



Salads

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Clear Dressing

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable stock, non-MSG		1 ¾ cups		3 ¾ cups	1. Dissolve cornstarch in vegetable stock in pot. 2. Bring to boil. 3. Remove from heat and allow to cool. 4. Use a wire whip to stir mixture, while adding oil slowly. 5. Add white vinegar, sugar, pepper, and granulated garlic and stir to blend. 6. Chill. Refrigerate until service. Stir or shake well before serving.
Cornstarch		3 Tbsp 1 tsp		¼ cup 2 ½ Tbsp	
Vegetable oil		1 ¾ cups		3 ¾ cups	
White vinegar		1 ¾ cups		3 ¾ cups	
Sugar	10 oz	1 ¼ cups	1 lb 4 oz	2 ½ cups	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	50 Servings: about 3 lb 3 oz	50 Servings: about 1 quart 2 ½ cups

100 Servings: about 6 lb 6 oz

100 Servings: about 3 quarts 1 cup

Tested 2004

Special Tips:

- 1) Add imitation bacon bits and serve dressing hot over spinach or lettuce.
- 2) This works well as a marinade for steamed or canned vegetables.
- 3) This dressing may be used as a substitute for cole slaw dressing.

Clear Dressing

Nutrients Per Serving					
Calories	91	Saturated Fat	1.02 g	Iron	0.05 mg
Protein	0.06 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	6.98 g	Vitamin A	49 IU	Sodium	3 mg
Total Fat	7.29 g	Vitamin C	0.4 mg	Dietary Fiber	0.0 g

French Dressing

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Sugar		2 Tbsp	4 oz	½ cup	1. Combine sugar, salt, dry mustard, and paprika in a mixer.
Salt		1 tsp		1 Tbsp 1 tsp	
Dry mustard		1 ½ tsp		2 Tbsp	2. Add onions. 3. Add oil, lemon juice, vinegar, and catsup. Blend in mixer for 3 minutes at medium speed. 4. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor. 5. Stir or shake well before serving. 6. Portion with 1 oz ladle (2 Tbsp.)
Paprika		1 ½ tsp		2 Tbsp	
Dehydrated onions		2 Tbsp		½ cup	
Vegetable oil		2 ¼ cups		2 qt 1 cup	
Frozen lemon juice concentrate, reconstituted		½ cup		2 cups	
White vinegar		½ cup 2 Tbsp		2 ½ cups	
Catsup	5 oz	½ cup	1 lb 4 oz	2 cups	

SERVING:	YIELD:	VOLUME:
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2 Tbsp (1 oz ladle).

1 Quart: about 32 1 oz servings

1 Quart: about 1 quart

1 Gallon: about 128 1 oz servings

1 Gallon: about 1 gallon

Tested 2004

Variation:

A. Honey French Dressing

Quart: In step 1, omit sugar. Use 2 Tbsp honey. Continue with steps 2-5.

Gallon: In step 1, omit sugar. Use ½ cup 1 Tbsp honey. Continue with steps 2-5.

French Dressing

Nutrients Per Serving			
Calories	146	Saturated Fat	2.14 g
Protein	0.16 g	Cholesterol	0 mg
Carbohydrate	2.84 g	Vitamin A	105 IU
Total Fat	15.37 g	Vitamin C	2.2 mg
		Iron	0.06 mg
		Calcium	2 mg
		Sodium	125 mg
		Dietary Fiber	0.1 g

Hummus

Meat/Meat Alternate

Salads and Salad Dressings

E-24

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned garbanzo beans or chickpeas, drained	8 lb 8 oz	5 qt 1 cup (2 No. 10 cans)	17 lb	2 gal 2 ½ qt (4 No. 10 cans)	1. Combine all ingredients in a food processor and puree to a smooth consistency.
Frozen lemon juice concentrate, reconstituted		3 ¼ cups		1 qt 2 ½ cups	
Peanut butter OR	1 ½ lb OR	2 ½ cups OR	3 lb OR	1 qt 1 cup OR	2. Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service. 4. Portion with No. 8 scoop (½ cup).
Tahini OR	1 ½ lb OR	2 ½ cups OR	3 lb OR	1 qt 1 cup OR	
Sunflower seed butter	1 ½ lb	2 ½ cups	3 lb	1 qt 1 cup	
*Garlic cloves, peeled	5 oz	1 cup 1 Tbsp	10 oz	2 cups 2 Tbsp	
Water		3 ¼ cup		1 qt 2 ½ cups	
Ground black or white pepper		1 Tbsp		2 Tbsp	

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Garlic	17 cloves	34 cloves

SERVING:	YIELD:	VOLUME:
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½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate.

50 Servings: about 13 lb 9 oz

50 Servings: about 1 gallon 2 ¼ quarts
2 pans

100 Servings: about 27 lb 2 oz

100 Servings: about 3 gallons 2 cups
4 pans

Tested 2006

Hummus

Meat/Meat Alternate

Salads and Salad Dressings

E-24

Special Tip:
Serve with pita bread; warning for service - contains peanut butter.

Nutrients Per Serving					
Calories	182	Saturated Fat	1.44 g	Iron	1.38 mg
Protein	7.49 g	Cholesterol	0 mg	Calcium	37 mg
Carbohydrate	22.37 g	Vitamin A	21 IU	Sodium	301 mg
Total Fat	7.90 g	Vitamin C	7.7 mg	Dietary Fiber	4.4 g



Super Yum Salad

Tips

- Serve this salad and other salads in black bowls or containers to make the green really pop.
- For larger cucumbers, try cutting them in half and using a spoon to remove the seeds.
- Chopped spinach is more appealing to kids than whole spinach leaves.



Super Yum Salad

Recipe

Ingredients

Romaine lettuce, diced	6 lbs
Spinach leaves, chopped	7 lbs
Tomatoes, grape	2 lbs
Apples, Gala	10 each
Orange juice	2 cups
Cucumber	2 lbs
Strawberries, fresh	1 lb 8 oz

Serve with Vinaigrette Dressing (recipe on following page)

Directions:

1. Combine chopped romaine lettuce and spinach.
2. Place greens in 4 inch deep full size steamtable pan
(If pre-portioning, place $\frac{3}{4}$ c mixed greens into portion cup).
3. Wash grape tomatoes using a colander, and set aside.
4. Core and dice apples. A fruit sectionizer may be used to slice and core, prior to dicing.
5. Immediately upon cutting apples, place into orange juice (or other anti-oxidant) to prevent browning.
6. Dice cucumbers (if cucumbers are extremely large, consider cutting in half and using a spoon to remove the seed cavity).
7. Slice strawberries.
8. Combine tomatoes, diced apples, cucumbers, and sliced strawberries.
(If pre-portioning, top each portion cup with approximately 1 to 1 1/2 Tbsp of fruit and vegetable mixture).
9. Add 2 cups of fruit and vegetable mixture to each pan.

Makes 100 1 cup servings.

