



Vegetables & Fruit

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

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Baked Batatas and Apples

Prep time: 15 minutes

Cook time: 1 hour

Makes: 25 or 50 Servings

The batata dulce or sweet potato is a root vegetable that is native to Central and South America, Mexico, and the West Indies. As the result of exploration and early world travel, the sweet potato is eaten in Asian and South American countries as well as the United States. This combination of apples and batatas dulces creates a sweet-savory dish that both kids and adults enjoy.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Brown sugar, packed		3/4 cup		1 1/2 cup
Cinnamon, ground		2 tsp		1 Tbsp 1 tsp
Salt, table		1 tsp		2 tsp
Nonstick cooking spray		1 Spray		2 Sprays
*Sweet Potatoes (batatas dulce), fresh, peeled, 1/2" cubed	2 lbs 3 1/2 oz	2 qts 1/4 cup	4 lbs 7 oz	1 gallon 1/2 cup
*Apples, fresh, peeled, cored, 1/2" cubed	2 lbs 15 oz	3 qt 1/2 cup	5 lbs 14 oz	1 gallon 2 qt 1 cup
Canola oil		1/4 cup		1/2 cup
Orange juice	8 oz	1 cup	1 lb	2 cups

Directions

1. Preheat oven to 350 °F.
2. Prepare cinnamon-sugar mixture: In an extra-large bowl, combine brown sugar, cinnamon, and salt.
3. Lightly coat steam table pan (12" x 20" x 2 1/2") with nonstick cooking spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
4. Toss sweet potatoes (batatas dulces), apples, oil, and orange juice in the cinnamon-sugar mixture.
5. Place the sweet potato (batata dulce) and apple mixture in the pan. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Recommend: Braeburn, gala, honey crisp, jonagold, or jonathans
6. Cover with foil and bake for 50-60 minutes, or until sweet potatoes (batatas dulce) are tender. Critical Control Point: Heat to 140 °F for at least 15 seconds.
7. 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.

Variations:

Yams or butternut squash may be substituted for the sweet potatoes.

Canned apple slices may be substituted for fresh apples.

Chef Tips:

Add 1/2 cup chopped nuts or 1 tablespoon grated orange rind to the cinnamon-sugar mixture for a crunchy texture or citrus flavor.

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

My Notes

Source: Team Nutrition: Adapted from a recipe by <http://extension.umass.edu/nutrition/recipes/baked-batatas-and-apples>.

Nutrition Information

Nutrients	Amount	Meal Components
Calories	102	Fruits 1/4 cup
Total Fat	3 g	Vegetables 1/4 cup
Saturated Fat	0 g	Red & Orange 1/4 cup
Cholesterol	N/A	
Sodium	104 mg	
Total Carbohydrate	21 g	
Dietary Fiber	2 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	1 g	
Vitamin D	N/A	
Calcium	19 mg	
Iron	0 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

Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, drained	3 lb 13 oz	2 qt ½ cup (1 No. 10 can)	7 lb 10 oz	1 gal 1 cup (2 No. 10 cans)	1. Place 3 lb 13 oz (2 qt ¾ cup) sweet potatoes into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Canned unsweetened sliced apples solid packed, drained	3 lb 11 oz	2 qt (¾ No. 10 can)	7 lb 6 oz	1 gal (1 ½ No. 10 cans)	
Brown sugar, packed	5 ¾ oz	¾ cup	11 ½ oz	1 ½ cups	2. Place 3 lb 11 oz (2 qt ½ cup) apples over sweet potatoes in each pan.
Ground cinnamon		1 tsp		2 tsp	
Ground nutmeg (optional)		1 tsp		2 tsp	3. Combine brown sugar, cinnamon, and nutmeg (optional).
Margarine or butter	2 ½ oz	½ cup	5 oz	¾ cup	
Water		¾ cup		1 ½ cups	4. Sprinkle ¾ cup sugar mixture over apples in each pan.
					5. Dot each pan with ½ cup margarine or butter, and sprinkle remaining sugar.
					6. Add ¾ cup water to each pan.
					7. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes CCP: Heat to 140° F or higher.
					8. CCP: Hold for hot service at 135° F or higher.
					Portion with No. 16 scoop (¼ cup).

SERVING:	YIELD:	VOLUME:
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¾ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.

50 Servings: about 7 lb 15 oz

50 Servings: about 3 quarts ½ cup
1 steamtable pan

100 Servings: about 15 lb 14 oz

100 Servings: about 1 gallon 2 ¼ quarts
2 steamtable pans

Tested 2004

Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-07

Nutrients Per Serving

Calories	78	Saturated Fat	0.28 g	Iron	0.39 mg
Protein	0.56 g	Cholesterol	0 mg	Calcium	11 mg
Carbohydrate	16.56 g	Vitamin A	2637 IU	Sodium	29 mg
Total Fat	1.38 g	Vitamin C	3.5 mg	Dietary Fiber	1.9 g



Blueberry Pineapple Salsa

Meal Components: Fruits

Fruits

Ingredients	50 Servings		100 Servings		Directions Process #2: Cook and Serve, Same Day Service
	Weight	Measure	Weight	Measure	
Blueberries, fresh	6 lb 5 oz		12 lb 10 oz		1. Combine blueberries, pineapple, jalapeno, lime juice, lime zest, cilantro and red onion in a large bowl. Season with additional lime juice if desired. 2. Stir gently to combine ingredients. Spread into shallow pans (12" x 20" x 2.5") to a product depth of 2" or less. For 50 servings use 2 pans. For 100 servings use 4 pans.
Pineapple tidbits, canned and drained		3/4 No. 10 can		1 1/2 No. 10 can	
Jalapeno pepper, fresh, seeds and membrane removed, minced		2 medium		4 medium	
Lime juice, fresh or bottled		1 1/2 cup		3 cups	
Lime zest		1/4 cup		1/2 cup	
Cilantro, finely chopped	1 1/2 oz	1 cup	3 oz	2 cups	
Onion, red, fresh diced	11 oz	2 cups	1 lb 6 oz	4 cups	
					3. Portion with a No. 8 (1/2 cup) scoop for a 3/8 cup serving.
					4. CCP: Keep at or below 40° F.

Blueberry Pineapple Salsa

Meal Components: Fruits

Fruits



Notes
 Serving suggestion: Accompany with fish, chicken or serve with whole grain tortilla chips.

Serving	Yield	
1/2 cup (No. 8 scoop) provides 3/8 cup serving fruit.	50 Servings:	Approximately 11 pounds
	100 Servings:	Approximately 22 pounds

Nutrients Per Serving					
Calories	61	Saturated Fat	.02 g	Iron	.36 mg
Protein	.7 g	Cholesterol	0 mg	Calcium	12.6 mg
Carbohydrates	15.7 g	Vitamin A	80 mg	Sodium	1.6 mg
Total Fat	.26 g	Vitamin C	12.4 mg	Dietary Fiber	1.9 g

1ST PLACE WINNER
Dark Green and
Orange Vegetables

A succulent side dish that provides a striking contrast of flavors and textures.



Central Valley Harvest Bake

JOSHUA COWELL ELEMENTARY SCHOOL

Manteca, California

Our Story

The rich agricultural region of Manteca, California, grows many crops annually, including winter squash, pumpkin, corn, watermelon, and almonds. Therefore, the recipe challenge team's goal was to develop a dish that featured a locally grown, dark green or orange vegetable. The team selected butternut squash because of its flavor and colorful eye appeal and the fact that it was grown in the school district's garden. This squash is a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin. The team discovered that even though a large quantity of butternut squash is grown in their area, many students had never tasted it. It was important to the team to develop a recipe that would introduce students to a delicious, healthy vegetable.

This succulent side dish combines the sweetness of butternut squash with the spicy kick of jalapenos and red peppers and is baked together with black beans, red quinoa, and granola for an absolutely delightful mouthful. It complements a variety of entrées, including grilled chicken or roast turkey.

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Sandy Helsel

CHEF

Bryan Ehrenholm (Owner, Pure Joy Bakery and The Lunch Pail Restaurant)

COMMUNITY MEMBERS

Bonnie Bennett (School Principal) and Mary Tolan-Davi, RD (Community Registered Dietitian)

STUDENTS

Cameron H., Genesis M., Andrew R., Matthew M., and Elizabeth B.

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Vegetables I-20r

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh butternut squash, peeled, cubed ½"	5 lb 4 oz	1 gal ¼ qt	1. Toss squash in half of oil reserving the other half for step 3. Transfer to a sheet pan (18"x 26"x 1") lightly coated with pan release spray. For 25 servings, use 1 pan. 2. Roast uncovered until lightly brown around the edges: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Hold at 135 °F or higher.
Extra virgin olive oil		2 ½ Tbsp	
*Fresh red onions, diced	4 oz	¾ cup	3. Toss onions, jalapeno peppers, and red peppers with remaining oil.
*Fresh jalapeno peppers, finely diced		3 Tbsp	
*Fresh red bell peppers, diced	4 ¼ oz	¾ cup	4. Line a sheet pan (9"x 13"x 1") with aluminum foil or a nonstick pan liner. Spread vegetable mixture on sheet pan. 5. Roast: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes Check mixture after 10 minutes. Cook vegetables until they soften and turn brown around the edges. DO NOT OVERCOOK. Remove from oven. Critical Control Point: Hold at 135 °F or higher.
Red quinoa, dry	1 oz	⅓ cup	6. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		⅓ cup	7. Combine quinoa and water in a covered saucepan 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 appear only when it is fully cooked.

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Vegetables I-20r

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	8 ½ oz OR 8 ½ oz	1 cup (⅓ No. 10 can) OR 1 cup	8. Combine squash, black beans, quinoa, and oregano.
Fresh oregano, chopped		¼ cup 1 Tbsp	
Sweetened applesauce	12 ½ oz	1 ½ cups	9. Mix in applesauce, salt, and optional lime juice.
Kosher salt		1 tsp	
Fresh lime juice (optional)		½ cup	
			10. Fold in onion and pepper mixture.
			11. Lightly coat steam table pan (12"x 20"x 2 ½") with pan release spray. Pour mixture into pan, pressing to gently to pack. For 25 servings, use 1 pan.
Low-fat granola, no fruit	8 oz	2 ¾ cups	12. Sprinkle granola evenly over the top. 13. Bake until heated through and granola is lightly browned: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Heat for 140 °F or higher for at least 15 seconds.
			14. Critical Control Point: Hold for hot service at 135 °F or higher. 15. Portion with No. 8 scoop (½ cup).

