time:** 25 minutes**Makes:** 25 or 50 Servings

Chickpeas, also known as garbanzo beans, are a popular part of vegetarian meals in Northern Africa. In this recipe, chili powder, cumin, and ginger create a wonderful flavor, without too much heat.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp
*Onion, fresh, peeled, 1/4" diced	1 lb 7 oz	1 qt 1 1/4 cups	2 lb 14 oz	2 qts 2 1/2 cups
*Garlic, fresh, minced		4 cloves		8 cloves
Ginger root, fresh, grated		2 tsp		1 Tbsp 1 tsp
Garbanzo Beans (chickpeas), canned, drained, and rinsed or garbanzo beans, dry, cooked	3 lbs 9 oz	2 qts 2 1/2 cups (1 No. 10 can)	7 lbs 2 oz	1 gallon 1 qt 1 cup (2 No. 10 cans)
Tomatoes with juice, canned, low-sodium, diced	1 lb 10 oz	3 cups 2 Tbsp (1/3 No. 10 can)	3 lbs 4 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Water		1 cup		2 cups
Chili powder		2 tsp		1 Tbsp 1 tsp
Cumin, ground		2 Tbsp 1 tsp		1/4 cup 2 tsp

Directions

1. Heat oil in a large stockpot on medium-high heat.
2. Add onions and sauté until soft. Do not brown.
3. Add the garlic and ginger, stir until fragrant. 1 clove of garlic is about 1/2 teaspoon minced.
4. Add the garbanzo beans (chickpeas), tomatoes and juice, water, chili powder, and cumin. Continue cooking on medium-high heat and bring to a boil.
5. Reduce heat to medium and simmer uncovered for 20 minutes or until there is only enough liquid to cover the bottom of the pan. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
6. Serve 1/2 cup (No. 8 scoop). Critical Control Point: Hold at 140 °F or higher.

Notes

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

Tips for Soaking Dry Beans:

1 lb. dry garbanzo beans (chickpeas) = about 2 1/2 cups dry or 6 1/4 cups cooked garbanzo beans (chickpeas).

Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 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.

Tips for Cooking Dry Beans:

Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.

Critical Control Point:

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

For a household recipe that yields 6 servings see: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/chickpeas-tomatoes>.

My Notes

Source: Team Nutrition: Adapted from recipe provided by Learning Care Group.

Nutrition Information

Nutrients	Amount	Meal Components
Calories	120	Vegetables
Total Fat	3 g	Red & Orange 1/4 cup
Saturated Fat	0 g	Meat / Meat Alternate 1 1/4 ounces
Cholesterol	N/A	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Sodium	183 mg	
Total Carbohydrate	20 g	
Dietary Fiber	5 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	5 g	
Vitamin D	N/A	
Calcium	44 mg	
Iron	1	
Potassium	N/A	
N/A - data is not available		



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Chili-Riffic Black Beans

Makes: 50 Servings



50 Servings

Ingredients

	Weight	Measure
Black beans, canned, drained, rinsed	3.5 lbs	
Diced Spanish/yellow onion	1 lb	3 cups
Diced celery	1 lb	3 cups
Diced baby carrots	1 lb	3 cups
Canned diced tomatoes	6 lbs	
Fresh chopped garlic		1 tsp
Garlic, granulated		1 tsp
Ground cumin		1 tsp
Chili powder (dark)		1 tsp
Paprika (sweet)		1 tsp
Whole cinnamon sticks		1 piece
Bay leaves		3 pieces
Salt		1.5 Tbsp
Hot sauce		1/8 cup
Olive oil		1/2 cup

Directions

1. Heat oil in a 6-8 gallon Rondo (wide-mouthed flat pot or pot). Sauté garlic and onions. Add celery and carrots. Cook 5 minutes.
2. Add soaked dry beans (or canned beans) and dry spices (reserve salt and hot sauce). Stir to coat.
3. Add 1 gallon of water and simmer 1.5 hours.
4. Add tomatoes (with juice) and hot sauce. Bring back to simmer. Adjust salt. Remove from heat when beans are tender.
5. If using canned black beans, be sure to rinse for 3 seconds to reduce the sodium.

Notes

Serving Tips:

Can be served as meal, side dish, or blended for black bean dip.

My Notes

Source: Blue Ridge Elementary School/Fannin County School System (Recipes for Healthy Kids Challenge)

GREEN CHILI

Presented by Jeremy West and Matt Poling at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	Yield: 1.25 gallons		Directions
	Weight	Measure	
Onions, raw	4 oz.		1. Peel and dice onions.
Olive, salad, or cooking oil		¾ cup	2. Heat kettle on medium-high heat for 3 to 4 minutes until hot. Add oil and let heat for 2 to 3 minutes. 3. Add diced onions, sauté thoroughly for 5 to 7 minutes until translucent.
Garlic, granulated		1 ½ Tbsp.	4. Add dry spices and flour to the mixture and stir thoroughly until well mixed. Continue to cook and stir for the 3 to 5 minutes until a paste consistency is reached.
Chili powder		1 ½ Tbsp.	5. Add drained diced tomatoes, diced green chilies, jalapenos (drained and chopped), cold water and vegetable base to the mixture, and stir until well mixed.
Ground cumin		2 Tbsp. +2 tsp.	6. Continue to stir/mix well and bring product up to a boil. Once boiling, reduce heat to low simmer (medium-low) for an additional 30 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
Red pepper flakes		2 ¼ tsp.	7. Place green chili into 4" pan (about 2 gallons per pan) and place on speed racks. Add 1 ice wand per 4" pan to assist with the cooling process. Place speed rack into the blast/freezer until properly cooled. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.
Salt		1 ½ tsp.	8. Transfer cooled green chili to 3 gallon containers (2.5 gallons per container), and refrigerate or freeze until needed.
White pepper		2 ¼ tsp.	
All-purpose flour	7 oz.		
Canned diced tomatoes, drained		¼ -#10 can, drained	
Canned green chile peppers		3/8 -#10 can, undrained	
Canned jalapeno peppers, drained		1/3 cup + 2 tsp.	

Water		3 qts. + 3 cups	
Vegetable stock base, low sodium		1 ½ Tbsp.	

Nutrition Information (per ½ cup serving)

Calories: 70/Protein: 1 g/Carbohydrate: 7 g/Fiber: 1 g
 Saturated fat: 0.5 g/Polyunsaturated fat: 0.5 g/Monounsaturated fat: 3 g
 Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 145 mg/Potassium: 50 mg

TERIYAKI TOFU BOWL

Recipe provided by the Chef Ann Foundation for the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	50 Servings		Directions
	Weight	Measure	
Broccoli crowns	8 lb.		1. Chop broccoli into small spears and dice carrots. 2. Blanch carrots and broccoli separately and shock them in an ice bath. 3. Weigh vegetables in hotel pan – 2.56 ounces broccoli and 1.5 ounces carrots.
Carrots	6 lb.		4.
Toasted sesame oil		2 Tbsp.	5. Heat oil; add ginger and garlic, sauté quickly. 6. Add liquids and rest of ingredients, except vegetables and tofu. 7. Cool sauce. 8. Toss with sauce; 2 cups per 50 servings of vegetables.
Ginger root		4 Tbsp.	9. Reheat: Vegetables in oven or steamer, tofu as per Crispy Tofu recipe. 10. Assemble bowl – 4 ounces rice, 4 ounces tofu, top with vegetables. 11. Send tofu separately. Note: Rice not included in meal contribution tally
Garlic, whole peeled		1 Tbsp.	
Soy sauce, low sodium		1 pint	
Light brown sugar	7 oz.		
Apple cider vinegar		4 Tbsp.	
Water		1 cup	
Crispy Tofu (recipe follows)	12 lb. 8 oz.		

Nutrition Information (per serving)

Calories: 270/Protein: 14 g/Carbohydrate: 17 g/Fiber: 4 g

Saturated fat: 2.5 g/Polyunsaturated fat: 5.5 g/Monounsaturated fat: 9 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 390 mg/Potassium: 405 mg

CRISPY TOFU

Recipe provided by the Chef Ann Foundation for the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	50 Servings		Directions
	Weight	Measure	
Tofu, firm	12 lb. 8 oz.		<ol style="list-style-type: none"> 1. Freeze tofu overnight. 2. Thaw completely, squeeze liquid out by hand. 3. Dice into bite-size pieces. 4. Toss with oil, soy sauce, and Szechuan paste. Weigh into pans. 5. Bake at 375°F on sheet pans for 10 minutes or until golden. 6. Serve over brown rice with vegetables.
Vegetable oil		1 pt. + 1 1/3 Tbsp.	
Soy sauce		4 1/8 tsp.	
Toasted sesame oil		8 Tbsp. + 1 tsp.	
Szechuan paste		1 Tbsp.+ 1 1/8 tsp.	

Nutrition Information (per 3 oz. serving)

Calories: 195/Protein: 10 g/Carbohydrate: 3 g/Fiber: 1 g

Saturated fat: 2 g/Polyunsaturated fat: 5 g/Monounsaturated fat: 9 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 55 mg/Potassium: 0 mg



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Cuban Black Beans and Rice - USDA Recipe for Schools

Makes: 50 or 100 Servings



50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		3 qt		1 gal 2 qt
Salt		1 1/2 tsp		1 Tbsp
Brown rice, long-grain, regular, dry, parboiled	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal
Canola oil		2/3 cup 1 Tbsp 1 tsp		1 1/3 cups 2 Tbsp 2 tsp
*Fresh onions, diced	1 lb 4 oz	3 3/4 cups 2 Tbsp 1 1/2 tsp	2 lb 8 oz	1 qt 3 3/4 cups 1 Tbsp
*Fresh green bell peppers, diced	1 lb 4 oz	3 3/4 cups	2 lb 8 oz	1 qt 3 1/2 cups
Garlic, minced	6 oz	1/2 cup	12 oz	1 cup
Ground cumin		1/4 cup	2 oz	1/2 cup
Vegetable base powder		3 Tbsp	3 oz	1/4 cup 2 Tbsp
Canned low-sodium black beans, drained, rinsed	7 lb	3 qt 1/4 cup 3 Tbsp (approx. 2 No. 10 cans)	14 lb	1 gal 2 qt 3/4 cup 2 Tbsp (approx. 4 No. 10 cans)
*Dry black beans, cooked (See Notes Section)	7 lb	3 qt 1/4 cup 3 Tbsp	14 lb	1 gal 2 qt 3/4 cup 2 Tbsp
Water		2 cups		1 qt
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Fresh cilantro, minced	2 oz	3 1/2 cups	4 oz	1 qt 3 cups
*Fresh onions, minced	1 lb 8 oz	1 qt 2/3 cup 1 tsp	3 lb	2 qt 1 1/3 cups 2 tsp

Directions

1. Boil water.
2. Add salt.
3. Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Pour boiling water (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
5. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.
6. Remove cooked rice from the oven and let stand covered for 5 minutes. Stir rice.

7. Critical Control Point: Heat to 140 °F or higher.
8. Critical Control Point: Hold for hot service at 140 °F or higher.
9. Set aside for step 21.
10. Heat oil in a medium stock pot uncovered over medium high heat.
11. Add onions and bell peppers. Cook for 2-3 minutes or until onions become translucent, stirring occasionally.
12. Add garlic, cumin, vegetable base, and beans. Stir constantly for 1-2 minutes.
13. Add water and salt.
14. Bring to a boil. Reduce heat to medium. Simmer for 5-10 minutes.
15. Add cilantro. Stir well.
16. Critical Control Point: Heat to 135 °F or higher.
17. Critical Control Point: Hold for hot service at 135 °F or higher.
18. Pour 3 qt 2 cups (about 8 lb 6 oz) black bean mixture into a steam table pan (12" x 20" x 2 1/2").
19. Serve black beans on top of rice.
20. Garnish with onions.
21. Portion black beans with No. 6 scoop (2/3 cup). Portion rice with No. 8 scoop (1/2 cup).

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

Serving

NSLP/SBP Crediting Information: 2/3 cup (No. 6 scoop) serving of black beans and 1/2 cup (No. 8 scoop) serving of rice provides:

Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 1/4 cup legume vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 2/3 cup (No. 6 scoop) serving of black beans and 1/2 cup (No. 8 scoop) serving of rice provides:

Legume as Meat/Meat Alternate: 1 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

OR

Legume as Vegetable: 3/8 cup vegetable and 1 serving grains/bread.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ 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 1 $\frac{3}{4}$ 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 4 hours.

1 lb dry black beans = about 2 $\frac{1}{4}$ cups dry or 4 $\frac{1}{2}$ cups cooked beans.

My Notes

Nutrition Information

Nutrients	Amount	Meal Components
Calories	207	Vegetables
Total Fat	5 g	Beans & Peas 1/4 cup
Saturated Fat	0 g	Other 1/8 cup
Cholesterol	0 mg	Grains 1 ounce
Sodium	438 mg	Meat / Meat Alternate 1 ounce
Total Carbohydrate	34 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Dietary Fiber	5 g	
Total Sugars	2 g	
Added Sugars included	N/A	
Protein	6 g	
Vitamin D	0 IU	
Calcium	59 mg	
Iron	1 mg	
Potassium	229 mg	
N/A - data is not available		



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Find more recipes at www.usda.gov/whatscooking

USDA is an equal opportunity provider, employer, and lender.

Hearty Lentil Chili

Makes: 50 Servings



50 Servings

Ingredients	Weight	Measure
Lentils, raw	2 1/2 lb	5 2/3 cup
Onions, raw	1 lb	3 cup
Carrots, raw	2 1/2 lb	7 1/2 cup
Vegetable oil		3/4 cup
Water, hot		3 qt
Chili powder		3/4 cup
Paprika		1/2 cup
Oregano leaves, dried		1/4 cup
Allspice, ground		3 Tbsp
Cumin, ground		3 Tbsp
Garlic powder		1 tsp
Pepper, black		3/4 tsp
Tomatoes, crushed, canned		12 cup
Beans, red kidney red canned		6 cup
Salt		1 1/2 Tbsp

Directions

1. Bring large pot of water to a boil.
2. Remove water from heat and soak lentils for 20 minutes, stirring occasionally.
3. Drain lentils after 20 mins.
4. Peel and dice onion(s).
5. Scrub carrots and grate coarsely.
6. Pour vegetable oil in a separate pot and pan fry onions & carrots, stirring frequently until vegetables are softened and turn slightly golden.
7. Add drained lentils.
8. Add water and seasonings, except salt.
9. Stir. Bring to a boil, simmer 20 minutes, stirring frequently until lentils become tender.
10. Add tomatoes when lentils are tender.
11. Bring to a boil.

12. Clean the tops of cans of beans before opening.
13. Open, drain, and rinse kidney beans. Add to mix.
14. Add salt. Mix well.
15. Bring to a boil, stirring frequently.
16. Reduce heat. Simmer 10 minutes.
17. Use 8 oz ladle to serve one cup serving.

Heat to 165F or higher for at least 15 seconds.

Hold for hot service at 135F or higher.

My Notes

Source: Cedar Shoals High School (Recipes for Healthy Kids Competition)



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Find more recipes at www.usda.gov/whatscooking

USDA is an equal opportunity provider, employer, and lender.

Hoppin John Cakes with Kickin' Sauce

Makes: 50 Servings



50 Servings

Ingredients	Weight	Measure
Blackeyed peas, canned		2 #10 cans
Olive oil		12 oz
Cajun Seasoning		1 oz
Black pepper		1 Tbsp
Long grain brown rice		4 quarts
Paprika		4 Tbsp
French dressing (reduced fat)		1 cup
Hot pepper sauce		1/4 cup
Green bell pepper, diced		1 oz
Red bell pepper, chopped		1 oz
Salsa, jarred, ready to eat		1 Tbsp

Directions

1. Drain blackeyed peas.
2. Mix cooked brown rice with blackeyed peas and place in mixer with paddle add seasonings. Mix until blended.
3. Form patties with a #8 scoop onto a sheet pan greased with olive oil.
4. Place patties in a hot oven at 400 degrees F.
5. Cook until browned on one side and turn patties with a spatula.
6. Cook until browned on other side.
7. Cook to an internal temperature of 165 degrees F for 15 seconds.
8. Mix sauces and diced peppers.
9. Serve 2 Tablespoons Kickin' Sauce over each pattie.

Notes

Serving Tips:

Hoppin John Cakes with Kickin' Sauce is a delicious southern treat. A twist on the traditional this is a grab and go way to eat your Hoppin Johns.

My Notes

Source: Florence Chapel Middle School (Recipes for Healthy Kids Challenge)

Amazing Lo Mein

ADAPTED FROM HOOVER CITY SCHOOLS, ALABAMA
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Noodles, Spaghetti, dry weight	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		1 pint		1 quart
Garlic, minced		1/3 cup + 1 Tbsp.		¾ cup
Onion, diced		1 pint		1 quart
Carrots, shredded		1 quart		2 quarts
Vegetables, stir-fry variety, frozen		1 ½ gallons + 1 cup		3 gallons + 1 pint
Soy Sauce, low sodium		1 ½ cups		1 pint + 1 cup
Sugar, granulated		¾ cup		1 ½ cups
Beans, garbanzo, canned, drained OR cooked from dry		1 ½ gallons + 1 cup		3 gallons + 1 pint
Cilantro, fresh		garnish		garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Prepare spaghetti al dente; drain and keep warm.
2. If using dry beans, soak and simmer the garbanzo beans; drain and set aside.
3. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, shredded carrots, and the frozen stir-fry vegetables. Sauté until vegetables are tender but crisp.
4. Add spaghetti, soy sauce, sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
5. Heat thoroughly until the temperature reaches 135°F for 15 seconds.
6. Transfer to serving pans. Garnish each pan with cilantro.



HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion 1 ½ cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and ½ cup other vegetable.

Nutrition Information *From USDA Nutrient Database

Calories: 493 Total Fat: 11g Saturated Fat: 2g Carbohydrate: 83g (14g Fiber) Protein: 19g Sodium: 644mg

Amazing Lo Mein

ADAPTED FROM HOOVER CITY SCHOOLS, ALABAMA
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Noodles, Spaghetti, dry weight	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		1 pint		1 quart
Garlic, minced		1/3 cup + 1 Tbsp.		¾ cup
Onion, diced		1 pint		1 quart
Carrots, shredded		1 quart		2 quarts
Vegetables, stir-fry variety, frozen		1 ½ gallons + 1 cup		3 gallons + 1 pint
Soy Sauce, low sodium		1 ½ cups		1 pint + 1 cup
Sugar, granulated		¾ cup		1 ½ cups
Beans, garbanzo, canned, drained OR cooked from dry		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Edamame, shelled, cooked, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Cilantro, fresh		garnish		garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Prepare spaghetti al dente; drain and keep warm.
2. If using dry beans, soak and simmer the garbanzo beans; drain and set aside.
3. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, shredded carrots, and the frozen stir-fry vegetables. Sauté until vegetables are tender but crisp.
4. Add spaghetti, soy sauce, sugar, garbanzo beans and edamame to the vegetable mixture. Toss gently to mix all ingredients well.
5. Heat thoroughly until the temperature reaches 135°F for 15 seconds.
6. Transfer to serving pans. Garnish each pan with cilantro.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



Serving Information

Portion 1 ½ cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and ½ cup other vegetable.

Nutrition Information *From USDA Nutrient Database

Calories: 493 Total Fat: 11g Saturated Fat: 2g Carbohydrate: 83g (14g Fiber) Protein: 19g Sodium: 644mg

Baja Bean Fajitas

ADAPTED FROM SARASOTA COUNTY SCHOOLS
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Tortilla, 10 inch, whole grain rich		50 each		100 each
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Salsa, canned		1 gallon		2 gallons
Onions, cut in strips	6 lbs.		12 lbs.	
Green peppers, cut in strips	2 lbs.		4 lbs.	
Oil		¼ cup		½ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Sauté onion and pepper strips in tilt skillet or steam kettle in small amount of oil until tender. Do not overcook vegetables.
2. Transfer vegetables to serving pan. Hold in warmer until service.
3. Heat beans in steamer until internal temperature reaches 140°F for 15 seconds. Cover and hold in warmer.
4. Steam tortillas in package for 2 minutes or until pliable.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

On the serving line, place one tortilla on the tray. Spread ½ cup of beans in center of the tortilla. Top beans with ½ cup onion and pepper mixture (customer may refuse). Fold tortilla over beans and vegetables and serve with ¼ cup of salsa in individual cups or in tortilla.

* Optional- Serve with Caliente Corn Salsa.

Each fajita provides 2 meat/ meat alternates, 2 ounce equivalent grains (if 10 inch tortilla provides 2 ounce equivalent grains), ½ cup additional vegetable (when student chooses peppers and onions) and 1/4 cup red/ orange vegetable (when student chooses salsa).

Nutrition Information * From USDA Nutrient Database

Calories: 390 Total Fat: 8g Saturated Fat: 0.5g Carbohydrate: 67g (16g fiber) Protein: 16g Sodium: 812mg

Bento Box Combinations

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

Ingredients	50 Servings	100 Servings
	Measure	Measure
Choose two of the following options:		
Rockin' Roasted Chickpeas (recipe)	½ gal + 1 qt + ½ cup (12 ½ cups)	1 ½ gal + 1 cup (25 cups)
Roasted Chickpeas (individually packaged product like Go' Bon Beans)	50 Each	100 Each
Cool Corn & Edamame Salad (recipe)	3 gal + 1 pint	6 ¼ gal
Edamame (individually packaged product like Dr. Praeger's)	50 Each	50 Each
Hearty Hummus (recipe)	¾ gal + ½ cup (12 ½ cups)	1 ½ gal + 1 cup (25 cups)
Prepared Hummus (bulk or individually packaged product, like JTM or Truitt Family Foods)	¾ gal + ½ cup or 50 Each	1 ½ gal + 1 cup or 100 Each
Peanut or Sunflower Spread (individually packaged product like Advance Pierre or Sunbutter brand)	50 Each	100 Each
Peanut/Sunflower Spread & Jam Sandwich (recipe or prepared sandwiches like Sunbutter brand Advance Pierre or Smucker's)	50 Each	50 Each
Sunflower Seeds & Fruit Mix (individually packaged product like Cal-Tropic Producers)	1 cup	1 pint

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Choose two of the above listed meat alternate products.
2. Prepare recipes as needed.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

Serving Information

Place meat alternate products in container. Add necessary grain equivalents, fruits and vegetables to build a complete reimbursable bento box meal.

Each Bento Box provides 2 meat/ meat alternates. Other components are dependent upon school foodservice menu planner.

Beyond Chicken Salad

ADAPTED FROM BEYOND MEAT DATABASE
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Chicken-Free Strips, similar to Beyond Meat, thawed	9 lbs. 6 oz.		18 lbs. 12 oz.	
Celery, chopped	1 lb. 4 oz.		2 lbs. 8 oz.	
Onions, chopped	1 lb. 4 oz.		2 lb. 8 oz.	
Relish, undrained	1 lb.		2 lbs.	
Pepper		2 tsp.		1 Tbsp. + 1 tsp.
Dry mustard		1 ½ Tbsp.		3 Tbsp.
Mayonnaise, egg free, similar to Hampton Creek Just Mayo	1 lb. 10 oz.		3 lbs. 4 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Chop chicken-free strips by hand or pulse in VCM.
2. Combine chopped chicken-free product, celery, onion, relish, pepper, dry mustard and egg-free mayonnaise.
2. Mix until well blended.
3. Cover and refrigerate immediately.

HACCP Critical Control Point: Hold at an internal temperature of 41°F or below.

Serving Information

Portion with 1 - #6 scoop (2/3 cup) on a sandwich or salad.

Each portion of Beyond Chicken Salad provides 2 ounce meat/meat alternate.

Nutrition Information * From USDA Nutrient Database

Calories: 325 Total Fat: 16g Saturated Fat: 3g Carbohydrate: 14g (3g Fiber) Protein: 22g Sodium: 554mg

Blazin' Buffalo Wrap

ADAPTED FROM BEYOND MEAT RECIPE DATABASE
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Chicken-free strips, similar to Beyond Meat	6 lbs. 4 oz.		12 lbs. 8 oz.	
Tortilla, 10", whole grain rich		50 each		100 each
Hot wing sauce		1 ½ cups + 1 Tbsp.		3 cups + 2 Tbsp.
Romaine lettuce, chopped	1 lb. 2 oz.		2 lbs. 4 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Preheat oven to 350°F.
2. Combine chicken-free strips and wing sauce and bake until product reaches an internal temperature of 150°F for 15 seconds. Hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

3. Combine chopped romaine and shredded carrots in a bowl.
4. Portion ½ cup of salad mixture in each tortilla. Fold tortilla in half. Store in cooler until meal service.

HACCP Critical Control Point: Hold at an internal temperature of 41°F or below.

Serving Information

On serving line, portion 4 pieces of chicken mixture into tortilla.
Each tortilla provides 2 meat/meat alternates, 2 ounce equivalent grains.

Nutrition Information *From USDA Nutrient Database

Calories: 289 Total Fat: 6g Saturated Fat: 2g Carbohydrate: 39g (6g Fiber) Protein: 20g Sodium: 606mg

Chana Masala

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 GUIDELINES



Chana masala is a popular dish in Indian and Pakistani cuisine. The main ingredient is chickpeas. You can vary its spice level depending on student preference.

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Pureed tomatoes and sauce, canned (1/2 c veg)		1 gallon		2 gallons
Garbanzo beans, drained	10 lbs. 6 oz.	1 ½ gallons + 1 cup	20 lbs. 12 oz.	3 gallons + 1 pint
Olive or vegetable oil		1 cup		1 pint
Onion, diced	3 lbs.		6 lbs.	
Oumin, ground		½ cup + 1 tsp.		1 cup + 2 tsp.
Salt		¼ cup + ½ tsp.		½ cup + 1 tsp.
Garlic powder		½ cup + 1 tsp.		1 cup + 2 tsp.
Ginger, ground		½ cup + 1 tsp.		1 cup + 2 tsp.
Chili powder		¼ cup		½ cup
Clantro, dried		1 cup		1 pint
Turmeric, dried		2 Tbsp.		¼ cup
Garam Masala (spice blend)		¼ cup		½ cup
Sugar, granulated		¾ cup		1-½ cups
Lemon Juice		¾ cup		1-½ cups
Rice Preparation				
Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		½ gallon		1 gallon

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

Rice

Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

* Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

Chana Masala

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 GUIDELINES



Chana Masala

1. Heat oil in a large pan on a stove top or in a tilt skillet. Add onions and heat until translucent, approximately five minutes.
2. Add remaining ingredients, except for garam masala and lemon juice. Stir and heat to a boil.
3. Turn down heat and simmer for approximately 20 minutes.
4. Add garam masala and lemon juice.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Serve ½ cup Chana Masala over 1 cup brown rice.