Italian Dressing

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		3 cups		3 qt	1. Combine all ingredients in mixer bowl. 2. Blend for 3 minutes at medium speed. 3. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor. 4. Stir or shake well before serving.
Frozen lemon juice concentrate, reconstituted		½ cup		2 cups	
White vinegar		½ cup		2 cups	
Sugar		1 Tbsp		¼ cup	
Salt		1 ½ tsp		2 Tbsp	
Granulated garlic		¾ tsp		1 Tbsp	
Dehydrated onions		¼ cup		1 cup	
†Seasonings					
Dried basil		1 tsp		1 Tbsp 1 tsp	
Dried oregano		1 tsp		1 Tbsp 1 tsp	
Dried marjoram		¾ tsp		1 Tbsp	
Dried thyme		¼ tsp		1 tsp	

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 1 qt, use 1 Tbsp Italian Seasoning Mix. For 1 gal, use ¼ cup Italian Seasoning Mix.

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	1 Quart: about 32 1 oz servings	1 Quart: about 1 quart

1 Gallon: about 128 1 oz servings **1 Gallon:** about 1 gallon

Tested 2004

Italian Dressing

Nutrients Per Serving

Calories	186	Saturated Fat	2.85 g	Iron	0.08 mg
Protein	0.10 g	Cholesterol	0 mg	Calcium	4 mg
Carbohydrate	1.47 g	Vitamin A	10 IU	Sodium	327 mg
Total Fat	20.46 g	Vitamin C	1.8 mg	Dietary Fiber	0.1 g

Sunshine Garden Salad

Vegetable/Fruit

HACCP: #1 No Cook

Healthier Kansas Recipe 137
Ohio Department of Education

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberry Preserves, sugar-free		½ cup			1. Microwave strawberry preserves until warm and slightly runny.
Italian Seasoning Mix Vinegar, Balsamic Vegetable Oil		6 Tbsp 1 cup 1 cup			2. Mix preserves, Italian seasoning mix, balsamic vinegar, and oil using a mixer or blender. Prepare dressing 1-2 days prior to service for maximum flavor.
Mandarin Oranges, canned in 100% juice or light syrup Strawberries, fresh, AP Spinach, partly trimmed, AP Romaine Lettuce, AP	14 lbs 9 lb 12 oz 3 lb 8 oz 3 lb 8 oz				3. Drain mandarin oranges. Wash and slice fresh strawberries. 4. Wash and chop romaine lettuce. Mix with spinach. 5. Lightly toss greens, oranges and strawberries. 6. Just before service, toss salad mix with dressing. CCP: Hold salad for cold service at 41°F or lower.

Serving Size	1 Serving Provides	Yield
1 cup	0.25 cup vegetables, DG + 0.5 cup fruit	100 servings

Nutrients Per Serving

Calories	84	Vitamin A	304.8 IU	Iron	1.09 mg
Protein	1.34 gm	Vitamin C	44.46 mg	Calcium	37.12 mg
Carbohydrate	15.59 gm	Fiber	2.27 gm	Cholesterol	0 mg
Fat	2.5 gm	% Fat	26.81 %	Sodium	21.79 mg
Saturated Fat	0.36 gm	% Saturated Fat	3.87 %		



825205 - Herb Vinaigrette Dressing

Source: K12 Culinary
 Number of Portions: 48
 Size of Portion: 2 tbsp
 Alternate Recipe Name: Italian Herb Dressing

Components:
 Meat/Alt:
 Grains:
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:

Attributes:
 Condiments

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
002068 VINEGAR,RED WINE..... 019335 SUGARS,GRANULATED..... 900160 BASIL LEAF..... 901058 OREGANO LEAVES,DRIED..... 002047 SALT, TABLE..... 002020 GARLIC POWDER..... 002030 PEPPER,BLACK..... 826521 Mustard, Dijon, Grey Poupon.....	2 cups 1 Tbsp 2 tsp 2 TSP (leaves) 2 tsp 1 tsp 1 TSP (ground) 2 tsp	CCP: No bare hand contact with ready to eat food. In a large mixing bowl combine the red wine vinegar, sugar, basil, oregano, salt, garlic powder, black pepper and Dijon mustard. Whisk just until ingredients are well mixed.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F....	1 qt	Slowly pour in the oil and blend while whisking constantly. Adding the oil slowly while whisking will help emulsify the vinaigrette, which prevents the dressing from separating later. Continue to whisk while slowly adding the oil until it has all been added. Alternately, combine all ingredients in a deep round food-safe container. Use an immersion blender to blend until emulsified.
		For best results, prepare one day in advance of service. For quality, hold and serve at 41°F or below. Vinaigrette dressing may be kept in the refrigerator for 3 days after preparation. Portion 2 tbsp or 1 fluid ounce per serving.

*Nutrients are based upon 1 Portion Size (2 tbsp)

Calories	164 kcal	Cholesterol	*0* mg	Sugars	*0.3* g	Calcium	1.58 mg	99.80%	Calories from Total Fat
Total Fat	18.14 g	Sodium	103 mg	Protein	0.02 g	Iron	0.07 mg	15.62%	Calories from Saturated Fat
Saturated Fat	2.84 g	Carbohydrates	0.44 g	Vitamin A	3.1 IU	Water ¹	*9.40* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.04 g	Vitamin C	0.1 mg	Ash ¹	*0.27* g	1.06%	Calories from Carbohydrates
								0.06%	Calories from Protein

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



825120 - Romaine Salad

Source: K12 Culinary
 Number of Portions: 25
 Size of Portion: each

Components:
 Meat/Alt:
 Grains:
 Fruit:
 Vegetable: 0.875 cup
 Milk:

Recipe Subgroups:
 Vegetable, Dark Green
 Vegetable, Red/Orange
 Vegetable, Red/Orange

Attributes:
 Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW.....	2 lbs + 2 ozs	CCP: No bare hand contact with ready to eat food. Weigh pre-cut chopped romaine lettuce. Purchased, pre-cut romaine does not require rinsing if it has been pre-washed. For head lettuce, remove the stem end of the romaine head using a chef's knife. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Note: 3 lb. 4 oz. equals approximately 2 pounds 2 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner). CCP: Hold at 41 degrees F. or lower.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	2 lbs + 2 OZS (cherry tomatoes)	Weigh tomatoes and wash under running water. Allow tomatoes to drain in a colander and air dry prior to assembling salads.
011124 CARROTS,RAW.....	10 1/2 OZS (shredded)	Weigh the required amount of pre-cut shredded carrots.
		CCP: No bare hand contact with ready to eat food. Assemble the salads in an 8 ounce square portion cup: <ul style="list-style-type: none"> • Place 1 cup chopped romaine in container. • Sprinkle 2 Tablespoons (number 30 disher) shredded carrots. • Top with 3 cherry tomatoes. Offer a variety of purchased or school-made salad dressings according to the planned menu. CCP: Hold and Serve at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	18 kcal	Cholesterol	0 mg	Sugars	2.0 g	Calcium	20.51 mg	10.84%	Calories from Total Fat
Total Fat	0.22 g	Sodium	13 mg	Protein	0.92 g	Iron	0.51 mg	1.48%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	3.91 g	Vitamin A	5668.5 IU	Water ¹	83.43 g	0.00%	Calories from Trans Fat