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Vegetables I-20r

Notes
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.</p> <p>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.</p> <p>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 ½ cups dry or 4 ½ cups cooked beans.</p>

Serving	Yield	Volume
½ cup (No. 8 scoop) provides: ¾ cup red/orange vegetable, ¼ cup other vegetable, and ¼ oz equivalent grains.	25 Servings: about 7 lb 8 oz	25 Servings: 1 steam table pan

Marketing Guide	
Food as Purchased for	25 servings
Butternut squash	6 lb 4 oz
Red onions	5 oz
Jalapeno peppers	1 oz
Red bell peppers	5 ½ oz
Dry black beans	4 ¼ oz

Nutrients Per Serving			
Calories	97.43	Saturated Fat	0.32 g
Protein	2.03 g	Cholesterol	0 mg
Carbohydrate	20.26 g	Vitamin A	8911.78 IU (478.72 RAE)
Total Fat	1.92 g	Vitamin C	18.56 mg
		Iron	1.01 mg
		Calcium	43.98 mg
		Sodium	114.57 mg
		Dietary Fiber	3.65 g

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Vegetables I-20r

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh butternut squash, peeled, cubed ½"	10 lb 8 oz	2 gal ½ qt	1. Toss squash in half of oil reserving the other half for step 3. Transfer to a sheet pan (18"x 26"x 1") lightly coated with pan release spray. For 50 servings, use 2 pans. 2. Roast uncovered until lightly brown around the edges: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Hold at 135 °F or higher.
Extra virgin olive oil		¼ cup 1 Tbsp	
*Fresh red onions, diced	8 oz	1 ½ cups	3. Toss onions, jalapeno peppers, and red peppers with remaining oil.
*Fresh jalapeno peppers, finely diced	1 ¾ oz	½ cup	
*Fresh red bell peppers, diced	8 ½ oz	1 ½ cups	4. Line a sheet pan (9"x 13"x 1") with aluminum foil or a nonstick pan liner. Spread vegetable mixture on sheet pan. 5. Roast: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes Check mixture after 10 minutes. Cook vegetables until they soften and turn brown around the edges. DO NOT OVERCOOK. Remove from oven. Critical Control Point: Hold at 135 °F or higher.
Red quinoa, dry	2 oz	¼ cup	6. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		¾ cup	7. Combine quinoa and water in a covered saucepan 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 appear only when it is fully cooked.

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Vegetables I-20r

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	1 lb 1 oz OR 1 lb 1 oz	2 cups (¼ No. 10 can) OR 2 cups	8. Combine squash, black beans, quinoa, and oregano.
Fresh oregano, chopped		½ cup 2 Tbsp	
Sweetened applesauce	1 lb 9 oz	2 ⅔ cups (¼ No. 10 can)	9. Mix in applesauce, salt, and optional lime juice.
Kosher salt		2 tsp	
Fresh lime juice (optional)		¼ cup	
			10. Fold in onion and pepper mixture.
			11. Lightly coat steam table pan (12"x 20"x 2 ½") with pan release spray. Pour mixture into pan, pressing to gently to pack. For 50 servings, use 2 pans.
Low-fat granola, no fruit	1 lb	1 qt ½ cup	12. Sprinkle granola evenly over the top. 13. Bake until heated through and granola is lightly browned: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Heat for 140 °F or higher for at least 15 seconds.
			14. Critical Control Point: Hold for hot service at 135 °F or higher.
			15. Portion with No. 8 scoop (½ cup).

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Vegetables I-20r

Notes
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.</p> <p>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.</p> <p>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 ½ cups dry or 4 ½ cups cooked beans.</p>

Serving	Yield	Volume
½ cup (No. 8 scoop) provides: ¾ cup red/orange vegetable, ¼ cup other vegetable, and ¼ oz equivalent grains.	50 Servings: about 14 lb	50 Servings: 2 steam table pans

Marketing Guide	
Food as Purchased for	50 servings
Butternut squash	12 lb 8 oz
Red onions	10 oz
Jalapeno peppers	2 oz
Red bell peppers	11 oz
Dry black beans	8 ½ oz

Nutrients Per Serving			
Calories	97.43	Saturated Fat	0.32 g
Protein	2.03 g	Cholesterol	0 mg
Carbohydrate	20.26 g	Vitamin A	8911.78 IU (478.72 RAE)
Total Fat	1.92 g	Vitamin C	18.56 mg
		Iron	1.01 mg
		Calcium	43.98 mg
		Sodium	114.57 mg
		Dietary Fiber	3.65 g

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Vegetables I-20r

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh butternut squash, peeled, cubed ½"	21 lb	4 gal 1 qt	1. Toss squash in half of oil reserving the other half for step 3. Transfer to a sheet pan (18"x 26"x 1") lightly coated with pan release spray. For 100 servings, use 4 pans. 2. Roast uncovered until lightly brown around the edges: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Hold at 135 °F or higher.
Extra virgin olive oil		½ cup 2 Tbsp	
*Fresh red onions, diced	1 lb ½ oz	3 cups	3. Toss onions, jalapeno peppers, and red peppers with remaining oil.
*Fresh jalapeno peppers, finely diced	3 oz	¾ cup	
*Fresh red bell peppers, diced	1 lb 1 oz	3 cups	4. Line a sheet pan (18"x 26"x 1") with aluminum foil or a nonstick pan liner. Spread vegetable mixture on sheet pan. 5. Roast: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes Check mixture after 10 minutes. Cook vegetables until they soften and turn brown around the edges. DO NOT OVERCOOK. Remove from oven. Critical Control Point: Hold at 135 °F or higher.
Red quinoa, dry	4 oz	½ cup	6. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		1 ½ cup	7. Combine quinoa and water in a covered saucepan 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 appear only when it is fully cooked.

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Vegetables I-20r

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	2 lb 2 oz OR 2 lb 2 oz	1 qt (½ No. 10 can) OR 1 qt	8. Combine squash, black beans, quinoa, and oregano.
Fresh oregano, chopped		1 ¼ cups	
Sweetened applesauce	3 lb 2 oz	1 qt 1 ½ cups (½ No. 10 can)	9. Mix in applesauce, salt, and optional lime juice.
Kosher salt		1 Tbsp 1 tsp	
Fresh lime juice (optional)		½ cup	
			10. Fold in onion and pepper mixture.
			11. Lightly coat steam table pan (12"x 20"x 2 ½") with pan release spray. Pour mixture into pan, pressing to gently to pack. For 100 servings, use 4 pans.
Low-fat granola, no fruit	2 lb	2 qt 1 cup	12. Sprinkle granola evenly over the top. 13. Bake until heated through and granola is lightly browned: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Heat for 135 °F or higher for at least 15 seconds.
			14. Critical Control Point: Hold for hot service at 135 °F or higher.
			15. Portion with No. 8 scoop (½ cup).

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains

Vegetables I-20r

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.
Special tip for preparing dry beans: SOAKING BEANS OVERNIGHT METHOD: Add 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 ½ cups dry or 4 ½ cups cooked beans.

Serving	Yield	Volume
½ cup (No. 8 scoop) provides: ¾ cup red/orange vegetable, ¼ cup other vegetable, and ¼ oz equivalent grains.	100 Servings: about 28 lb 8 oz	100 Servings: 4 steam table pans

Marketing Guide	
Food as Purchased for	100 servings
Butternut squash	25 lb
Red onions	1 lb 4 oz
Jalapeno peppers	4 oz
Red bell peppers	1 lb 6 oz
Dry black beans	1 lb 1 oz

Nutrients Per Serving			
Calories	97.43	Saturated Fat	0.32 g
Protein	2.03 g	Cholesterol	0 mg
Carbohydrate	20.26 g	Vitamin A	8911.78 IU (478.72 RAE)
Total Fat	1.92 g	Vitamin C	18.56 mg
		Iron	1.01 mg
		Calcium	43.98 mg
		Sodium	114.57 mg
		Dietary Fiber	3.65 g

Chinese Style Vegetables

Vegetable

Vegetables

I-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables	6 lb 4 oz		12 lb 8 oz		1. Select a colorful assortment of 4 or more vegetables from vegetable list. (Frozen vegetables may be mixed with fresh.) Keep Group A vegetables separate from Group B vegetables, as they require different cooking times in step 5.
GROUP A Broccoli Carrots Cauliflower Celery Onions					
GROUP B Cabbage Green beans Green peas Yellow summer squash Zucchini					
Optional vegetables Snow peas Red or green peppers Pimientos Water chestnuts					
Water		½ cup		1 cup	2. Combine water, soy sauce, and granulated garlic. Set aside for step 6.
Low-sodium soy sauce		¼ cup		½ cup	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Vegetable oil		½ cup		1 cup	3. Heat oil in steam-jacketed kettle.
Ground black or white pepper		½ tsp		1 tsp	4. Add pepper to oil and stir.
					5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.
					6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.

Chinese Style Vegetables

Vegetable

Vegetables

I-09

	<p>7. Cover, lower heat, and steam for 2-3 minutes. VEGETABLES SHOULD NOT BE OVERCOOKED as they will continue to cook on the steamtable.</p> <p>CCP: Heat to 140° F or higher.</p>
	<p>8. Pour approximately 3 qt 3 cups into each steamtable table pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p>
	<p>9. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion with No. 16 scoop (¼ cup).</p>

Comments:

Equal amount of fresh broccoli, carrots, cabbage, green pepper, celery, and onion are used in the nutrient calculation.

SERVING:	YIELD:	VOLUME:
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¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

50 Servings: 1 steamtable pan

50 Servings: about 3 quarts 3 cups

100 Servings: 2 steamtable pans

100 Servings: about 1 gallon 3 ½ quarts

Edited 2004

Chinese Style Vegetables

Vegetable

Vegetables

I-09

Nutrients Per Serving

Calories	37	Saturated Fat	0.33 g	Iron	0.32 mg
Protein	0.82 g	Cholesterol	0 mg	Calcium	19 mg
Carbohydrate	3.76 g	Vitamin A	2440 IU	Sodium	66 mg
Total Fat	2.34 g	Vitamin C	10.1 mg	Dietary Fiber	1.3 g

STIR-FRY VEGETABLES

Recipe provided by North East Independent School District, San Antonio, TX, for the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	50 Servings		Directions
	Weight	Measure	
Carrots, sliced	5 lbs		1. Wash, peel and slice carrots. Slice carrots into 1/4 inch carrot coins.
Onions, sliced	1 lb 9 oz		2. Remove outer layer of onion and cut in half lengthwise. Cut onion into 1/2 inch rounds.
Broccoli florets	4 lb 1 oz		3. Wash broccoli florets, cut larger pieces in half.
Vegetable oil		2/3 cup	4. Cook vegetables as close to serving time as possible. Vegetables will turn dark if they are left in the warmer too long.
Salt		2 1/2 tsp.	5. Heat oil in a skillet and add carrots and onions. Cook for 8-10 minutes.
Garlic powder		2 1/2 tsp.	6. Add salt, garlic powder and soy sauce and cook for an additional 5 minutes. Be careful not to overcook the vegetables.
Soy Sauce		2/3 cup	7. Add the broccoli and cook until the (CCP) minimum internal temperature is 135°F or above.