Each serving provides 2 meat/ meat alternates, 2 ounce equivalent grains, and ½ cup red/ orange vegetable.

Nutrition Information

 *From USDA Nutrient Database

Calories: 463 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 83g (13g fiber) Protein: 15g Sodium: 780mg

Chickpea Biryani

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 GUIDELINES



Biryani is a mixed rice dish popular in Indian cuisine. It's typically made with a variety of spices, rice, beans and vegetables.

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Pureed tomatoes and sauce, canned		1 quart + 1 pint		$\frac{3}{4}$ gallon
Garbanzo beans, drained	10 lbs. 6 oz.	1 $\frac{1}{2}$ gallons + 1 cup	20 lbs. 12 oz.	3 gallons + 1 pint
Olive or vegetable oil		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cup
Onion, diced	3 lbs.		6 lbs.	
Cumin, ground		$\frac{1}{2}$ cup + 1 tsp.		1 cup + 2 tsp.
Potatoes, red, quartered	3 lbs.		6 lbs.	
Cauliflower florets (ready-to-use)	1 lb. 8 oz.		3 lbs.	
Green beans, fresh, trimmed	2 lbs. 8 oz.		5 lbs.	
Salt		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Garlic powder		$\frac{1}{2}$ cup + 1 tsp.		1 cup + 2 tsp.
Ginger, ground		$\frac{1}{2}$ cup + 1 tsp.		1 cup + 2 tsp.
Chili powder		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Cilantro, dried		1 cup		1 pint
Turmeric, dried		2 Tbsp.		$\frac{1}{4}$ cup
Garam Masala (spice blend)		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Vegetable stock		1 $\frac{1}{2}$ gallons + 1 cup		3 gallons + 1 pint
Lemon juice		$\frac{2}{3}$ cup		1- $\frac{1}{3}$ cups
Rice Preparation				
Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		$\frac{1}{2}$ gallon		1 gallon

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

Rice

Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

Chickpea Biryani

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 GUIDELINES



Biryani

1. Heat oven to 350°F.
3. Combine the onion, cauliflower and potatoes in a steamtable pan and toss with oil, salt and 2pepper. Roast the vegetables for approximately 30 minutes.
3. Meanwhile, combine tomato puree, stock, and remaining ingredients (except the garam masala and lemon) in a large bowl.
4. Once the vegetables are roasted, add the stock, seasonings, chickpeas, green beans and brown rice to the steamtable pans. Stir to combine, cover with a lid and bake for another 20-30 minutes.
5. Add garam masala and lemon juice.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion 1 cup of chickpea biryani to provide 2 meat/meat alternates, 2 ounce equivalent grains, and ½ cup vegetable serving.

Nutrition Information *From USDA Nutrient Database

2 oz. meat/meat alternate and 2 oz. equivalent grain serving

Calories: 453 Total Fat: 8g Saturated Fat: 1g Carbohydrate: 82g (13g fiber) Protein: 15g Sodium: 705mg

Cool Corn & Edamame Salad

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Edamame, shelled, cooked, drained	4 lbs. 12 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	9 lbs. 8 oz. OR	1 $\frac{1}{2}$ gallons + 1 cup
Pepper, bell, green or red variety, diced, fresh OR Pepper, bell, green or red variety, diced, frozen	2 lbs. 12 oz. OR 2 lbs. 4 oz.	1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup	5 lbs. 8 oz. OR 4 lbs. 8 oz.	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Corn, tempered	4 lbs. 8 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	9 lbs. 4 oz. OR	1 $\frac{1}{2}$ gallons + 1 cup
Peas, tempered	5 lbs. 4 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	10 lbs. 8 oz. OR	1 $\frac{1}{2}$ gallons + 1 cup
Cranberries, dried	3 lbs. 12 oz.		7 lbs. 8 oz.	
Onion, red, minced		$\frac{1}{2}$ - 1 Each		1 - 2 Each
Oil, olive or vegetable		1 cup		1 pint
Vinegar, red		1 cup		1 pint
Parsley, dried		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Pepper, black		1 Tbsp.		2 Tbsp.
Basil, dried		1 Tbsp.		2 Tbsp.
Garlic powder		1 Tbsp.		2 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation- Done Day Before

1. Combine edamame, corn, peas, onion and cranberries in a bowl.
2. Stir olive oil, vinegar, and seasonings into edamame mixture.
3. Store in airtight container in cooler overnight.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

Serving Information

Portion 1 cup of the edamame salad onto the plate or pre-portion into bowls.

Each serving provides 1 meat/meat alternates, $\frac{1}{2}$ cup starchy vegetable, $\frac{1}{8}$ cup other vegetable and $\frac{1}{4}$ cup fruit.

Nutrition Information *From USDA Nutrient Database

Calories: 209 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 33g (7g Fiber) Protein: 8g Sodium: 153mg

Crazy Chickpea Salad

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Measure
Chickpeas, canned, drained		1 ½ gallons + 1 cup	3 gallons + 1 pint
Eggless mayonnaise		1 ½ pints + 2 Tbsp.	1 ½ quarts + ¼ cup
Red bell pepper, finely diced		1 quart	½ gallon
Carrots, shredded		1 quart	½ gallon
Celery, finely diced		1 quart + 1 cup	½ gallon + 1 pint
Parsley, dried		¼ cup + 1 tsp.	½ cup + 2 tsp.
Dijon mustard		½ cup + 1 ½ tsp.	1 cup + 1 Tbsp.
Salt		1 ½ Tbsp.	3 Tbsp.
Black pepper		1 Tbsp.	2 Tbsp.
Garlic, granulated		1 ¾ Tbsp.	3 ½ Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Grind chickpeas in food processor or blender down to small flaky pieces.
2. Combine all ingredients and mix well.
3. Allow to cool in refrigerator prior to meal service.

HACCP Critical Control Point: Hold at 40°F or below.

Serving Information

Each ½ cup serving of crazy chickpea salad provides 2 meat/meat alternates. Serve on a sandwich or with crackers and vegetables as a grab' n' go platter.

Nutrition Information

*From USDA Nutrient Database per ½ cup Crazy Chickpea Salad

Calories: 186 Total Fat: 12g Saturated Fat: 0.5g Carbohydrate: 14g (4g Fiber) Protein: 4g Sodium: 465-535mg

Energizing Edamame & Rice Shaker



THE HUMANE SOCIETY
OF THE UNITED STATES

ADAPTED FROM CALIFORNIA WALNUT FOODSERVICE
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Rockin' Roasted Chickpeas		½ gal+1 qt+ ½ cup (12 ½ cups total)		1 ½ gal + 1 cup (25 cups total)
Edamame, shelled, cooked, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Rice, Brown, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 gallon + 1 quart		2 ½ gallons
Pepper, bell, green or red variety, diced, fresh or frozen	5 lbs. 4 oz.	OR ¾ gallon + ½ cup	10 lbs. 8 oz.	OR 1 ½ gallons + 1 cup
Corn, frozen, thawed	4 lbs. 8 oz.	OR ¾ gallon + ½ cup	9 lbs. 4 oz.	OR 1 ½ gallons + 1 cup
Mandarin Oranges, canned, drained	8 lbs. 5 oz.	OR ¾ gallon + ½ cup	16 lbs. 10 oz.	OR 1 ½ gallons + 1 cup
Asian Dressing: Optional				
Olive or Vegetable Oil		1 pint + 1 1/8 cups		1 quart + 2 ¼ cups
Vinegar, rice		1 cup + 2 tsp.		1 pint+ 1 ½ Tbsp.
Sugar		1 cup + 2 tsp.		1 pint + 1 ½ Tbsp.
Soy Sauce, reduced sodium		1 cup		2 cups
Pepper, black		1 Tbsp.		2 Tbsp.
Sesame Oil (optional)		1 Tbsp.		2 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

Day Before:

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

2. Cool rice completely. *HACCP Critical Control Point: Hold at 41°F or lower within 4 hours.*

3. If preparing the listed salad dressing, combine all ingredients in a pan and heat until sugar is melted; stir frequently. Remove from heat and cool; store in airtight container in cooler.

Energizing Edamame & Rice Shaker

ADAPTED FROM CALIFORNIA WALNUT FOODSERVICE
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



Day of:

4. Layer ingredients into a 12-oz. or 16-oz. cup as follows:

- 1 cup rice
- ¼ cup diced bell peppers
- ¼ cup drained mandarin oranges
- ¼ cup corn
- ¼ cup edamame
- 1/4 cup Rockin' Roasted Chickpeas

5. Cover the cup with the flat lid.

6. Optional - For prepared salad dressing, portion 1 ounce of dressing in two ounce soufflé cups. Place the dressing on the flat lid and top with the domed lid.

*Or serve with individually packaged prepared salad dressings.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

Serving Information

Serve salad shaker with salsa cup or prepared salad dressing. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, ¼ cup starchy vegetable and ¼ cup other vegetable and ¼ cup fruit. **This salad shaker qualifies as a reimbursable meal.**

Nutrition Information

 *From USDA Nutrient Database

Edamame & Rice Shaker:

Calories: 426 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 74g (12g Fiber) Protein: 15g Sodium: 290mg

Salad Dressing (per 1 ounce serving):

Calories: 143 Total Fat: 14g Saturated Fat: 1g Carbohydrate: 5g (0g Fiber) Protein: 0g Sodium: 201mg

Fiesta Rice & Beans Bowl



THE HUMANE SOCIETY
OF THE UNITED STATES

ADAPTED FROM SARASOTA COUNTY SCHOOLS
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Rice, Brown, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		2 ½ quarts		1 gallon + 1 quart
Corn, frozen or canned, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Salsa, canned		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Taco seasoning		1 cup		2 cups
Corn tortilla chips, minimum 1 ounce equivalent grain, individual bags OR Corn tortilla chips, bulk	3 lbs. 2 oz.	50 each	6 lbs. 4 oz.	100 each
Optional Garnishes: Black olives, drained Jalapenos, sliced, canned Onion, diced Cilantro, fresh		½ - #10 can ½ - #10 can 2 lbs. garnish		1 - #10 can 1- #10 can 4 lbs. garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. Combine corn, black beans, salsa and taco seasoning in tilt skillet or steamer, heating thoroughly, about 20 minutes. Transfer to serving pan and keep warm until service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion one #8 scoop (1/2 cup) of rice in a bowl and top with two #8 scoops (1 cup) of bean mixture.

Garnish with optional olives, jalapenos and/or diced onions and a pinch of fresh cilantro. Serve tortilla chips on the side.

Fiesta Rice & Beans Bowl

ADAPTED FROM SARASOTA COUNTY SCHOOLS
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, ¼ cup starchy vegetable and 1/8 cup red/orange vegetable.

Nutrition Information *From USDA Nutrient Database

Calories: 326 Total Fat: 3g Saturated Fat: 1g Carbohydrate: 64g (8g Fiber) Protein: 12g Sodium: 345mg

Fiesta Rice & Beans Shaker

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Rice, Brown, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		2 ½ quarts		1 gallon + 1 quart
Corn, frozen or canned, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Salsa, canned		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Taco seasoning		1 cup		2 cups
Corn tortilla chips, minimum 1 ounce equivalent grain, individual bags OR Corn tortilla chips, bulk	3 lbs. 2 oz.	50 each	6 lbs. 4 oz.	100 each
Romaine, fresh, chopped	2 lbs. 6 oz.		4 lbs. 12 oz.	
Optional Garnishes: Black olives, drained Jalapenos, sliced, fresh or canned Onion, diced		½ - #10 can ½ - #10 can 2 lbs.		1 - #10 can 1 - #10 can 4 lbs.
Salad Dressing: Salsa, canned Ranch, dairy-free		1- #10 can 1 1/8 cups		2- #10 cans 2 ¼ cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

2. Cool rice completely. *HACCP Critical Control Point: Hold at 41°F or lower within 4 hours.*

3. Combine corn, black beans, salsa and taco seasoning in a large bowl.

4. Prepare salad dressing by combining the salsa and dairy-free ranch. Portion into 2 ounce soufflé cups, if desired.

Fiesta Rice & Beans Shaker

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



5. Layer ingredients into 16-oz cup as follows:

- ½ cup rice
- 1 cup bean and corn mixture
- ¼ cup chopped romaine lettuce
- 1/8 cup of any optional garnishes- onion, jalapenos, olives.
- 1 ounce crushed tortilla chips

6. Cover the cup with lid.

Serving Information

Serve salad shaker with creamy salsa dressing or salad dressing of customer's choice. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, ¼ cup starchy vegetable and ¼ cup red/orange vegetable and 1/8 cup dark green vegetable.

Nutrition Information USDA Nutrient Database

Fiesta Rice & Beans Shaker:

Calories: 371 Total Fat: 4g Saturated Fat: 1g Carbohydrate: 74g (12g Fiber) Protein: 13g Sodium: 554mg

Salsa Ranch Dressing:

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg

Mediterranean Flatbread



THE HUMANE SOCIETY
OF THE UNITED STATES

ADAPTED FROM SARASOTA COUNTY SCHOOLS AND
VEGAN ON THE CHEAP, ROBIN ROBERTSON
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Pesto Sauce:				
Oil, olive or vegetable		1 ½ cup		1 pint + 1 cup
Garlic powder		1 tsp.		2 tsp.
Parsley or Basil flakes, dry		1 cup		1 pint
OR		OR		OR
Parsley or Basil, fresh		2 cups		1 quart
OR Parsley or Basil, fresh		2 cups		4 cups
Lemon Juice		1 ½ Tbsp.		3 Tbsp.
Hummus:				
Garbanzo beans (chickpeas), drained or cooked from dry		1 ½ gallons + 1 cup		3 gallons + 1 pint
Onion powder		1 Tbsp.		2 Tbsp.
Garlic powder		1/8 cup		1/4 cup
Salt		1 Tbsp.		2 Tbsp.
Pepper		1 ½ Tbsp.		3 Tbsp.
Parsley, dried		½ cup		1 cup
Basil, dried		½ cup		1 cup
Lemon juice		1-¾ cups		3-½ cups
Hot sauce		1 Tbsp.		2 Tbsp.
Oil, vegetable or olive		1 cup		1 pint
Water or chickpea brine		2/3 cup		1-1/3 cups
Flatbread, whole grain rich		50 each		100 each
Optional garnishes:				
Black olives, diced	15 ounces		1 lb. 14 oz.	
Tomatoes, finely diced or sliced	2 lbs. 9 oz.		5 lbs. 2 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Mediterranean Flatbread

ADAPTED FROM SARASOTA COUNTY SCHOOLS AND
VEGAN ON THE CHEAP, ROBIN ROBERTSON
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Pesto sauce: Add garlic powder, parsley, and lemon juice to oil. Mix well.
2. Hummus: Add beans, onion powder, garlic powder, salt, pepper, basil, lemon juice, hot sauce and oil to vertical cutter mixer (VCM) or blender. Mix until smooth.
3. Place flatbread on an 18"x24"x1" bun pan and brush each flatbread with pesto.
4. Scoop 1-#8 scoop (1/2 cup) of hummus on each flatbread and spread evenly.
5. Bake at 375°F in convection oven for 3-5 minutes or until warm and flatbread is slightly crisp. Do not overbake.
6. Brush each baked flatbread with pesto.
7. Serve 2 Tbsp. diced or 3-4 slices of tomatoes and 2 Tbsp. diced black olives on the side as garnish.



Meredith Lee/The HSUS

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Serving Information

Each serving provides 2 meat/meat alternates and 2 oz. equivalent grains.

Nutrition Information *From USDA Nutrient Database

Calories: 362 Total Fat: 13g Saturated Fat: 2g Carbohydrate: 47g(9g fiber) Protein: 12g Sodium: 543 mg

Mighty Marinara with Chickpeas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Diced tomatoes and sauce, canned		1 gallon		2 gallons
Tomato sauce		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup		1 $\frac{1}{2}$ gallons + 1 cup
Garbanzo beans, drained or cooked from dry beans		1 $\frac{1}{2}$ gallons + 1 cup		3 gallons + 1 pint
Oil, olive or vegetable		$\frac{1}{2}$ cup		1 cup
Oregano, dried		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Garlic, granulated		2 Tbsp.		$\frac{1}{4}$ Cup
Basil, dried		2 Tbsp.		$\frac{1}{4}$ cup
Salt		1 Tbsp.		2 Tbsp.
Sugar		$\frac{1}{2}$ cup		1 Cup
Parsley, fresh		1 Tbsp.		2 Tbsp.
OR		OR		OR
Parsley, dried		2 Tbsp.		$\frac{1}{4}$ cup
Black pepper		1 $\frac{1}{2}$ tsp.		1 Tbsp.
Prepared Grains: Choose one	Dry grain weight:		Dry grain weight:	
Rotini (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Spaghetti (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Penne (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Brown Rice (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare grains accordingly.
2. Stir all ingredient together except for grain item.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Using 8 ounce ladle or spoodle, serve 8 ounces marinara sauce over 1 cup cooked spaghetti, penne, rotini noodles or rice.

Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, and $\frac{1}{2}$ cup red/orange vegetable.



Mighty Marinara with Chickpeas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

For a 1 meat/meat alternate sauce, cut measure of garbanzo beans in half.

Nutrition Information *From USDA Nutrient Database

Calories: 329 Total Fat: 4g Saturated Fat: 0.5g Carbohydrate: 60g (12g fiber) Protein: 14g Sodium: 200 mg

Noodles with Stir Fried Tofu and Bok Choy



THE HUMANE SOCIETY
OF THE UNITED STATES

ADAPTED FROM OAKLAND UNIFIED SCHOOL DISTRICT,
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Noodles, Yakisoba or Spaghetti, prepared, dry weight	6 lbs. 4 oz.		12 lbs. 8 oz.	
Soy Sauce, reduced sodium		1 pint + 1 cup		1 ½ quarts
Water		1 pint + ¼ cup		1 quart + ½ cup
Apple cider vinegar		1 cup + 2 Tbsp.		1 pint + ¼ cup
Toasted sesame oil		¾ cup		1 ½ cup
Vegetable oil		2 Tbsp.		¼ cup
Bok Choy, chopped	3 lbs. 8 oz.		7 lbs.	
Green Onions, chopped, white and green	4 oz.		8 oz.	
Tofu, cubed, firm, baked, 1 ounce equivalent OR Tofu, cubed, firm, baked, 2 ounce equivalent	7 lbs. OR 14 lbs.		14 lbs. OR 28 lbs.	
Garlic, minced OR Garlic, granulated		2 Tbsp. OR 1 Tbsp.		¼ cup OR 1/8 cup
Ginger, minced OR Ginger, granulated		1 ½ Tbsp. OR 1/3 tsp		3 Tbsp. OR 2/3 tsp
Cilantro, chopped, fresh OR Cilantro, dried		½ cup OR 2 Tbsp.		1 cup OR ¼ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. If using tofu not already baked, heat oven to 325°F. Place tofu on a greased or foiled baking sheet. Bake for approximately an hour, flipping the tofu every 15-20 minutes, until a large amount of the liquid is removed. Let cool and cube baked tofu.
2. Meanwhile, combine soy sauce, water, apple cider vinegar and sesame oil in a large bowl to make the sauce; set aside.
3. Heat vegetable oil in a tilt skillet or wok; add bok choy and stir-fry until it begins to wilt, about 3-5 minutes.
4. Add garlic, ginger, and green onions, and cook another 2-3 minutes until fragrant.



Noodles with Stir Fried Tofu and Bok Choy



ADAPTED FROM OAKLAND UNIFIED SCHOOL DISTRICT,
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

5. Add sauce and cubed tofu to the vegetable mixture and bring to a boil.
6. Add the cooked noodles, toss gently; heat thoroughly until it reaches 150°F for 15 seconds.
7. Transfer to serving pans. Garnish each pan with cilantro.

Meredith Lee/HSUS

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion 1 ½ cups of stir fried noodles using 2 scoops with a 6 ounce spoodle or 2-#6 scoops onto each tray. Each serving provides 1 meat/meat alternate (or 2 meat/meat alternates if using more tofu), 2 ounce equivalent grains and 1/8 cup dark green vegetable.

Nutrition Information

*From USDA Nutrient Database

Calories: 334 Total Fat: 12g Saturated Fat: 1g Carbohydrate: 42g (9g Fiber) Protein: 20g Sodium: 569mg

Nutty Noodles

ADAPTED FROM GRIMMWAY ACADEMY, ARVIN, CALIFORNIA
 MEATLESS MONDAY CONTEST WINNER 2014
 HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Noodles, spaghetti, whole grain, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Mixed vegetables, frozen Seasonal, fresh vegetables can be substituted based on availability.	10 lbs. 14 oz.		21 lbs. 12 oz.	
Nut or seed butter, smooth	7 lbs.		14 lbs.	
Ginger, minced OR Ginger, granulated		1½ cups OR 3 Tbsp.		3 cups OR 3/8 cup
Garlic, minced OR Garlic, granulated		1/3 cup OR 1 ½ Tbsp.		2/3 cups OR 3 Tbsp.
Rice wine vinegar		2 quarts		1 gallon
Sugar		1 pint		1 quart
Soy sauce, reduced sodium		1 pint + ½ cup		1 quart + 1 cup
Water		1 quart + ¼ cup		½ gallon + ½ cup
Oil, olive or vegetable		1 cup		1 pint
Pepper, red or cayenne		½ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Prepare spaghetti noodles, drain and cool. Set aside.
2. In blender, food processor or VCM, combine the peanut butter, vinegar, sugar, soy sauce, water, half of the oil, pepper, ginger and garlic until smooth.
3. Heat remaining oil in tilt skillet over medium-high heat.
4. Add vegetables and cook until tender.
5. Add the cooked noodles and peanut sauce to vegetables. Toss gently.
6. Transfer to serving pans. Can be served warm or chilled.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above or 40°F or below.



Meredith Lee/ The HSJS

Nutty Noodles

ADAPTED FROM GRIMMWAY ACADEMY, ARVIN, CALIFORNIA
MEATLESS MONDAY CONTEST WINNER 2014
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



Serving Information

Portion 1 ½ cups of noodles onto each tray.

Each serving provides 2 meat/ meat alternate, 2 ounce equivalent grains and ½ cup other vegetable.

Nutrition Information * From USDA Nutrient Database

Calories: 705 Total Fat: 32g Saturated Fat: 6g Carbohydrate: 74g (14g Fiber) Protein: 25g Sodium: 721mg

Popeye Pasta Bake

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Whole grain pasta, penne or rotini	3 lbs. 2 oz.		6 lbs. 4 oz.	
Frozen spinach, thawed and drained	3 lbs.		6 lbs.	
Tofu, firm, drained	6 lbs. 14 oz.		13 lbs. 12 oz.	
Sugar		¾ cup		1 ½ cups
Soy Milk		1 pint + 1 cup		1 quart + 1 pint
Lemon Juice		1 cup		2 cups
Garlic powder		1/8 cup		1/3 cup
Basil, fresh, minced OR Basil, dried		¾ cup OR 3/8 cup		1 ½ cups OR 3/4 cup
Salt		¼ cup		½ cup
Tomato sauce, canned		2 - #10 can		4 - #10 can
Bread crumbs (optional)		1 ½ cups		3 cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Preheat oven to 325°F; cook pasta al dente.
2. Squeeze the spinach dry to remove liquid.
3. Combine tofu, sugar, soy milk, garlic powder, basil and salt in blender or VCM. Blend until all items are combined; the tofu should resemble a feta or ricotta consistency.
4. Add spinach, half of the tomato sauce and cooked pasta to tofu mixture. Stir to distribute evenly.
5. In four 12" x 20" x 4" pans, spread 1 ½ cups of tomato sauce on bottom of each pan.
6. Spread ½ of remaining tomato sauce on bottom of each pan.
7. Divide pasta mixture evenly between four pans. Top each pan with an even amount of tomato sauce and bread crumbs.
8. Tightly cover pans with foil and bake for 45 minutes. Heat to a temperature of 150°F for 15 seconds.
9. Remove from oven and uncover.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

*For a 1 meat/meat alternate use half of the tofu listed in ingredients.

Cut each pan 5 x 5 for serving or 2-#8 scoops per serving.

Each serving provides 2 meat/meat alternates, 1 oz equivalent grains, and ½ cup red/orange vegetable.

Nutrition Information

*From USDA Nutrient Database

Calories: 327 Total Fat: 13g Saturated Fat: 2g Carbohydrate: 30g (9g fiber) Protein: 27g Sodium: 622mg

Powerful Pasta Salad

INCLUDES PROHEALTH PASTA PRODUCT
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Diced tomatoes, canned, drained		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{2}$ #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 3-#10 cans
Great Northern Beans, drained, rinsed		1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup OR 1-#10 can		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 2-#10 cans
Optional: Green onions, diced		1 pint		1 quart
Optional: Green bell peppers, diced		1 $\frac{1}{2}$ pints		1 $\frac{1}{2}$ quarts
Carrots, shredded	1 $\frac{1}{2}$ pounds		3 pounds	
Italian dressing, prepared		1 quart + 1 cup		2 $\frac{1}{2}$ quarts
ProHealth Lentil Pasta Each Serving: 1.4 oz. dry	Dry grain weight: 4 lbs. 6 oz.		Dry grain weight: 8 lbs. 12 oz.	
Olive oil		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare lentil pasta. Boil for approximately 10 minutes and added carrots the water. Cook another 3-5 minutes, until pasta is cooked through.
2. Rinse pasta with cool water and toss with olive oil in a large bowl.
3. Add tomatoes, green onions, green peppers, white beans and Italian dressing to the pasta. Combine thoroughly.
4. Cover and refrigerate until meal service.

HACCP Critical Control Point: Hold at internal temperature of 40°F or below.

Serving Information

Serve 1 cup of pasta mixture to provide 2 $\frac{1}{2}$ meat/meat alternates and $\frac{3}{8}$ cup red/orange vegetable.