Trans Fat ²	0.00 g	Dietary Fiber	1.61 g	Vitamin C	7.5 mg	Ash ¹	0.53 g	85.09%	Calories from Carbohydrates
								20.12%	Calories from Protein

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825126 - Spinach Salad

Source: K12 Culinary
 Number of Portions: 25
 Size of Portion: 1 3/16 cup

Components:
 Meat/Alt:
 Grains:
 Fruit: 0.125 cup
 Vegetable: 0.625 cup
 Milk:

Recipe Subgroups:
 Vegetable, Dark Green
 Vegetable, Red/Orange

Attributes:
 Vegetables
 Fruits

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW.... 011457 SPINACH,RAW..... 009079 CRANBERRIES,DRIED,SWTND.....	1 lb + 1 oz 2 LBS (EP) 3 1/8 cups	<p>CCP: No bare hand contact with ready to eat food.</p> <p>Weigh shredded lettuce and set aside for salad assembly. Purchased, precut romaine does not require rinsing before use.</p> <p>For head lettuce, remove the stem end of the romaine head using a chef's knife. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Note: 1 lb. 1 oz. equals approximately 11 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).</p> <p>Weigh required amount of pre-washed spinach.</p> <p>Combine spinach and romaine by tossing lightly.</p> <p>CCP: Hold at 41 degrees F. or lower.</p>
011124 CARROTS,RAW.....	10 1/2 OZS (shredded)	<p>Assemble the salads in an 8 ounce flat portion cup in the following order:</p> <ul style="list-style-type: none"> • Place 1 cup romaine/spinach mixture in container. • Top with 2 Tablespoons (no. 30 disher) shredded carrots. • Sprinkle 1 Tablespoon dried cranberries on top. <p>CCP: Hold and Serve at 41 degrees F. or lower.</p>
		Salad may be offered with a variety of salad dressings. A light vinaigrette-type is recommended. Follow the recommendations of the menu planner.

*Nutrients are based upon 1 Portion Size (1 3/16 cup)

Calories	63 kcal	Cholesterol	0 mg	Sugars	11.9 g	Calcium	47.58 mg	5.60%	Calories from Total Fat
Total Fat	0.39 g	Sodium	39 mg	Protein	1.41 g	Iron	1.27 mg	0.69%	Calories from Saturated Fat
Saturated Fat	0.05 g	Carbohydrates	15.64 g	Vitamin A	7077.9 IU	Water ¹	64.31 g	0.01%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.34 g	Vitamin C	11.7 mg	Ash ¹	0.87 g	99.02%	Calories from Carbohydrates
								8.94%	Calories from Protein

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825127 - Strawberry Spinach Salad

Source: K12 Culinary
 Number of Portions: 25
 Size of Portion: 1 1/4 cup

Components:
 Meat/Alt:
 Grains:
 Fruit: 0.25 cup
 Vegetable: 0.5 cup
 Milk:

Recipe Subgroups:
 Vegetable, Dark Green

Attributes:
 Meat/Meat Alter
 Vegetables
 Fruits

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW..... 011457 SPINACH,RAW.....	1 lb + 1 oz 2 LBS (EP)	<p>CCP: No bare hand contact with ready to eat food. Weigh shredded lettuce and set aside for salad assembly. Purchased, precut romaine does not require rinsing before use.</p> <p>For head lettuce, remove the stem end of the romaine head using a chef's knife. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Note: 1 lb. 1 oz. equals approximately 11 oz. chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).</p> <p>Weigh required amount of pre-washed spinach.</p> <p>Combine spinach and romaine by tossing lightly.</p> <p>CCP: Hold at 41 degrees F. or lower.</p>
009316 STRAWBERRIES,RAW.....	1 lb + 4 ozs	<p>Weigh, then rinse strawberries under running water. Cut into quarters. For quality, hold at 41 degrees F or below.</p>
825962 Mandarin Orange Sections, Whole Dole....	2 lbs	<p>CCP: No bare hand contact with ready to eat food. Drain mandarin oranges and then weigh required amount. (Note: 1 pound equals approximately 1 ½ cups drained oranges.)</p> <p>In a large bowl or container, gently combine cut strawberries and mandarin oranges. For quality, hold at 41 degrees F or below.</p>
		<p>CCP: No bare hand contact with ready to eat food. Assemble the salads in an 8 ounce flat portion cup in the following order: Place 1 cup romaine/spinach mixture in container. Top with 1/4 cup (no. 16 disher) of the strawberry/mandarin orange mixture. CCP: Hold and Serve at 41 degrees F. or lower. Salad may be offered with a variety of salad dressings.. A light vinaigrette-type is recommended. Follow the recommendations of the menu planner.</p>

*Nutrients are based upon 1 Portion Size (1 1/4 cup)

Calories	43 kcal	Cholesterol	0 mg	Sugars	6.8 g	Calcium	45.91 mg	5.64%	Calories from Total Fat
Total Fat	0.27 g	Sodium	33 mg	Protein	1.43 g	Iron	1.37 mg	0.71%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	9.34 g	Vitamin A	5111.2 IU	Water ¹	*72.03* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.81 g	Vitamin C	30.5 mg	Ash ¹	*0.83* g	87.59%	Calories from Carbohydrates
								13.37%	Calories from Protein

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Pasta Salad

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 1 ½ qt		2 gal 3 qt	1. Heat water to rolling boil. Add salt.
Salt		2 Tbsp		¼ cup	
Enriched pasta spirals OR Enriched pasta shells, medium	1 lb 11 oz OR 1 lb 15 oz	2 qt 1 ¼ cups OR 2 qt 3 ¾ cups	3 lb 6 oz OR 3 lb 14 oz	1 gal 2 ½ cups OR 1 gal 1 ¾ qt	2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. DO NOT OVERCOOK. Drain well. Rinse under cold water.
Frozen mixed vegetables, thawed and drained OR Canned mixed vegetables, chilled, drained	2 lb 4 oz OR 2 lb 9 oz	1 qt 1 ½ cups OR 1 qt 1 ¾ cups (¾ No. 10 can)	4 lb 8 oz OR 5 lb 2 oz	2 qt 3 cups OR 2 qt 3 ½ cups (1 ½ No. 10 cans)	
Frozen chopped broccoli, thawed and drained	1 lb 7 oz	3 ½ cups	2 lb 14 oz	1 qt 3 cups	3. Add mixed vegetables, broccoli, and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. Spread 5 lb 1 oz (approximately 2 qt 1 ½ cups) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Ground black or white pepper		1 tsp		2 tsp	
Italian Dressing (see E-15)		2 cups		1 qt	4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve. 5. Mix lightly before serving. 6. Portion with No. 10 scoop (¾ cup).