Recipe Notes:

One serving provides 1/2 cup vegetable

Nutrition Information (per serving)

Calories: 65/Protein: 2 g/Carbohydrate: 8 g/Fiber: 3 g
 Saturated fat: 0 g/Polyunsaturated fat: 2 g/Monounsaturated fat: 0.5 g
 Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 290 mg/Potassium: 290 mg

KIKKOMAN TERIYAKI ROASTED SWEET POTATOES

Presented by Kikkoman at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	50 Servings		Directions
	Weight	Measure	
Raw sweet potatoes, 1-inch dice	11 lbs.		1. Spray full size sheet pans with pan release spray. For 50 servings use 2 sheet pans, for 100 servings use 4 sheet pans.
Kikkoman Less Sodium Teriyaki Sauce		1 ½ cups	2. Combine the diced sweet potatoes, Kikkoman Less Sodium Teriyaki Sauce, and vegetable oil. Mix until potatoes are evenly coated. Divide the potatoes evenly between the prepared sheet pans.
Vegetable oil		½ cup	3. Bake in a pre-heated 375°F oven for 20 minutes. Remove from the oven and stir. Bake for an additional 10-20 minutes, or until the sweet potatoes are tender and caramelized. Remove from the oven and transfer the potatoes to full size 2-inch steamtable pans. Hold hot at or above 140°F until service.
Fresh cilantro, chopped		½ cup	4. Just before service sprinkle each pan of potatoes with chopped cilantro, sliced green onions and toasted sesame seeds. Serve immediately.
Fresh green onions, thinly sliced		½ cup	
Sesame seeds, toasted	1 oz.	3 Tbsp.	

ROASTED VEGETABLES

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

Ingredients			Directions
	Weight	Measure	
Summer squash, zucchini, include skin, raw	2 lb.		CCP: Heat to 145°F or higher for at least 15 seconds. 1. Dice all vegetables into about ½-inch cubes. 2. Toss with salt, pepper, and oil. 3. Place 10 pounds on a sheet pan and roast in a 375°F oven until lightly browned. Approximately 15 to 20 minutes. CCP: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours
Onions, raw	1 lb.		
Mushrooms, raw	1 lb.		
Peppers, sweet, red, raw	1 lb. + 4oz.		
Summer squash, all varieties, raw	2 lb.		
Olive oil, salad or cooking oil		2 Tbsp.	
Salt		1 tsp.	
Ground black pepper		½ tsp.	Yield: approximately 2.5 pounds

Nutrition Information (per pound, recipe yields approximately 2 ½ pounds)

Calories: 400/Protein: 19 g/Carbohydrate: 60 g/Fiber: 17 g

Saturated fat: 2 g/Polyunsaturated fat: 2 g/Monounsaturated fat: 8 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 510 mg/Potassium: 3215 mg



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

Find more recipes at www.usda.gov/whatscooking

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Curry Vegetables

Prep time: 20 minutes

Cook time: 30 minutes

Makes: 25 or 50 Servings

Curry, which is identified by its golden-yellow color, is a mixture of spices, which can include coriander, turmeric, cumin, ginger, and cloves. It is typically used to make a spiced sauce or gravy for vegetables, stews or meats served in southern India. Try this recipe for a spicy twist on an everyday dish.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Nonstick cooking spray		1 spray		1 spray
*Onion, fresh, peeled, 1/2" chopped	6 1/4 oz	1 1/3 cups	12 1/2 oz	2 2/3 cups
*White potatoes, fresh, peeled, 1/4" cubed	12 1/2 oz	2 cups	1 lb 9 oz	1 qt
Tomatoes, canned, diced, drained	12 1/2 oz	1 1/3 cups (1/4 No. 10 can)	1 lb 9 oz	2 2/3 cups (1/2 No. 10 can)
Water		1 cup		2 cups
Green beans, frozen, cut	12 1/2 oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 1/4 cups
Garlic powder		1 tsp		2 tsp
Curry powder, dry, ground		1 tsp		2 tsp
Salt, table		1 tsp		2 tsp

Directions

1. Spray a large skillet with nonstick cooking spray and heat on medium heat.
2. Cook onions and potatoes for 8 minutes or until onions are tender. Stir frequently.
3. Stir in tomatoes and water. Increase heat to medium-high. Cover and cook for 8-10 minutes.
4. Remove lid and add green beans and seasonings. Cook until liquid is no longer pooling on the bottom of the pan and potatoes are fork tender, about 8-10 minutes. Stir frequently. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
5. Serve 1/4 cup (#16 scoop). 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/curry-vegetables>.

My Notes

Source: Team Nutrition: Adapted from Texas CACFP Ethnic Recipes.

Nutrition Information

Nutrients	Amount
Calories	27
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	123 mg
Total Carbohydrate	6 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	17 mg
Iron	0 mg
Potassium	N/A

N/A - data is not available

Meal Components	
Vegetables	1/4 cup
Other	1/4 cup

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

Fruit Salsa

Red/Orange Vegetable-Fruit

Vegetables

50 Servings

100 Servings

Directions 50-100

Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Ingredients: Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked. Describe: peeled, sliced, chopped, diced, grated, minced, and size.	Weight Lbs+ oz	Measure Largest unit	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size #2 Same Day Service DIRECTIONS
Canned diced peaches, light syrup, drained OR canned pineapple tidbits, light syrup, drained	8 lbs 8 oz	1 gal 1 qt (2 No. 10 cans)	17 lb	2 gal 2 qt (4 No. 10 cans)	1. Place peaches, peppers, and red wine vinegar in a large bowl. Stir well.
*Fresh jalapeno peppers, diced 1/4"	10 oz	8 1/2 each	1 lb 4 oz	17 each	
*Fresh red bell peppers, diced 1/4"	2 lb 8 oz	1 qt 3 1/2 cups	5 lb	3 qt 3 cups	
Red wine vinegar		1 cup		2 cups	2. Pour into serving pans (10 3/8" x 12 3/4" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					3. Cover and refrigerate at 40 °F. 4. Critical Control Point: Cool to 41 °F or lower within 4 hours.

					<p>5. Critical Control Point: Hold at 41 °F or below.</p> <p>6. Portion with 3 fl oz spoodle (3/8 cup).</p>
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Marketing Guide for Selected Items			
	Food as Purchased for	50 Servings	100 Serving
Jalapeno peppers		14 oz	1 lb 12 oz
Red bell peppers		3 lb 2 oz	6 lb 4 oz

Notes:

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

Cooking Process #1: No Cook

Serving

NSLP/SBP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 1/8 cup red/orange vegetable and ¼ cup fruit.

CACFP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 3/8 cup fruit/vegetable.

Serving:**Yield: (not to exceed 54, 108)****Volume:**

NSLP/SBP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 1/8 cup red/orange vegetable and ¼ cup fruit.

CACFP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 3/8 cup fruit/vegetable.

50 Servings about
13 lb

100 Servings
about 26 lb

50 Servings
about 1 gallon
2 quarts 2
cups / 2
serving pans

about 3
gallons 1 quart
/ 4 serving
pans

Nutrient % Daily Value		Minerals		Vitamins	
Total Calories	55.64	Calcium	3.9 mg	Vitamin A	1090.25 IU
Protein	0.66 g	Potassium	114.94 mg	Vitamin B6	0.08 mg
Carbohydrates	13.75 g	Sodium	66.15 mg	Vitamin B12	0 mcg
Dietary Fiber	1.15 g	Copper	0.03 mg	Vitamin C	30.89 mg
Total Sugars	9.25 g	Iron	0.29 mg	Vitamin D	0 IU
Total Fat	0.18 g	Magnesium	6.58 mg	Vitamin E	1.31 mg AT
Saturated Fat	0.01 g	Phosphorus	13.61 mg	Vitamin K	3.27 mcg
Monounsaturated Fat	0 g	Selenium	0.02 mcg	Folate	16.6 mcg
Polyunsaturated Fat	0.02 g	Zinc	0.18 mg	Thiamin	0.03 mg
Linoleic Acid	0.01 g			Riboflavin	0.03 mg
α -Linolenic Acid	0.01 g			Niacin	0.67 mg
Cholesterol	0 mg			Choline	1.27 mg

Dark Green and Orange Vegetables

Inspired by autumn vegetables found at farmers markets, Harvest Delight is an irresistible, brilliantly colored roasted vegetable and fruit medley side dish.



Harvest Delight

THE PROTESTANT GUILD FOR HUMAN SERVICES, INC.

Waltham, Massachusetts

Our Story

The recipe challenge team was formed when the students at The Guild expressed an interest in learning how to cook healthier, fresher meals. To meet this need, the Harvest Delight dish was created featuring locally grown ingredients seasoned with fresh aromatic herbs and a subtle taste of maple. In existence since 1940, The Guild is a residential school for students ages 6 to 22 years. The school serves students with mental health issues, autism, developmental disabilities, and emotional and behavioral challenges.

The Harvest Delight recipe was initially served in the school's residence hall for a small group of students. The students enjoyed the dish and gave it high ratings.

Harvest Delight was then served to the entire student body. Over 90 percent of the students who evaluated the recipe rated it "very good" to "excellent." The team was overjoyed with the recipe's positive feedback and was happy to find a fresh vegetable dish that is popular with the students. Who knew that sweet potatoes, butternut squash, carrots, spinach, dried cranberries, and apples could cause so much excitement? The colorful and delicious blend of vegetables, fruits, and herbs of Harvest Delight is sure to please any student!

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Doreen Mangini, PhD

CHEF

Chef Florentine

COMMUNITY MEMBER

Erin Ridge (Special Education Teacher,
The Guild School)

STUDENT

Samantha I.