Nutrition Information

Calories: 358 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 56g (16g fiber) Protein: 19g Sodium: 335 mg

Protein-Packed Pasta Marinara



INCLUDES PROHEALTH PASTA PRODUCT
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Diced tomatoes and sauce, canned		1 gallon		2 gallons
Tomato Sauce		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup		1 $\frac{1}{2}$ gallons + 1 cup
Garbanzo beans, cooked, drained OR Great Northern Beans, cooked, drained		1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Olive or vegetable oil		$\frac{1}{2}$ cup		1 cup
Oregano, dried		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Garlic, granulated		2 Tbsp.		$\frac{1}{4}$ cup
Basil, dried		2 Tbsp.		$\frac{1}{4}$ cup
Salt		1 Tbsp.		2 Tbsp.
Sugar		$\frac{1}{2}$ cup		1 Cup
Parsley, dried		2 Tbsp.		$\frac{1}{4}$ cup
Pepper		1 $\frac{1}{2}$ tsp.		1 Tbsp.
ProHealth Bean Pasta Each Serving: 1.4 oz. dry ($\frac{1}{2}$ cup prepared)	Dry grain weight: 4 lbs. 6 oz.		Dry grain weight: 8 lbs. 12 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare bean pasta accordingly. Boil for 10-12 minutes, drain and rinse with water. Toss with the vegetable or olive oil.
2. Stir all ingredient together except for pasta item.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds and hold at internal temperature of 135°F or above.

Serving Information

Using 6 ounce ladle or spoodle, serve 6 ounces of marinara sauce over $\frac{1}{2}$ cup cooked rotini, penne, or elbow noodles. Serve with roll, breadstick or other whole grain rich bread component.

Each serving of pasta and legume marinara provides 2 $\frac{1}{2}$ meat/meat alternates, $\frac{1}{2}$ cup red/orange vegetable.

Nutrition Information From USDA Nutrient Data

Calories: 293 Total Fat: 4.5g Fat: 0g Carbohydrate: 30g (11g fiber) Protein: 16g Sodium: 345 mg

Protein-Packed Two Bean Chili



THE HUMANE SOCIETY
OF THE UNITED STATES

ADAPTED FROM SAVANNAH-CHATHAM COUNTY SCHOOLS, SAVANNAH, GEORGIA
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Tomatoes, diced, canned		1 gal + 3 ¼ cups		2 gallons + ¾ quart
Tomato paste		1 ¾ quarts		2 ½ quarts
Kidney beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Onions, fresh, chopped	1 lb.		2 lbs.	
Green peppers, fresh, diced	8 oz		1 lb.	
Carrots, shredded	1 lb.		2 lbs.	
Corn, tempered	8 oz		1 lb.	
Salt		2 Tbsp.		¼ cup
Chili powder		3/8 cup – ½ cup		¾ cup – 1 cup
Garlic, granulated		1 ½ tsp.		1 Tbsp.
Oumin		½ tsp.		1 tsp.
Water		1 pint		1 quart

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Sauté onions and peppers.
2. Add tomatoes and tomato paste to onions and peppers. Let simmer until mixture is heated.
3. Add drained beans, shredded carrots, corn, spices and water. Simmer 1 to 1 ½ hours.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Using 8 ounce ladle or spoodle, serve 8 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread.

Each chili serving provides 2 meat/meat alternates, and ½ cup red/orange vegetable.

For a 1 ½ meat/meat alternate sauce, remove black beans.



Nutrition Information* From USDA Nutrient Database

Calories: 209 Total Fat: 1.75g Saturated Fat: 0.5g Carbohydrate: 40g (13g fiber) Protein: 12g Sodium: 570mg

Pumped Up Pasta Bake

ADAPTED FROM SARASOTA COUNTY SCHOOLS, SARASOTA, FLORIDA
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Pasta, penne, whole grain rich, dry	3 lbs. 4 oz.		6 lbs. 8 oz.	
Diced tomatoes, canned		1 gallon + 3 ¼ cups		2 ¼ gal + 2 ½ cups
Kidney beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Spaghetti sauce, prepared OR Scratch Sauce: Tomato sauce with the below spices		1 ½- #10 can OR		3 - #10 can OR
Tomato sauce		1 ½- #10 cans		3- #10 cans
Oregano, dried		1 Tbsp.		2 Tbsp.
Garlic, granulated		2 Tbsp.		¼ cup
Basil, dried		1 Tbsp.		2 Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Oil, olive or vegetable		½ cup		1 cup
Sugar		¼ cup		½ cup
Parsley, dried		1/8 cup		¼ cup
Pepper		1 ½ tsp		1 Tbsp.
Bread Crumbs		1 ½ cups		3 cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Preheat oven to 350°F.
2. Boil pasta for 5-7 minutes, until cooked but firm. Drain.
3. If preparing scratch spaghetti sauce: Combine all ingredients listed under scratch sauce together. Heat thoroughly to 150°F for a minimum of 15 seconds.
4. Stir diced tomatoes and beans into spaghetti sauce. Add pasta noodles. Stir well to combine.
5. Portion pasta mixture into 2 (for 50) or 4 (for 100) 12 x 20 x 2 ½ inch steamtable pans, sprayed to prevent sticking. Top each pan with evenly distributed bread crumbs.
6. Bake until internal temperature reaches 140°F for a minimum of 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Pumped Up Pasta Bake

ADAPTED FROM SARASOTA COUNTY SCHOOLS, SARASOTA, FLORIDA
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Serving Information

Each pan provides approximately 24 servings using 2 - #8 scoops (1 cup).

Each serving provides 2 meat/ meat alternates, 2 oz equivalent grains, and ½ cup red/ orange vegetable.

For a 1 meat/ meat alternate sauce, cut measure of black and kidney beans in half.

Nutrition Information* From USDA Nutrient Database

Calories: 304 Total Fat: 2g Saturated Fat: 0.5g Carbohydrate: 55g (13g fiber) Protein: 14g Sodium: 887mg

Radical Rice & Bean Enchiladas



THE HUMANE SOCIETY
OF THE UNITED STATES

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Tortilla, 10 inch, whole grain rich		50 each		100 each
Rice, brown, dry	2 lbs.		4 lbs.	
Water		½ gallon		1 gallon
Kidney beans, canned, drained		¾ gallon + 1 cup		1 ½ gallons + 1 pint
Black beans, canned, drained		¾ gallon + 1 cup		1 ½ gallons + 1 pint
Salsa, canned		1 gallon		2 gallons

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Combine rice and water. Cook uncovered in steamer for 20-25 minutes or until water is absorbed.
2. Hold cooked rice in warmer, covered.
3. Heat beans in steamer until internal temperature reach 145°F. Cover and hold in warmer.
4. To assemble: Lay tortillas on parchment paper on work surface. Spread ¼cup rice down center of each tortilla. Spread ½cup of beans over rice. Spread ¼cup salsa on beans.
5. Fold into envelope shape and place in 2 inch steam table pan either lined with parchment paper or sprayed.
6. Top each enchilada with remaining salsa.
7. Bake at 350°F until internal temperature reaches 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Use spatula to serve one enchilada.

Each enchilada provides 2 meat/ meat alternates, 2.5 ounce equivalent grains (if 10 inch tortilla provides 2 ounce equivalent grains) and 1/4 cup red/ orange vegetable.

Nutrition Information * From USDA Nutrient Database

Calories: 395 Total Fat: 6g Saturated Fat: 2g Carbohydrate: 71g (15g fiber) Protein: 16g Sodium: 829mg

Rainbow Hummus Wrap

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Select a minimum of four vegetable options below:				
Romaine lettuce, chopped	1 lb. 12 oz.		3 lbs. 8 oz.	
Mushrooms, sliced	1 lb. 8 oz.		3 lbs.	
Carrots, shredded	2 lbs.		4 lbs.	
Radishes, sliced	1 lb. 12 oz.		3 lbs. 8 oz.	
Spinach, chopped	2 lbs.		4 lbs.	
Tomatoes, diced	3 lbs. 8 oz.		7 lbs.	
Corn kernels, tempered	2 lbs. 4 oz.	1 ½ quarts + ¼ cup	4 lbs. 8 oz.	¾ gallon + ½ cup
Beets, shredded	2 lbs. 4 oz.		4 lbs. 8 oz.	
Zucchini, shredded	2 lbs.		4 lbs.	
Onion, sliced	2 lbs.		4 lbs.	
Celery, diced	2 lbs.		4 lbs.	
Hummus:				
Garbanzo beans, drained or cooked from dry beans		1 ½ gallons + 1 cup		3 gallons + 1 pint
Onion powder		1 Tbsp.		2 Tbsp.
Garlic powder		1/8 cup		1/4 cup
Salt		1 Tbsp.		2 Tbsp.
Pepper		1 ½ Tbsp.		3 Tbsp.
Parsley, dried		½ cup		1 cup
Basil, dried		½ cup		1 cup
Lemon juice		1-¾ cups		3-½ cups
Hot sauce		1 Tbsp.		2 Tbsp.
Oil, vegetable or olive		1 cup		1 pint
Water or chickpea brine		2/3 cup		1-1/3 cups
Wrap, whole grain rich, 2 ounce equivalent		50 each		100 each

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Hummus: Add beans, onion powder, garlic powder, salt, pepper, basil, lemon juice, hot sauce, water/chickpea brine and oil to vertical cutter mixer (VCM), blender or food processor. Mix until smooth.

Rainbow Hummus Wrap

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



2. Prepare a minimum of four vegetables listed above in the ingredients for the wrap.
3. Scoop 1-#8 scoop (1/2 cup) of hummus on each wrap and spread evenly.
4. Portion 1/8 cup each of the four chosen vegetable options. If using spinach or romaine lettuce, portion ¼ cup of each on the wrap.
5. Roll tortilla widthwise and cut in half. Serve both halves per entrée.

Serving Information

Alternative serving method: Roll each filled tortilla widthwise and using serrated knife, cut wrap into 1- inch slices for pinwheels.

Each serving provides 2 meat/meat alternates, 2 ounce equivalent grains and ½ cup other vegetable.

Nutrition Information *From USDA Nutrient Database

Calories: 410 Total Fat: 13g Saturated Fat: 4g Carbohydrate: 61g(16g fiber) Protein: 14g Sodium: 610mg

Rockin' Roasted Chickpeas



THE HUMANE SOCIETY
OF THE UNITED STATES

Process #2 – Same Day Service

YIELD:

50 Servings (1 m/ma)

100 Servings (1 m/ma)

Ingredients	Weight	Measure	Weight	Measure
Garbanzo Beans, low-sodium, canned, drained or cooked from dry	5 lbs. 6 oz.	OR ¾ gallon + ½ cup	10 lbs. 12 oz.	OR 1 ½ gallons + 1 cup
Oil, Olive or Vegetable		¼ cup		½ cup
Salt		1- 2 Tbsp.		2 – 4 Tbsp.
Pepper, Red or Cayenne		¾ - 1 tsp.		1 ½ - 2 tsp.
Rosemary, fresh, chopped		1/3 cup + 1 Tbsp.		¾ cup
OR Rosemary, dried		1/8 cup + 1 tsp.		¼ cup + 2 tsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Rinse and drain chickpeas very well in strainer. Allow all excess water to be removed.
Optional: Chickpeas can be stored in a cooler overnight to dry. Layer chickpeas on parchment lined sheet pan. Cover chickpeas with another sheet of parchment paper to dry.
2. In a bowl, toss chickpeas with the oil, salt and pepper.
4. Arrange in a single layer on baking sheet.
5. Roast at 350°F for 30-40 minutes, until chickpeas are golden brown and rattle when shaking the baking sheet. *HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*
6. Transfer the roasted chickpeas to a bowl and toss with rosemary, if using.
7. Cool completely. Store in an airtight container for up to one week.

Serving Information

Portion ¼ cup roasted chickpeas into individual cups to provide 1 meat/meat alternate or ¼ cup legume vegetable.

Nutrition Information

*From USDA Nutrient Database (Sodium may vary if using reduced-sodium products.)

Calories: 106 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 12g (4g Fiber) Protein: 4g Sodium: 138-276mg

Savory Shepherd's Pie

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Black beans, prepared		1-½ quarts + ¼ cup		¾ gallon + ½ cup
Lentils, prepared		¾ gal + ½ cup (prepared)		1-½ gal + 1 cup (prepared)
Garbanzo beans, prepared OR Beefless crumbles like Beyond Meat	1 lb. 10 oz.	1-½ quarts + ¼ cup	3 lbs. 4 oz.	¾ gallon + ½ cup
Vegetable or olive oil		¼ cup		½ cup
Onions, chopped		1 cup		2 cups
Celery, chopped		1 cup		2 cups
Mushrooms, fresh, sliced (optional)	1 lb.		2 lbs.	
Garlic, minced OR Garlic powder	2 ounces OR	½ Tbsp.	4 ounces OR	1 Tbsp.
Corn, tempered	2 lbs. 4 oz.		4 lbs. 8 oz.	
Vegetable stock		½ gallon		1 gallon
Flour		1 cup		1 pint
Water		1 cup		1 pint
Salt	1 oz.		2 oz.	
Pepper, red or cayenne		¼ cup		½ cup
Mashed potatoes, flakes or granules OR Mashed potatoes, frozen OR Fresh mashed potatoes (recipe below)	1 lb. 8 oz. (dry) OR 10 lbs. 4 oz. OR	1 gallon (reconstituted)	3 lbs. (dry) OR 20 lbs. 8 oz. OR	2 gallons (reconstituted)
Potatoes, fresh, boiled & mashed	9 lbs.		18 lbs.	
Dairy-free margarine, like Earth Balance		½ cup		1 cup
Soy milk, plain, unsweetened		1 pints		1 quart

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Savory Shepherd's Pie

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



Preparation

1. Prepare potatoes and set aside.

*If preparing fresh potatoes, boil potatoes for 15-20 minutes, until tender. Mash and mix with the dairy-free margarine and soy milk.

2. Heat oil in tilt skillet or steam jacketed kettle. Add onions, celery and garlic and cook until translucent, about 3-5 minutes.

3. Add black beans, lentils and garbanzo beans (if using). Cook for five minutes, stirring often.

4. With a potato masher, roughly mash about ½ of the bean mixture to thicken.

5. Add the corn and beefless crumbles (if using) to the bean mixture and cook for another 5 minutes.

6. Add vegetable stock and continue cooking for another 3 minutes.

7. In a small pan, make a slurry with the flour and water. Add the slurry to the bean mixture and cook until thickened.

8. Portion approximately ¾ gallon mixture into each hotel pan, preparing four total pans.

(If preparing 50 servings, only use 2).

9. Top each pan with ½ gallon mashed potatoes spread on top.

10. Bake at 350°F for approximately 15-20 minutes until the internal temperature reaches 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Cut each pan 5x5 for serving, to provide 25 servings per pan.

Each serving provides 2 ounces meat/meat alternates, ½ cup starchy vegetable (3/8 cup potatoes, 1/8 cup corn)

Nutrition Information *From USDA Nutrient Database

Calories: 281 Total Fat: 7g Saturated Fat: 1.5g Carbohydrate: 45g (9g Fiber) Protein: 10g Sodium: 705mg

Spectacular Sweet Potato Enchiladas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Tortilla, 10 inch, whole grain rich		50 each		100 each
Sweet potatoes, fresh, peeled, diced OR Sweet potatoes, frozen, cubed	7 lbs. 12 oz. OR 5 lbs. 8 oz.		15 lbs. 8 oz. OR 11 lbs.	
Onions, fresh, diced	2 lbs. 12 oz. OR	1 ½ quarts + ¼ cup	5 lbs. 8 oz. OR	¾ gallon + ½ cup
Green peppers, frozen, diced	2 lbs. 4 oz.		4 lbs. 8 oz.	
Garlic, granulated		¼ cup		½ cup
Vegetable broth		¼ cup		½ cup
Pinto beans, canned, drained, rinsed		1 ½ #10 cans OR ¾ gallon + 1 cup		3-#10 cans OR 1 ½ gallons + 1 cup
Black beans, canned, drained, rinsed		2-#10 cans OR ¾ gallon + ½ cup		4-#10 cans OR 1 ½ gallons + 1 cup
Salsa, canned		1 ½ #10 cans OR ¾ gallon + ½ cup		3-#10 cans OR 1 ½ gallons + 1 cup
Chili powder		⅓ cup + 1 ¼ Tbsp.		¾ cup + ½ Tbsp.
Cumin		1 Tbsp.		2 Tbsp.
Enchilada sauce, reduced sodium		1 ½ quarts + ¼ cup		¾ gallon + ½ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Preheat oven to 350 degrees Fahrenheit and spread cubed sweet potatoes on sheet pans in one even layer.
2. Bake sweet potatoes for 15-20 minutes, until soft. Remove from oven.
3. While the sweet potatoes are baking, sweat the onions, green peppers and garlic with the vegetable broth in steamer or tilt skillet until onions are translucent.
4. Add the black beans, pinto beans, salsa, chili powder, cumin, and baked sweet potatoes to the onion mixture. Mix thoroughly and allow the mixture to simmer or steam for another 10-15 minutes.
5. To assemble: Lay tortillas on parchment paper on work surface. Spread ¾ cup of bean filling in the center of each tortilla. Fold each end in and roll to seal. Place in 2 inch steam table pan either lined with parchment paper or no stick cooking spray. Continue until all enchiladas are filled.
6. Top each enchilada with 2 Tbsp (⅓ cup) of enchilada sauce.

Spectacular Sweet Potato Enchiladas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

7. Bake at 350°F until internal temperature reaches 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Use spatula to serve one enchilada.

Each enchilada provides 2 meat/ meat alternates, 2 ounce equivalent grains (if 10 inch tortilla provides 2 ounce equivalent grains), ½ cup red/ orange vegetable and ¼ cup other vegetable.

Nutrition Information * Estimate from USDA Nutrient Database

Calories: 425 Total Fat: 8g Saturated Fat: 4g Carbohydrate: 73g (19g fiber) Protein: 17g Sodium: 675-800mg

Sriracha Beyond Chicken Salad



ADAPTED FROM BEYOND MEAT RECIPE DATABASE
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Chicken-Free Strips, similar to Beyond Meat, thawed	9 lbs. 6 oz.		18 lbs. 12 oz.	
Celery, chopped	1 lb. 4 oz.		2 lbs. 8 oz.	
Onions, chopped	1 lb. 4 oz.		2 lbs. 8 oz.	
Relish, undrained	1 lb.		2 lb.	
Pepper		2 tsp		1 Tbsp. + 1 tsp
Dry mustard		1 ½ Tbsp.		3 Tbsp.
Mayonnaise, egg free, similar to Hampton Creek® Mayo	1 lb. 10 oz.		3 lbs. 4 oz.	
Sriracha or buffalo wing sauce		1 ½ cup		3 Cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Chop chicken-free product by hand or pulse in VCM.
2. Combine chopped chicken-free product, celery, onion, relish, pepper, dry mustard and egg-free mayonnaise.
2. Mix until well blended.
3. Cover and refrigerate immediately.

HACCP Critical Control Point: Hold at an internal temperature of 41°F or below.

Serving Information

Portion with 1 - #6 scoop (2/3 cup) on a sandwich or salad.

Each portion of Beyond Chicken Salad provides 2 ounce meat/ meat alternate.

Nutrition Information * From USDA Nutrient Database

Calories: 331 Total Fat: 16g Saturated Fat: 3g Carbohydrate: 15g (3g Fiber) Protein: 22g Sodium: 634mg

Sriracha Lime Tacos

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Beefless Crumbles	3 lbs. 4 oz.		6 lbs. 8 oz.	
Beans, black, canned, drained OR Beans, kidney, canned, drained		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup (approximately 2 #10 cans) OR $\frac{3}{4}$ gallon + $\frac{1}{2}$ cup (approximately 1 $\frac{1}{2}$ #10 cans)		1 $\frac{1}{2}$ gallons + 1 cup (approximately 3 $\frac{3}{4}$ #10 cans) OR 1 $\frac{1}{2}$ gallons + 1 cup (approximately 2 $\frac{3}{4}$ #10 cans)
Water		1 pint		1 quart
Onion Powder		3 Tbsp.		1/3 Cup + 1 Tbsp.
Chili Powder		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Cumin		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Paprika		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Garlic Powder		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Oregano, dried		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Sugar, granulated		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Salt		$\frac{3}{4}$ tsp.		1 $\frac{1}{2}$ tsp.
Sriracha Sauce		1 cup		1 pint
Lime Juice (optional)		$\frac{1}{2}$ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Heat beefless crumbles in tilt skillet, steam jacketed kettle or stove top.
2. Add water, black or kidney beans, sugar and spices to the crumbles. Mix and bring to a boil.
3. Reduce heat and simmer for 15 minutes.
4. Add the sriracha sauce and lime juice, if using. Stir to combine.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Use a #10 scoop (3/8 cup) and serve on taco shell, tortilla or salad.

Each scoop provides 2 ounces meat/meat alternate.

Nutrition Information * From USDA Nutrient Database

Calories: 95 Total Fat: 2.5g Saturated Fat: 0g Carbohydrate: 2g Protein: 15g Sodium: 384mg

Super Sloppy Joes

BBQ SAUCE – ADAPTED FROM SARASOTA COUNTY SCHOOLS
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Beefless crumbles, similar to Beyond Meat	6 lbs. 4 oz.		12 lbs. 8 oz.	
Hamburger bun, whole grain rich		50 each		100 each
BBQ Sauce, prepared OR Scratch:		½gallon		1 gallon
Vegetable stock, prepared		1 ¼cups		2 ½cups
Onions, dehydrated or fresh, diced	2 oz.		4 oz.	
Catsup		1 ¼quarts		2 ½quarts
Garlic powder		1 Tbsp.		2 Tbsp.
Brown sugar	12 oz.		1 lb.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. If preparing barbeque sauce:

Simmer vegetable stock and onions over medium heat for five minutes. Add catsup, garlic powder and brown sugar. Simmer 15-20 minutes, stirring frequently.

2. Heat crumbles in tilt skillet or steam jacketed kettle.

3. Add barbeque sauce and let simmer two hours.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



Serving Information

Use a #10 scoop (3/8 cup) and serve on hamburger bun.

Each sloppy joe sandwich provides 2 meat/ meat alternates, 2 ounce equivalent grains.

Nutrition Information * From USDA Nutrient Database

CCalories: 362 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 54g (3g Fiber) Protein: 21g Sodium: 810mg

Super Sweet Potato & Black Bean Chili



THE HUMANE SOCIETY
OF THE UNITED STATES

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Tomatoes, diced, canned		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{4}$ -#10 cans
Kidney beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{2}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 3-#10 cans
Black beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 2-#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 4-#10 cans
Onions, fresh, chopped	2 lbs. 12 oz. OR	1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup	5 lbs. 8 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Sweet potatoes, fresh, peeled, diced OR Sweet potatoes, frozen, cubed	15 lbs. 8 oz. OR 11 lbs.		31 lbs. OR 22 lbs.	
Salt		2 Tbsp.		$\frac{1}{4}$ cup
Chili powder		$\frac{1}{2}$ cup		1 cup
Garlic, granulated		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Cumin		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Vegetable broth, divided		1 pint		1 quart
Water (add 1 pint at a time)		1 pint - 1 quart		1 quart – 2 quarts
Lime juice, fresh		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Sweat the onions and diced sweet potatoes with half of the vegetable broth in a steam-jacketed kettle, tilt skillet, or stove top, until onions and potatoes soften, about 10 minutes.
2. Add the black and pinto beans, salt, chili powder, garlic, cumin, diced tomatoes, combine and stir for approximately one minute.
3. Add remaining vegetable broth and add 1 cup of water until desired thickness is achieved.
4. Cover and simmer the chili until sweet potatoes are tender, approximately 15-25 minutes.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

5. If desired, add the fresh lime juice and stir thoroughly.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Using 8 ounce ladle or spoodle, serve 8 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread.

Super Sweet Potato & Black Bean Chili



THE HUMANE SOCIETY
OF THE UNITED STATES

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Each chili serving provides 2 meat/meat alternates, and $\frac{3}{4}$ cup red/orange vegetable and $\frac{1}{8}$ cup other vegetable.

Nutrition Information*Estimated from USDA Nutrient Database

Calories: 208 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 44g (10g fiber) Protein: 9g Sodium: 537mg

Southwest Sweets, Bean & Quinoa Shaker



THE HUMANE SOCIETY
OF THE UNITED STATES

ADAPTED FROM INHARVEST FOODSERVICE
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Rice, brown, dry	3 lbs. 7 oz.		6 lbs. 14 oz.	
Quinoa, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		1 ½ gallons		3 gallons
Lime Juice		1 pint		1 quart
Cumin		¼ cup		½ cup
Salt		2 Tbsp.		¼ cup
Pepper		3 Tbsp.		3/8 cup
Corn, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Cilantro, fresh OR Cilantro, dried		1 pint OR 2/3 cup		1 quart OR 1 1/3 cup
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Tomatoes, diced OR		5 lbs. 12 oz.		11 lbs. 8 oz.
Sweet Potato, fresh, small cubes OR Sweet Potato, frozen, center cuts, diced		5 lbs. 8 oz. OR 5 lbs. 4 oz.		11 lbs. OR 10 lbs. 8 oz.
Salsa, canned		2 gallons		4 gallons

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

Day Before:

1. Prepare rice and quinoa by combining with water and cook. Fluff.

* Recommended cooking method: Steam or bake, covered for approximately 15 minutes or until water is absorbed. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

2. Cool rice completely.

HACCP Critical Control Point: Cool to 41°F or lower within 4 hours.

3. Add lime juice, cumin, cilantro, salt, and pepper to rice. Mix thoroughly and store in cooler overnight.

3. If using sweet potatoes instead of tomatoes: Roast sweet potatoes the day before.

* For fresh sweet potatoes: Cut potatoes into quarters lengthwise, then 3-4 times crosswise into approximately 1" cubes. If Mandolator is available use the S14 and D22 blades to process the potatoes into approximately 1" cubes.

Southwest Sweets, Bean & Quinoa Shaker



ADAPTED FROM INHARVEST FOODSERVICE
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Place potato pieces on parchment lined baking sheet and bake at 375°F for 30-45 minutes or until soft, caramelized, and slightly browned. Potatoes should not be mushy. Cool completely and store in airtight container in cooler overnight.

HACCP Critical Control Point: Cool to 41°F or lower within 4 hours.