SERVING:	YIELD:	VOLUME:
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¾ cup (No. 10 scoop) provides ¼ cup of vegetable and ½ serving of grains/breads.

50 Servings: about 10 lb 2 oz

50 Servings: about 1 gallon 2 ¾ cups
2 pans

100 Servings: about 20 lb 4 oz

100 Servings: about 2 gallons 1 ½ quarts
4 pans

Edited 2006

Pasta Salad

Vegetable-Grains/Breads

Salads and Salad Dressings

E-08

Nutrients Per Serving

Calories	141	Saturated Fat	0.98 g	Iron	0.98 mg
Protein	3.27 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	16.83 g	Vitamin A	1309 IU	Sodium	165 mg
Total Fat	7.00 g	Vitamin C	10.0 mg	Dietary Fiber	2.03 g

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		

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

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	

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		



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



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Tropical Bean Salad

Prep time: 20 minutes

Makes: 25 or 50 Servings

This tangy salad is delicious as a side dish or as a topping for tacos, chicken, or fish. Mangoes are a tropical stone fruit. In the United States, Florida is the largest producer of mangoes.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Black beans, low-sodium, canned, drained and rinsed or black beans, dry, cooked	6 lbs	3 qts 2 2/3 cups (1 1/2 No. 10 can)	12 lbs	1 gallon 3 qts 1 1/3 cups (2 3/4 No. 10 can)
Mango, canned, drained, diced	3 lb 2 oz	1 qt 2 1/4 cups	6 lb 4 oz	3 qts 1/2 cup
Tomato, fresh, 1/4" diced	1 lb 7 oz	3 1/8 cup	2 lb 14 oz	1 qt 2 1/4 cup
Canola oil		1/4 cup		1/2 cup
Apple cider vinegar		1/2 cup		1 cup
Oregano, dried		2 tsp		1 Tbsp 1 tsp
Black pepper, ground		1 tsp		2 tsp
Romaine lettuce, raw, chopped	1 lb	3 qts 1/2 cup	2 lbs	1 gallon 2 qts 1 cup

Directions

1. In a large bowl, mix together black beans, mango, and tomato to make a salad.
2. Prepare dressing: In a small bowl whisk together canola oil, apple cider vinegar, oregano, and pepper.
3. Toss black bean salad with dressing.
4. Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.
5. Serve 1 cup (8 oz spoodle) black bean salad over a 1/2 cup (4 oz spoodle) lettuce. Critical Control Point: Hold at 40 °F or lower.

Notes

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/tropical-bean-salad>.

My Notes

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

Nutrition Information

Nutrients	Amount	Meal Components
Calories	162	Fruits 1/4 cup
Total Fat	3 g	Vegetables 3/8 cup
Saturated Fat	0 g	Dark Green 1/4 cup
Cholesterol	N/A	Red & Orange 1/8 cup
Sodium	153 mg	Meat / Meat Alternate 1 1/2 ounces
Total Carbohydrate	28 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Dietary Fiber	9 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	8 g	
Vitamin D	N/A	
Calcium	56 mg	
Iron	2 mg	
Potassium	N/A	
N/A - data is not available		



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Sweet Potato Salad with Citrus Vinaigrette

Makes: 100 Servings

100 Servings

Ingredients	Weight	Measure
Sweet potatoes	8 lb 2 oz	
Potatoes, as purchased	3 lb 12 1/2 oz	
Orange juice		6 1/4 cups
Orange peel, grated		4 Tbsp 1/2 tsp
Lemon juice		4 Tbsp 1/2 tsp
Cornstarch		4 Tbsp 1/2 tsp
Water		3/4 cup 1 1/2 tsp
Fresh celery, chopped (1/4")	2 lb 4 oz	2 qt 1/2 cup
Pineapple tidbits, drained	2 lb 13 oz	2 qt (approx 3/4 No. 10 can)
Mandarin oranges, drained	2 lb 13 oz	2 qt (approx 3/4 No. 10 can)

Directions

1. Peel and dice sweet potatoes into 1/2" cubes, boil sweet potatoes for approximately 5 minutes. Check often as you do not want to overcook. Cook until just fork tender. Drain and cool. Reserve for step 3.
2. Peel and dice potatoes into 1/2" cubes, boil potatoes for approximately 10 minutes. Check often as you do not want to overcook. Cook until just fork tender. Drain and cool. Reserve for step 3.
3. Heat orange juice to boiling in saucepan. Add the orange peel and lemon juice. Dissolve the cornstarch in water and add to orange mixture. Continue to heat, stirring until thickened. Reserve for step 3.
4. Add celery, pineapple tidbits and mandarin oranges to potatoes. Toss with warm vinaigrette.
5. Portion with No. 8 scoop (1/2 c or 4 oz per serving) CCP: Cool to 41 F or lower within 4 hours. CCP: Hold at or below 41 F before and during service.

My Notes

Source: Iowa Gold Star Cycle Menus



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Sweet Summer Salad

Makes: 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Cabbage, chopped	1/2 small head (1lb)		2 small heads (4lb)	
Cider vinegar		1/4 cup		1 cup
Olive oil		2 Tbsp		1/2 cup
Carrots, shredded		2 cups		8 cups
Apples, cut into thin slices		1 cup		4 cups
Raisins		1/2 cup		2 cups
Peanuts, unsalted, crushed (optional)		1/2 cup		2 cups

Directions

1. Wash and dry cabbage and chop.
2. Whisk vinegar and oil in serving bowl to blend.
3. Add carrots and cabbage. Toss. Cover and refrigerate for at least 2 hours.
4. Add apples, raisins and peanuts (optional). Toss.

Notes

Serving Tips:

This salad can be made using any fruit, meat/meat alternate, and chopped nuts. Serve it as a side at a meal or as a snack.

My Notes

Source: Improving Nutrition and Physical Activity Quality in Delaware Child Care

Nutrition Information

Nutrients	Amount
Calories	61
Total Fat	2 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	19 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available



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Three Bean Salad

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Canned low-sodium kidney beans, chilled, drained	1 lb 2 oz	1 1/2 cups 1 Tbsp (1/4 No. 10 can)	2 lb 4 oz	3 cups 2 Tbsp (1/2 No. 10 can)
Canned low-sodium wax beans, chilled, drained	15 oz	2 3/4 cups (1/4 No. 10 can)	1 lb 14 oz 1 qt 1 1/2 cups (1/2 No. 10 can)	
Canned low-sodium canned cut green beans, chilled, drained	2 lb 5 1/2 oz	1 qt 3 1/2 cups (2/3 No. 10 can)	4 lb 11 oz 1 gal (1 1/4 No. 10 cans)	
*Fresh white or red onions, chopped	3 oz	1/2 cup	6 oz	1 cup
*Fresh green peppers, chilled, chipped (optional)	6 1/2 oz	1 1/4 cups	13 oz	2 1/2 cups
Vegetable oil		2/3 cup		1 1/3 cups
White vinegar		2/3 cup		1 1/3 cups
Sugar	2 1/4 oz	1/3 cup	4 1/2 oz	2/3 cup
Dried basil		1 Tbsp		2 Tbsp
Ground black or white pepper		1 tsp		2 tsp
Granulated garlic		1 tsp		2 tsp

Directions

1. Rinse kidney beans in cold water and drain well.
2. Combine kidney beans, wax beans, green beans, onions, and green peppers (optional).
3. Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix until well blended.
4. Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 5 lb 12 1/2 oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
5. CCP: Cool to 41° F or lower within 4 hours. Refrigerate until ready to serve.
6. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming.