Harvest Delight

Meat Components: Red/Orange Vegetable-Other Vegetable-Fruit

Vegetables I-21r

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh carrots, ¼" slices	1 lb 8 oz	1 qt 1 cup	1. Place carrots in a perforated steam table pan (12" x 20" x 2 ½"). Cover and steam for 10 minutes or until tender.
*Fresh sweet potatoes, peeled, cubed 1"	1 lb 8 oz	3 cups	2. Toss carrots, sweet potatoes, squash, and onions with the oil and salt. Line sheet pan (18" x 26" x 1") with parchment paper and spray with pan release spray. Spread vegetables evenly on sheet pan. For 25 servings, use 2 pans. Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking: Conventional oven: 425 °F for 25 minutes Convection oven: 425 °F for 18 minutes
*Fresh butternut squash, peeled, cubed ½"	1 lb 8 oz	3 ½ cups	
*Fresh red onions, diced	8 oz	1 ½ cups 1 Tbsp	
Extra virgin olive oil		½ cup	
Sea salt		1 tsp	
*Fresh green apples, peeled, cubed ½" Note: Place apples in a bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.	2 lb	1 qt 3 ½ cups	3. Combine apples, thyme, oregano, sage, rosemary, and garlic.
Fresh thyme, finely chopped		1 ½ Tbsp	
Fresh oregano, finely chopped		1 ½ Tbsp	
Fresh sage, finely chopped		1 ½ Tbsp	
Fresh rosemary, finely chopped		1 Tbsp	
Minced garlic		1 Tbsp ½ tsp	4. Remove vegetables from oven. Lower heat to 400 °F. Add apple mixture. Spread evenly. Roast uncovered until slightly tender: Conventional oven: 400 °F for 15 minutes Convection oven: 400 °F for 10 minutes 5. Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12" x 20" x 2½") lightly coated with pan release spray. For 25 servings use 1 pan.

Harvest Delight

Meat Components: Red/Orange Vegetable-Other Vegetable-Fruit

Vegetables I-21r

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Maple syrup		2 ½ Tbsp	6. Drizzle with maple syrup and toss to coat. Roast until tender: Conventional oven: 400 °F for 8 minutes Convection oven: 400 °F for 5 minutes Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
*Fresh spinach, coarsely chopped	5 ½ oz	3 cups	7. Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.
Dried cranberries, finely chopped	1 oz	3 Tbsp	
			8. Critical Control Point: Hold for hot service at 135 °F or higher.
			9. Portion with 4 fl oz spoodle or No. 8 scoop (½ 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	Yield	Volume
½ cup (4 fl oz spoodle or No. 8 scoop) provides ⅓ cup red/orange vegetable, ⅓ cup other vegetable, and ⅓ cup fruit.	25 Servings: about 9 lb	25 Servings: about 3 quarts 1 steam table pan

Marketing Guide	
Food as Purchased for	25 servings
Carrots	2 lb 2 oz
Sweet potatoes	2 lb
Butternut squash	1 lb 12 oz
Red onions	9 oz
Green apples	2 lb 9 oz
Spinach	6 ¼ oz

Nutrients Per Serving			
Calories	92.61	Saturated Fat	0.43 g
Protein	1.20 g	Cholesterol	0 mg
Carbohydrate	16.16 g	Vitamin A	11203.66 IU (560.18 RAE)
Total Fat	3.14 g	Vitamin C	10.94 mg
		Iron	1.56 mg
		Calcium	37.86 mg
		Sodium	102.64 mg
		Dietary Fiber	3.13 g

Harvest Delight

Meat Components: Red/Orange Vegetable-Other Vegetable-Fruit

Vegetables I-21r

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh carrots, ¼" slices	3 lb	2 qt 2 cups	1. Place carrots in a perforated steam table pan (12" x 20" x 2 ½"). Cover and steam for 10 minutes or until tender.
*Fresh sweet potatoes, peeled, cubed 1"	3 lb	1 qt 2 cups	2. Toss carrots, sweet potatoes, squash, and onions with the oil and salt. Line sheet pan (18" x 26" x 1") with parchment paper and spray with pan release spray. Spread vegetables evenly on sheet pan. For 50 servings, use 4 pans. Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking: Conventional oven: 425 °F for 25 minutes Convection oven: 425 °F for 18 minutes
*Fresh butternut squash, peeled, cubed ½"	3 lb	1 qt 2 ⅔ cups	
*Fresh red onions, diced	1 lb	3 cups 2 Tbsp	
Extra virgin olive oil		⅔ cup	
Sea salt		2 tsp	
*Fresh green apples, peeled, cubed ½" Note: Place apples in a bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.	4 lb	3 qt 2 ⅔ cups	3. Combine apples, thyme, oregano, sage, rosemary, and garlic.
Fresh thyme, finely chopped		3 Tbsp	
Fresh oregano, finely chopped		3 Tbsp	
Fresh sage, finely chopped		3 Tbsp	
Fresh rosemary, finely chopped		2 Tbsp	
Minced garlic		2 Tbsp 1 tsp	4. Remove vegetables from oven. Lower heat to 400 °F. Add apple mixture. Spread evenly. Roast uncovered until slightly tender: Conventional oven: 400 °F for 15 minutes Convection oven: 400 °F for 10 minutes 5. Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray. For 50 servings use 2 pans.

Harvest Delight

Meat Components: Red/Orange Vegetable-Other Vegetable-Fruit

Vegetables I-21r

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Maple syrup		¼ cup 1 Tbsp	6. Drizzle with maple syrup and toss to coat. Roast until tender: Conventional oven: 400 °F for 8 minutes Convection oven: 400 °F for 5 minutes Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
*Fresh spinach, coarsely chopped	11 oz	1 qt 2 cups	7. Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.
Dried cranberries, finely chopped	2 oz	⅓ cup	8. Critical Control Point: Hold for hot service at 135 °F or higher.
			9. Portion with 4 fl oz spoodle or No. 8 scoop (⅓ 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	Yield	Volume
½ cup (4 fl oz spoodle or No. 8 scoop) provides ⅓ cup red/orange vegetable, ⅓ cup other vegetable, and ⅓ cup fruit.	50 Servings: about 18 lb	50 Servings: about 1 gallon 2 quarts 2 steam table pans

Marketing Guide	
Food as Purchased for	50 servings
Carrots	4 lb 4 oz
Sweet potatoes	4 lb
Butternut squash	3 lb 8 oz
Red onions	1 lb 2 oz
Green apples	5 lb 2 oz
Spinach	12 ½ oz

Nutrients Per Serving			
Calories	92.61	Saturated Fat	0.43 g
Protein	1.20 g	Cholesterol	0 mg
Carbohydrate	16.16 g	Vitamin A	11203.66 IU (560.18 RAE)
Total Fat	3.14 g	Vitamin C	10.94 mg
		Iron	1.56 mg
		Calcium	37.86 mg
		Sodium	102.64 mg
		Dietary Fiber	3.13 g

Harvest Delight

Meat Components: Red/Orange Vegetable-Other Vegetable-Fruit

Vegetables I-21r

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
*Fresh carrots, ¼" slices	6 lb	1 gal 1 qt	1. Place carrots in a perforated steam table pan (12" x 20" x 2 ½"). Cover and steam for 10 minutes or until tender.
*Fresh sweet potatoes, peeled, cubed 1"	6 lb	3 qt	2. Toss carrots, sweet potatoes, squash, and onions with the oil and salt. Line sheet pan (18" x 26" x 1") with parchment paper and spray with pan release spray. Spread vegetables evenly on sheet pan. For 100 servings, use 8 pans. Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking: Conventional oven: 425 °F for 25 minutes Convection oven: 425 °F for 18 minutes
*Fresh butternut squash, peeled, cubed ½"	6 lb	3 qt 1 ½ cups	
*Fresh red onions, diced	2 lb	1 qt 2 ¼ cups	
Extra virgin olive oil		1 ½ cups	
Sea salt		1 Tbsp 1 tsp	
*Fresh green apples, peeled, cubed ½" Note: Place apples in a bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.	8 lb	1 gal 3 ¾ qt	3. Combine apples, thyme, oregano, sage, rosemary, and garlic.
Fresh thyme, finely chopped		¼ cup 2 Tbsp	
Fresh oregano, finely chopped		¼ cup 2 Tbsp	
Fresh sage, finely chopped		¼ cup 2 Tbsp	
Fresh rosemary, finely chopped		¼ cup	
Minced garlic		¼ cup 2 tsp	4. Remove vegetables from oven. Lower heat to 400 °F. Add apple mixture. Spread evenly. Roast uncovered until slightly tender: Conventional oven: 400 °F for 15 minutes Convection oven: 400 °F for 10 minutes 5. Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12" x 20" x 2 ½") lightly coated with pan release spray. For 100 servings, use 4 pans.

Harvest Delight

Meat Components: Red/Orange Vegetable-Other Vegetable-Fruit

Vegetables I-21r

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Maple syrup		½ cup 2 Tbsp	6. Drizzle with maple syrup and toss to coat. Roast until tender: Conventional oven: 400 °F for 8 minutes Convection oven: 400 °F for 5 minutes Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
*Fresh spinach, coarsely chopped	1 lb 6 oz	3 qt	7. Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.
Dried cranberries, finely chopped	4 oz	⅔ cup	
			8. Critical Control Point: Hold for hot service at 135 °F or higher. 9. Portion with 4 fl oz spoodle or No. 8 scoop (½ 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	Yield	Volume
½ cup (4 fl oz spoodle or No. 8 scoop) provides ⅓ cup red/orange vegetable, ⅓ cup other vegetable, and ⅓ cup fruit.	100 Servings: about 36 lb	100 Servings: about 3 gallons 4 steam table pans

Marketing Guide	
Food as Purchased for	100 servings
Carrots	8 lb 8 oz
Sweet potatoes	8 lb
Butternut squash	7 lb
Red onions	2 lb 4 oz
Green apples	10 lb 4 oz
Spinach	1 lb 8 ½ oz

Nutrients Per Serving			
Calories	92.61	Saturated Fat	0.43 g
Protein	1.20 g	Cholesterol	0 mg
Carbohydrate	16.16 g	Vitamin A	11203.66 IU (560.18 RAE)
Total Fat	3.14 g	Vitamin C	10.94 mg
		Iron	1.56 mg
		Calcium	37.86 mg
		Sodium	102.64 mg
		Dietary Fiber	3.13 g

Buffalo Cauliflower (Baked)

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
Cauliflower florets, ready-to-use OR Cauliflower, fresh, whole	5 lbs. 8 oz. OR 8 lbs. 4 oz.		11 lbs. OR 16 lbs. 8 oz.	
Olive oil		1/3 cup		2/3 cup
Garlic, minced OR Garlic powder		1 Tbsp. + 2 tsp. OR 2 ½ Tbsp.		3 Tbsp. + 1 tsp. OR 1/3 cup
Salt		1/2 tsp.		1 tsp.
Black pepper		½ tsp.		1 tsp.
Buffalo “wing” sauce		1-2/3 cups		1 pint + 1-1/3 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 convection oven to 325°F.
2. If using whole cauliflower, trim into florets.
3. Mix cauliflower florets, olive oil, garlic or garlic powder, salt and pepper in a large bowl until cauliflower is well coated. **Do not add buffalo sauce here.**
4. Place a single layer of cauliflower on lined sheet pans.
5. Roast in oven for approximately 20 minutes, until cooked through and slightly browned.