Day of:

3. Combine drained black beans and fresh cilantro in a bowl. Set aside.

4. Layer ingredients into 16-oz. cup as follows:

1 cup rice and quinoa blend

¼ cup diced tomatoes or roasted sweet potatoes

½ cup black bean and cilantro mixture

¼ cup corn

5. Cover the cup with lid.

6. Portion ½ cup salsa or prepared salad dressing in appropriate sized soufflé cups.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

Serving Information

Serve salad shaker with salsa cup or prepared salad dressing. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/ meat alternates, 2 oz equivalent grains, ¼ cup starchy vegetable and ¾ cup red/ orange vegetable. This salad shaker qualifies as a reimbursable meal.

Nutrition Information * From USDA Nutrient Database

* Sodium content may vary if using reduced-sodium products

Calories: 445 Total Fat: 4g Saturated Fat: 1g Carbohydrate: 90g (14g Fiber) Protein: 17g Sodium: 654mg

Taco-the-Town

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Tortilla, 10 inch, whole grain rich OR		50 each		100 each
Crunchy Taco Shells, 2 Each		100 each		200 each
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Salsa, canned		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Caliente Corn Salsa – see recipe		50 – ½ cup		100 – ½ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Combine beans and salsa. Heat in steamer until internal temperature reaches 140°F for 15 seconds. Cover and hold in warmer.
2. Steam soft tortillas in package for 2 minutes or until pliable.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



Serving Information

For Soft Taco: On the serving line, place one tortilla on the tray. Spread ½ cup of beans in center of the tortilla. Top beans with ½ cup caliente corn salsa (customer may refuse) or portion in individual cups and offer on the serving line. Fold tortilla over beans and vegetables and serve with taco sauce.

For Crunchy Tacos: On the serving line, place two taco shells on the tray. Scoop ¼ cup of beans in the center of each tortilla. Top each taco with ¼ cup caliente corn salsa (customer may refuse) or portion in individual cups and offer on the serving line.

* Optional- Serve one crunchy taco with ½ cup of beans and ½ cup caliente corn salsa as listed above. Serve ½ cup Spanish rice or cilantro seasoned rice with the crunchy taco.

Each option listed above provides 2 meat/ meat alternates, 2 ounce equivalent grains (if 10 inch tortilla provide 2 ounce equivalents, 2 crunchy tacos, 1 crunchy taco and ½ cup rice) and 1/8 cup red/ orange vegetable. Caliente corn salsa provides ¼ cup starchy and ¼ cup red/ orange vegetable.

Nutrition Information * From USDA Nutrient Database

Calories: 390 Total Fat: 8g Saturated Fat: 0.5g Carbohydrate: 67g (16g fiber) Protein: 16g Sodium: 812mg

Tasty Taco Filling

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Beefless crumbles, similar to Beyond Meat	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 quart		2 quarts
Onion Powder		3 Tbsp.		3/8 cup
Chili Powder		1 ½ Tbsp.		3 Tbsp.
Cumin		1 ½ Tbsp.		3 Tbsp.
Paprika		1 ½ Tbsp.		3 Tbsp.
Garlic Powder		1 ½ Tbsp.		3 Tbsp.
Oregano, dried		1 ½ Tbsp.		3 Tbsp.
Sugar, granulated		1 ½ Tbsp.		3 Tbsp.
Salt		¾ tsp		1 ½ tsp
Pepper, red or cayenne		½ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Heat beefless crumbles in tilt skillet or steam jacketed kettle.
2. Add water and seasonings to the crumbles. Mix and bring to a boil.
3. Reduce heat and simmer for 15 minutes.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Use a #10 scoop (3/8 cup) and serve on taco shell, tortilla or salad.

Each scoop provides 2 ounces meat/meat alternate.

Nutrition Information * From USDA Nutrient Database

Calories: 90 Total Fat: 2.5g Saturated Fat: 0g Carbohydrate: 1g Protein: 15g Sodium: 330mg

Tasty Taco Filling

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Beefless crumbles, similar to Beyond Meat	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 quart		2 quarts
Onion Powder		3 Tbsp.		3/8 cup
Chili Powder		1 ½ Tbsp.		3 Tbsp.
Cumin		1 ½ Tbsp.		3 Tbsp.
Paprika		1 ½ Tbsp.		3 Tbsp.
Garlic Powder		1 ½ Tbsp.		3 Tbsp.
Oregano, dried		1 ½ Tbsp.		3 Tbsp.
Sugar, granulated		1 ½ Tbsp.		3 Tbsp.
Salt		¾ tsp		1 ½ tsp
Pepper, red or cayenne		½ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Heat beefless crumbles in tilt skillet or steam jacketed kettle.
2. Add water and seasonings to the crumbles. Mix and bring to a boil.
3. Reduce heat and simmer for 15 minutes.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Use a #10 scoop (3/8 cup) and serve on taco shell, tortilla or salad.

Each scoop provides 2 ounces meat/meat alternate.

Nutrition Information *From USDA Nutrient Database

Calories: 90 Total Fat: 2.5g Saturated Fat: 0g Carbohydrate: 1g Protein: 15g Sodium: 330mg

Tijuana Taco Pizza

ADAPTED FROM CHAPEL-HILL-CARRBORO CITY SCHOOLS
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings (48)

100 Servings (96)

Ingredients	Weight	Measure	Weight	Measure
Pizza crust, par-baked, 16 inch, whole grain rich OR Flatbread, individual round or square		6 each OR 50 each		12 each OR 100 each
Meatless sausage-style crumbles, similar to Beyond Meat	5 lbs. 2 oz.		10 lbs. 4 oz.	
Oil, olive or vegetable		½ Cup		1 cup
Bean Spread:				
Beans, great northern, cooked, drained OR Beans, garbanzo, cooked, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Lemon juice		1 ½ Tbsp.		3 Tbsp.
Onion powder		1 Tbsp.		2 Tbsp.
Garlic powder		1/8 cup		1/4 cup
Salt		1 ½ Tbsp.		3 Tbsp.
Pepper, black		1 ½ Tbsp.		3 Tbsp.
Hot Sauce		1 Tbsp.		2 Tbsp.
Oil, olive or vegetable		1 ½ cups		1 pint + 1 cup
Salsa, canned		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Tomatoes, finely diced or sliced	2 lbs.		4 lbs.	
Onions, sliced	2 lbs.		4 lbs.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. To prepare bean spread: Add beans, onion powder, garlic powder, salt, pepper, lemon juice, hot sauce and oil to VCM or blender. Mix until smooth.
2. Transfer bean mixture to pan, cover and steam until warm.
3. Steam sausage-style crumbles until thawed and warm. Keep in warmer.
3. Place flatbread on an 18'x24'x1' bun pan or pan up pizza crust.
4. Brush each flatbread or pizza with a small amount of oil.
5. Scoop 1-#16 scoop (1/4 cup) of bean spread evenly on each flatbread or 1 pint (2 cups) over each pizza.
6. Scoop 1-#16 scoop (1/4 cup) or 1 pint (2 cups) over the bean mixture.

Tijuana Taco Pizza

ADAPTED FROM CHAPEL-HILL-CARRBORO CITY SCHOOLS
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

7. Spread 1 ounce of sausage crumbles over each flatbread or 8 ounces over 16 inch crust.
8. Top each flatbread or pizza with the tomatoes and onions.
9. Bake at 375°F in convection oven for 5 to 8 minutes or until pizzas reach 145°F for 15 seconds.
Do not overbake.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Serving Information

Each serving provides 2 meat/meat alternates, 2 ounce equivalent grains, 1/4 red/orange vegetable and 1/8 other vegetable (if onion used).

Nutrition Information

 *From USDA Nutrient Database

Calories: 415 Total Fat: 17g Saturated Fat: 2g Carbohydrate: 47g (8g Fiber) Protein: 17g Sodium: 803mg

Tropical Tofu & Pineapple with Rice

HEALTHY, DELICIOUS, MEAT-FREE RECIPES FOR K-12 SCHOOLS



Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure		
Pineapple tidbits, drained		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup		1 $\frac{1}{2}$ gallons + 1 cup
Onions, chopped		1 pint		1 quart
Carrots, shredded		1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Garlic powder		1-2 Tbsp.		2-3 Tbsp.
Ginger, granulated		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup
Crushed red pepper (optional)		1 Tbsp.		2 Tbsp.
Maple syrup		1 quart + 1 cup		$\frac{1}{2}$ gallon + 1 pint
Soy sauce, reduced sodium		$\frac{2}{3}$ cup		1 $\frac{1}{4}$ cups
White vinegar		1 $\frac{1}{4}$ cups		1 pint + $\frac{1}{2}$ cup
Tofu, cubed, firm, baked (or follow baking instructions below)	7 lbs.		14 lbs.	
Garbanzo beans, canned, drained and rinsed	5 lbs. 4 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	10 lbs. 8 oz. OR	1 $\frac{1}{2}$ gallons + 1 cup
Cornstarch		1 cup		1 pint
Water		1 cup		1 pint
Rice Preparation				
2 ounce grain equivalent: Brown rice, dried Water		6 lbs. 4 oz. $\frac{1}{2}$ gallon		12 lbs. 8 oz. 1 gallon

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. If using tofu not already baked, heat oven to 325°F. Place tofu on a baking sheet with parchment paper or coated with no stick cooking spray. Bake for approximately an hour, flipping the tofu every 15-20 minutes, until a large amount of the liquid is removed. Allow to cool. This step can be done the day before (store in cooler overnight).

3. Combine pineapple, tofu, chickpeas, maple syrup, soy sauce, vinegar, onion, carrots, garlic, ginger and red pepper flakes in a saucepan or steamtable pan. Simmer for 30 minutes, until sauce begins to thicken and the tofu and chickpeas are well coated.

Tropical Tofu & Pineapple with Rice

HEALTHY, DELICIOUS, MEAT-FREE RECIPES FOR K-12 SCHOOLS



4. In a small bowl, whisk together cornstarch and cold water.

6. Add cornstarch mixture to the sauce, stirring constantly until the cornstarch is fully combined and mixture is thickened, approximately 3-5 minutes. Keep warm until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion 1 cup of Tropical Tofu and Pineapple mixture over 1 cup of brown rice.

Each serving provides 2 ounces meat/meat alternates, ¼ cup fruit, ½ cup red/orange vegetable and 2 ounces grain equivalents

Nutrition Information

*Estimated from USDA Nutrient Database

Calories: 471 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 92g (9g Fiber) Protein: 16 Sodium: 283mg

Wonderful White Beans & Greens with Rice



THE HUMANE SOCIETY
OF THE UNITED STATES

ADAPTED FROM CHAPEL HILL-CARRBORO CITY SCHOOLS
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Turnip greens, raw, chopped (thick stems removed) OR Turnip greens, frozen, chopped leaves	7 lbs. 12 oz. OR 5 lbs. 4 oz.		15 lbs. 8 oz. OR 10 lbs. 8 oz.	
Great northern beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Brown rice, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		¾ cup		1 ½ cups
Cajun seasoning OR Scratch seasoning:		3 Tbsp.		3/8 cup
Salt		2 tsp.		1 Tbsp. + 1 tsp.
Garlic powder		2 tsp.		1 Tbsp. + 1 tsp.
Paprika		1 Tbsp.		2 Tbsp.
Black pepper		1 tsp.		2 tsp.
Onion powder		1 tsp.		2 tsp.
Cayenne pepper		1 tsp.		2 tsp.
Thyme, dried		1 tsp.		2 tsp.
Oregano, dried		1 tsp.		2 tsp.
Tomatoes, canned, diced		1 ½ quarts + 1 cup		3 quarts + 1 pint
Water		3 cups		1 ½ quarts
Balsamic vinegar		½ cup		1 cup
Soy sauce, reduced sodium		½ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare rice by combining with water and cook in steamer or oven. Fluff. Place in warmer until service.
2. Heat oil in tilt skillet or steam jacketed kettle.
3. Add the chopped turnip greens and seasoning to skillet, stir and allow greens to wilt for about 3 minutes.



Wonderful White Beans & Greens with Rice



ADAPTED FROM CHAPEL HILL-CARRBORO CITY SCHOOLS
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

3. Add beans, tomatoes, water, balsamic vinegar, and soy sauce to greens. Reduce heat and simmer for about 15 minutes until mixture reaches 140°F for 15 seconds and greens are tender.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Kathy Milani/The HSUS

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat once.
HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Plate ½ cup (4 ounce spoodle or #8 scoop) beans and greens over 1 cup (8 ounce spoodle or 2-#8 scoops) rice. Each 1 ½ cup serving provides 2 meat/meat alternates, 2 ounce grain equivalents, and ¼ dark green vegetable.

Nutrition Information

*From USDA Nutrient Database

Calories: 410 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 75g (12g fiber) Protein: 16g Sodium: 367mg

2ND PLACE WINNER
Dry Beans and Peas

Flavored with ground red chili, cumin, garlic, and a touch of tomatoes, these lentils have a "salsa flavor" that kids are sure to love. Even better, this tasty lentil-based recipe can be served as a side item or main dish.



Lentils of the Southwest

SWEENEY ELEMENTARY SCHOOL

Santa Fe, New Mexico

Our Story

Sweeney Elementary is a large K through 5th grade elementary school on the south side of Santa Fe, New Mexico. The school celebrates the diversity of its students and emphasizes equality and access to programs for all students.

The recipe challenge team came together to create this delicious dish with the support of Cooking with Kids, a nonprofit organization in Santa Fe that provides hands-on nutrition education each year to elementary school students in public schools. The students helped pick recipe names, and the Cooking with Kids Super Chef engaged the students in conversation, critique, and feedback on the recipes. Over 30 students in 5th grade actively created and evaluated several trial recipes, which were sampled by more than 400 students. This led to the development of the final recipe, Lentils of the Southwest.

Lentils have so much potential for school food service menus. Packed with protein, vitamins, and fiber, they are easy to cook and have great versatility. Lentils of the Southwest can be served as a side dish to make the perfect New Mexican lunch. When accompanied by brown rice, this lentil recipe becomes a tasty and hearty main dish. The team is very happy that their recipe was chosen as a finalist to be represented in the cookbook.

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Judi Jacquez (Director, Student Nutrition Services)

CHEF

Rocky Durham

COMMUNITY MEMBERS

Jane Stacey (Cooking with Kids Program Director) and Anna Farrier (Cooking with Kids Community Liaison)

STUDENTS

Melanie S., Jailey B., Marisol B., Diana O., and Nicole A.

Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable

Vegetables I-24r

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Lentils, brown or green, dry	15 oz	2 ¼ cups	1. Rinse lentils and sort out any unwanted materials. Drain well.
Water		1 qt ¼ cup	2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.
*Fresh onions, diced	4 oz	¾ cup 2 Tbsp	3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.
Fresh garlic, minced		1 Tbsp	4. Combine onions and garlic with cooked lentils. Add water. For 25 servings, add 1 ½ cups water. 5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Extra virgin olive oil		1 Tbsp	
Ground cumin		1 Tbsp 1 tsp	
Ground red chili pepper		1 Tbsp	
Chili powder		1 ½ tsp	
Canned low-sodium diced tomatoes OR *Fresh tomatoes, diced	12 oz OR 12 oz	1 ½ cups (⅓ No. 10 can) OR 1 ½ cups	
Salt		1 ½ tsp	
Fresh cilantro, finely chopped		1 ½ cups	6. Stir in cilantro before serving.
			7. Critical Control Point: Hold for hot service at 135 °F or higher. 8. Portion with 2 fl oz ladle (¼ cup).

Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable

Vegetables I-24r

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

Serving	Yield	Volume
<p>¼ cup (2 fl oz ladle) provides:</p> <p>Legume as meat alternate: 1 oz equivalent meat alternate.</p> <p>OR</p> <p>Legume as vegetable: ¼ cup legume vegetable.</p> <p><i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.</i></p>	25 Servings: about 4 lb	25 Servings: about 2 quarts

Marketing Guide	
Food as Purchased for	25 servings
Dry lentils, brown or green	15 oz
Mature onions	6 oz
Tomatoes	14 oz

Nutrients Per Serving			
Calories	68.66	Saturated Fat	0.11 g
Protein	4.56 g	Cholesterol	0 mg
Carbohydrate	10.96 g	Vitamin A	251.11 IU
Total Fat	0.92 g		(10.38 RAE)
		Vitamin C	2.80 mg
		Iron	1.84 mg
		Calcium	15.21 mg
		Sodium	141.83 mg
		Dietary Fiber	4.16 g

Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable

Vegetables I-24r

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Lentils, brown or green, dry	1 lb 14 oz	1 qt ½ cup	1. Rinse lentils and sort out any unwanted materials. Drain well.
Water		2 qt ½ cup	2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.
*Fresh onions, diced	8 oz	1 ¾ cups	3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.
Fresh garlic, minced		2 Tbsp	4. Combine onions and garlic with cooked lentils. Add water. For 50 servings, add 3 cups water. 5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Extra virgin olive oil		2 Tbsp	
Ground cumin		2 Tbsp 2 tsp	
Ground red chili pepper		2 Tbsp	
Chili powder		1 Tbsp	
Canned low-sodium diced tomatoes OR *Fresh tomatoes, diced	1 lb 8 oz OR 1 lb 8 oz	3 cups (¼ No. 10 can) OR 3 cups	
Salt		1 Tbsp	
Fresh cilantro, finely chopped	2 oz	3 cups	6. Stir in cilantro before serving.
			7. Critical Control Point: Hold for hot service at 135 °F or higher.
			8. Portion with 2 fl oz ladle (¼ cup).

Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable

Vegetables I-24r

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

Serving	Yield	Volume
<p>¼ cup (2 fl oz ladle) provides:</p> <p>Legume as meat alternate: 1 oz equivalent meat alternate.</p> <p>OR</p> <p>Legume as vegetable: ¼ cup legume vegetable.</p> <p><i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.</i></p>	50 Servings: about 9 lb	50 Servings: about 1 gallon 1 quart

Marketing Guide	
Food as Purchased for	50 servings
Dry lentils, brown or green	1 lb 14 oz
Mature onions	12 oz
Tomatoes	1 lb 12 oz

Nutrients Per Serving			
Calories	68.66	Saturated Fat	0.11 g
Protein	4.56 g	Cholesterol	0 mg
Carbohydrate	10.96 g	Vitamin A	251.11 IU
Total Fat	0.92 g		(10.38 RAE)
		Vitamin C	2.80 mg
		Iron	1.84 mg
		Calcium	15.21 mg
		Sodium	141.83 mg
		Dietary Fiber	4.16 g

Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable

Vegetables I-24r

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Lentils, brown or green, dry	3 lb 12 oz	2 qt 1 cup	1. Rinse lentils and sort out any unwanted materials. Drain well.
Water		1 gal 1 cup	2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.
*Fresh onions, diced	1 lb	3 ½ cups	3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.
Fresh garlic, minced		¼ cup	4. Combine onions and garlic with cooked lentils. Add water. For 100 servings, add 1 qt 2 cups water. 5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Extra virgin olive oil		¼ cup	
Ground cumin		½ cup	
Ground red chili pepper		¼ cup	
Chili powder		2 Tbsp	
Canned low-sodium diced tomatoes OR *Fresh tomatoes, diced	3 lb OR 3 lb	1 qt 2 cups (½ No. 10 can) OR 1 qt 2 cups	
Salt		2 Tbsp	
Fresh cilantro, finely chopped	4 oz	1 qt 2 cups	6. Stir in cilantro before serving.
			7. Critical Control Point: Hold for hot service at 135 °F or higher.
			8. Portion with 2 fl oz ladle (¼ cup).

Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable

Vegetables I-24r

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

Serving	Yield	Volume
¼ cup (2 fl oz ladle) provides: Legume as meat alternate: 1 oz equivalent meat alternate. OR Legume as vegetable: ¼ cup legume vegetable. <i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.</i>	100 Servings: about 17 lb	100 Servings: about 2 gallons 1 quart

Marketing Guide	
Food as Purchased for	100 Servings
Dry lentils, brown or green	3 lb 12 oz
Mature onions	1 lb 6 oz
Tomatoes	3 lb 8 oz

Nutrients Per Serving			
Calories	68.66	Saturated Fat	0.11 g
Protein	4.56 g	Cholesterol	0 mg
Carbohydrate	10.96 g	Vitamin A	251.11 IU (10.38 RAE)
Total Fat	0.92 g	Vitamin C	2.80 mg
		Iron	1.84 mg
		Calcium	15.21 mg
		Sodium	141.83 mg
		Dietary Fiber	4.16 g



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Magical Moroccan Beans and Greens

Makes: 50 Servings



50 Servings

Ingredients	Weight	Measure
Vegetable oil	6 fl oz	3/4 cup
Onion, diced	12 oz	2-1/4 cup
Garlic, minced	1 oz	3 Tbsp + 1 tsp
Cumin	18 g	3.5 Tbsp
Turmeric	11.5 g	1 2/3 Tbsp
Cinnamon, ground	26 g	3 1/3 Tbsp
Black pepper, ground	10.5 g	1 2/3 Tbsp
Salt	2.5 g	1 Tbsp + 1 tsp
Red Pepper Flakes	1.5 g	3/4 tsp
Kidney beans, canned from dry, with liquid	18 lb	2 gallons + 1 quart (2 2/3 #10 cans)
Orange juice		3 1/3 cups (27 fluid oz)
Spinach, frozen, chopped, thawed and drained overnight	4 lbs 3 oz	3 quarts

Directions

1. Heat oil in large stockpot over medium heat. Saute onions and salt about 10 minutes or until aromatic and soft.
2. Reduce heat to low. Add garlic, cumin, turmeric, cinnamon, pepper, salt, and red pepper flakes. Saute about 5 minutes, allowing blend to release aroma.
3. Add kidney beans with liquid, orange juice, and enough water to make mixture easy to stir. Bring to a simmer.
4. Add thawed and drained spinach. CCP; Heat to 165 degrees F or higher for at least 15 seconds.
5. CCP: Hold for hot service at 135 degrees F or higher.
6. Portion with an 8 oz ladle (1 cup).

Notes

The exotic spices beckon you to a distant land in Northern Africa... get on a magic carpet ride to Morocco, the spice capital of the world! Taste the delicious flavors that will dance on your taste buds as cinnamon mingles with cumin in this slightly spicy, delicious and nutritious dish featuring kidney beans and spinach. Served over brown rice, millet, or quinoa or with whole grain crusty bread, this main dish is sure to please!

My Notes

Source: Food and Finance High School (Recipes for Healthy Kids Challenge)



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Mandarin Orange & Spinach Salad with Quinoa

Makes: 50 Servings



50 Servings

Ingredients	Weight	Measure
Mandarin Oranges, canned w/juice	8 1/2 lb	17 cup
Quinoa, uncooked	1 lb 14 1/2 oz	1 3/4 cup
Water	28 oz	3 1/2 cup 4 tsp
Lettuce, Romain Salad Blend	3 lb 14 1/2 oz	25 cup
Spinach, raw	2 lb	12 1/2 cup
Beans, Garbanzo, canned	7 lb 15 oz	12 1/2 cup
Pepper, sweet red bell, raw, diced	12 1/2 oz	2 1/2 cup
Onion, red, raw, diced	12 1/2 oz	1 1/2 cup 1 Tbsp
Garlic, Raw		1 Tbsp 1 1/8 tsp
Ginger root, raw		1 Tbsp 1 1/8 tsp
Vinegar, Apple Cider	12 1/2 oz	1 1/2 cup 1 Tbsp
Soy Sauce, low sodium, NON MSG	8 1/3 oz	1 cup 2 tsp
Vegetable oil, canola	12 1/2 oz	1 1/2 cup 1 tsp

Directions

1. Drain Mandarin oranges and RESERVE JUICE. *NOTE- reserve 50 oz of juice for 50 servings and 6 oz of juice for 6 servings. Refrigerate oranges until use.
2. Combine quinoa, water and 2/3 reserved mandarin orange juice * 33 oz for 50 servings/ 4 oz for 6 servings in a 12"x20"x2 1/2" steam table pan. (*use 1/4 steam table pan for 6 servings) Cover and cook in steamer 15-18 minutes until all liquid is absorbed. Quick chill mixture in ice bath until temperature reaches 41 degrees F and refrigerate until use.
3. Peel and mince raw ginger root and garlic.
4. In a bowl, blend together vinegar, soy sauce, minced garlic, minced ginger and remaining mandarin orange juice *17oz for 50 servings and 2 oz for 6 servings SLOWLY drizzle in vegetable oil and whisk until well blended. Using a 1 oz ladle, place 1 oz of dressing in a 2 oz soufflé cup, cover with lid and refrigerate until service.
5. Rinse and drain garbanzo beans.
6. Assemble each salad by placing 1/2 cup Romaine Salad Blend in bottom of individual salad container. Top each salad with 1/4 cup raw spinach, 1/4 cup cooked chilled quinoa, 1/4 cup garbanzo beans, 1/2 tablespoon diced red onions, 1/2 tablespoon diced red bell pepper and 1/4 cup of mandarin oranges. Serve with 1 oz of dressing on side.
7. CCP: Refrigerate and hold for cold service at 41 degrees F or lower.

Notes

Serving Tips:

*Dried spices may be use in place of raw garlic and raw ginger but may effect the overall flavor; reduce the amounts used by 1/2.

My Notes

Source: Ira B. Jones Elementary (Recipes for Healthy Kids Competition)

Apple Pizza Strudel

22 Servings

This new world strudel is comfort food at its best. It's Apple, Spinach, and White Bean Pizza with a Twist. Watch it disappear!

Recipe created by Chef David Stroka, Chef Manager, Binghamton City School District, for the Cool School Food Program of the New York Coalition for Healthy School Food (www.healthyschoolfood.org).

Ingredients:

- 1 teaspoon olive oil + ½ teaspoon for brushing
- 2 tablespoons garlic, chopped (NYS farm product)
- 1 ½ cup yellow onions, diced (NYS farm product)
- 2 pounds apples, small dice, not peeled (NYS farm product)
- 5 ½ cups dry white beans, soaked and cooked until tender (11 cups cooked) (NYS farm product)
- 4 cups chopped kale or spinach (if frozen, thaw and drain) (NYS farm product)
- 3 tablespoons fresh sage (optional) (NYS farm product)
- 2 cups quick rolled oats
- 1 ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon nutmeg (optional)
- 1 Delorio whole wheat 22 ounce pizza dough or 18 x 12 inch rectangular whole grain pre-made crust
- 2 tablespoons sesame seeds



Photo by NYCHSF

Preparation:

1. Sauté garlic in olive oil until golden.
2. Add onions and cook until caramelized.
3. Remove to bowl; add all remaining ingredients except pizza crust and sesame seeds to onion/garlic mixture.
4. Mix well, mixture should resemble stuffing.
5. Roll dough into a 18 x 12 inch rectangular shape, or larger, in order to accommodate all of the filling. Rolling the dough very thin results in a pastry like effect.
6. Arrange filling along 18" side of pizza dough and roll, folding ends under.