Updated July 2014. Restandardization in progress.

My Notes

Source: USDA Recipes for Schools

Nutrition Information

Nutrients	Amount	Meal Components
Calories	47	Vegetables
Total Fat	3 g	Other 1/4 cup
Saturated Fat	0 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Cholesterol	0 mg	
Sodium	110 mg	
Total Carbohydrate	5 g	
Dietary Fiber	1 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	1 g	
Vitamin D	N/A	
Calcium	13 mg	
Iron	0 mg	
Potassium	N/A	
N/A - data is not available		



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Tropical Fruit Salad

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Peaches, canned, packed in juice, diced		1- #10 can		2- #10 cans
Strawberries Fresh, stemmed and halved or Frozen, IQF or Block Frozen	4 lb		8 lb	
Kiwi, peeled and sliced		10 each		20 each
100% pineapple juice, unsweetened		1- 48 oz can		2- 48 oz cans
Mint, dried	2 oz			4 oz

Directions

1. Drain peaches.
2. Prepare ingredients as listed.
3. In a large bowl combine all ingredients.
4. Toss well to mix evenly and chill.
5. Serve 1/2 cup (4 ounces).

Notes

Serving Tips:

May also load onto skewers for fresh fruit kebabs. Note: frozen fruit not recommended on skewers

Additional Tips:

You can find the recipe for 25 servings and family sized servings [here](#) .

My Notes

Source: NH Obesity Prevention Program, DHHS, DPHS

Nutrition Information

Nutrients	Amount
Calories	60
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	N/A
Total Carbohydrate	16 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available



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Warm Spinach Salad

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Spinach	6 lb OR 10 - 10 oz bags		12 lb OR 20 - 10 oz bags	
Olive oil	2 oz	1/4 cup	4 oz	1/2 cup
Apples, red delicious		12 each		24 each
Red onion, sliced		4 each		8 each
Balsamic vinegar	8 oz	1 cup	16 oz	2 cup
Olive oil		1 cup		2 cup
Almonds, sliced or slivered, toasted		1 cup		2 cup

Directions

1. Wash and de-vein spinach, removing all stems. Air dry the spinach or put into salad spinner until dry.
2. Heat the olive oil in a large sauté pan or tilt skillet.
3. Halve apples lengthwise and cut into quarters. Remove cores. Slice into long, thin slices.
4. Skin and slice the onion in half. Slice into thin strips or Julienne.
5. Add apples and onions to hot olive oil and saute until slightly wilted and red onion begins to bleed.
6. Deglaze pan with Balsamic vinegar and remove from heat. Add remainder of olive oil and toss hot onion/apple mixture into washed, dry spinach and toss well.
7. Serve immediately with a garnish of toasted almonds. Serve 1 cup salad per person.

My Notes

Source: Atlantic Culinary Academy

Nutrition Information

Nutrients	Amount	Meal Components
Calories	112	Fruits 1 cup
Total Fat	5 g	Vegetables 1 cup
Saturated Fat	1 g	
Cholesterol	N/A	
Sodium	44 mg	
Total Carbohydrate	12 g	
Dietary Fiber	3 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	2 g	
Vitamin D	N/A	
Calcium	66 mg	
Iron	2 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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Watermelon Romaine Salad

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Cider vinegar		2 cup		4 cup
Raspberry puree, frozen or coulis		2 cup		4 cup
Vegetable oil		1 cup		2 cup
Dijon mustard		4 Tbsp		1/2 cup
Romaine lettuce		50 cup approximately 14 heads		100 cups approximately 28 heads
Watermelon, cubed		26 cup		52 cup
Orange segments		13 cup		26 cup

Directions

1. For dressing: combine vinegar, coulis, oil, mustard and pepper in blender or food processor. Puree until well blended.
2. Chill dressing until ready for use.
3. Wash, dry and core romaine lettuce. Tear into bite-size pieces and place 1 cup of torn lettuce onto individual plates or bowls.
4. Peel, seed and cut watermelon into 1" cubes.
5. Peel, seed (if needed), and segment orange.
6. Pour dressing onto lettuce.
7. Place ½ cup watermelon and ½ cup orange sections on top of dressed greens and serve immediately.

My Notes

Source: Produce for Better Health Foundation/National Watermelon Promotion Board

Nutrition Information

Nutrients	Amount	Meal Components
Calories	113	Fruits 2 cups
Total Fat	5 g	Vegetables 2 cups
Saturated Fat	0 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Cholesterol	N/A	
Sodium	47 mg	
Total Carbohydrate	17 g	
Dietary Fiber	2 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	2 g	
Vitamin D	N/A	
Calcium	42 mg	
Iron	1 mg	
Potassium	N/A	
N/A - data is not available		



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Asian Salad with Brown Rice and Sesame Ginger Dressing

Makes: 50 Servings



50 Servings

Ingredients

	Weight	Measure
Cabbage, Shredded		3 1/8 cup
Red Cabbage, Shredded		3 1/8 cup
Carrots, shredded		1 qt 2 1/4 cup
Red Pepper seeded, chopped to bite size pieces		3 1/8 cup
Green Onions, sliced		1 1/2 cup 1 Tbsp
Sugar Snap Peas, cleaned and halved or cut in thirds		3 1/8 cup
Newman's Low Fat Sesame Ginger Dressing		3 1/8 cup
Romaine Lettuce, cleaned and cut into bite sized pieces		1 qt 2 1/4 cup
Brown rice		3 qt 1/2 cup
Sesame Seeds		1 1/2 cup 1 Tbsp

Directions

1. Mix cabbages, carrots, peppers, onions and peas in mixing bowl.
2. Toss vegetables in salad dressing to coat evenly.
3. Add rice and lettuce to the vegetable mixture just before serving and mix well.
4. Transfer salad to serving pans.
5. Top with sesame seeds and serve.

Notes

Serving Tips:

Vegetables can be marinated in dressing overnight with rice and lettuce added just before serving.