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

6. Transfer cauliflower to a large bowl or serving pan and toss with hot sauce until evenly coated.

7. If necessary, transfer cauliflower to appropriate serving pans and hold in warmer until meal service.

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

Serving Information

Use 4 ounce spoodle to provide ½ cup other vegetable.

Nutrition Information *From USDA Nutrient Database

Calories: 26 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 3g (1g Fiber) Protein: 1g Sodium: 94-170 mg

Buffalo Cauliflower (Steamed)

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
Cauliflower florets, ready-to-use OR Cauliflower, fresh, whole	5 lbs. 8 oz. OR 8 lbs. 4 oz.		11 lbs. OR 16 lbs. 8 oz.	
Olive oil		1/3 cup		2/3 cup
Garlic, minced OR Garlic powder		1 Tbsp. + 2 tsp. OR 2 ½ Tbsp.		3 Tbsp. + 1 tsp. OR 1/3 cup
Salt		1/2 tsp.		1 tsp.
Black pepper		½ tsp.		1 tsp.
Hot "wing" sauce		1-2/3 cups		1 pint + 1-1/3 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. If using whole cauliflower, trim into florets.
 2. Mix cauliflower florets, garlic or garlic powder, salt and pepper in a bowl until cauliflower is well coated. **Do not add wing sauce here.**
 3. Place cauliflower in steam table pans, add water and cover with a lid.
 4. Steam cauliflower for approximately 5 minutes until cooked.
- HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.*
5. Remove from steamer and toss with hot sauce until evenly coated.
 6. If necessary, transfer cauliflower to appropriate serving pans and hold in warmer until meal service.

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

Serving Information

Use 4 ounce spoodle to provide ½ cup other vegetable.

Nutrition Information *From USDA Nutrient Database

Calories: 26 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 3g (1g Fiber) Protein: 1g Sodium: 94-170 mg

Calabacitas

ADAPTED FROM CHEF JOHN MERCER
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
Zucchini Squash, diced	3 lbs. 4 oz.		6 lbs. 8 oz.	
Summer Squash, diced	3 lbs. 4 oz.		6 lbs. 8 oz.	
Red Onion, diced	1 lb. 8 oz.		3 lbs.	
Frozen Corn, thawed	1 lb. 8 oz.		3 lbs.	
Diced Tomatoes, canned, drained		¼ - #10 can		½ - #10 can
Water		¼ cup		½ cup
Garlic, fresh, minced (garlic powder)		1 Tbsp.		2 Tbsp.
Italian Parsley, fresh, chopped		2 Tbsp.		¼ cup
Oregano, dried		1 ½ tsp.		1 Tbsp.
Pepper, ground		1 tsp.		2 tsp.

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 or steam the onion, garlic and water mixture using steamer, tilt skillet or steam jacketed kettle until onions look translucent, approximately 3-5 minutes.
2. Add zucchini and summer squash; cook for another 2-3 minutes.
3. Add corn, tomatoes, oregano and pepper. Mix until evenly distributed.

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

4. Remove from heat and transfer to appropriate serving pans.
5. Evenly distribute chopped parsley over each pan of vegetables.

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

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



Serving Information

Use 4 ounce spoodle or 1- #8 scoop to provide ½ cup other vegetable serving.

Nutrition Information

*From USDA Nutrient Database

Calories: 43 Total Fat: 0.5g Saturated Fat: 0g Carbohydrate: 9g (2g Fiber) Protein: 2g Sodium: 9mg

Caliente Corn Salsa

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
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
Tomatoes, fresh, diced	5 lbs. 12 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	11 lbs. 8 oz. OR	1 $\frac{1}{2}$ gallons + 1 cup
Red Onion, diced	1 lb. 6 oz.		2 lbs. 12 oz.	
Optional: Jalapeno, fresh, seeded, diced		2 Each		4 Each
Lime Juice		$\frac{1}{2}$ cup		1 cup
Cilantro, fresh, chopped		$\frac{1}{2}$ cup		1 cup
Salt		1 Tbsp.		2 Tbsp.
Black Pepper		1 Tbsp.		2 Tbsp.
Granulated Garlic		1 Tbsp.		2 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. Mix all ingredients together thoroughly.
2. Allow to cool in refrigerator prior to meal service.

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

Serving Information

Use 4 ounce spoodle to provide $\frac{1}{4}$ cup starchy vegetable and $\frac{1}{4}$ cup red/orange vegetable.

* Salsa can be cupped up individually and offered in cold well.

Nutrition Information * From USDA Nutrient Database

Calories: 61 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 13g (2g Fiber) Protein: 2g Sodium: 5mg

Green Beans & Carrots

ADAPTED FROM CHEF JOHN MERCER
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
Green Beans, fresh, trimmed	10 lbs.		20 lbs.	
Carrots, fresh, julienned	1 lb. 4 oz.		2 lb. 8 oz.	
Oil, olive or cooking		½ cup		1 cup
Salt		1 Tbsp.		2 Tbsp.
Black Pepper, ground		1 tsp		2 tsp
Garlic, granulated		1 tsp		2 tsp

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

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

Preparation

1. Rinse beans in large colander.
2. Distribute beans and carrots evenly in steamtable pans (½ pan size).
3. Steam uncovered for 5-7 minutes until bright green and al dente.
4. Chill beans completely in ice bath.
5. Combine oil and seasonings with whisk.
6. In a large bowl, combine green beans, carrots, and seasoned oil. Mix thoroughly.
7. Transfer to appropriate serving pans and serve cool.

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



Serving Information

Use a 4 ounce spoodle or portion approximately 15 beans with tongs, to provide ½ cup other vegetable serving.

Nutrition Information * From USDA Nutrient Database

Calories: 68 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 6g (2g Fiber) Protein: 1.5g Sodium: 11mg

Herb Roasted Potatoes

ADAPTED FROM CHEF JOHN MERCER
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
Red potatoes	12 lbs. 8 oz.		25 lbs.	
Oil, cooking		½ cup		1 cup
Thyme, fresh, chopped OR Thyme, dried		¼ cup OR 1 Tbsp.		½ cup OR 2 Tbsp.
Oregano, fresh, chopped OR Oregano, dried		1/3 cup OR 1 ½ tsp.		2/3 cup OR 1 ½ Tbsp.
Italian Parsley, fresh, chopped OR Parsley, dried		1/3 cup OR 1 ½ tsp.		2/3 cup OR 1 ½ Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Black Pepper, ground		1 tsp.		2 tsp.

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

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

Preparation

1. Cut potatoes into quarters lengthwise, then 3-4 times crosswise into cubes.

* If using a Manhart, use S14 or D22 blades.

* Cut potatoes can be held in water overnight; do not hold in water longer.

2. Preheat oven to 350°F.

2. Toss cubed potatoes with remaining ingredients.

3. Place single layer of potatoes on sheet pans (use parchment paper, if desired).

4. Roast in oven until dark golden brown and tender; approximately 30 minutes. Shake pan or loosen potatoes with a spatula halfway through for even browning.

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

4. Transfer to appropriate serving pans and hold in warmer until meal service.

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

Serving Information

Use 4 ounce spoodle to provide ½ cup starchy vegetable.

Nutrition Information * From USDA Nutrient Database

Calories: 125 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 22g (2g Fiber) Protein: 3g Sodium: 13mg

Kickin' Kale Sala EO 01

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



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD: **50 Servings**

Ingredients	Weight	Measure	Weight	Measure
Kale, trimmed, without stem		3 gallons + 1 pint		6 gallons + 1 quart
Olive oil		¼ cup + 1 Tbsp.		½ cup + 2 Tbsp.
Lemon juice		1 ¼ cups		1 pint + ½ cup
Garlic powder		2 ½ Tbsp.		¼ cup + 1 Tbsp.
Salt		2 tsp.		1 ½ Tbsp.
Black pepper		2 tsp.		1 ½ Tbsp.
Avocado		10 Each OR 1 quart + 1 cup (5 cups, mashed)		20 Each OR 2 ½ quarts (10 cups, mashed)

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

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

Preparation

1. Peel avocados, remove seed, and in a small bowl, mash the avocados.
2. In a large bowl, combine all ingredients. Use clean gloved hands to massage the avocado and other ingredients into the kale for a few minutes.
3. Transfer to individual serving containers, if desired.

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

Serving Information

Use 8 ounce spoodle or portion 1 cup kale salad to provide ½ cup dark green vegetable.

Nutrition Information * From USDA Nutrient Database

Calories: 91 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 9g (3g Fiber) Protein: 4g Sodium: 59mg

Spinach & Garlic Sauté

ADAPTED FROM CHEF JOHN MERCER
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
Fresh Spinach, ready-to-use	5 lbs.		10 lbs.	
Garlic, fresh, minced	4 oz.		8 oz.	
Salt		1 Tbsp.		2 Tbsp.
Black pepper		1 ½ tsp		1 Tbsp.
Oil, olive or vegetable		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. Sauté all ingredients in oil using a tilt skillet or steam jacketed kettle until spinach is wilted, approximately 3 minutes.

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

2. Transfer to appropriate serving pans.

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

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



Serving Information

Portion spinach with 1 - #8 scoop or 4 ounce spoodle to provide ½ cup dark green vegetable.

Nutrition Information * From USDA Nutrient Database

Calories: 22 Total Fat: 0g Saturated Fat: 0g Carbohydrate: 3g (2g Fiber) Protein: 3g Sodium: 63mg

Tex Mex Corn

ADAPTED FROM CHEF JOHN MERCER
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
Corn, tempered	9 lbs. 8 oz.		19 lbs.	
Red Bell Pepper, diced	1 lb.		2 lbs.	
Yellow onion, diced	12 oz.		1 ½ lbs.	
Oil, olive or vegetable		½ cup		1 cup
Lemon juice		2 ½ Tbsp.		1/3 cup
Salt		1 ½ tsp		1 Tbsp.
Cilantro, fresh, chopped		2 ½ Tbsp.		1/3 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. Heat oil in the tilt skillet; sauté red peppers and onions for 2-3 minutes.
2. Add corn, salt and pepper; sauté for another 1-2 minutes.
3. Add lemon juice; sauté for another 2-3 minutes.