7. Place on greased sheet with seam side down.
8. Brush with remaining olive oil and sprinkle with sesame seeds.
9. Bake at 400 F for 20 minutes or until golden.
10. Cool on rack.
11. Slice in 22 equal portions by cutting lengthwise down the middle. Then make 10 crosswise cuts to equal 22 servings.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

For one serving:

1 slice, or 1/22th of entire roll

Nutrition Information:

Calories: 143
Total Fat: 1.6g
Saturated Fat: 0.0g
Trans Fat: 0.0g
Protein: 6.8g
Sodium: 135mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, ¼ cup Vegetable; 1 Grain/Bread; ¼ cup Fruit

Meets Alliance criteria for whole grains and contributes ¼ cup vegetable to daily fruit/vegetable total.

Beanie Burgers

18 Servings

These yummy, nutrient dense, versatile veggie burgers are great on a whole grain bun with all the fixings, served on top of brown rice with salsa, or as the filling of a great burrito or enchilada!

Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

Ingredients:

- 9 cups well-cooked black beans (4 ½ cups dry) (NYS farm product)
- 4 cups sweet potatoes, cooked, cubed or mashed
- 4 tablespoons tomato paste, low sodium
- 1/2 cup old fashioned rolled oats
- 1 1/2 tablespoons soy sauce
- 1 1/2 tablespoons chili powder
- 1 1/2 tablespoons cumin
- 1 tablespoon garlic powder
- 1 tablespoon salt
- 1 teaspoon pepper, black
- 1/2 tablespoon water
- Vegetable oil for brushing (optional)



Photo by Lou Manna, www.LouManna.com

Preparation:

1. To prepare beans, do the following: Wash beans in colander. Pour beans into a large pan and fill with water that is twice the height of the beans. Let set overnight to soak. Rinse beans, refill pot with clean water, and bring to a boil. Once beans are boiling, cook for 1 ½ to 2 hours, or until beans are soft, to easily enable mashing of the beans. Note: this recipe does not lend itself well to using canned beans, since the beans need to be cooked until soft.
2. To cook sweet potatoes, wash, poke a hole with a knife, and wrap in aluminum foil and bake until very soft. Alternately, peel, cube, and steam until soft.
3. Mash cooked black beans and cooked sweet potatoes together.
4. Add the rest of the ingredients and mix until well combined.
5. Form 18 burgers.
6. Brush with vegetable oil.
7. Bake at 350 degrees for 20 minutes.

Serving Suggestion: Serve on a whole grain bun with all the fixings, served on top of brown rice with salsa, or as the filling of a burrito or enchilada!

HACCP: Always wash hands and wear disposable gloves prior or handling food. It is critical that you follow proper HACCP defrosting and holding procedures. This is a PROCESS ONE recipe.

For one serving:

1 burger (1/18th of total recipe)

Nutrition Information:

Calories: 386
Total Fat: 1.7g
Saturated Fat: 0.4g
Trans Fat: 0.0g
Protein: 7.24g
Sodium: 477mg
Cholesterol: 0 mg

Contributes to NSLP meal pattern:

2 M/MA

Meets the Alliance School Meal Criteria for legumes and lean protein. If served with whole grain bun or brown rice, will also meet whole grain criteria.

Black Bean Casserole

50 Servings

For school cooks in New York City, and for the students, this Caribbean recipe is the favorite.

Recipe created by Chefs Angel Ramos, Jorge Pineda, and Joy Pierson of Candle Cafe for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).

Ingredients:

- 1 cup vegetable oil
- 3 yellow onions, small diced (NYS farm product)
- ¼ cup minced garlic (NYS farm product)
- 4 #10 cans black beans, drained and rinsed **or** 26 ½ cups cooked beans (13 ¼ cups dry) (NYS farm product)
- 4 cups uncooked brown rice
- 1 six pound bag frozen plantains, defrosted and chopped into small bits
- ½ cup cumin
- ½ cup paprika
- 2 tablespoons salt
- 1 tablespoon black pepper
- 2 quarts water

Suggested Garnish: Salsa, chopped tomatoes or chopped scallions



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Heat oil in a large roasting pan, pot, kettle or skillet. Be certain to select a piece of equipment that can accommodate all of the ingredients and the entire finished product.
2. Sauté onions; then add garlic. Cook until soft. Do not brown.
3. Mix in the black beans, rice, plantains, cumin, paprika, salt and pepper.
4. Add water and bring to a boil. Simmer for 25 to 30 minutes or until rice is tender.
5. Transfer to steam table and serve with 6 ounce spoodle.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

For one serving:

6 ounces

Nutrition information:

Calories: 444 calories

Total Fat: 6.2g

Saturated Fat: .1g

Trans Fat: 0.0g

Protein: 7.2g

Sodium: 278mg

Cholesterol: 0 mg

Contributes to NSLP meal pattern:

2 M/MA

Meets the Alliance school meals criteria for legumes, lean protein and low fat entrees.

Black-eyed Peas with Rice

50 Servings

A great rice and beans recipe that's super easy to make, with a southwestern flair.

Recipe created by Chefs Angel Ramos, Jorge Pineda, Joy Pierson, and Michael Marinucci of Candle Cafe for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).

Ingredients:

3/4 cup oil

1 onion, diced 1/4 inch (NYS farm product)

1 pepper, green, diced 1/4 inch (NYS farm product)

1 pepper, red, diced 1/4 inch (NYS farm product)

1 #10 can salsa (NYS farm product)

5 cups water

1 teaspoon thyme, dried (NYS farm product)

1 teaspoon oregano, dried (NYS farm product)

2 tablespoons garlic, granulated

1 teaspoon pepper, black

1 teaspoon salt

3 #10 cans black-eyed peas, drained **or** 14 cups dry black eyed peas (28 cups cooked)

8 ounces broccoli, blanched (NYS farm product)

16 cups water

8 cups uncooked brown rice (4 pounds)

Suggested garnish: Chopped scallions, diced fresh tomato, chopped fresh cilantro (NYS farm products)



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Heat oil to medium heat and sauté onions and peppers until soft. Do not brown. Be certain to select a piece of equipment that can accommodate all of the ingredients and the entire finished product.
2. Mix in salsa, 5 cups of water and all other dry spices. Add black-eyed peas and broccoli and gently fold together.
3. Cover and simmer over medium heat for 20 to 25 minutes. Stir frequently to prevent sticking.
4. While black-eyed pea mixture is simmering, in a separate pan, bring the 4 cups of water to a boil. Add rice and reduce heat. Simmer, covered, until rice is tender and all the water is absorbed.
5. Serve black-eyed pea mixture on top of or next to rice, or gently fold rice into black-eyed pea mixture. Place in covered 2" deep pans in holding unit for service.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS THREE recipe.

For one serving: $\frac{3}{4}$ cup bean mixture; $\frac{1}{2}$ cup rice

Nutrition information:**Black Eyed Peas:**

Calories: 239
Total fat: 3.9g
Saturated fat: 0.0g
Trans fat: 0.0g
Protein: 6.89g
Sodium: 278mg
Cholesterol: 0 mg

Rice:

Calories: 116
Total fat: 0.1g
Saturated fat: 0.0g
Trans fat: 0.0g
Protein: 1.3g
Sodium: 2mg
Cholesterol: 0 mg

Contributes to NSLP meal pattern:

2 M/MA, $\frac{1}{4}$ cup Vegetable, $\frac{1}{2}$ cup Grain/Bread

Meets the Alliance school meals criteria for legumes, lean protein and low fat entrees and contributes to the fruit and vegetable goals for the entire school day. If made with whole grain rice, will count as whole grain.

Fiesta Mexican Lasagna

50 Servings

In this south of the border recipe, chips take the place of noodles, and black beans and roasted squash and vegetables dramatically increase the nutrient density. This delicious lasagna was chosen for the USDA cookbook created from the Recipes for Kids Challenge contest. Olé!

Recipe created by the Cool School Food Team for the Recipes for Kids Challenge contest submission from Ithaca, NY. Team members included: Chef Wynnie Stein, co-owner of Moosewood Restaurant; Denise Agati, Food Service Director for the Ithaca City School District Child Nutrition Program; Erick Smith, co-owner of Cayuga Pure Organics; students Alyia C. and Josie W., and Amie Hamlin, Executive Director of the New York Coalition for Healthy School Food (www.healthyschoolfood.org).

Ingredients:

2 cups peppers, sweet green, raw, chopped (NYS farm product)
3 pounds yellow onions, fresh, chopped (NYS farm product)
½ gallon corn, canned, whole-kernel, drained (NYS farm product)
5 tablespoons vegetable oil, canola
1 gallon butternut squash (3 ½ pounds) (NYS farm product)
1 gallon plus 2 quarts plus 2 cups cooked unsalted black beans (9 ½ pounds) (NYS farm product)
5 ½ teaspoons cumin, ground
½ cup plus 4 teaspoons oregano, ground (1 ½ ounces) (NYS farm product)
4 teaspoons garlic, granulated
4 teaspoons chili powder
4 teaspoons paprika
5 pounds tomato sauce (NYS farm product)
3.5 pounds mild salsa, tomato, canned (NYS farm product)
3 pounds tortilla chips, unsalted



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Combine peppers, 1/2 the onions, and corn in 1 tablespoon of oil. Roast at 350 degrees uncovered for 20 minutes.
2. Peel squash, remove seeds, cut in chunks and steam for 15 minutes or until tender.
3. Mash squash and add roasted vegetables. Add 4 teaspoons cumin and ½ cup of oregano (reserving 1 ½ teaspoons cumin and 4 teaspoons oregano for next step).
4. Sauté remaining onions, remaining cumin, granulated garlic, chili powder, remaining oregano, paprika, and salt in remaining oil until soft. Combine with black beans in food processor until smooth.
5. Combine tomato sauce and salsa.
6. Layer sauce, chips, bean mixture, squash/vegetable filling, chips, beans, chips, and then sauce in 2 four inch deep full hotel pans (spray pans to prevent sticking).
7. Bake at 350 degrees for 40 minutes.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

For one serving: 1 cup (5 x 5 inch square)

Nutrition Information:

Calories: 299

Total fat: 3g

Saturated fat: 0.5g

Protein: 6g

Sodium: 457mg

Cholesterol: 0 mg

Contributes to NSLP meal pattern:

2 M/MA, 1 cup Vegetable, 1 Grain/Bread

Meets Alliance school meals criteria for legumes, lean protein and low fat entrée.

Magical Moroccan Beans and Greens

50 Servings

The exotic spices beckon you to a distant land in Northern Africa... get on a magic carpet ride to Morocco, the spice capital of the world! Taste the delicious flavors that will dance on your taste buds as cinnamon mingles with cumin in this slightly spicy, delicious and nutritious dish featuring kidney beans and spinach. Served over brown rice, millet, or quinoa or with whole grain crusty bread, this main dish is sure to please! This recipe was one of the winners of our healthy school food recipe contest.

Recipe created by Bill Sribney for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).

Ingredients:

1 cup oil
¼ cup garlic; chopped in oil (NYS farm product)
3 Spanish onions; diced small (NYS farm product)
3 tablespoons cumin, ground
2 tablespoons turmeric
4 tablespoons cinnamon, ground
2 tablespoons salt
1 tablespoon black pepper
1 teaspoon red pepper flakes
3 #10 cans red kidney beans **or** 14 cups dry kidney beans (28 cups cooked) (NYS farm product)
1 quart orange juice
Water as needed
5 pounds frozen spinach, thawed and drained overnight (NYS farm product)

Suggested Garnish: Chopped scallions, chopped cilantro, diced pimento, or roasted tomato dices.



Photo by Lou Manna, www.LouManna.com

Preparation:

1. **Prepare seasoning blend one or two days ahead.** If frozen, the blend can be kept up to a month.
2. Heat oil on medium heat; add garlic and onion, and cook until aromatic and soft.
3. Add dry spices and sauté, allowing blend to release aroma.
4. Chill properly and reserve for later use.
5. **On menu day,** combine cooked kidney beans, including liquid from can and orange juice. Add water (or bean cooking liquid if cooking beans from scratch) up to top of beans so they stir easily. Do not have liquid go above bean level.
6. Add seasoning blend, mixing thoroughly.
7. Heat slowly, making sure to stir beans well from the bottom.
8. Heat until beans reach 150 Fahrenheit, simmer for 30 minutes or longer.
9. Add thawed and drained spinach and continue to heat throughout.

Serving Suggestion: Magical Moroccan Beans and Greens can be offered with Spanish or brown rice, millet, quinoa, or seasoned loco bread.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe.

For one Serving:

6 ounces Magical Moroccan Beans and Greens (two 3 ounce spoodles)

Nutrition Information:

Calories: 413

Total Fat: 4.4g

Saturated Fat: 0.64 g

Trans Fat: 0.0g

Protein: 5.93g

Sodium: 263mg

Cholesterol: 0 mg

Contributes to NSLP meal pattern:

2 M/MA, ¼ cup Vegetable

Meets the Alliance School Meals Criteria for legumes, lean protein, and low-fat entrée.

Mrs. Patel's Rajma

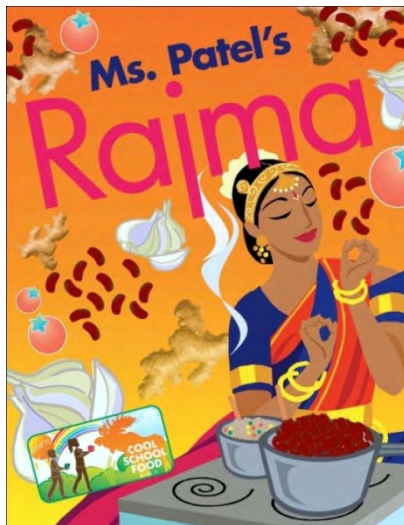
Indian Kidney Bean Curry
60 Servings

The children were thrilled to have Indian food at school. The fragrant spices captured their attention. In addition, Mrs. Patel, an assistant teacher and afterschool teacher developed this recipe. At her school, she's a rock star! The dish is as popular as our Pasta Fazool recipe.

Recipe created by Mrs. Patel with the help of Haley Dossinger's Whole Foods Cooking Club of the Academic Plus Program at BJM Elementary, and Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

Ingredients for Beans:

- 2 quarts peeled onions (NYS farm product)
- ½ cup peeled ginger
- ½ cup minced garlic (NYS farm product)
- ¼ cup oil
- ¼ cup ground coriander
- ¼ cup ground cumin
- 2 tablespoons ground turmeric
- 1 ½ tablespoons salt
- 1 gallon dry kidney beans, cooked (yields: 2 gallons cooked) (NYS farm product)
- 1 #10 can tomato sauce (NYS farm product)



Poster by Michelle Bando, www.michellebando.com



Mrs. Patel's Rajma made by the Academic Plus afterschool program

Preparation:

1. Finely chop onion and ginger in buffalo chopper.
2. On sheet pans, mix onion, ginger, and garlic with oil.
3. Add spices and salt and mix until the spices are thoroughly incorporated.

4. Roast in oven at 400 for 5 minutes.
5. In a large pot, mash 1/3 of the kidney beans and combine with the rest of the beans, tomato sauce and roasted vegetable/spice mixture.

Ingredients for Rice:

1 cup oil
½ cup ground coriander
¼ cup ground cumin
2 tablespoons ground turmeric
2 tablespoons salt
1 quart dry brown rice (cooked in 6 cups water = 1 gallon cooked)
2 quarts mixed frozen vegetables (for example corn, peas, carrots) (NYS farm product)

Preparation:

1. Thoroughly mix the oil and spices and warm over medium heat for 3-4 minutes.
2. Mix the spices with the rice and water and cook covered in steam oven for 30 minutes or until rice is tender.
3. Add frozen vegetables and cook until vegetables are hot.
4. Serve Rajma on top of or next to the rice. Children may enjoy mixing them together.

Note: If preparing in a central kitchen or where pans are limited, do not add vegetables to rice as above. Cook rice for 20 minutes. Add Rajma beans to the cooked rice mixture. Combine the rice and beans and heat covered in oven. Steam the vegetables in oven for a few minutes. When the rice and beans are almost at serving temperature, add in the vegetables and finish cook time.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

For one serving: ¾ cup

Contributes to NSLP meal pattern (Beans and Rice together)
2 M/MA, ¼ cup Vegetable, ¼ cup Grain/Bread

Meets Alliance School Meals criteria for legumes, whole grains and low fat entrée and contributes to daily vegetable total.

North African Gumbo

60 Servings

Recipes from other cultures are very appealing. Children like to learn about food from around the world and it's a great bonus for multi-cultural curriculums. When introducing foods from around the world, we play music from that culture in the cafeteria. Our recipes are all intended to be a protein component. But they can be served as a vegetable component as a way of introducing them to the students the first few times. Children really love the sweet potatoes and spice combination in North African Gumbo. Dark leafy greens such collards and sweet potatoes are both nutritionally dense foods and offer many health benefits.

Recipe created by Chefs Angel Ramos, Jorge Pineda, Joy Pierson, and Michael Marinucci of Candle Cafe for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).

Ingredients:

¼ cup oil
1 ½ cups onion, yellow, large, diced medium (NYS farm product)
3 #10 cans garbanzo beans, drained **or** 16 cups dry garbanzo beans (32 cups cooked)
6 pounds collard greens, defrosted, drained, and chopped (NYS farm product)
1 #10 can sweet potatoes, reserve liquid **OR** 2 pounds of sweet potatoes, peeled and small diced (fresh sweet potatoes are preferred)
½ #10 can salsa (NYS farm product)
1 teaspoon paprika
1 teaspoon cinnamon
1 teaspoon ginger powder
1 teaspoon cumin
1 teaspoon thyme
1 tablespoon salt
1 teaspoon pepper, black
2 quarts water

Suggested garnish: Chopped scallions, chopped tomato or cilantro. You may use all three if desired. (NYS farm products)



Photo by Lou Manna, www.LouManna.com



Photo by NYCHSF

Preparation:

1. Sauté onions in oil until soft. Do not brown.
2. Add garbanzo beans, collard greens, sweet potatoes, salsa, dried spices, water and reserved juice from sweet potatoes and combine well. If using fresh sweet potatoes, no additional liquid should be necessary. If the stew is too thick, add 1 cup of water.
3. Simmer covered over medium heat for 30 minutes or until gumbo has thickened. If using fresh sweet potatoes, cook until sweet potatoes are tender.
4. Check frequently to make sure stew is not sticking to the bottom.
5. Adjust seasoning.

Serving Suggestion:

- This is a great item to serve over brown rice
- When you offer rice and a separate vegetable you are providing 3 complete components as well as a vegetarian (vegan) meal. 2 meat/meat alternates, grains, and separate vegetable.
- Collard greens are a perfect choice for this purpose and completes the vegetable component.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe.

For one serving:

$\frac{3}{4}$ cup North African gumbo (two 3 ounce spoodles)

Nutritional Information:

Calories: 357

Total Fat: 7.6g
Saturated Fat: .8g
Trans Fat: 0.0g
Protein: 5.34g
Sodium: 289mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, ½ cup Vegetable

Meets the Alliance School Meals Criteria for legumes, lean protein, dark green/orange vegetables, and low fat entrées. If served with whole grain brown rice, will count as whole grain.

Pasta Fazool (Fagioli)

48 Servings

This Italian recipe is a huge hit with the students. We have used the Americanized version of the name, because it is easier to know how to pronounce. We put our recipes on the back of the monthly lunch menus, and during the taste testing in elementary schools, many students told us that their parents had already made the recipe at home and they loved it!

Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

Ingredients:

- 1 lb. whole grain pasta, (shells, penne or fusilli), cooked
- 1 lb. pound bite-sized, chopped kale, with stems removed (NYS farm product)
- 1/4 cup olive oil
- 1/4 cup minced garlic (NYS farm product)
- 2 cups chopped onion (NYS farm product)
- 2 cups chopped celery (NYS farm product)
- 2 cups chopped carrots (NYS farm product)
- 2 cups chopped bell peppers (NYS farm product)
- 1-#10 can crushed tomatoes (NYS farm product)
- 1-#10 can commodity tomato sauce (NYS farm product)
- 1 tablespoon crushed red pepper flakes (NYS farm product)
- 1 teaspoon ground black pepper
- 2 tablespoons dried oregano (NYS farm product)
- 2 tablespoons dried basil (NYS farm product)
- 2 teaspoons ground fennel
- 1 cup water
- 2-#10 cans Navy, White Kidney (Cannellini) or Great Northern Beans, un-drained **or** 12 cups dry beans (24 cups cooked) (NYS farm product)



Poster by Michelle Bando, www.michellebando.com



Photo by NYCHSF

Preparation:

1. Cook pasta until al dente and drain. (Note: pasta should not be too soft as it will need to be re-warmed)
2. Steam kale in combi-oven or on stove top for 10 minutes until just soft but still bright green.
3. Toss the vegetables with the oil and garlic; spread on sheet pans and roast at 350 Fahrenheit for 10 minutes.
4. Add the tomatoes, seasonings, water and beans to tilt kettle and bring to a low boil, reduce to a simmer, add the roasted vegetables and cooked kale and simmer for about 15 minutes
5. Combine warm pasta and sauce.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe.

For one serving: 8 ounces

Nutrition Information:

Calories: 318
Total fat: 2.6g
Saturated fat: 0g
Trans fat: 0g
Protein: 14.2g
Sodium: 462mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, ½ cup Vegetable

Note: Adding 4 ounces of pasta to the recipe will result in total of 1 Grain/Bread

Meets Alliance School Meals criteria for legumes, lean protein and low fat entrée. If whole grain pasta is used, meets whole grain criterion.

Rockin' Whole Grain Pasta with Chick Peas

60 Servings

Pasta is always a hit, and children like chickpeas, so this recipe is a winner. In fact, this was one of the winners of our healthy school food recipe contest.

Recipe created by Laurie Gershgor of Healthy Culinary Creations for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).

Ingredients:

6 pounds whole grain short pasta, cooked al dente

4 gallons water

1 cup oil

½ cup oil

¾ cup garlic, chopped in oil (NYS farm product)

3 Spanish onions, medium, diced small (NYS farm product)

1 #10 can diced tomatoes, drained* or 3 quarts (12 cups) fresh tomatoes, diced (NYS farm product)

½ cup jalapenos, de-seeded and finely chopped (NYS farm product)

3 #10 cans chick peas, drain two cans leaving one can un-drained **or** 16 cups dry garbanzo beans (32 cups cooked) plus 2 cups retained cooking water (or more as needed).

3 bunches basil, fresh (NYS farm product)

½ teaspoon salt

¼ teaspoon black pepper

Suggested garnish for pasta: Sautéed kale, pesto sauce, roasted broccoli or roasted peppers and onions

*For an enhanced flavor drain diced tomatoes well, coat with oil, sprinkle with a little salt and garlic powder, and roast in a 350 Fahrenheit oven for 20 minutes. Follow the rest of the recipe. Can be done the day ahead.



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Cook pasta, drain well, coat with 1 cup of oil and cover to hold hot.
2. Heat ½ cup oil to medium high heat.
3. Add garlic, stir but do not brown.

4. Add diced onion, diced tomato and jalapenos.
5. Add all chick peas, including the liquid from the one can.
6. Simmer on medium low for 10 minutes or until heated through.
7. Stir in freshly chopped basil.
8. Adjust seasoning with salt and black pepper.

HAACP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe

For one serving:

6 ounces whole grain pasta with chick peas for elementary and high school (two 3 ounce spoodles).

Nutrition Information:

Calories: 380
Total fat: 8.2g
Saturated fat: 1.2g
Trans fat: 0.0g
Protein: 6.3g
Sodium: 412mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, $\frac{1}{4}$ cup Vegetable, $\frac{3}{4}$ cup Grain/Bread

Meets the Alliance School Meals criteria for legumes, lean protein, whole grain, and low fat entrées.

The Whole Enchilada

24 Servings

Mexican foods are a favorite of children, and this recipe is no exception. If you can get a Mariachi band in your cafeteria, it would be a great introduction to this recipe. Children love balloons and green, white and red balloons would represent the Mexican flag.

Recipe created by Chef David Stroka, Chef Manager, Binghamton City School District, for the Cool School Food Program of the New York Coalition for Healthy School Food (www.healthyschoolfood.org).

Ingredients:

- 1 teaspoon olive oil
- 2 tablespoons garlic, chopped (NYS farm product)
- 2 cups onions, chopped (NYS farm product)
- 2 cups green or red peppers, chopped (NYS farm product)
- ¼ cup jalapeno peppers, seeded and chopped (NYS farm product)
- 3 tablespoons cumin, ground
- ¼ teaspoon pepper
- 2 pounds kidney beans – soaked and cooked until tender (NYS farm product)
- 4 large butternut squashes (about 5 pounds each), peeled, seeded, and shredded (NYS farm product)
- 24 nine inch whole-wheat tortillas
- 1 #10 can mild salsa (NYS farm product)



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Sauté garlic in oil until golden.
2. Add onion and cook until caramelized.
3. Add pepper and spices, sauté for 5 minutes.
4. Add beans and squash and mix thoroughly.
5. Place two #8 scoops of mixture in each tortilla and fold into purse shape.
6. Place salsa in hotel pan to cover bottom, and place enchiladas in pan and cover with remaining salsa.
7. Bake at 300 Fahrenheit for 30 minutes. Serve.

HACCP:

Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

For one serving:

1 tortilla with filling

Nutrition information:

Calories: 240
Total fat: 1.8g
Saturated fat: 0.0g
Trans fat: 0.0g
Protein: 8.6g
Sodium: 479mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, 1 cup Vegetable; 2 Grain/Bread

Meets the Alliance School Meals criteria for legumes, lean protein, whole grain, orange vegetables and low fat entrées.