My Notes

Source: Smith-Hale College Preparatory School (Recipes for Healthy Kids Competition)



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Asian Spinach Salad with Miso Ginger Dressing

Makes: 50 Servings



50 Servings

Ingredients	Weight	Measure
Fresh Baby Spinach	6 1/4 lb	6 1/4 gal
Fresh Shredded Carrots	3 1/8 lb	
Mandarin Oranges		3/4 of # 10 can
Chow mein noodles		1 # 10 can
Rainbow Slaw Mix	3 1/8 lb	
White Miso	20 oz	1 cup
Rice Wine Vinegar	16 oz	1/4 qt
Soy sauce	8 oz	1 cup
Pickled Ginger	16 oz	2 cup
Sugar	1 lb	2 cup
Vegetable oil	32 oz	1 qt

Directions

1. For the dressing, place Vinegar, Miso, Sugar, Soy Sauce and Pickled Ginger in to blender and blend until smooth. Add Vegetable oil slowly while motor is running until thickened.
2. In mixing bowl, place Spinach and Carrots (Rainbow Slaw if desired) and slowly add dressing, mixing well until distributed evenly without saturating the spinach. It may require less than all of the prepared dressing.
3. With tongs, place approximately 4 oz. of dressed salad in bowls and top with the Mandarin Oranges and Chow Mein Noodles.

My Notes

Source: Brandeis Elementary (Recipes for Healthy Kids Competition)



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Black Bean and Corn Salad

Makes: 200 Servings

Ingredients	Weight	200 Servings Measure
Black Beans, rinsed and drained		2 # 10 cans
Corn, rinsed and drained		2 # 10 cans
Salsa		1 # 10 can
Chili powder		1/2 cup
Cumin		1/4 cup
Dried oregano		1/2 cup

Directions

1. Combine all ingredients. Chill.

My Notes

Source: Kids First, Rhode Island



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Bright Broccoli Slaw

Makes: 50 Servings



50 Servings

Ingredients	Weight	Measure
Broccoli slaw	3 3/4 lb	
Ramen noodles	15 oz	
Red onion, very finely diced		1 1/4 cup
Dried Cranberries		4 cup
Olive oil		1/2 cup 2 Tbsp
White wine vinegar		1 1/4 cup
Pineapple juice		2 cups
Granulated sugar		2 1/2 Tbsp
Granulated garlic		2 1/2 tsp
Granulated onion		2 1/2 tsp
Black pepper, ground		1 1/4 tsp

Directions

1. Combine oil, vinegar, pineapple juice and seasonings in bowl and whisk together to prepare dressing.
2. Add very finely diced onion and dried cranberries to dressing. Set aside and marinate for at least 1 hour.
3. Crush ramen noodles into small pieces. Discard seasoning package!
4. Combine broccoli slaw and ramen noodles. Add dressing and toss to combine.

My Notes

Source: Winter Hill Community School (Recipes for Healthy Kids Competition)

Source: Iowa Gold Star Cycle Menus, Team Nutrition Iowa

Nutrition Information

Nutrients	Amount
Calories	34
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	75 mg
Total Carbohydrate	8 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	13 mg
Iron	0 mg
Potassium	N/A

N/A - data is not available



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Corn and Barley Ensalada

Makes: 13 Servings

13 Servings

Ingredients	Weight	Measure
Water	1 lb 9 oz	3 cups
Salt		1/2 tsp
Whole-grain barley	7 oz	1 cup
Corn, canned, drained	11 5/8 oz	2 cups
Scallions, sliced		1/2 cup
Tomato, chopped		1/2 cup
Cilantro, chopped		1/4 cup
Jalapenos, diced (optional)		2 Tbsp
Garlic, minced		2 cloves
Cider vinegar		3 Tbsp
Vegetable oil		2 Tbsp
Cumin		1/2 tsp
Salt		1/2 tsp
Pepper		1/4 tsp

Directions

1. Bring water and salt to a boil. Add barley and cook for 30 minutes, stirring often. Drain and rinse under cold water. Let cool.
2. Combine cooled cooked barley, corn, scallions, tomato, cilantro, and jalapeno and toss well.
3. Blend garlic, vinegar, vegetable oil, cumin, salt, and pepper until smooth.
4. Pour over salad and toss well to combine. Refrigerate for at least four hours to let flavors blend.

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

5. Portion with No. 8 scoop (1/2 cup).

My Notes

Source: Saint Paul Public Schools Nutrition Services

Nutrition Information

Nutrients	Amount
Calories	95
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	262 mg
Total Carbohydrate	17 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	14 mg
Iron	1 mg
Potassium	N/A

N/A - data is not available



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"Green Giant" Fruit and Lettuce Salad

Makes: 24 or 48 Servings

Ingredients	24 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Granny Smith apple, sliced		6		12
Lemon juice		1/4 cup		1/2 cup
Mixed lettuce greens		8 cups		16 cups
Sunflower seeds, unsalted		1/2 cup		1 cup
Raisins		1 cup		2 cups
Raspberry vinaigrette dressing, low-fat		1 cup		2 cups
Walnuts, chopped		1/2 cup		1 cup

Directions

1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, apples, sunflower seeds, walnuts, and raisins (optional) in a bowl.
3. Toss with raspberry vinaigrette dressing to coat.

Notes

Serving Tips:

Mixing fruits and vegetables gives salads a sweeter taste and more variety than veggies alone. Try adding more fruits or vegetables, if you have them, to add color and flavor!

My Notes

Source: Improving Nutrition and Physical Activity Quality in Delaware Child Care. Recipe adapted from Heart Healthy Home Cooking African American Style - With Every Heartbeat is Life. National Heart, Lung, and Blood Institute; 2008.

Nutrition Information

Nutrients	Amount
Calories	44
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	29 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available



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"Jackson Square" Pasta Salad

Makes: 50 Servings

50 Servings

Ingredients	Weight	Measure
Whole wheat spaghetti	4 lbs	
Broccoli buds	8 oz	
Shoestring carrots	8 oz	
Green pepper strips	8 oz	
Red pepper strips	8 oz	
Fresh sliced mushrooms	6 oz	
Cherry tomatoes	8 oz	
Pepperoncini		1/3 cup
Granulated sugar		1 1/2 tsp
Red wine vinegar		1/2 cup
Iodized salt		1 tsp
Ground black pepper		1/2 tsp
Fresh basil		1/3 cup
Whole oregano, dried		2 tsp
Whole rosemary, dried		2 tsp
Thyme leaves, dried		2 tsp
Pure olive oil		1 1/2 cup

Directions

1. Ensure that all preparation equipment needed for this recipe is clean and sanitized. Wash hands prior to beginning preparation.
2. Cook pasta until al dente. Drain and rinse in an ice bath to cool. Drain again.
3. Slightly steam broccoli and carrots until just tender. Drain and cool in an ice bath and drain again.
4. Add all of the vegetables and the pasta in bowl to mix.
5. In a separate bowl, dissolve sugar in vinegar. Add seasonings.
6. Slowly drizzle oil into vinegar mixture, mixing until dressing is emulsified.
7. Pour dressing over pasta and vegetable mixture and mix well.
8. Maintain temperature at 40 degrees F or less for holding and serving.