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

4. Transfer to appropriate serving pans and top each pan with the chopped cilantro.

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



Serving Information

Portion corn with a 4 ounce spoodle or 1- #8 scoop to provide ½ cup starchy vegetable.

Nutrition Information

*From USDA Nutrient Database

Calories: 146 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 21g (2.5g Fiber) Protein: 3g Sodium: 5mg

Baked Acorn Squash Bowls

Vegetable

HACCP Process Category 2

Chef Cyndie Story Recipe

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Acorn squash, 8 oz size		48 each			<ol style="list-style-type: none"> 1. Preheat convection oven to 350°F. 2. Using a chef's knife, cut squash in half. To prevent injury, wear a safety glove on the hand not holding the chef's knife. 3. Remove seeds using a large spoon. Steps 2 and 3 may be omitted if using pre-cut squash halves. 4. To prepare the apples, wash and cut each apple in half using a chef's knife. Cut the half into quarters and remove the corner with seeds* (core). 5. Place 20 squash halves on a full sized sheet pan (4 halves x 5 halves). 6. Sprinkle each squash with 1/8 tsp. curry powder. 7. Place 2 apple quarters inside squash bowl OR 3 apple wedges if using sectionizer. 8. Bake squash at 350°F for approximately 35-40 minutes until squash is tender. <p>CCP: Cook until internal temp reaches 135°F or above.</p> <p>The baking time may be less for locally grown squash with higher moisture content.</p> <p>CCP: Hold at or above 135°F before and during service.</p>
Apples (125-138 ct)		48 each			
Curry powder		4 Tbsp			

					Notes: <ul style="list-style-type: none"> *If using a fruit sectionizer to core and wedge apples into 6 slices, place 3 wedges into each bowl. Component contribution remains the same at ¼ cup fruit and ¼ c red/orange vegetable.
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Serving Size	1 Serving Provides	Yield
½ cup	¼ c red/orange vegetable and ¼ cup fruit	96 servings

Nutrients Per Serving

Calories	50	Vitamin A	240 IU	Iron	0.64 mg
Protein	0.7 g	Vitamin C	6 mg	Calcium	26 mg
Carbohydrate	13.5 g	Dietary Fiber	3.4 g	Cholesterol	0 mg
Fat	0.25 g	% Fat	4.5 %	Sodium	3 mg
Saturated Fat	0 g	% Saturated Fat	0 %		

Calico Beans

Vegetable

HACCP Process Category 2

Bondurant-Farrar CSD

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Baked beans, vegetarian, canned, low sodium*	6 lb 12 oz	1 No. 10 can			1. Stir all ingredients together. Blend well. Cover with foil. 2. Bake in oven at 350°F for 1 ½ hours. Remove foil cover during the last ½ hour to brown beans. CCP: Cook until internal temp reaches 185°F. CCP: Hold at or above 135°F before and during service. 3. Portion using No. 8 scoop (1/2 cup).
Pinto beans, canned, low sodium, drained*	4 lb 2 oz	1 No. 10 can			
Great northern beans, canned, low-sodium, drained	4 lb 2 oz	1 No. 10 can			
Kidney beans, canned, low sodium, drained*	4 lb	1 No. 10 can			
Garbanzo beans, canned, low-sodium, drained*	4 lb 4 oz	1 No. 10 can			
Catsup	1 lb 9 oz	3 cups			
Brown sugar, packed	1 lb 15 oz	4 cups			
Yellow mustard	4 oz	½ cup			
Onions, dry		1 cup			
*USDA Foods					
Serving Size	1 Serving Provides				Yield
½ cup (No. 8 scoop)	½ cup legumes (or 2 oz equivalent meat/meat alternate).				100 servings

Nutrients Per Serving

Calories	150	Sodium	215 mg	Vitamin A	100 IU
Total Fat	1 g	Carbohydrates	33 g	Vitamin C	1.5 mg
Saturated Fat	0.1 g	Dietary Fiber	4 g	Calcium	50 mg
Trans Fat	0 g	Protein	6 g	Iron	1.4 mg
Cholesterol	0 mg	Calories from Total Fat	6%	Calories from Saturated Fat	<1 %

Chili Roasted Sweet Potatoes

Vegetable

HACCP Process Category 2

Chef Cyndie Story Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
<p>Sweet potatoes, fresh, wedges or sticks</p> <p>Seasonings: Chili powder Sugar Black pepper White pepper Granulated garlic Salt</p> <p>Vegetable oil</p>	33 lb				<ol style="list-style-type: none"> 1. Wash sweet potatoes well, scrubbing thoroughly. 2. Leave skin on and cut into wedges about 1-1/2 inches thick OR purchase precut sweet potato wedges or sticks. (Option: Use a 6 cut potato wedger to cut fresh potatoes into wedges; wall mount is easiest to use) 3. Place sweet potatoes in a large mixing bowl. Combine the chili powder, sugar, black pepper, white pepper, granulated garlic and salt. Drizzle potatoes with oil and sprinkle with seasoning. Mix well to coat evenly with oil and seasonings. 4. Place on sheet pans. Do not use parchment pan liners. For 50 servings use 2 full sheet pans (18"x26"x1"). Do not crowd the sweet potatoes or they will steam in the oven. 5. Bake at 400°F for 12-15 minutes, or until tender and browned in spots. CCP: Cook until internal temp reaches 135°F or above. 6. Serve immediately. CCP: Hold for hot service at 135°F or higher.

Serving Size	1 Serving Provides	Yield
1 wedge	$\frac{3}{4}$ c of red/orange vegetable	100 servings

Nutrients Per Serving

Calories	172	Vitamin A	27,593 IU	Iron	0.8 mg
Protein	2.3 g	Vitamin C	12 mg	Calcium	47.2 mg
Carbohydrate	31.2 g	Dietary Fiber	2.5 g	Cholesterol	0 mg
Fat	4.6 g	% Fat	23.8 %	Sodium	36.6 mg
Saturated Fat	.70 g	% Saturated Fat	3.7 %		




Crunchy Bonzo Beans



Vegetable

HACCP Process Category 2

USDA Foods Recipe

Ingredients	105 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Garbanzo beans, canned, low-sodium 	3 #10 cans				<ol style="list-style-type: none"> 1. Pre-heat oven to 400°. 2. Open cans of beans, drain, and rinse beans well under cool running water. 3. Drain beans well and pat dry with towel. 4. Mix olive oil and the remaining seasonings in a bowl. 5. Add the beans and coat well. Pour them on the sheet pan and spread the beans out evenly. 6. Bake for 20 minutes at 400°. Stir the beans around on the pan and bake for another 20 to 25 minutes until crisp and roasted. Beans will turn dark in color. <p>Notes:</p> <ul style="list-style-type: none"> • 1 #10 can fits perfectly on a sheet pan. • Store at room temperature in an air tight container.
Vegetable oil		1 ½ cup			
Paprika		2 ½ Tbsp			
Garlic salt		2 Tbsp			
Onion powder		3 Tbsp			
Black pepper, ground		1 ½ Tbsp			

					<ul style="list-style-type: none"> • Serve in soufflé cup, or use to top a salad, or serve as a healthy snack. • If you bake ahead and they are not crisp at time of service, return them back in oven at 400° for 5 minutes to re-crisp. • Can add cayenne pepper to make them spicy.
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 USDA Foods

Serving Size	1 Serving Provides	Yield
¼ cup	¼ cup vegetable, beans/legumes	105 servings; 25 cups

Nutrients Per Serving

Calories	105	Sodium	162.4mg	Vitamin A	94.31 IU
Total Fat	4.57 g	Carbohydrates	12.96 g	Vitamin C	0.05 mg
Saturated Fat	0.60g	Dietary Fiber	2.5 g	Calcium	25.31mg
Trans Fat	0 g	Protein	3.83 g	Iron	0.63 mg
Cholesterol	24.8 mg	Calories from Total Fat	39.91 %	Calories from Saturated Fat	5.10 %

This recipe utilizing USDA Foods was developed by Chef Dee Dee Olson as part of a USDA Team Nutrition grant in 2014.



Cyclone Salad

Fruit/Vegetable

HACCP Process Category 2

Ohio Department of Education
(Menus that Move - Bean and Corn Salad)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Corn, frozen, whole kernel*		4 lb 8 oz			<ol style="list-style-type: none"> 1. Thaw corn overnight in refrigerator. Drain excess liquid. 2. To prepare marinade, mix oil, sugar and vinegar in a pan and bring to a boil. Once the sugar is dissolved, remove from heat. CCP: Cool to 41°F or lower within 4 hours. 3. Rinse beans. 4. Combine beans, thawed corn, peppers, celery, and onion; gently mix. 5. Add marinade to bean and corn mixture. Stir until ingredients are well coated. CCP: Hold at or below 41°F before and during service. 6. Portion with No. 8 scoop (1/2 cup).
Olive oil		2 cups			
Sugar, granulated		1 qt ½ cup			
Cider vinegar		3 qt			
Black-eyed peas, canned, low-sodium, drained		1 No. 10 can			
Pinto beans, canned, low-sodium, drained*		2 No. 10 cans			
Fresh red peppers, chopped		2 qt			
Celery, chopped		2 qt			
Onions, chopped		1 qt			

*USDA Foods

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	¼ cup legumes (or 1 oz equivalent meat/meat alternate), ⅓ cup starchy and ⅓ cup other vegetable.	100 servings

Nutrients Per Serving

Calories	165	Sodium	75 mg	Vitamin A	460 IU
Total Fat	5 g	Carbohydrates	26 g	Vitamin C	18 mg
Saturated Fat	0.7 g	Dietary Fiber	3.7 g	Calcium	36 mg
Trans Fat	0 g	Protein	4 g	Iron	1 mg
Cholesterol	0 mg	Calories from Total Fat	27 %	Calories from Saturated Fat	4 %

Hawkeye Salad

Vegetable

HACCP Process Category 1

Ohio Department of Education
(Menus that Move – Cowboy Corn Salad)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Corn, whole kernel, frozen*		2 qt 3 cup			1. Thaw frozen corn in refrigerator overnight. Drain liquid. 2. Wash and chop onions, tomatoes, and peppers. 3. Drain and rinse black beans thoroughly. 4. Mix together thawed corn, beans, and chopped fresh ingredients. 5. Add dressing, cilantro and seasonings to vegetables and gently toss. CCP: Hold salad for cold service at 41°F or below. 6. Cover, refrigerate until ready to serve. 7. Portion with No. 8 scoop (1/2 cup).
Red onion, chopped		3 ² / ₃ cups			
Cherry tomatoes		3 ² / ₃ cups			
Green peppers, chopped		1 ³ / ₄ cup			
Black beans, low sodium*		1 gal ³ / ₄ cup			
Italian dressing, reduced-fat, low sodium		1 ³ / ₄ cup ¹ / ₂ Tbsp			
Cilantro, fresh		³ / ₄ cup 2 Tbsp			
Chili powder		3 Tbsp 1 ⁵ / ₈ tsp			
Cumin, ground		3 Tbsp 1 ⁵ / ₈ tsp			

*USDA Foods

Serving Size	1 Serving Provides	Yield
¹ / ₂ cup (No. 8 scoop)	¹ / ₂ cup legumes (or 0.5 oz equivalent meat/meat alternate), ¹ / ₄ cup other vegetable.	