Tuscan Tomato Pie

18 Servings

The topping on this pizza is a white bean hummus. Topped with colorful chopped vegetables, it is beautiful to look at and it tastes great, too! We tell the students that this is a different type of pizza, ask if they know where Tuscany is (Italy), and explain that this is a real Italian pizza. Red, white and green balloons (to represent the colors of the Italian flag) and Italian music are a great way to introduce it.

Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food. Recipe inspired by Robin Robertson, from her book *Vegan on the Cheap* (www.healthyschoolfood.org).

Ingredients:

9 cups Great Northern dried beans, soaked overnight
6 tablespoons chopped garlic, raw (NYS farm product)
2 ½ teaspoons salt
1 teaspoon pepper, black
4 tablespoons lemon juice, unsweetened
1 tablespoon oregano, dried (NYS farm product)

Toppings:

2 1/3 cups basil, fresh and chopped (NYS farm product)
3 tablespoons olive oil
5 cups tomatoes, fresh and chopped (NYS farm product)
4 cups spinach, fresh and chopped (NYS farm product)
1 Delorio whole wheat 22 ounce pizza dough or 18 x 12 inch rectangular whole grain pre-made crust



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Cook the beans in water to cover, until they are soft.
2. Drain and thoroughly mash the beans.
3. Combine the spices and beans together.
4. Brush the pizza crust with oil and precook it for 7-8 minutes.
5. Spread bean mixture over top.
6. Combine all of the toppings together and spread on top of pizza.
7. Bake at 475 Fahrenheit for two minutes or until heated through.
8. Remove from oven; slice in 18 equal pieces and serve hot.

HACCP:

Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS THREE recipe.

For one serving:

1/18th of recipe

Nutrition information:

Calories: 180

Total Fat: 2.4g

Saturated Fat: 0.3g

Trans Fat: 0.0g

Protein: 7.37g

Sodium: 370mg

Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, ½ cup Vegetable; 1 Grain/Bread

Meets the Alliance School Meals criteria for legumes, lean protein and low fat entrées. If made with whole grain dough, meets whole grain criteria.



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Find more recipes at www.usda.gov/whatscooking

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Oodles of Noodles

Makes: 25 or 50 Servings

This colorful, whole-wheat pasta dish is accented with grape tomatoes and Swiss chard, and delicately flavored with basil and garlic for an oodles of noodle delight!



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		2 gal		4 gal
Penne pasta, whole-wheat dry	2 lb 12 oz	3 qt 2 3/4 cups	5 lb 8 oz	1 gal 3 qt
Extra virgin olive oil		1/3 cup		2/3 cup
*Fresh grape tomatoes, halved	3 lb	2 qt	6 lb	1 gal
Dried basil		1/8 cup		1/4 cup
Sea salt		1 Tbsp		2 Tbsp
Ground black pepper		1/2 Tbsp		1 Tbsp
Fresh garlic, minced	2 oz	1/4 cup	4 oz	1/2 cup
Whole-wheat flour	3 1/2 oz	3/4 cup	7 oz	1 1/2 cups
Low-sodium vegetable broth		2 qt 1/4 cup		1 gal 1/2 cup
*Fresh Swiss chard, stems removed, chopped	1 lb 4 oz	1 qt 2 1/2 cups	2 lb 8 oz	3 qt 1 cup

Directions

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.
3. Heat oil. Sauté half of tomatoes over medium heat for 2 minutes until skins soften. DO NOT OVERCOOK. Tomatoes should maintain their shape. For 25 servings use a large stockpot. For 50 servings, use 1 roasting pan/square head pan (20 7/8 x 17 3/8" x 7") on top of stove. Reserve remaining tomatoes for step 6.
4. Add basil, salt pepper, and garlic
5. Add Swiss chard and the remaining tomatoes. Simmer over low heat, uncovered, for 2 minutes or until Swiss chard is wilted. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
6. Pour over pasta and serve.
7. Critical Control Point: Hold for hot service at 135 °F or higher.
8. Portion with 8 fl oz ladle (1 cup).

Notes

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

Serving

CACFP Crediting Information: 1 cup provides 1/4 cup vegetable and 2 servings grains/bread.

NSLP/SBP Crediting Information: 1 cup (8 fl oz ladle) provides 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 2 oz equivalent grains.

My Notes

Source: Recipes for Healthy Kids Cookbook for Child Care Centers

Nutrition Information

Nutrients	Amount	Meal Components
Calories	235	Vegetables
Total Fat	4 g	Red & Orange 1/8 cup
Saturated Fat	1 g	Other 1/8 cup
Cholesterol	0 mg	Grains 2 ounces
Sodium	323 mg	
Total Carbohydrate	43 g	
Dietary Fiber	5 g	
Total Sugars	3 g	
Added Sugars included	N/A	
Protein	9 g	
Vitamin D	0 IU	
Calcium	50 mg	
Iron	5 mg	
Potassium	303 mg	

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)

N/A - data is not available



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Find more recipes at www.usda.gov/whatscooking

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Park City Chili

Makes: 50 servings



50 Servings

Ingredients	Weight	Measure
Vegetable oil	4 oz	1/4 cup
Onion, frozen, diced	10 oz	2 cups
Carrots, frozen, diced	10 oz	2 cups
Celery, frozen, diced	8 oz	2 cups
Green or red pepper, frozen, diced	10 oz	2 cups
Garlic, minced	3 oz	1/2 cup
Pinto beans, canned USDA reduced sodium, drained	8 lb 14 oz (142 oz)	1 1/2 gal 1 1/2 cup (2 3/4 No. 10 cans)
Diced tomatoes, canned USDA reduced sodium, with liquid	102 oz	1 No. 10 can
Chili powder	2.1 oz	1/2 cup
Cumin	14 g	2 Tbsp
Salt	2.5 Tbsp	45 g
Water	128 oz	16 cups
Corn grits, quick, dry	1 lb	3 cups

Directions

1. In a large stockpot, saute onions, carrots, celery, and bell pepper in vegetable oil for about 10 minutes or until onions are translucent.
2. Add garlic and saute for an additional 1-2 minutes.
3. Add beans, tomatoes, spices, and water and bring to a boil. Reduce heat and simmer for 30 minutes or until vegetables are tender.
4. Add grits and cook over low heat for 3-5 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
5. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Notes

Serving Tips:

This hearty vibrant vegan chili is a delicious and nutritious main course. The spices make this mouth watering chili a tasty, not spicy winner with everyone, including the kids. The polenta (corn grits) help make it a substantial and satisfying meal.

My Notes

Source: McPolin Elementary (Recipes for Healthy Kids Challenge)



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Find more recipes at www.usda.gov/whatscooking

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Party Pasta

Makes: 12 servings or 48

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Olive oil		3/4 Tbsp		3 Tbsp
Onions, chopped		1 cup		4 cups
Bell pepper, chopped		1/2 cup		2 cups
Tomatoes, canned, sliced		1-1/2 cups		6 cups
Tomato sauce		1 cup		4 cups
Corn, whole kernels		1 cup		4 cups
Kidney beans, canned		3-3/4 cups		15 cups
Pasta, whole wheat, wagon wheel or elbow		2 cups		8 cups

Directions

1. In medium saucepan, heat olive oil over medium-high heat.
2. Add onions and peppers. Allow to cook for 6 minutes, stirring occasionally, until vegetables are tender.
3. Stir in undrained canned tomatoes and tomato sauce. Bring to a boil.
4. Reduce heat and allow to simmer for 20- 30 minutes, until mixture thickens. Stir often.
5. While mixture simmers, cook pasta as directed.
6. Stir kidney beans and pasta into hot tomato mix.

Notes

Serving Tips:

Add leftover chicken or turkey for a non-vegetarian version. Leftovers can be used as a side dish or refrigerated for another lunch.

My Notes

Source: Improving Nutrition& Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware

Nutrition Information

Nutrients	Amount
Calories	180
Total Fat	1 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	155 mg
Total Carbohydrate	36 g
Dietary Fiber	8 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	10 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

GARBANZO BEAN SALAD

Meat/Meat Alternate-Main Dishes

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Beans, garbanzo, drained, rinsed		2 #10 cans		4 #10 cans	1. Combine the ingredients for the salad. 2. Mix dressing ingredients together in separate bowl. Combine the dressing and salad ingredients, tossing to coat evenly with the vinaigrette.	
Tomatoes, red, ripe, raw, chopped, or sliced		5 cups		2 qt, plus 2 cups		
Cilantro, chopped		3 cups		1 qt, plus 2 cups		
Red onion, chopped and macerated with salt		1 1/2 cups		3 cups		
Salt (to macerate onion)		1 tsp		2 tsp		
Dressing for Garbanzo Bean Salad:						
Oil, olive		1 cup		2 cups		
Lime juice, fresh		1 1/4 cups		2 1/2 cups		
Cumin, ground		3/4 Tbsp		1 1/2 Tbsp		
Black pepper, ground		2 tsp		1 Tbsp, plus 1 tsp		
Salt		2 tsp		4 tsp		



Recipe from Saint Paul Public Schools: Winner of PCRM's 2012 Golden Carrot Award

Serving	Yield	Volume
1/2 cup	50 Servings	25 cups
Meal component contribution: Each serving provides 1 ounce meat/meat alternate.	100 Servings	50 cups

Nutrients Per Serving							
Calories	155 kcal	Saturated Fat	0.77 g	Iron	1.02 mg	% of calories from fat	36.90%
Protein	5.82 g	Cholesterol	0 g	Calcium	44 mg	% of calories from saturated fat	4.37%
Carbohydrate	19.42 g	Vitamin A	24 mcg	Sodium	290 mg	% of calories from sugar	3.09%
Total Fat	6.58 g	Vitamin C	4.98 mg	Dietary Fiber	5.24 g		

Recipe adapted from Saint Paul Public Schools (SPPS).

Notes: HACCP: 1)PHF-No Cook

BAJA BEAN TACOS

Meat/Meat Alternate-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Onions, chopped	1 lb	4 cups	2 lb	1 1/2 qt	1. Sauté onion in vegetable oil in skillet until tender, about 5 minutes. 2. Line steam table pan with parchment paper. Combine onion, beans, spices, and water. Pour into steam table pan. Bake, covered, at 350 degrees until heated through, 30-45 minutes. Partially mash the cooked bean mixture. 3. Use No. 16 scoop (1/4 cup) to spoon mixture onto each tortilla; top each with 1/4 cup lettuce and 1 tablespoon salsa.
Vegetable oil		2 Tbsp		4 Tbsp	
Beans, kidney, canned, rinsed, drained		3 qt (1 #10 can)		1 1/2 gal (2 #10 cans)	
Beans, pinto, canned, rinsed, drained		3 qt (1 #10 can)		1 1/2 gal (2 #10 cans)	
Chili powder		1/4 cup		1/2 cup	
Cumin, ground		2 tsp		4 tsp	
Garlic powder		1 tsp		2 tsp	
Onion powder		1 tsp		2 tsp	
Black pepper		1 tsp		2 tsp	
Water		1/2 cup		1 cup	
Corn or flour tortillas (6-inch)		100 each		200 each	
Lettuce, shredded		1 1/2 gal		3 gal	
Salsa		1 1/2 qt		3 qt	



Notes: Equipment list: skillet pan, parchment paper, steam table pan. HACCP: 2)PHF-Same Day Service.

Serving	Yield	Volume
2 tacos	50 Servings	100 tacos
Meal component contribution: Each serving provides 2 ounces meat/meat alternate and 1/2 cup vegetable serving.	100 Servings	200 tacos

Nutrients Per Serving							
Calories	227 kcal	Saturated Fat	0.48 g	Iron	2.22 mg	% of calories from fat	10.95%
Protein	9.94 g	Cholesterol	0 g	Calcium	108 mg	% of calories from saturated fat	1.81%
Carbohydrate	42.92 g	Vitamin A	42 mcg	Sodium	418 mg	% of calories from sugar	7.37%
Total Fat	2.93 g	Vitamin C	2.18 mg	Dietary Fiber	8.44 g		

BEANIE BURGERS



Meat/Meat Alternate-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Black beans, canned, low sodium, drained, and rinsed		1 #10 can, plus 1 qt		2 #10 cans, plus 2 qt	<ol style="list-style-type: none"> 1. Cook beans until soft, so they are easily mashed. 2. To cook sweet potatoes, wash, poke a hole with a knife, wrap in aluminum foil, and bake until very soft. Alternately, peel, cube, and steam until soft. 3. Mash cooked beans and cooked sweet potatoes together. 4. Add the rest of the ingredients and mix until well combined. 5. Form burgers and brush with vegetable oil. Bake at 350 degrees for 20 minutes. <p>Serve on a whole grain-bun with all the fixings, put on top of brown rice with salsa, or use as the filling of a burrito or enchilada.</p>
Sweet potatoes, cooked, cubed or mashed		1 qt, plus 3 cups		3 qt, plus 2 cups	
Tomato paste, low sodium		1/2 cup		1 cup	
Old fashioned rolled oats		1 cup		2 cups	
Soy sauce		2 1/2 Tbsp		1/3 cup	
Chili powder		2 1/2 Tbsp		1/3 cup	
Cumin		3 Tbsp		1/3 cup plus 1 Tbsp	
Garlic powder		2 Tbsp		1/4 cup	
Salt		1 1/2 Tbsp		3 Tbsp	
Black pepper		2 tsp		1 1/2 Tbsp	
Vegetable oil for brushing (optional)					

Serving	Yield	Volume
1 burger	50 Servings	50 burgers
Meal component contribution: Each serving provides 1/2 ounce meat/meat alternate.	100 Servings	100 burgers

Nutrients Per Serving							
Calories	112 kcal	Saturated Fat	0.10 g	Iron	1.97 mg	% of calories from fat	4.78%
Protein	5.59 g	Cholesterol	0 g	Calcium	55 mg	% of calories from saturated fat	0.75%
Carbohydrate	21.79 g	Vitamin A	490 mcg	Sodium	493 mg	% of calories from sugar	7.87%
Total Fat	0.64 g	Vitamin C	5.93 mg	Dietary Fiber	7.10%		

Notes: HACCP: 2)PHF-Same Day Service

Recipes used with permission. Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

Black Bean Casserole

Meat/Meat Alternate-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1 cup		2 cups	<ol style="list-style-type: none"> Heat oil in a large roasting pan, pot, or skillet. Be certain to select a piece of equipment that can accommodate all of the ingredients and the entire finished product. Sauté onions, then add garlic. Cook until soft. Do not brown. Mix in the black beans, rice, plantains, cumin, paprika, salt, and pepper. Add water and bring to a boil. Simmer for 25 to 30 minutes or until rice is tender. Transfer to steam table and use a 6 oz. spoodle to serve.
Yellow onions, diced		3 small		6 small	
Garlic, minced		1/4 cup		1/2 cup	
Black beans, canned, low sodium, drained and rinsed, or dry beans		4 #10 cans or 26 1/2 cups cooked (13 1/4 cups dry)		8 #10 cans or 53 cups cooked (26 1/2 cups dry)	
Brown rice, uncooked		4 cups		8 cups	
Plantains, frozen, defrosted, and chopped into small bits	1 6 lb bag		2 6 lb bags		
Cumin		1/4 cup		1/2 cup	
Paprika		1/3 cup		2/3 cup	
Salt		2 Tbsp		1/4 cup	
Black pepper		1 tsp		1 Tbsp plus 1 tsp	
Water		2 qt		4 qt	

Serving	Yield	Volume
6 oz. spoodle	50 Servings	About 2 gal, 1 1/3 qt
Meal component contribution: Each serving provides 2 ounces meat/meat alternate.	100 Servings	About 4 gal, 2 3/4 qt

Nutrients Per Serving							
Calories	393 kcal	Saturated Fat	0.99 g	Iron	4.93 mg	% of calories from fat	13.44%
Protein	15.60 g	Cholesterol	0 g	Calcium	130 mg	% of calories from saturated fat	2.18%
Carbohydrate	73.45 g	Vitamin A	88 mcg	Sodium	291 mg	% of calories from sugar	9.10%
Total Fat	6.14 g	Vitamin C	8.28 mg	Dietary Fiber	20.45 g		

Notes: Suggested garnish: salsa, chopped tomatoes, or chopped scallions. Follow HACCP defrosting and holding procedures. HACCP 2)PHF-Same Day Service

Recipes used with permission. Recipe created by Chefs Angel Ramos, Jorge Fineda, and Joy Flerson of Candle Cafe for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).



Photos pg 2-3 by Lou Manna, www.LouManna.com

BLACK BEAN CORN SALAD

Meat/Meat Alternate-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Beans, black, canned, drained, rinsed		3 qt, plus 3 cups		7 qt, plus 2 cups	1. Combine the ingredients for the salad. 2. Mix dressing ingredients together in separate bowl. Combine the dressing and salad ingredients, tossing to coat evenly with the vinaigrette. The salad should marinate for a few hours to allow the flavors to develop.
Green peppers, chopped		2 1/2 cups		5 cups	
Red onion, chopped, macerated with salt		1 cup		2 cups	
Salt (to macerate onion)		1 tsp		2 tsp	
Corn, whole kernel, frozen, steamed and cooled		3 1/2 cups		7 cups	
Garlic, minced		1 Tbsp, plus 1 tsp		2 Tbsp, plus 2 tsp	
Red pepper, sweet, chopped		2 1/2 cups		5 cups	
Dressing for Black Bean Salad: Oil, salad or olive		1 cup		2 cups	
Vinegar, cider	6 oz		12 oz		
Salt, table or sea		1 Tbsp		2 Tbsp	
Black pepper		1 1/2 tsp		3 tsp	



Serving	Yield	Volume
1/2 cup	50 Servings	25 cups
Meal component contribution: Each serving provides 1/2 ounce meat/meat alternate.	100 Servings	50 cups

Nutrients Per Serving							
Calories	126 kcal	Saturated Fat	0.668 g	Iron	1.38 mg	% of calories from fat	33.20%
Protein	4.73 g	Cholesterol	0 g	Calcium	39 mg	% of calories from saturated fat	4.65%
Carbohydrate	16.91 g	Vitamin A	28 mcg	Sodium	190 mg	% of calories from sugar	3.77%
Total Fat	4.75 g	Vitamin C	16.67 mg	Dietary Fiber	6.04 g		

Notes: HACCP:1)PHF-No Cook

Recipe adapted from Saint Paul Public Schools' (SPPS) "healthy hits" recipe selections. With a variety of local, meatless, ethnically diverse, and scratch-made items created at the central kitchen, SPPS is constantly working to create nutritious and delicious options for more than 39,000 students. Between district-wide free breakfasts featuring whole-grain items made in the district's bakery and all-you-care-to-eat fresh veggie and salad bars in each of the schools' lunch lines, SPPS students are sure to receive healthful school meals to support success in the classroom.



Recipe from Saint Paul Public Schools: Winner of PCRM's 2012 Golden Carrot Award

Garbanzo Bean Salad

Meat/Meat Alternate-Main Dishes

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Beans, garbanzo, drained, rinsed		2 #10 cans		4 #10 cans	1. Combine the ingredients for the salad. 2. Mix dressing ingredients together in separate bowl. Combine the dressing and salad ingredients, tossing to coat evenly with the vinaigrette.	
Tomatoes, red, ripe, raw, chopped, or sliced		5 cups		2 qt, plus 2 cups		
Cilantro, chopped		3 cups		1 qt, plus 2 cups		
Red onion, chopped and macerated with salt		1 1/2 cups		3 cups		
Salt (to macerate onion)		1 tsp		2 tsp		
Dressing for Garbanzo Bean Salad:						
Oil, olive		1 cup		2 cups		
Lime juice, fresh		1 1/4 cups		2 1/2 cups		
Cumin, ground		3/4 Tbsp		1 1/2 Tbsp		
Black pepper, ground		2 tsp		1 Tbsp, plus 1 tsp		
Salt		2 tsp		4 tsp		



Recipe from Saint Paul Public Schools: Winner of PCRM's 2012 Golden Carrot Award

Serving	Yield	Volume
1/2 cup	50 Servings	25 cups
Meal component contribution: Each serving provides 1 ounce meat/meat alternate.	100 Servings	50 cups

Nutrients Per Serving							
Calories	155 kcal	Saturated Fat	0.77 g	Iron	1.02 mg	% of calories from fat	36.90%
Protein	5.82 g	Cholesterol	0 g	Calcium	44 mg	% of calories from saturated fat	4.37%
Carbohydrate	19.42 g	Vitamin A	24 mcg	Sodium	290 mg	% of calories from sugar	3.09%
Total Fat	6.58 g	Vitamin C	4.98 mg	Dietary Fiber	5.24 g		

Recipe adapted from Saint Paul Public Schools (SPPS).

Notes: HACCP: 1)PHF-No Cook

Baja Bean Tacos

Meat/Meat Alternate-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Onions, chopped	1 lb	4 cups	2 lb	1 1/2 qt	1. Sauté onion in vegetable oil in skillet until tender, about 5 minutes. 2. Line steam table pan with parchment paper. Combine onion, beans, spices, and water. Pour into steam table pan. Bake, covered, at 350 degrees until heated through, 30-45 minutes. Partially mash the cooked bean mixture. 3. Use No. 16 scoop (1/4 cup) to spoon mixture onto each tortilla; top each with 1/4 cup lettuce and 1 tablespoon salsa.
Vegetable oil		2 Tbsp		4 Tbsp	
Beans, kidney, canned, rinsed, drained		3 qt (1 #10 can)		1 1/2 gal (2 #10 cans)	
Beans, pinto, canned, rinsed, drained		3 qt (1 #10 can)		1 1/2 gal (2 #10 cans)	
Chili powder		1/4 cup		1/2 cup	
Cumin, ground		2 tsp		4 tsp	
Garlic powder		1 tsp		2 tsp	
Onion powder		1 tsp		2 tsp	
Black pepper		1 tsp		2 tsp	
Water		1/2 cup		1 cup	
Corn or flour tortillas (6-inch)		100 each		200 each	
Lettuce, shredded		1 1/2 gal		3 gal	
Salsa		1 1/2 qt		3 qt	



Notes: Equipment list: skillet pan, parchment paper, steam table pan. HACCP: 2)PHF-Same Day Service.

Serving	Yield	Volume
2 tacos	50 Servings	100 tacos
Meal component contribution: Each serving provides 2 ounces meat/meat alternate and 1/2 cup vegetable serving.	100 Servings	200 tacos

Nutrients Per Serving							
Calories	227 kcal	Saturated Fat	0.48 g	Iron	2.22 mg	% of calories from fat	10.95%
Protein	9.94 g	Cholesterol	0 g	Calcium	108 mg	% of calories from saturated fat	1.81%
Carbohydrate	42.92 g	Vitamin A	42 mcg	Sodium	418 mg	% of calories from sugar	7.37%
Total Fat	2.93 g	Vitamin C	2.18 mg	Dietary Fiber	8.44 g		

GOLDEN STATE BURRITO

Meat/Meat Alternate-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Onions, chopped		6 1/2 cups		3 qt, plus 1 cup	<ol style="list-style-type: none"> Sauté the onions in a deep pot or sauté pan with 2 teaspoons cumin, 1 teaspoon paprika, and 1 teaspoon salt. Cook until the onions are tender. Add 1 cup cilantro, black beans, and lime juice to the onions and toss to combine. Remove from heat. Place the squash on a parchment-lined baking sheet and drizzle with 2 tablespoons olive oil, 1 teaspoon salt, and 2 teaspoons cumin. Roast for 15 minutes at 400 degrees. Add to black bean mixture. In a large cooking pot, place the rice, water, tomato sauce, 2 teaspoons cumin and turmeric each, 1 teaspoon paprika, 1 tablespoon olive oil, 1 teaspoon salt, and 1 cup cilantro. Bring to boil over medium high heat, uncovered. Cover and reduce heat to low. Simmer for 15 minutes, or until rice is tender and fluffy. Combine cooked rice with the bean mixture. Use a 1-cup scooper to measure out 1 scoop per tortilla/burrito wrapper. Spread out like a long brick in the center of the tortilla. Sprinkle with spinach. Roll and wrap in paper, not foil. Cut in half through paper, on a diagonal.
Cumin seed, ground		2 Tbsp		1/4 cup	
Paprika		1/4 cup		1/2 cup	
Salt		1 Tbsp		2 Tbsp	
Cilantro, raw, chopped		4 cups		8 cups	
Beans, black, canned, low sodium, drained		1 #10 can, plus 1 qt		2 #10 cans, plus 2 qt	
Lime juice		Juice of 3 limes		Juice of 6 limes	
Squash, Summer, Crookneck or Straightneck, cooked		3 qt, plus 1 1/4 cups		6 qt, plus 2 1/2 cups	
Oil, olive, salad or cooking		3 Tbsp		1/4 cup, plus 2 Tbsp	
Brown rice, long-grain or quick cooking, uncooked		5 cups		2 qt, plus 2 cups (10 cups)	
Water		10 cups		20 cups	
Tomato sauce	5.28 oz		10 1/2 oz		
Turmeric		2 tsp		1 Tbsp, plus 1 tsp	
Spinach, raw		11 cups		5 qt, plus 2 cups	
Tortilla, flour 12"		25 tortillas		50 tortillas	

**Recipe from Novato Unified School District:
Winner of PCRM's 2012 Golden Carrot Award**

Serving	Yield	Volume
1 cup scooper, 1/2 tortilla	50 Servings	50 1/2 tortillas
Meal component contribution: Each serving provides 1/2 ounce meat/meat alternate and 1/2 cup vegetables.	100 Servings	100 1/2 tortillas

Nutrients Per Serving							
Calories	344 kcal	Saturated Fat	0.407 g	Iron	4.47 mg	% of calories from fat	6.11%
Protein	11.90 g	Cholesterol	0 g	Calcium	133 mg	% of calories from saturated fat	21.00%
Carbohydrate	68.85 g	Vitamin A	84 mcg	Sodium	691 mg	% of calories from sugar	3.62%
Total Fat	2.47 g	Vitamin C	8.16 mg	Dietary Fiber	10.31 g		

Notes: HACCP: 3) PHF-Complex. Serve with fresh fruit, a 2 oz. container of salsa, and chips.

Recipe adapted from Novato Unified School District, Calif., and chef Hollie Greene. Under the guidance of food service director, Miguel Villareal, Novato Public School District eliminated red meat, soda, and most processed foods from their school lunch several years ago. They use the cost savings from these eliminated foods to purchase fresh fruits and vegetables from local farmers. Popular menu items include veggie burgers with cucumber coins, fresh salads with pita chips, and sun butter sandwiches.