My Notes

Source: Whole Grain Foodservice Recipes



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Pasta Salad with Zucchini

Makes: 50 servings

50 Servings

Ingredients	Weight	Measure
Multi grain penne pasta, cooked	1 lb + 9 oz	
Italian salad dressing	1 lb + 5 1/8 oz	
Green peppers	3 1/8 oz	
Celery	4 3/4 oz	
Zucchini, unpeeled	4 3/4 oz	
Onions, chopped fine	6 1/4 oz	
Carrots, peeled & sliced	6 1/4 oz	

Directions

1. Cook pasta in boiling water until just tender. Drain well. Rinse in cold water. Drain very well.
2. Combine all remaining ingredients and add to rinsed pasta. Mix well.
3. Refrigerate overnight.

My Notes

Source: Whole Grain Foodservice Recipes

Nutrition Information

Nutrients	Amount
Calories	85
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	102 mg
Total Carbohydrate	7 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	7 mg
Iron	0 mg
Potassium	N/A

N/A - data is not available



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Pasta Vegetable Salad

Makes: 25 or 50 Servings

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		3 qt 2 cups		1 gal 3 qt
Salt		1 Tbsp 1 1/2 tsp		3 Tbsp
Enriched pasta spirals	12 oz	1 qt 2 Tbsp	1 lb 8 oz	2 qt 1/4 cup
OR	OR	OR	OR	OR
Enriched pasta shells medium	1 lb	1 qt 2 1/8 cups	2 lb	3 qt 1/4 cup
Frozen mixed vegetables, thawed and drained	1 lb 7 oz	3 cups	2 lb 14 oz	1 qt 2 cups
OR	OR	OR	OR	OR
Canned mixed vegetables, drained	1 lb 2 1/2 oz	3 1/4 cups (1 No. 2-1/2 can)	2 lb 5 oz	1 qt 2 1/2 cups (2 No. 2-1/2 cans)
Frozen chopped broccoli, thawed and drained	11 oz	1 1/2 cups 2 Tbsp	1 lb 6 oz	3 1/4 cups
Ground black or white pepper		1/2 tsp		1 tsp
Salt		1/2 tsp		1 tsp
Italian Dressing (see E-17)		1 cup		2 cups

Directions

1. Heat water to rolling boil. Add the salt
2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. Drain well. Rinse under cold water. Drain well.
3. In a bowl, combine pasta, mixed vegetables, broccoli, pepper, and salt. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. Spread 2 lb 6 oz (approximately 1 qt 2 1/4 cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
5. Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).

My Notes

Source: USDA Recipes for Child Care

Nutrition Information

Nutrients	Amount	Meal Components
Calories	137	Grains 1/2 slice
Total Fat	7 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Saturated Fat	1 g	
Cholesterol	0 mg	
Sodium	137 mg	
Total Carbohydrate	16 g	
Dietary Fiber	2 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	3 g	
Vitamin D	N/A	
Calcium	16 mg	
Iron	1 mg	
Potassium	N/A	

N/A - data is not available



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Peach Salad

Makes: 50 servings

50 Servings

Ingredients

Peach, Canned, Drained, rough chopped or use other fresh seasonal fruit like mangos
Basil or Mint, Fresh, washed, chiffonade
Cilantro, Fresh, washed, chopped
Pineapple, crushed, drained reserving juice
Red Onion, small dice
Cucumbers, peeled, diced
Bell Pepper, julienned
Carrots, local, shredded
Cabbage, shredded
Lemon/lime juice or cider vinegar
Juice from canned pineapple
Blended Oil
Salt and pepper

Weight

Measure

1 can
1/4 cup
1/4 cup
1/2 can
1/4 cup
1/2 cup
1/2 cup
1/2 cup
2 cups
1/4 cup
1/2 cup
1/2 cup
to taste

Directions

1. Combine all salad ingredients
2. Combine all dressing Ingredients
3. Dress salad before serving and chill

Notes

Use local produce whenever possible !!!

My Notes

Source: Kids First, Rhode Island



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Pineapple Melon Salad

Makes: 100 servings

100 Servings

Ingredients	Weight	Measure
Fresh cantaloupe, chopped	4 lb 6 oz	3 qt
Red bell pepper, finely diced	1 lb 6 oz	1 qt 1/4 cup
Onion (white, yellow, or red), finely diced	1 lb 2 oz	3 cup
Fresh cilantro, chopped	2 oz	1 1/2 cup
Canned pineapple tidbits, drained	3 lb 5 oz	1 qt 2 1/4 cup (1/2 No. 10 can)
Lemon or lime juice		1/2 cup
Orange juice		1 cup
Dried minced onion		2 Tbsp
Dried thyme		1 Tbsp
Allspice		2 1/2 tsp
Black pepper, ground		1/2 tsp
Cinnamon, ground		1 tsp
Cayenne pepper		1/2 tsp
Salt		1/2 tsp

Directions

1. Rinse cantaloupe. Chop into 1/4" chunks.
2. Rinse bell peppers. Dice bell peppers and onions to 1/4" in size.
3. Remove stem ends from cilantro and roughly chop by hand or in processor.
4. Combine all ingredients, mix well. Refrigerate, covered, at least one hour to blend flavors. Stir before serving. CCP: Hold at 41°F or below before and during service. Portion with No. 16 scoop (1/4 cup)

Notes

Serving Tips:

The salt and spices can be replaced with 1/4 cup 2 Tbsp of Jerk seasoning (pre-mixed).

My Notes

Source: Iowa Gold Star Cycle Menus, Team Nutrition Iowa



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Rice Salad

Makes: 25 or 50 Servings

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Enriched white rice, medium grain, regular	10 oz	1 1/2 cups	1 lb 4 oz	3 cups
OR	OR	OR	OR	OR
Enriched white rice, long grain, regular	13 1/2 oz	2 cups 2 Tbsp	1 lb 11 oz	1 qt 1/4 cup
Water		3 1/4 cups		1 qt 2 1/2 cups
Salt		1 tsp		2 tsp
Tomato juice		3/4 cup		1 1/2 cups
White vinegar		1 Tbsp 1 1/2 tsp		3 Tbsp
Vegetable oil		1 Tbsp		2 Tbsp
Granulated garlic		1 tsp		2 tsp
Dry mustard		1/2 tsp		1 tsp
Dried oregano		1 tsp		2 tsp
Dried parsley		1 Tbsp		2 Tbsp
Ground black or white pepper		1/4 tsp		1/2 tsp
*Fresh carrots, shredded	6 oz	1 3/4 cups	12 oz	3 1/2 cups
*Fresh tomatoes, 1/4" diced	3 oz	1/2 cup	6 oz	1 cup
*Fresh cucumber, peeled, seeded, 1/4" diced	3 oz	1/2 cup 2 Tbsp	6 oz	1 1/4 cups
Frozen mixed vegetables, thawed, drained	12 oz	2 3/4 cups	1 lb 8 oz	1 qt 1 1/2 cups
Canned garbanzo beans, drained	7 1/4 oz	1 1/8 cups (3/4 No. 300 can)	14 1/2 oz	2 1/4 cups (1 1/2 No. 300 cans)