Nutrients Per Serving

Calories	60	Sodium	54 mg	Vitamin A	190 IU
Total Fat	<1 g	Carbohydrates	11 g	Vitamin C	5 mg
Saturated Fat	0 g	Dietary Fiber	3 g	Calcium	18 mg
Trans Fat	0 g	Protein	3 g	Iron	1 mg
Cholesterol	<1 mg	Calories from Total Fat	9 %	Calories from Saturated Fat	1 %

Marinated Fresh Vegetable Salad

Vegetable

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Broccoli florets, broken up	3 lb 12 oz	2 gal			1. Place vegetables in large container. 2. Pour dressing over vegetables. Mix thoroughly. CCP: Cool to 41°F or lower within 4 hours. 3. Cover. Refrigerate until service. 4. Portion with No. 8 scoop (1/2 cup). CCP: Hold at or below 41°F before and during service.
Cauliflower florets, broken up	1 lb 4 oz	1 qt 1 5/8 cup			
Carrots, grated	5 lb	2 gal			
Cucumber, diced ¼ inch	1 lb 9 oz	1 qt 1 cup			
Green pepper, diced ¼ inch	10 oz	2 ½ cups			
Onion, diced ¼ inch	10 oz	2 ½ cups			
Italian salad dressing	1 lb 4 oz	2 ½ cups			

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	⅛ cup DG, ⅛ cup RO, and ¼ cup other vegetable.	100 servings

Nutrients Per Serving

Calories	45	Sodium	90 mg	Vitamin A	6110 IU
Total Fat	2 g	Carbohydrates	7 g	Vitamin C	33.5 mg
Saturated Fat	<1 g	Dietary Fiber	2 g	Calcium	28.3 mg
Trans Fat	0 g	Protein	1 g	Iron	0.37 mg
Cholesterol	0 mg	Calories from Total Fat	37 %	Calories from Saturated Fat	8 %

Mixed Greens Salad

Vegetable

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
<p>Dark green leafy lettuce</p> <p>Romaine lettuce</p> <p>Spinach</p> <p>For variety and color contrast, one or more of the following may be added, substituting for an equal volume of greens*:</p> <ul style="list-style-type: none"> • Radishes, sliced • Cabbage, red, shredded • Carrots, coarsely shredded • Green pepper, diced or strips • Tomato wedges <p>Italian salad dressing or other USDA salad dressing recipe is recommended</p>	7 lb 8 oz				<p>1. Cut or tear chilled greens into bite sizes pieces (approximately 1").</p> <p>2. Combine chilled greens in large chilled bowls.</p> <p>3. Toss lightly, cover, and refrigerate.</p> <p>CCP: Hold at or below 41°F before and during service.</p> <p>4. Toss chilled contrasting color vegetables (except tomato wedges) with greens before adding dressing; add tomato wedges just as salad is served.</p> <p>Or</p> <p>Portion salad into chilled bowls: add 1 oz. salad dressing just before serving.</p> <p>Note: Vegetable substitutions will change crediting of recipe.</p>
	5 lb				
	3 lb 2 oz				
	*1 lb of selected vegetable substituted for 1 lb lettuce				
		3 qt ½ cup			

Serving Size	1 Serving Provides	Yield
1 cup greens	½ c of DG vegetable.	100 servings

Nutrients Per Serving

Calories	75	Sodium	30 mg	Vitamin A	4480 IU
Total Fat	7g	Carbohydrates	3 g	Vitamin C	10 mg
Saturated Fat	1 g	Dietary Fiber	1 g	Calcium	34 mg
Trans Fat	0 g	Protein	1 g	Iron	0.9 mg
Cholesterol	0 mg	Calories from Total Fat	82%	Calories from Saturated Fat	11 %

*Nutrient analysis depends on specific vegetables and salad dressing used in recipe.

Roasted Butternut Squash

Vegetable

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Butternut squash Olive oil	33 lb 4 oz	1 ½ cup			<ol style="list-style-type: none"> 1. Preheat convection oven to 375°F. 2. Using a vegetable peeler, remove skin from squash. 3. Cut squash in half using a chef's knife, and remove seeds using a large spoon. To prevent injury, wear a safety glove on the hand not holding the chef's knife. 4. Use the chef's knife to dice the squash into medium dice pieces (1/2"). 5. Pour olive oil over diced squash. Toss and coat well. 6. Place 4 lbs 2 ½ oz of diced squash on each full sized sheet pan (18"x26"x1"). Do not overload pan as the bottom layer will steam, not roast. 7. Roast squash at 375°F for approximately 40 minutes until golden brown. <p style="color: red;">CCP: Hold at or above 135°F before and during service.</p> <ol style="list-style-type: none"> 8. Portion ½ cup squash per serving. <p>Notes:</p> <ul style="list-style-type: none"> • If using pre-cut squash, omit steps 2-4. • Purchase amount for 96 servings of fresh squash is 40 lbs.

Serving Size	1 Serving Provides	Yield
½ cup	½ cup of RO vegetable.	100 servings

Nutrients Per Serving

Calories	70	Sodium	1 mg	Vitamin A	5350 IU
Total Fat	4 g	Carbohydrates	9 g	Vitamin C	10 mg
Saturated Fat	<1 g	Dietary Fiber	3 g	Calcium	23 mg
Trans Fat	0 g	Protein	1 g	Iron	0.5 mg
Cholesterol	0 mg	Calories from Total Fat	49 %	Calories from Saturated Fat	7 %

Sautéed Summer Squash

Vegetable/Fruit

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Zucchini	9 lbs 12 oz				<ol style="list-style-type: none"> 1. Thoroughly wash and dry all produce. Trim ends from squash. 2. Cut vegetables into ¼" coins. 3. Heat oil in steam jacketed kettle or tilt kettle over medium high heat. 4. Add ground pepper to oil and stir. 5. Add vegetables to oil and sauté over medium heat for 2 minutes, stirring constantly. 6. Reduce heat to medium low, cover steam jacketed kettle and steam for 3 minutes. Do not overcook vegetables as they will continue to cook on the steam table. 7. Portion ½ cup squash per serving. <p>CCP: Hold at or above 135°F before and during service.</p> <p>Notes:</p> <ul style="list-style-type: none"> • Optional cooking method is to oven roast squash. Place squash on a sheet pan in a single layer and drizzle with vegetable oil. Oven roast at 400° for 25-30 minutes, turning the pan during the cooking period.
Summer squash	12 lbs 8 oz				
Vegetable oil*		2 cups			
Ground black OR white pepper		2 tsp			

Serving Size	1 Serving Provides	Yield
½ cup	½ cup other vegetable.	

Nutrients Per Serving

Calories	50	Sodium	3 mg	Vitamin A	1000 IU
Total Fat	4.7 g	Carbohydrates	2 g	Vitamin C	12 mg
Saturated Fat	<1 g	Dietary Fiber	1 g	Calcium	16 mg
Trans Fat	0 g	Protein	1 g	Iron	0.3 mg
Cholesterol	0 mg	Calories from Total Fat	81 %	Calories from Saturated Fat	13 %



Roasted Brussels Sprouts

Tips

- Use frozen Brussels sprouts for this recipe. Just be sure not to let them thaw before cooking, as this could make them soggy.

- Be careful not to crowd the pan. Arrange the Brussels sprouts in a single layer.



Roasted Brussels Sprouts

Recipe

Ingredients:

Frozen Brussels sprouts, cut in half	1 lb
Olive oil	2 Tbsp

Directions

1. Preheat convection oven to 375 °F.
2. Cut sprouts in half. To prevent injury, wear a safety glove on the hand not holding the chef's knife.
3. Pour olive oil over sprout halves. Toss and coat well.
4. Place up to 4 pounds of sprouts on each full sized sheet pan. Do not overload pan because the bottom layer will steam, not roast.
5. Roast at 375° F until golden brown and al dente.

Suggested serving: 1/2 cup



Tropical Apples

Tip

- In order to get the apples to brown appropriately, be sure your pan is the right size. A pan that is too deep will not allow the apples to brown.

Tropical Apples

Recipe

Ingredients

Apples, Canned, sliced	1 #10 can
Sugar	2 cups
Flour	1/2 cup
Rolled oats	1/4 cup
Margarine, melted	2 fl oz
Orange juice	3/4 cup
Lemon Juice	1/4 cup
Pineapple Juice	3/4 cup

Directions

1. Pour one can of apples into each of 4 steam table pans (12 x 20 x 2).
2. Mix together sugar, flour, and rolled oats. Stir into melted margarine.
3. Cook oat mixture in a pan on stove until well blended. Add juices. Cook over medium heat until slightly thickened.
4. Pour about 1 qt. sauce over apples in each pan.
5. Bake at 350° F for 30 minutes until top is browned.