GREEK QUINOA

Vegetable-Grains-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Quinoa		2.5 qt dry		5 qt dry	<ol style="list-style-type: none"> 1. Cook quinoa: measure and put quinoa and water in a pot, add a pinch of salt, bring to a boil, then drop to a simmer, cover, and set timer for 15 minutes. 2. Cut all the vegetables in a medium-sized dice and put them in a big bowl. 3. Make vinaigrette by placing all the ingredients into a bowl and mixing. 4. Check quinoa; at 15 minutes see if all the water has been absorbed. Scoop quinoa out of pot and spread out on a parchment-lined cookie sheet to dry. 5. Combine cooked quinoa, vinaigrette, and chopped vegetables in a big bowl. 6. To serve: in a bowl or plate, put a scoop of Greek quinoa salad next to a scoop of hummus and serve with 2-3 pita triangles for dipping.
Water		5 qt		10 qt	
Carrots, peeled and chopped		5 qt		10 qt	
Yellow bell pepper, chopped		5 qt		10 qt	
Cherry tomatoes, halved		5 qt		10 qt	
Red onion, diced and macerated with salt		2 1/2 qt		5 qt	
Salt (to macerate onion)		3 1/2 Tbsp		7 Tbsp	
Vinaigrette:					
White wine vinegar		3 1/4 cups		1 qt plus 2 1/2 cups	
Dijon mustard		2 1/2 Tbsp		3/4 cup plus 1 Tbsp	
Olive oil		1 1/2 cups		3 cups	
Salt		2 1/2 tsp		1 Tbsp plus 2 tsp	
Oregano, dried		1 tsp		3 1/3 oz	



Recipe from Novato Unified School District: Winner of PCRM's 2012 Golden Carrot Award

Notes: Equipment list: 3 big bowls, 1 medium bowl, measuring cup, large food processor, paring knives, 8 inch knives, pestle and pastry brush, spatula, measuring spoons. HACCP: 2)PHF-Same Day Service.

Recipe adapted from Novato Unified School District and chef Hollie Greene.

Serving	Yield	Volume
1 cup	50 Servings	3 gal, 1/2 qt
Meal component contribution: Each serving provides 1 1/4 cups vegetables and 1 1/2 serving grains.	100 Servings	6 gal, 1 qt

Nutrients Per Serving							
Calories	248 kcal	Saturated Fat	1.20 g	Iron	2.37 mg	% of calories from fat	32.15%
Protein	6.88 g	Cholesterol	0 g	Calcium	58 mg	% of calories from saturated fat	4.31%
Carbohydrate	36.14 g	Vitamin A	895 mcg	Sodium	560 mg	% of calories from sugar	17.37%
Total Fat	9.00 g	Vitamin C	124.60 mg	Dietary Fiber	5.65 g		

LEMONY HUMMUS

Meat/Meat Alternate-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Beans, garbanzo, cooked or canned, low sodium		4 1/2 qt plus 3/4 cup		9 qt plus 1 1/2 cups	<ol style="list-style-type: none"> 1. Make the hummus in the small food processor by combining all the ingredients and pulsing until smooth. 2. Add more water if needed. 3. To serve: in a bowl or plate, put a scoop of hummus and serve with 2-3 pita triangles for dipping.
Garlic cloves, smashed and macerated with salt	2 1/2 oz		5 oz		
Salt (to macerate garlic cloves)		1 Tbsp plus 1/2 tsp		3 Tbsp plus 1 tsp	
Lemons, juiced		10 lemons or 2 1/2 cups fresh lemon juice		20 lemons or 5 cups fresh lemon juice	
Olive oil		2 1/2 cups		5 cups	
Water		2 1/2 cups		5 cups	
Tahini (optional)	5 oz		10 oz		
Whole-wheat pita bread; cut in half and then into 6 triangles		25 pita breads		50 pita breads	



Notes: Equipment list: 1 medium bowl, measuring cup, large food processor, paring knives; 8 inch knives, spatula, measuring spoons. HACCP: 2)PHF-Same Day Service.

Recipe adapted from Novato Unified School District and chef Hollie Greene.

Serving	Yield	Volume
6 oz. scoop	50 Servings	2 gal, 1 1/3 qt
Meal component contribution: Each serving provides 1 ounce meat/meat alternate.	100 Servings	4 gal, 2 3/4 qt

Nutrients Per Serving							
Calories	222 kcal	Saturated Fat	1.15 g	Iron	1.42 mg	% of calories from fat	34.14%
Protein	7.78 g	Cholesterol	0 g	Calcium	35 mg	% of calories from saturated fat	4.55%
Carbohydrate	30.31 g	Vitamin A	2 mcg	Sodium	337 mg	% of calories from sugar	4.23%
Total Fat	8.69 g	Vitamin C	4.21 mg	Dietary Fiber	5.53 g		

MEDITERRANEAN POCKET



Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Beans, garbanzo, cooked or canned, low sodium		8 1/3 qt		16 2/3 qt	<p>1. Mash the chickpeas. Mix well with garlic, bread crumbs, celery, onions, cumin, and turmeric. Roll into golf-ball size falafel balls and place on parchment-lined baking sheets. Spray with olive oil cooking spray and bake in a 350 degree oven for 30 minutes, or until golden.</p> <p>2. Blend sauce ingredients until creamy paste is formed.</p> <p>3. Fill each half pita with two falafel balls, 2 ounce ladle (1/4 cup) sauce, 1/2 cup lettuce, and 2 tomato slices.</p>	
Garlic cloves, pressed		5 cloves		10 cloves		
Bread crumbs		2 1/3 Tbsp		5 Tbsp		
Celery, minced		1 qt		2 qt		
Onions, chopped		3 cups		1 1/2 qt		
Cumin, ground		5 tsp		3 Tbsp, plus 1 tsp		
Turmeric		5 tsp		3 Tbsp, plus 1 tsp		
Sauce Ingredients:						
Tahini		4 cups, plus 3 Tbsp		8 1/3 cups		
Lemon juice		2 cups		1 qt		
Water		2 cups		1 qt		
Black pepper		3/4 Tbsp		1 1/2 Tbsp		
Basil		3/4 Tbsp		1 1/2 Tbsp		
Whole-wheat pita bread, halved		25 pitas		50 pitas		
Lettuce		1 1/2 gal		3 gal		
Tomato slices		100 slices		200 slices		



Serving	Yield	Volume
1/2 pita bread	50 Servings	50-1/2 pitas
Meal component contribution: Each serving provides 2 ounces meat/meat alternate and 1/2 cup vegetables.	100 Servings	100-1/2 pitas

Nutrients Per Serving							
Calories	457 kcal	Saturated Fat	2.16 g	Iron	5.43 mg	% of calories from fat	29.38%
Protein	17.83 g	Cholesterol	0 g	Calcium	196 mg	% of calories from saturated fat	3.98%
Carbohydrate	65.54 g	Vitamin A	55 mcg	Sodium	361 mg	% of calories from sugar	4.18%
Total Fat	15.97 g	Vitamin C	11.26 mg	Dietary Fiber	13.13 g		

Notes: Equipment list: 3 big bowls, 1 medium bowl, measuring cup, large food processor, paring knives, 8 inch knives, pestle and pastry brush, spatula, measuring spoons. HACCP: 2)PHF-Same Day Service.

MEXICAN LASAGNA

Recipe from Greenville County Public Schools:
Winner of PCRM's 2011 Golden Carrot Award

Meat/Meat Alternate-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1/8 cup		1/4 cup	<ol style="list-style-type: none"> 1. Preheat steam kettle and oven to 350 degrees. 2. Add oil, onions, and peppers to braising pan. Cook until tender. 3. Add black beans, refried beans, tomatoes, corn, and seasonings. 4. Bring to a simmer and cook for 5 minutes. Product must reach an internal temperature of 140 degrees for 15 seconds. 5. Spray each 20"x 12"x 2" pan with pan coating spray. In each pan, layer lasagna as follows: Layer 1: Pour 2 cups of picante sauce in each pan. Layer 2: Cover with a layer of 8 uncooked lasagna noodles, lengthwise in pan. Layer 3: Spread 5 cups of bean mixture over noodles. 6. Repeat step 5 two more times. 7. Cover with foil and bake at 350 degrees for 1 hour. Product must reach an internal temperature of 165 degrees for 15 seconds. 8. Place in a hot holding cabinet that maintains an internal temperature of 140-150 degrees. 9. For easier serving, let lasagna sit for 10 minutes. Cut into 25 servings per pan.
Onion, fresh, diced	1 lb		2 lb		
Green pepper, frozen, diced	1/2 lb		1 lb		
Beans, black, canned, low sodium		1 #10 can		2 #10 cans	
Beans, refried, canned, low sodium		6 cups		1 #10 can	
Tomatoes, diced, canned, low sodium		1 #10 can		2 #10 cans	
Corn, frozen	1 lb		2 lb		
Oregano		1 1/2 Tbsp		3 Tbsp	
Cumin		1 1/2 Tbsp		3 Tbsp	
Garlic powder		1 1/2 Tbsp		3 Tbsp	
Chili powder		1 1/2 Tbsp		3 Tbsp	
Paprika		1 1/2 Tbsp		3 Tbsp	
Salt		3/4 Tbsp		1 1/2 Tbsp	
Sauce, picante	2 qt, plus 1 cup		4 1/2 qt		
Noodles, lasagna, dry	2 3/4 lb		5 1/2 lb		

Serving	Yield	Volume
25 servings per pan	50 Servings	2 pans
Meal component contribution: Each serving provides 1 ounce meat/meat alternate and 1/4 cup vegetables.	100 Servings	4 pans

Nutrients Per Serving							
Calories	232 kcal	Saturated Fat	0.33 g	Iron	3.46 mg	% of calories from fat	7.05%
Protein	10.65 g	Cholesterol	0 g	Calcium	83 mg	% of calories from saturated fat	1.22%
Carbohydrate	44.59 g	Vitamin A	43 mcg	Sodium	6547 mg	% of calories from sugar	7.66%
Total Fat	1.9 g	Vitamin C	11.59 mg	Dietary Fiber	8.99 g		

Notes: HACCP: 2)PHF-Same Day Service.

Recipe adapted from Greenville County Public Schools, S.C. At Greenville County Public Schools, school chefs offer fresh, low-fat, vegetarian meal options each day and use positive language to promote the new items.

Pasta Fazool

Meat/Meat Alternate-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Pasta, whole grain (shells, penne, or fusilli), cooked	2 lb		4 lb		<ol style="list-style-type: none"> 1. Cook pasta until al dente and drain. 2. Steam kale in combi-oven or on stove top for 10 minutes or until soft but still bright green. 3. Warm the olive oil in a large sauté pan on the stove over medium heat. Add the onion, garlic, celery, and carrots. Cook and stir for 10 to 15 minutes, adding a little water if needed to prevent sticking. Cook vegetables until they are tender. 4. Add the tomatoes, seasonings, and beans to tilt kettle and bring to a low boil. Reduce to simmer and add the sautéed vegetables and cooked kale. Simmer for about 15 minutes. 5. Combine warm pasta and sauce.
Kale, chopped to bite-size, with stems removed	1 lb		2 lb		
Oil, olive		1/4 cup		1/2 cup	
Garlic, minced		1/8 cup		1/4 cup	
Onion, chopped		3 cups		1 1/2 qt	
Celery, chopped		2 cups		1 qt	
Carrots, chopped		2 cups		1 qt	
Bell pepper, chopped		2 cups		1 qt	
Tomatoes, crushed, canned, low sodium		1 #10 can		2 #10 cans	
Tomato sauce, canned, low sodium		1 #10 can		2 #10 cans	
Crushed red pepper flakes		1 Tbsp		2 Tbsp	
Black pepper, ground		1/2 tsp		1 tsp	
Oregano, dried		2 Tbsp		1/4 cup	
Basil, dried		2 Tbsp		1/4 cup	
Salt		1 Tbsp, plus 1 tsp		2 Tbsp, plus 2 tsp	
Maple syrup or natural sugar		1/4 cup		1/2 cup	
Navy, White Kidney (Cannellini), or Great Northern Beans, un-drained, or dry beans		1 #10 can, plus 2 cups or 3 1/2 qt cooked		2 #10 cans plus 1 qt or 7 qt cooked	



Serving	Yield	Volume
8 oz. scoop	50 Servings	About 3 gal, 1/2 qt
Meal component contribution: Each serving provides 1 ounce meat/meat alternate and 3/4 cup vegetables.	100 Servings	About 6 gal, 1 qt

Nutrients Per Serving							
Calories	184 kcal	Saturated Fat	0.3 g	Iron	3.26 mg	% of calories from fat	9.21%
Protein	8.54 g	Cholesterol	0 g	Calcium	94 mg	% of calories from saturated fat	1.40%
Carbohydrate	36.18 g	Vitamin A	262 mcg	Sodium	119 mg		
Total Fat	1.97 g	Vitamin C	26.92 mg	Dietary Fiber	8.92 g		

Notes: Pasta should not be too soft as it will need to be re-warmed. HACCP. 2)PHF-Same Day Service.

Recipes used with permission. Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

SLOPPY JOES

Meat/Meat Alternate-Grains/Breads-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Onions, chopped		3 cups		1 1/2 qt	<ol style="list-style-type: none"> 1. Heat vegetable oil in a stockpot on medium-high heat. Sauté onion, green pepper, and garlic in oil until tender, about 5 minutes. 2. Stir in tomato sauce, Italian seasoning, soy sauce, salt, and pepper; heat to boiling. Reduce heat and simmer, covered, 10 minutes. 3. Measure half of beans into mixer bowl; mix with paddle until lightly mashed. Add whole and mashed beans to stockpot. 4. Rinse TVP in cold water; add to stockpot with tomatoes, corn, and barbecue sauce. Simmer, covered, 10 minutes; uncover and cook until desired consistency, 10 to 20 minutes. 5. Use No. 8 scoop (1/2 cup) to spoon mixture into each bun.
Green pepper, chopped		1 cup		2 cups	
Garlic, minced		2 Tbsp		4 Tbsp	
Vegetable oil		2 Tbsp		4 Tbsp	
Tomato sauce, low sodium		1/2 #10 can		1 #10 can	
Italian seasoning		1 Tbsp		2 Tbsp	
Soy sauce		2 Tbsp		4 Tbsp	
Salt		2 tsp		1/2 Tbsp	
Black pepper		2 tsp		1 Tbp	
Pinto or kidney beans, canned, rinsed, drained		1 #10 can		2 #10 can	
TVP (reconstituted textured vegetable protein)	1 lb		2 lb		
Tomatoes, canned, diced, undrained		1 1/2 qt		3 qt	
Whole-kernel corn, canned, drained		2 cups		1 qt	
Barbecue sauce		1 qt		2 qt	
Hamburger buns		50 each		100 each	

Serving	Yield	Volume
No. 8 scoop	50 Servings	50 each
Meal component contribution: Each serving provides 2 servings grains/breads. For meat/meat alternate, refer to product specs.	100 Servings	100 each

Nutrients Per Serving							
Calories	244 kcal	Saturated Fat	0.55 g	Iron	3.67 mg	% of calories from fat	16.50%
Protein	11.95 g	Cholesterol	0 g	Calcium	117 mg	% of calories from saturated fat	2.58%
Carbohydrate	44.52 g	Vitamin A	22 mcg	Sodium	595 mg	% of calories from sugar	23.73%
Total Fat	2.7 g	Vitamin C	8.97 mg	Dietary Fiber	5.46 g		

Notes: Equipment list: stockpot, mixer. HACCP: 2)PHF-Same Day Service.

Equipment list: stockpot, mixer. Recipe adapted from John Cadman, Haiku Elementary, Makawao, Hawaii.



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VEG-OUT CHILI BOWL



Meat/Meat Alternate-Vegetable-Grains-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1/4 cup		1/2 cup	<ol style="list-style-type: none"> Heat oil in a steam-jacketed kettle. Add the onions and sauté 3 minutes, until translucent. Add the green peppers and sauté 2 minutes, until tender. Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered. Add the kidney beans, bulgur, and water. Simmer 25 minutes, uncovered. Pour into medium half-steam-table pans (10x12x4 in). For 50 servings, use 2 pans. For 100 servings, use 4 pans. CCP: Hold for hot service at 135 F or higher. CCP: Heat to 140 F or higher for at least 15 seconds. Portion with 6 oz. ladle (3/4 cup). Serve with garlic bread or over a bed of brown rice.
Onions, fresh, chopped	1 lb, 4 oz or	3 1/3 cups or	2 lb, 8 oz	1 qt, 2/3 cups	
or dehydrated onions	3 3/4 oz	1 1/2 cups, 2 Tbsp	or 7 1/2 oz	or 3/4 cups	
Green peppers, chopped, fresh or frozen	10 oz or 1 lb, 1 oz	1 3/4 cups, 2 Tbsp or 3 cups	1 lb, 4 oz or 2 lb, 2 oz	3 3/4 cups or 1 qt, 2 cups	
Chili powder	1 1/2 oz		3 oz		
Cumin, ground	1 oz		2 oz		
Hot sauce (optional)		1/4 cup		1/2 cup	
Granulated garlic		1 Tbsp, 1 tsp		2 Tbsp, 2 tsp	
Onion powder		2 tsp		1 Tbsp, 1 tsp	
Brown sugar, packed	4 oz	1/2 cup	8 oz	1 cup	
Crushed tomatoes, canned, with juice	6 lb, 6 oz	3 qt (1 #10 can)	12 lb, 12 oz	1 gal, 2 qt (2 #10 cans)	
Tomatoes, diced, canned, with juice	1 lb, 2 1/2 oz	2 cups, 2 Tbsp (1 #2 1/2 can)	2 lb, 5 oz	1 qt, 1/4 cup (2 #2 1/2 cans)	
Beans, kidney, canned, drained	5 lb, 9 oz	3 qt, 1/2 cup (1 1/4 #10 cans)	11 lb, 2 oz	1 gal, 2 3/4 qt (2 1/2 #10 cans)	
No. 3 bulgur	1 lb	3 cups	2 lb	1 qt, 2 cups	
Water		2 cups		4 cups	

Serving	Yield	Volume
6 oz. ladle	50 Servings	About 2 gal, 1 1/2 qt
Meal component contribution: Each serving provides 1 ounce meat/meat alternate equivalent, 3/8 cup vegetable, and 1/4 serving grains/breads.	100 Servings	About 4 gal, 2 3/4 qt

Nutrients Per Serving							
Calories	103 kcal	Saturated Fat	0.31 g	Iron	2.03 mg	% of calories from fat	16.50%
Protein	4.75 g	Cholesterol	0 g	Calcium	62 mg	% of calories from saturated fat	2.58%
Carbohydrate	18.11 g	Vitamin A	36 mcg	Sodium	264 mg	% of calories from sugar	23.73%
Total Fat	1.96 g	Vitamin C	11.75 mg	Dietary Fiber	4.12 g		

Notes: Equipment list: stockpot. 2)PHF-Same Day Service.



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Purple Power Bean Wrap

Makes: 25 or 50 Servings

Rolled up in a whole-wheat tortilla are avocado, white beans, lettuce, and shredded purple cabbage that pack a powerful purple punch in this delicious vegetarian wrap.



25 Servings

50 Servings

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canned low-sodium great northern beans, drained, rinsed	3 lb	1 qt 1 2/3 cups (2/3 No. 10 can)	6 lb	2 qt 3 1/3 cups (1 1/3 No. 10 cans)
OR	OR	OR	OR	OR
*Dry great northern beans, cooked (See Notes Section)	3 lb	1 qt 1 2/3 cups	6 lb	2 qt 3 1/3 cups
*Fresh avocados, peeled, seeded	1 lb 6 oz	About 3	2 lb 12 oz	About 6
*Fresh lemons, zested then juiced	About 3	1 Tbsp zest 1/2 cup juice	About 6	2 Tbsp zest 1 cup juice
Fresh garlic cloves, minced		1/4 cup		1/2 cup
Extra virgin olive oil		3 Tbsp		1/4 cup 2 Tbsp
Chili powder		1 1/2 tsp		1 Tbsp
Salt		2 1/4 tsp		1 1/2 Tbsp
*Fresh purple cabbage, finely shredded	1 lb 2 oz	1 qt 1 cup	2 lb 4 oz	2 qt 2 cups
Whole-wheat tortillas, 10" (1.8 oz each)		25		50
*Fresh romaine lettuce, shredded	1 lb 10 oz 3 qt	1 cup	3 lb 4 oz 1 gal 2 1/2 qt	

Directions

1. Puree beans in food processor to a smooth consistency. Set aside
2. Puree avocado, lemon zest and juice, garlic, oil, chili powder, and salt to a smooth consistency. Mix in pureed beans.
3. Combine shredded cabbage with bean mixture. . Cover and refrigerate at 40 °F for no more than 2 hours to avoid avocado oxidizing and turning brown
4. Using a No. 10 scoop (3/8 cup) spread filling on bottom half of tortilla.
5. Add 1/2 cup of lettuce and roll in the form of a burrito and seal.
6. Cut diagonally in half.
7. Critical Control Point: Hold for cold service at 40 °F or lower.
8. Portion 1 wrap (two halves).

Notes

Our Story

Newman Elementary School is the largest elementary school in the Needham Public School District. It serves over 700 students in preschool through the 5th grade, offering an engaging and supportive learning environment to all of the students.

The recipe competition was a great opportunity for the students to play a major role in sustaining a healthy school environment. Six students were able to participate on the recipe challenge team, which worked for several weeks trying different recipes that combined puréed beans with a variety of different ingredients.

The team eventually decided that avocado and purple cabbage yielded the best color and flavor combination. Their end result was an entrée called Purple Power Bean Wrap—a delicious, nutritious, and really cool vegetarian meal. It is sure to surprise and delight your children!

Newman Elementary School

Needham, Massachusetts

School Team Members

School Nutrition Professional: Steve Farrell

Chef: Sue Findlay

Community Members: Kim Benner (Parent) and Anne Hayek (Parent)

Students: James B., John B., Maeve B., Sophie F-W., Becca S., and Chloé M.

1 wrap (two halves) provides:

Legume as Meat Alternate: ½ oz equivalent meat alternate, 1/4 cup dark green vegetable, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.

OR

Legume as Vegetable: 1/8 cup legume vegetable, ¼ cup dark green vegetable, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.

½ wrap (one half) provides:

Legume as Vegetable: 1/8 cup dark green vegetable, 1/4 cup other vegetable, and 3/4 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

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

Avocados vary in size according to the season. Please measure this product by weight and not by produce amounts.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water.

Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ 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 1 ¾ 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 great northern beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

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

My Notes

Source: Recipes for Healthy Kids Cookbook for Child Care Centers

Nutrition Information

Nutrients	Amount	Meal Components
Calories	274	Vegetables
Total Fat	10 g	Dark Green 1/4 cup
Saturated Fat	1 g	Other 3/8 cup
Cholesterol	0 mg	Grains 1 3/4 ounces
Sodium	424 mg	Meat / Meat Alternate 1/2 ounce
Total Carbohydrate	38 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Dietary Fiber	8 g	
Total Sugars	3 g	
Added Sugars included	N/A	
Protein	8 g	
Vitamin D	0 IU	
Calcium	54 mg	
Iron	2 mg	
Potassium	371 mg	
N/A - data is not available		



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Rock-It Burgers

Makes: 50 Servings



50 Servings

Ingredients	Weight	Measure
Cooked black beans	100 oz	25 cups
Red bell peppers	33 oz	8.3 cups
Garlic	0.8 oz	8 Tbsp
Cumin	0.8 oz	8 Tbsp
Cayenne pepper	0.4 oz	8 tsp
Salt	2 oz	4 tsp
Whole wheat flour	21 oz	8.3 cups
Cannellini beans	133 oz	14.5 cups
Chipotle peppers canned	12 oz	25 Tbsp
Canola oil	4 oz	8 Tbsp
Onion powder	5 oz	8 Tbsp
Baby Spinach	150 oz	12.5 cups
Whole wheat potato rolls	60 oz	50
Onion	33 oz	8.3 cups

Directions

1. Preheat oven to 350 degrees F. Finely chop onions and garlic in a food processor, add black beans until smooth.
2. Pour bean mixture into a bowl and fold in whole wheat flour, cumin, cayenne, salt and lastly the red peppers.
3. Separate mixture into 6 (or 50) balls, flatten with the palm and form into 1/2" thick x 4" diameter patties.
4. Lightly coat 14" x 16" tray (or 4' x 6'- for 50 servings) with canola oil.
5. Bake for 20 minutes at 350 degrees F, flipping once after 10 minutes.
6. Finely chop chipotle pepper in blender. Add tofu, canola oil, salt and onion powder, blend until smooth.
7. Place 2 Tbsp chipotle spread on bun with spinach and the burger.

Notes

This is a spicy spin on a classic bean burger. The widely loved black beans have a sweet subdued nature that allow the cumin and cayenne flavor to explode onto the taste buds. Topped with a super special sauce that contains the intense heat of the chipotle pepper layered with the creamy fullness of cannellini beans the Latin peppers' own smoky flavor. Instead of the delicious

topping being dangerously fatty, this sauce only adds to the fantastic nutritional value of the meal. And no worries about this being an incomplete vegetarian protein, the protein of these black beans are made complete by combining them with the whole wheat flour and whole grain bun. This protein packed meal is nutritious, simple and delicious.

Additional Tips:

If using dry beans, soak overnight (covered and refrigerated), 1 qt cold water for every 1 lb of beans. For quick soak, boil 1-3/4 qt for every 1 lb beans, boil gently until tender for about 2 hours.