Directions

- Combine rice, water, and salt in a pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Cover.
- Bake: Conventional oven: 350° F for 25 minutes
- Dressing: In a mixing bowl, whisk together tomato juice, vinegar, vegetable oil, granulated garlic, dry mustard, oregano, parsley, and pepper.
- Place hot rice in a mixing bowl. Pour dressing over top and toss to thoroughly coat rice. Cover with plastic wrap and refrigerate for 1 hour.
- To the rice, add carrots, tomatoes, cucumbers, mixed vegetables, and beans. Stir to combine.
- CCP: Refrigerate within 1 hour. Hold at 40° F or colder. Spread 2 lb 7 oz (approximately 1 qt 2 Tbsp) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Cover. Refrigerate until ready to serve.
- Portion with No. 12 scoop (1/3 cup).

Notes

* See Marketing Guide

Nutrition Information

Nutrients	Amount	Meal Components
Calories	75	Vegetables 1/4 cup
Total Fat	1 g	Grains 1/4 slice
Saturated Fat	0 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Cholesterol	0 mg	
Sodium	128 mg	
Total Carbohydrate	15 g	
Dietary Fiber	1 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	2 g	
Vitamin D	N/A	
Calcium	12 mg	
Iron	1 mg	
Potassium	N/A	
N/A - data is not available		



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Sunshine Salad

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Spinach leaves	6 lb		12 lb	
Red onion, sliced		4 each		8 each
Red pepper, julienned		6 each		12 each
Cucumber, sliced		10 each		20 each
Oranges, sectioned		10 each		20 each
Red wine vinegar		1/2 cup		1 cup
Dijon mustard		2 Tbsp		4 Tbsp
100% Orange juice		1/2 cup		1 cup
Olive oil		1 cup		2 cup

Directions

1. Wash and devein spinach to remove stems. Spin in salad spinner until dry or air dry.
2. Skin red onion, cut in half lengthwise and slice thin.
3. Slice red pepper lengthwise, core and seed. Slice into Julienne strips.
4. Peel cucumber(optional) and slice lengthwise. Slice into thin round slices.
5. Peel, section and remove seeds from orange.
6. Place $\frac{3}{4}$ cup spinach in large salad bowl and garnish with $\frac{1}{4}$ cup cut vegetables and fruit.

** For dressing:

1. Combine in a large bowl vinegar and mustard.
2. Whisk in the orange juice and slowly whisk in oil until fully incorporated.
3. Drizzle dressing over salad and toss well to coat evenly. Serve immediately.

My Notes

Source: National Cancer Institute

Nutrition Information

Nutrients	Amount
Calories	74
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	59 mg
Total Carbohydrate	8 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	72 mg
Iron	2 mg
Potassium	N/A

N/A - data is not available

Creamy Hummus Salad Dressing

Griffin School District

Recipe Category: Salad Dressing (dip)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Hummus, Creamy		5 cups		10 cups			Mix all ingredients together and serve. CCP: Hold at 41°F or below for cold service.
Lemon Juice		1 cup		2 cups			
Olive oil, extra-virgin, light		3 Tbsp		6 Tbsp			
Water		¾ cup		1½ cups			
Paprika		1 Tbsp		2 Tbsp			
Agave Nectar		3 Tbsp		6 Tbsp			
Black Pepper		To taste		To taste			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits

Nutrient Analysis		
Calories: 82	Saturated Fat: .52 gram	Sodium: 98.66 mg

Tabouli Salad

Mukilteo School District

Recipe Category: SALAD (grain/bread, vegetable)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Water, boiling		½ gal 1 cup		1 gal 2 cups			<ol style="list-style-type: none"> Put the cracked wheat in a large bowl and pour the boiling water on top. Leave the wheat in the water for approximately 45 minutes or until it has absorbed the water. Drain any excess water. Meanwhile, chop and mix the cucumber, tomato and onion. Finely chop the parsley and mint with the vegetables. Add the minced garlic. Add to the soaked bulgur wheat and mix. Prepare the salad dressing (may be done the day before) by whisking the olive oil into the lemon juice. Add diced green pepper and salt as needed (approximately 1T). Mix into the salad. Refrigerate for 1 hour and serve. <p>CCP: Hold at 41°F or below for cold service.</p>
Bulgur (cracked wheat)	3 lbs 2 oz	9 cup 6 Tbsp	6 lbs 4 oz	18 cup ¾ cup			
Cucumbers, diced & pared	10 oz	whole	1 lb 4 oz	8 whole			
Tomatoes, fresh, diced	2 lb	4	4 lb				
Red Onions, diced	7 oz		14 oz				
Parsley, finely chopped	4.21 oz	5 cup	8.42 oz	10 cup			
Mint, finely chopped		2 cup		4 cup			
Garlic Cloves		3 cloves		6 cloves			
Dressing:							
Lemon Juice		2 cup		4 cup			
Olive Oil		3 cup		6 cup			
Green Pepper, diced		¼ cup		½ cup			
Salt, to taste		½ Tbsp		1 Tbsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¾ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
	1	¼ cup	

Nutrient Analysis		
Calories: 221	Saturated Fat: 1.87 grams	Sodium: 152.61 mg.

Wheat Berry Salad

Wenatchee School District

Recipe Category: Salad (grain, vegetables)

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Cooked Wheat Berries		1 gal		2 gal			<ol style="list-style-type: none"> Place wheat berries in a large saucepan and fill with cold water about an inch deeper than the wheat berries. Simmer for about an hour or until tender. While the wheat berries are cooking, dice the onion, carrot and celery and place in a bowl. Drain the wheat berries in a colander and rinse with cold water, add them to the bowl of vegetables. Add dried cranberries to the bowl. In another bowl, whisk together the ingredients for the vinaigrette. Pour lemon-garlic vinaigrette over the berry mixture and mix until well coated. Fold in the roasted squash (see recipe #47). <p>CCP: Refrigerate until the salad reaches 41°F or less for cold service.</p>
Onion, small dice		2 cups		1 Qt			
Carrot, small dice		2 cups		1 Qt			
Celery, small dice		2 cups		1 Qt			
Dried Cranberries		2 cups		1 Q			
Lemon-Garlic Vinaigrette							
Lemon Juice		2 cups		1 Qt			
Olive Oil		2 cups		1 Qt			
Minced Garlic		¼ cup		½ Cup			
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp			
Black Pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp			
Roasted Winter Squash		1 Qt 3 cup		3 Qt 2 cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
½ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
	½	¼ cup (⅙ cup red/orange, ⅙ cup other)	

Nutrient Analysis		
Calories: 216	Saturated Fat: 1.81 grams	Sodium: 295 mg