My Notes



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Sautéed Tofu and Broccoli

Prep time: 25 minutes

Cook time: 25 minutes

Makes: 25 or 50 Servings

Tofu takes on a savory and sweet blend of flavors in this Asian-inspired recipe.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water	32 fl oz	1 qt	64 fl oz	2 qts
Spaghetti noodles, whole-wheat, dry (uncooked)	12 1/2 oz		1 lb 9 oz	
Tofu, firm, drained, cubed 1/2"	5 lbs 4 oz		10 lbs 8 oz	
Soy sauce, low-sodium		1 cup		2 cups
Sesame Oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Brown sugar, packed		1/4 cup		1/2 cup
Garlic, fresh, minced OR garlic, jar, minced		16 cloves OR 2 Tbsps		32 cloves OR 1/4 cup
Ginger root, shredded		1/4 cup		1/2 cup
Red Pepper Flakes		1/2 tsp		1 tsp
Canola oil		2 Tbsp 2 tsp		1/3 cup
Broccoli, fresh, chopped	2 lbs 1 oz	1 gallon	4 lb 2 oz	2 gallons
Sesame Seeds		2 Tbsp 1/4 tsp		1/4 cup 1/2 tsp

Directions

1. Heat water to a rolling boil.
2. Break spaghetti noodles in half. Slowly add noodles to boiling water. Stir constantly until water returns to a boil. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well.
3. Place tofu between two plates or between the bottom, flat surface of two pans. Apply slight pressure to squeeze out some of the liquid from the tofu. Cut tofu into 1/2" cubes.
4. Make sauce: In a medium bowl, combine soy sauce, sesame oil, brown sugar, garlic, ginger root, and red pepper flakes.
5. Place tofu in a large bowl. Pour sauce over tofu. Carefully turn tofu several times to coat well. Set aside. 1 clove is about 1/2 teaspoon minced.
6. Heat canola oil in nonstick skillet(s): For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
7. Add broccoli and sauté for about 5 minutes, or until broccoli turns bright green and becomes tender and crispy. Note: Large broccoli pieces may be a choking hazard, for younger children, chop broccoli into smaller pieces.

8. Remove broccoli from the pan and set aside.
9. Place tofu and sauce in skillet on medium-high heat and cook for 10 minutes on each side or until browned, turn gently.
10. Gently stir in broccoli and continue cooking. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds
11. Remove from heat, add sesame seeds and gently stir.
12. Serve 1 cup (8 oz ladle). Critical Control Point: Hold for hot service 140 °F or higher.

Notes

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

For a household recipe that yields 6 servings see: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/saut-ed-tofu-and-broccoli>.

My Notes

Source: Team Nutrition: Adapted from http://www.nhlbi.nih.gov/files/docs/public/heart/Dinners_Cookbook_508-compliant.pdf.

Nutrition Information

Nutrients	Amount	Meal Components
Calories	190	Vegetables 1/4 cup
Total Fat	7 g	Dark Green 1/4 cup
Saturated Fat	1 g	Grains 1/2 ounce
Cholesterol	N/A	Meat / Meat Alternate 1 1/2 ounces
Sodium	328 mg	
Total Carbohydrate	20 g	
Dietary Fiber	4 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	15 g	
Vitamin D	N/A	
Calcium	175 mg	
Iron	3 mg	
Potassium	N/A	

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)

N/A - data is not available



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Smokin' Powerhouse Chili

Makes: 50 or 100 Servings

A chili made of a blend of vegetables, black beans, and smoky spices all served with ancient Aztec whole-grain quinoa.



50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
*Fresh onions, diced	3 lb	2 qt 1 3/8 cups	6 lb	1 gal 2 3/4 cups
Fresh garlic, minced	4 oz	1/2 cup	8 oz	1 cup
Low-sodium vegetable stock		1 qt 2 1/4 cups	6 lb 8 oz	3 qt 1/2 cup
*Fresh carrots, diced 1/2"	3 lb 2 oz	3 qt 2 2/3 cups	6 lb 4 oz	1 gal 3 qt
*Fresh red bell peppers, diced	1 lb 8 oz	1 qt 1/2 cup	3 lb	2 qt 1 cup
Dry ground chipotle pepper (optional)		2 Tbsp		1/4 cup
Canned low-sodium diced tomatoes	5 lb 13 oz	3 qt 2 cups (1 1/3 No. 10 cans)	11 lb 10 oz	1 gal 3 qt (2 2/3 No. 10 cans)
Canned low-sodium tomato sauce	3 lb 7 oz	1 qt 3 1/2 cups (2/3 No. 10 can)	6 lb 14 oz	3 qt 3 cups (1 1/3 No. 10 cans)
Fresh cilantro, chopped	2 1/2 oz	2 cups	5 oz	1 qt
Chili powder	2 oz	1/2 cup	4 oz	1 cup
Ground cumin		1/2 cup	3 1/2 oz	1 cup
Salt		2 tsp		1 Tbsp 1 tsp
*Fresh sweet potatoes, peeled, diced 1/2"	2 lb 4 oz	1 qt 2 1/2 cups	4 lb 4 oz	3 qt 1 cups
Canned low-sodium black beans drained, rinsed	6 lb	1 gal (2 1/2 No. 10 cans)	12 lb	2 gal (5 No. 10 cans)
OR	OR	OR	OR	OR
*Dry black beans, cooked (See Notes Section)	6 lb	1 gal	12 lb	2 gal
Frozen corn, thawed, drained	2 lb	1 qt 2 cups	4 lb	3 qt
Quinoa, dry	2 lb	1 qt 1 cup	4 lb	2 qt 2 cups
Water		1 qt 3 cups		3 qt 2 cups

Directions

1. Coat a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") with pan release spray. Sauté onions and garlic for 2 minutes.
2. Add half of the stock and bring to a boil over medium high heat. Reserve remaining vegetable stock for step 4.
3. Add carrots, red peppers, and ground chipotle pepper (optional). Simmer uncovered over low-medium heat for 10 minutes.
4. Add remaining stock, tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Stir occasionally. Continue to simmer over low heat, uncovered, for 15 minutes.

5. Steam sweet potatoes until soft (about 10-15 minutes) in a perforated steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
6. Add beans, corn, and sweet potatoes to vegetable mixture. Simmer uncovered over low heat for 10 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
7. Critical Control Point: Hold for hot service at 135 °F or higher.
8. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
9. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked.
10. Critical Control Point: Hold for hot service at 135 °F or higher.
11. Portion 8 fl oz ladle (1 cup) chili. Serve with No. 16 scoop (¼ cup) cooked quinoa.
12. If desired, serve chili with ¼ cup brown rice in place of quinoa.

Notes

Our Story

The recipe challenge team developed dishes that were prepared by school nutrition staff and offered to students during their lunch hour. Taste test results showed that Smokin' Powerhouse Chili was a success! This dish stands apart because of its warm, rich flavors.

As the recipe challenge team describes it, Smokin' Powerhouse Chili is "the bomb!" It is the healthiest and tastiest chili you'll ever eat! As a main dish, it has a smoky blend of spices and some of Minnesota's best harvest to warm you up from the inside out on a cold winter's day!

West Junior High School

Minnetonka, Minnesota

School Team Members

School Nutrition Professional: Barbara Mechura

Chef: Jenny Breen, MS (Co-owner, Good Life Catering)

Community Members: Mary Jo Martin (Parent and School Nurse) and Sue Nefzger (Parent and Family and Consumer Science Teacher)

Students: Ryan K., Liam P., Ty L., Miranda H., and Matt H.

*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 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ 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 1 ¾ 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 black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

1 cup (8 fl oz ladle) chili and 1/4 cup (No. 16 scoop) quinoa provides:

Legume as Meat Alternate: 1/2 oz equivalent meat alternate, 1/2 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1/2 oz equivalent grains.

OR

Legume as Vegetable: 1/8 cup legume vegetable, 1/2 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1/2 oz equivalent grains.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

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

My Notes

Source: Recipes for Healthy Kids Cookbook for Schools

Nutrition Information

Nutrients	Amount	Meal Components
Calories	184	Vegetables 1/8 cup
Total Fat	2 g	Red & Orange 1/2 cup
Saturated Fat	0 g	Other 1/8 cup
Cholesterol	0 mg	Grains 1/2 ounce
Sodium	256 mg	Meat / Meat Alternate 1/2 ounce
Total Carbohydrate	38 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Dietary Fiber	8 g	
Total Sugars	8 g	
Added Sugars included	N/A	
Protein	7 g	
Vitamin D	0 IU	
Calcium	63 mg	
Iron	3 mg	
Potassium	518 mg	
N/A - data is not available		



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Tomato Sauce (Meatless)

Makes: 1 Quart or 1 Gallon

Ingredients	1 Quart		1 Gallon	
	Weight	Measure	Weight	Measure
Vegetable oil		2 1/4 tsp		3 Tbsp
*Fresh onions, chopped	3 1/2 oz	1/2 cup 1 Tbsp	13 1/2 oz	2 1/4 cups
OR		OR	OR	OR
Dehydrated onions		1/4 cup 1 Tbsp	2 1/2 oz	1 1/4 cups
Canned low-sodium tomato paste	9 1/4 oz	1 cup	2 lb 5 oz	1 qt (1/3 No. 10 can)
Canned low-sodium diced tomatoes, with juice	1 lb 9 1/2 oz	3 cups 1 Tbsp (1/4 No. 10 can)	6 lb 6 oz	3 qt 1/4 cup (1 No. 10 can)
Water		1/2 cup		2 cups
Ground black or white pepper		1/8 tsp		1/2 tsp
Dried parsley		1 Tbsp		1/4 cup
Granulated garlic		2 1/4 tsp		1 Tbsp
Dried basil		1/4 tsp		1 tsp
Dried oregano		1/4 tsp		1 tsp
Dried marjoram		1/8 tsp		3/4 tsp
Dried thyme		pinch		1/4 tsp

Directions

1. Heat oil. Add onions and cook approximately 5 minutes.
2. Add tomato paste, canned tomatoes, water, pepper, parsley, granulated garlic, and seasonings. Mix well and bring to boil. Reduce heat and simmer, uncovered, 25-30 minutes. CCP: Heat to 140° F or higher.
3. CCP: Hold for hot service at 135° F or higher. Serve over Meat Loaf (see D-27), Meat Balls (see D- 27A), or Salisbury Steak (see D-33).

Notes

Comments:

*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 1 quart tomato sauce (meatless), use 3/4 tsp Italian Seasoning Mix; for 1 gallon tomato sauce (meatless), use 1 Tbsp Italian Seasoning Mix.

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

My Notes

Source: USDA Recipes for Schools

Nutrition Information

Meal Components

Vegetables

Red & Orange 1/8 cup

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)



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"Underwater Wheels" Rice and Veggie Roll-ups

Makes: 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Tortillas, whole wheat, 8"		12		48
Spinach leaves		1 cup		4 cups
Carrots, grated		1-1/2 cups		6 cups
Cucumber, cut into strips		1 cup		4 cups
Soy sauce		1/4 cup		1 cup
Rice, white, short grain		1 cup		4 cups

Directions

1. Cook rice as directed on box.
2. Warm each tortilla in microwave oven for about 10 seconds.
3. Place about 4 spinach leaves in middle of tortilla, followed by 1-1/2 Tbsp of rice.
4. Combine carrots and cucumbers. Place about 1/3 cup of mixture on rice.
5. Fold bottom up and roll from one side to the other.
6. Serve with soy sauce for dipping.

Notes

Serving Tips:

Try making these with brown rice or fish fillets for a whole new recipe!

My Notes

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware

Nutrition Information

Nutrients	Amount
Calories	112
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	360 mg
Total Carbohydrate	24 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available



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Vegetable Stew with Brown Rice

Makes: 6 or 50 Servings



Ingredients	6 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Frozen chopped spinach		1 cup		8 cups
Red onion		1/4 cup		2 cups
Zucchini		1 zucchini		6 cups
California mix (broc. caul. carrots)		1 lb		6 lbs
Oil		2 tsp		4 Tbsp
Salt		1 tsp		2 Tbsp
Pepper		1 tsp		4 Tbsp
Curry		2 tsp		3 Tbsp
Water		1 cup		1 qt
Canned chick peas (rinsed)		1 cup		6 cups
Canned kidney beans (rinsed)		1 cup		6 cups
Canned sweet potato puree		1 cup		6 cups
Brown rice		1 cup		12 cups
Salt		1 tsp		8 tsp
Water		2 cup		24 cups

Directions

- 6 Servings: Preheat the oven to 425° F.
- Chop the onion. Toss in 1 teaspoon of oil and put the onions on a sheet tray. Place the sheet tray in the oven and cook the onions until the turn color after about 20 minutes.
- Toss the California mix, zucchini, and spinach in a large bowl with 1 teaspoon of oil. Place the mixture on a sheet tray and in the oven for 25 minutes.
- Take the onions out of the oven and sprinkle the curry over them. Place the tray back in the oven for another 5 minutes.
- Add the zucchini, sweet potatoes puree, ½ cup of water, and the curried red onions in a blender. Blend until smooth. Return the mixture to a pot with remaining of sweet potatoes. Add ½ cup of water to a blender to help mixture release from the blender, put into pot.
- Place red beans and chickpeas into a hotel pan. Add the roasted California mix, zucchini, and spinach to the beans. Add pureed sweet potatoes and red onion curry mix to the vegetable toss. Serve over brown rice.
- 50 Servings: Preheat the oven to 425° F.

8. Chop the onion. Toss in 2 tablespoon of oil and put the onions on a sheet tray. Place the sheet tray in the oven and cook the onions until the turn color after about 20 minutes.
9. Toss the California mix, zucchini, and spinach in a large bowl with 2 tablespoons of oil. Place the mixture on a sheet tray and in the oven for 25 minutes.
10. Take the onions out of the oven and sprinkle the curry over them. Place the tray back in the oven for another 5 minutes.
11. Add the zucchini, sweet potatoes puree, 2 cups of water, and the curried red onions in a blender. Blend until smooth. Return the mixture to a pot with remaining of sweet potatoes. Add the rest of the water to a blender to help mixture release from the blender, put into pot.
12. Place red beans and chickpeas into a hotel pan. Add the roasted California mix, zucchini, and spinach to the beans. Add pureed sweet potatoes and red onion curry mix to the vegetable toss. Serve over brown rice.
13. Both Quantities: A serving consists of 1 cup of vegetable stew and ½ of a cup of cooked brown rice.

My Notes

Source: Bridgehampton UFSD (Recipes for Healthy Kids Competition)



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Veggie Sketti

Makes: 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Spaghetti, whole wheat, dry		2 cups		8 cups
Onions, chopped		1 cup		4 cups
Tomatoes, chopped		1 cup		4 cups
Yellow bell pepper, chopped		1/2 cup		2 cups
Green bell pepper, chopped		1/2 cup		2 cups
Green beans		1/2 cup		2 cups
Water		1/2 cup		2 cups
Parsley		1-1/2 Tbsp		6 Tbsp
Black pepper		1 Tbsp		4 Tbsp
Tomato paste		3/4 cup		3 cups

Directions

1. Combine onions, tomatoes, bell peppers, green beans, water, parsley and pepper in large saucepan.
2. Let cook for 10-15 minutes.
3. Stir in tomato paste.
4. Cook for another 15-25 minutes stirring occasionally.
5. Cook spaghetti as directed on package.
6. Serve 1/4 cup spaghetti with 1/4 cup vegetable mixture.

Notes

Serving Tips:

Spaghetti is a fast and easy meal for busy days. Top with any vegetables and/or meat/meat alternate that may be leftover from another meal.

My Notes

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	134 mg
Total Carbohydrate	22 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available



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Whole Grain Spaghetti with Fresh Vegetables

Makes: 100 Servings

100 Servings

Ingredients	Weight	Measure
Whole Grain Spaghetti		20 boxes
Extra virgin olive oil		2 cups
Garlic		10 cloves
White onion, finely chopped		10 small
Zucchini, diced small		10 small
Yellow squash, diced small		10 small
Asparagus, cut into 1-inch pieces		10 medium
Yellow bell peppers, julienne		10 medium
Cherry tomatoes, halved		10 pints
Salt		to taste
Freshly ground black pepper		to taste
Fresh basil, torn		20 leaves

Directions

1. Cook pasta according to package directions.
2. Meanwhile, heat olive oil in a large skillet. Using the side of a knife, gently press and peel the garlic and saute in skillet for 1 minute until slightly brown.
3. Add onion and saute for 5 minutes, until translucent.
4. Add bell pepper, zucchini, yellow squash, and asparagus and saute until heated but not completely cooked.
5. Add tomatoes, season with salt and pepper and saute for 2 additional minutes.
6. Drain pasta, add to skillet and toss with basil before serving.

My Notes

Source: Whole Grain Foodservice Recipes



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Wizard's Stew

Makes: 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Orzo, dry		1-1/4 cups		5 cups
Vegetables, mixed, frozen		3 2/3 cups		13-1/2 cups
Tomato juice, low-sodium		3 cups		12 cups
Basil, ground		1/4 tsp		1 tsp
Thyme, ground		1/4 tsp		1 tsp
Black pepper		1/4 tsp		1 tsp
Beans, kidney, canned		4-1/2 cups		18 cups

Directions

1. Cook orzo according to directions on package.
2. In a large saucepan, combine tomato juice, vegetables, beans and spices. Bring to a boil.
3. Reduce heat, cover and allow it to simmer for 10 - 15 minutes.
4. Drain orzo. Stir it into mixture.
5. Serve 1 cup servings.

Notes

Serving Tips:

This soup can also be made using leftover fresh or canned vegetables of any kind.

My Notes

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware

Nutrition Information

Nutrients	Amount
Calories	203
Total Fat	1 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	364 mg
Total Carbohydrate	42 g
Dietary Fiber	9 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available



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Vegetable Stew with Brown Rice

Makes: 6 or 50 Servings



Ingredients	6 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Frozen chopped spinach		1 cup		8 cups
Red onion		1/4 cup		2 cups
Zucchini		1 zucchini		6 cups
California mix (broc. caul. carrots)		1 lb		6 lbs
Oil		2 tsp		4 Tbsp
Salt		1 tsp		2 Tbsp
Pepper		1 tsp		4 Tbsp
Curry		2 tsp		3 Tbsp
Water		1 cup		1 qt
Canned chick peas (rinsed)		1 cup		6 cups
Canned kidney beans (rinsed)		1 cup		6 cups
Canned sweet potato puree		1 cup		6 cups
Brown rice		1 cup		12 cups
Salt		1 tsp		8 tsp
Water		2 cup		24 cups

Directions

1. 6 Servings: Preheat the oven to 425° F.
2. Chop the onion. Toss in 1 teaspoon of oil and put the onions on a sheet tray. Place the sheet tray in the oven and cook the onions until the turn color after about 20 minutes.
3. Toss the California mix, zucchini, and spinach in a large bowl with 1 teaspoon of oil. Place the mixture on a sheet tray and in the oven for 25 minutes.
4. Take the onions out of the oven and sprinkle the curry over them. Place the tray back in the oven for another 5 minutes.
5. Add the zucchini, sweet potatoes puree, ½ cup of water, and the curried red onions in a blender. Blend until smooth. Return the mixture to a pot with remaining of sweet potatoes. Add ½ cup of water to a blender to help mixture release from the blender, put into pot.
6. Place red beans and chickpeas into a hotel pan. Add the roasted California mix, zucchini, and spinach to the beans. Add pureed sweet potatoes and red onion curry mix to the vegetable toss. Serve over brown rice.
7. 50 Servings: Preheat the oven to 425° F.

8. Chop the onion. Toss in 2 tablespoon of oil and put the onions on a sheet tray. Place the sheet tray in the oven and cook the onions until the turn color after about 20 minutes.
9. Toss the California mix, zucchini, and spinach in a large bowl with 2 tablespoons of oil. Place the mixture on a sheet tray and in the oven for 25 minutes.
10. Take the onions out of the oven and sprinkle the curry over them. Place the tray back in the oven for another 5 minutes.
11. Add the zucchini, sweet potatoes puree, 2 cups of water, and the curried red onions in a blender. Blend until smooth. Return the mixture to a pot with remaining of sweet potatoes. Add the rest of the water to a blender to help mixture release from the blender, put into pot.
12. Place red beans and chickpeas into a hotel pan. Add the roasted California mix, zucchini, and spinach to the beans. Add pureed sweet potatoes and red onion curry mix to the vegetable toss. Serve over brown rice.
13. Both Quantities: A serving consists of 1 cup of vegetable stew and $\frac{1}{2}$ of a cup of cooked brown rice.

My Notes

Source: Bridgehampton UFSD (Recipes for Healthy Kids Competition)



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Veggie Chili

Makes: 50 Servings



Ingredients	Weight	50 Servings Measure
Carrots, chopped		2 cups
Onion, chopped		1 cup
Garlic, minced		1-1/8 tsp
Water		5 cups
Kidney Beans, dried		7 cups
Black beans, dried		7 cups
Pinto beans, dried		7 cups
Great Northern beans, dried		7 cups
Chili powder		1 Tbsp
Cumin		2 tsp
Salt		1 tsp
Crushed Tomatoes		3.5 cups
Tomato paste		2 Tbsp
Chile Peppers		2 Tbsp
Lemon juice		1 tbsp + 1 tsp

Directions

1. Place beans in a large bowl or kettle. Cover and soak overnight.
2. Cook carrots, onions, and garlic in 1/2 cup water over medium heat until carrots and onions soften.
3. Place carrot mixture, rest of water, beans, chili powder, cumin, and salt into a large pot or kettle. Cook on low heat setting until beans are tender. (2-3 hours).
4. When beans are tender increase heat to high and add all remaining ingredients.
5. Return to low heat and simmer until ready to serve.

Notes

Serving Tips:

This is a main dish. A variety of legumes creating a vegetarian entree.

My Notes

Source: Dallastown Intermediate School (Recipes for Healthy Kids Challenge)



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Veggie Sketti

Makes: 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Spaghetti, whole wheat, dry		2 cups		8 cups
Onions, chopped		1 cup		4 cups
Tomatoes, chopped		1 cup		4 cups
Yellow bell pepper, chopped		1/2 cup		2 cups
Green bell pepper, chopped		1/2 cup		2 cups
Green beans		1/2 cup		2 cups
Water		1/2 cup		2 cups
Parsley		1-1/2 Tbsp		6 Tbsp
Black pepper		1 Tbsp		4 Tbsp
Tomato paste		3/4 cup		3 cups

Directions

1. Combine onions, tomatoes, bell peppers, green beans, water, parsley and pepper in large saucepan.
2. Let cook for 10-15 minutes.
3. Stir in tomato paste.
4. Cook for another 15-25 minutes stirring occasionally.
5. Cook spaghetti as directed on package.
6. Serve 1/4 cup spaghetti with 1/4 cup vegetable mixture.

Notes

Serving Tips:

Spaghetti is a fast and easy meal for busy days. Top with any vegetables and/or meat/meat alternate that may be leftover from another meal.

My Notes

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	134 mg
Total Carbohydrate	22 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Lentil Loaf

FareStart (for Taste Washington Day 2013)

Recipe Category: Main Dish (Meat Alternate, Grain)

Ingredients	50 Servings		100 Servings		25 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Lentils, green, dry		6¼ cups		12½ cups		3¼ cups	<ol style="list-style-type: none"> Bring water to a boil. Add lentils and simmer 25 – 30 minutes, until lentils are soft and water is evaporated. Drain any excess water and partially mash lentils. Scrape into mixing bowl and allow to cool slightly. While cooking lentils: Preheat oven to 350°F and sauté the onion in the oil in a pan over medium heat. Cook for 5 minutes or until the onion is translucent. Stir into the bowl of lentils the onion and oats until well mixed. Add tomato sauce, garlic, basil, parsley, and salt. Mix well. Spoon into loaf pan that has been generously sprayed with non-stick spray. Smooth the top with the back of a spoon. Top with BBQ sauce. Bake at 350°F for 30 – 45 minutes until the top of the loaf is dry, firm, and golden brown. Let cool in the pan for about 10 minutes. Run a sharp knife around the edges of pan then turn out onto a serving platter. <p>CCP: Hold for hot service at 135° F or higher.</p>
Water		12½ cups		25 cups		6¼ cups	
Instant Oats		6¼ cup		12½ cups		¾ cups	
Onion, yellow, fresh, medium		6¼ ea		12½ ea		¾ ea	
Olive Oil		2 Tbsp ¼ tsp		4 Tbsp ½ tsp		1 Tbsp	
Tomato Sauce		6¼ cup		12½ cup		¾ cup	
Garlic Powder		2 Tbsp ¼ tsp		4 Tbsp ½ tsp		1 Tbsp	
Basil, dried		2 Tbsp ¼ tsp		4 Tbsp ½ tsp		1 Tbsp	
Parsley, dried		2 Tbsp ¼ tsp		4 Tbsp ½ tsp		1 Tbsp	
Salt		1 Tbsp		2 Tbsp ¼ tsp		1½ tsp	
BBQ Sauce (generic)		1½ cup		¾ cups		¾ cup	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 slice (6 – 8 oz)		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
1½	½		

Nutrient Analysis		
Calories: 159	Saturated Fat: .24 gram	Sodium: 248.16 mg



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Whole Wheat Pizza Crust

Makes: 70 Servings

70 Servings

Ingredients	Weight	Measure
Active dry yeast	2 7/8 oz	1/4 cup 2 Tbsp 2 tsp
Warm water	6 lb 4 oz	3 qt
Whole wheat flour	4 lb 12 oz	1 gal 1 pt
Enriched all-purpose flour	2 lb 13 oz	2 qt 2 cups 2 Tbsp
Enriched cake flour	1 lb 10 oz	5 1/3 cups
Salt	2 5/8 oz	1/4 cup
Sugar	3 1/2 oz	1/2 cup
Vegetable oil	5 1/8 oz	2/3 cup

Directions

1. Dissolve dry yeast in warm water (110°F). Let stand for 4-5 minutes.
2. Blend whole wheat flour, all purpose flour, and cake flour in mixer. Mix with a dough hook for 30 seconds on low speed. Make well in the center.
3. Combine dissolved yeast, salt, and sugar into mixer with dry ingredients. Gradually work into the dry ingredients using dough hook on low speed. Knead for 15 minutes at medium speed.
4. Divide and shape dough into 7 balls, 2 lbs 4 oz each. Let rest for 20 minutes.
5. Lightly oil 7 half sheet pans (18" x 13" x 1").
6. Place 2 lb 4 oz dough ball in center of each pan.
7. Flatten dough by rolling or spreading dough to rim of pans. Keep edges thicker than center.
8. Add desired toppings evenly over each crust.
9. Bake until crust is crispy and brown. Conventional oven: 475°F for 20 minutes.
10. Cut in half lengthwise and 5 across for 10 pieces.

My Notes

Source: Kunsberg School, Denver, CO

Nutrition Information

Nutrients	Amount
Calories	233
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	408 mg
Total Carbohydrate	46 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	7 g
Vitamin D	N/A
Calcium	17 mg
Iron	3 mg
Potassium	N/A

N/A - data is not available