Makes 100 1/2 cup servings

Fresh Citrus Fruit Cup

Fruit

HACCP: #Non-Hazardous/Other

Healthier Kansas Recipe 134

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Mandarin Oranges, canned in 100% juice or light syrup	8 lb 8 oz				<ol style="list-style-type: none"> 1. Chill cans of mandarin oranges. Wipe tops of cans clean before opening. 2. Open the mandarin oranges. Do not drain. Place in mixing bowl or serving container. 3. Using gloved hands to handle fruits, peel and slice the bananas directly into the oranges. 4. Wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples. 5. Wash and remove stems from grapes. 6. Add apples and grapes to bananas and oranges. 7. Chill thoroughly. <p>CCP: Hold for cold service at 41°F or lower.</p> <p><i>Note:</i> Other fresh fruits in season may be substituted (cup for cup) for the apples or grapes. Try fresh pears, fresh pineapple, strawberries or kiwi.</p>
Bananas, fresh, AP	9 lb				
Apples, fresh, AP	3 lb 8 oz				
Grapes, fresh, AP	3 lb 8 oz				

Serving Size	1 Serving Provides	Yield
4 oz spoodle (1/2 cup)	0.5 cup fruit	Approximately 3 gal + 2 cups

Nutrients Per Serving

Calories	97	Vitamin A	567.8 IU	Iron	0.35 mg
Protein	0.88 gm	Vitamin C	14.04 mg	Calcium	10.34 mg
Carbohydrate	25.13 gm	Fiber	2.86 gm	Cholesterol	0 mg
Fat	0.33 gm	% Fat	3.05%	Sodium	3.54 mg
Saturated Fat	0.08 gm	% Saturated Fat	0.77%		

Fresh Mixed Fruit Cup

Fruit

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 183

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Apples, fresh, AP Bananas, fresh, AP Fruit Cocktail, canned in 100% juice or light syrup	4 lb 7 lb	2 #10 cans			<ol style="list-style-type: none"> Chill cans of fruit cocktail. Wipe tops of cans clean before opening. Using gloved hands, wash, trim, core and cut the apples into bite-sized pieces. Do not peel apples. Slice bananas. Mix fresh fruit with canned fruit. Chill thoroughly. <p>CCP: Hold for cold service at 41°F or lower.</p>

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup fruit	100 servings

Nutrients Per Serving

Calories	65	Vitamin A	203.4 IU	Iron	0.23 mg
Protein	0.64 gm	Vitamin C	5.33 mg	Calcium	7.41 mg
Carbohydrate	16.76 gm	Fiber	1.88 gm	Cholesterol	0 mg
Fat	0.18 gm	% Fat	2.43 %	Sodium	2.59 mg
Saturated Fat	0.05 gm	% Saturated Fat	0.64 %		

Ranch Potato Wedges

Vegetable

HACCP: #2 Same Day Service

Healthier Kansas Recipe 131
Idaho Child Nutrition Programs

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Potato, russet, IQF, wedges Vegetable Oil OR Pan Release Spray	17 lb	½ cup As needed			1. Preheat oven to 325°F. 2. Spread each bag of potato wedges over a lined sheet pan. 3. Put oil into a squeeze bottle or dispenser and shake over all potatoes or spray generously with pan release spray. 4. In a large bowl, mix garlic powder, dehydrated onions, parsley, salt and sugar. 5. Evenly sprinkle ranch mixture over all pans and toss to coat. 6. Bake 30 minutes. CCP: Hold at 135°F or higher.
Garlic Powder Onions, dehydrated flakes Parsley, dried Salt Sugar, granulated		¼ cup ¾ cup 2 cups 1½ Tbsp ½ cup			

Serving Size	1 Serving Provides	Yield
½ cup	0.5 cup vegetable, starchy	100 servings

Nutrients Per Serving

Calories	142	Vitamin A	9.42 IU	Iron	1.75 mg
Protein	4.04 gm	Vitamin C	19.18 mg	Calcium	19.73 mg
Carbohydrate	29.93 gm	Fiber	2.15 gm	Cholesterol	0 mg
Fat	1.38 gm	% Fat	8.7 %	Sodium	148.74 mg
Saturated Fat	0.24 gm	% Saturated Fat	1.49 %		

Local Harvest Bake

Red/Orange Vegetable-Other Vegetable

Vegetables

50 Servings

100 Servings

Directions 50-100

Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Ingredients:	Weight Lbs+ oz	Measure Largest unit	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size
Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked. Describe: peeled, sliced, chopped, diced, grated, minced, and size.					#2 Same Day Service DIRECTIONS
*Fresh butternut squash, peeled, cubed 1/2"	4 lb	3 qt 3 cups	8 lb	1 gal 3 qt 1 pt	1. Combine all ingredients in a large bowl. Mix well. Transfer mixture to a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
*Fresh beets, peeled, cubed 1/2"	4 lb	3 qt 3 cups	8 lb	1 gal 3 qt 1 pt	
*Fresh sweet potatoes, peeled, cubed 1/2"	4 lb	3 qt	8 lb	1 gal 2 qt	
Olive oil		2/3 cup		1 1/3 cup	
Kosher salt		2 tsp		1 Tbsp 1 tsp	
Fresh garlic, minced		2 Tbsp 1 tsp		1/4 cup 2 tsp	
Dried parsley		2 tsp		1 Tbsp	
					2. Bake: Conventional Oven: 350 °F for 25 minutes. Convection Oven: 350 °F for 20 minutes. 3. Critical Control Point: Heat to 135 °F or higher. 4. Transfer to steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 5. Garnish with parsley.

					6. Critical Control Point: Hold for hot service at 135 °F or higher. 7. Portion with No. 8 fl oz spoodle (1/2 cup).
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Marketing Guide for Selected Items			
	Food as Purchased for	50 Servings	100 Serving
Butternut Squash		4 lb 14 oz	9 lb 12 oz
Beets		5 lb 6 oz	10 lb 12 oz
Sweet Potatoes		5 lb	10 lb

Notes:

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: ½ cup (No. 8 fl oz spoodle) provides 3/8 cup red/orange vegetable and 1/8 cup other vegetable.

CACFP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides ½ cup fruit/vegetable.

Serving:	Yield: (not to exceed 54, 108)	Volume:
NSLP/SBP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides 3/8 cup red/orange vegetable and 1/8 cup other vegetable.	50 Servings about 10 lb	about 2 quarts 2 cups / 1 steam table pan (12" x 20" x 2 1/2")
CACFP Crediting Information: ½ cup (No. 8 fl oz spoodle) provides ½ cup fruit/vegetable.	100 Servings about 20 lb	about 2 gallons 2 quarts / 4 steam table pans (12" x 20" x 2 1/2")

Nutrient		Minerals		Vitamins	
	% Daily Value				
Total Calories		Calcium	28.15	Vitamin A	8515.13
83.69		mg		IU	
Protein		Potassium	274.42	Vitamin B6	0.12
1.3 g		mg		mg	
Carbohydrates		Sodium	128.94	Vitamin B12	0
12.43 g		mg		mcg	
Dietary Fiber		Copper	0.08	Vitamin C	10.36
2.57 g		mg		mg	
Total Sugars		Iron	0.7	Vitamin D	0
5.11 g		mg		IU	
Total Fat		Magnesium	23.63	Vitamin E	1.16 mg
3.56 g		mg		AT	
Saturated Fat		Phosphorus	32.09	Vitamin K	1.03
0.5 g		mg		mcg	
Monounsaturated Fat		Selenium	0.48	Folate	36.46
2.6 g		mcg		mcg	
Polyunsaturated Fat		Zinc	0.23	Thiamin	0.05
0.36 g		mg		mg	
Linoleic Acid				Riboflavin	0.03
0.31 g				mg	
α -Linolenic Acid				Niacin	0.62
0.03 g				mg	
Cholesterol	0			Choline	5.25
mg				mg	



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

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Mexicali Corn

Makes: 25 or 50 Servings

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canned liquid pack whole kernel corn, drained	2 lb 1 oz	1 qt 1 1/3 cups (1/2 No. 10 can)	4 lb 2 oz	2 qt 2 2/3 cups (1 No. 10 can)
OR	OR	OR	OR	OR
Frozen whole kernel corn	1 lb 14 oz	1 qt 1 1/4 cups	3 lb 12 oz	2 qt 2 1/2 cups
*Fresh green pepper, finely chopped	6 1/2 oz	1 1/4 cups	13 oz	2 1/2 cups
*Fresh onions, chopped	3 oz	1/2 cup	6 oz	1 cup
OR		OR		OR
Dehydrated onions		1/4 cup		1/2 cup
Canned pimientos, chopped		2 Tbsp 2 tsp	3 oz	1/4 cup 1 Tbsp
Margarine or butter		2 Tbsp	2 oz	1/4 cup
Chili powder		1/2 tsp		1 1/4 tsp
Ground cumin		3/8 tsp		3/4 tsp
Paprika		1/4 tsp		1/2 tsp
Onion powder		1/4 tsp		1/2 tsp

Directions

1. Combine corn, green peppers, and onions.
2. To Heat: Place corn mixture in stock pot. For 25 servings, add 1 cup water. For 50 servings, add 2 cups water. Heat, uncovered. Drain. Pour into pans (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. CCP not needed.
3. Add pimientos, butter or margarine, Chili powder, cumin, paprika, and onion powder. Stir lightly.
4. CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (1/4 cup).

Notes

* See Marketing Guide

My Notes

Source: USDA Recipes for Child Care

Nutrition Information

Meal Components

Vegetables 1/4 cup

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



825158 - Asian Vegetable Medley

Source: Farm to School
 Number of Portions: 25
 Size of Portion: 1/2 cup

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

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

Attributes:
 Ethnic Foods
 Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011131 CARROTS,FRZ,CKD,BLD,DRND,WO/SALT..... 011474 SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,C...	1 lb + 4 OZS (frozen, sliced) 1 lb + 4 OZS (frozen, sliced)	Thaw frozen carrots and squash overnight in refrigerator.
011283 ONIONS,CKD,BLD,DRND,WO/SALT..... 011135 CAULIFLOWER,RAW..... 011090 BROCCOLI,RAW.....	1 LB (fresh, sliced) 1 lb + 4 OZS (florets, EP) 1 lb + 4 OZS (florets)	Rinse peeled onions, cauliflower, and broccoli crowns under running water and drain using a colander or perforated pan. Cut onion in half, then cut into ¼ inch thick, half-moon shaped slices. Cut broccoli crowns and cauliflower heads into 1 to 2 inch florets. (Note: Vegetables should be weighed after slicing to determine correct amount has been prepared.)
825055 Juice, ECO Orange, 4 oz, SunCup 030100..... 826503 Sauce, Soy, less soduim, Kikkoman..... 799903 GARLIC,GRANULATED..... 002030 PEPPER,BLACK..... 002021 GINGER,GROUND..... 019334 SUGARS,BROWN.....	1/2 cup 1/4 cup 2 tsp 1/2 TSP (ground) 1 tsp 1/4 CUP (packed)	Combine orange juice, soy sauce, garlic, black pepper, ginger and brown sugar to make stir fry sauce. Set aside.

050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.....	1/4 cup	<p>Heat tilting skillet to medium and add vegetable oil. (Note: Skillet is ready if onions sizzle when added to pan.) Sauté vegetables in the following order:</p> <ul style="list-style-type: none"> • Add onions and cauliflower Sauté for 4 minutes - Stir constantly to caramelize. • Add fresh broccoli Sauté for 4 to 5 minutes until tender. Turn skillet to low: • Add thawed carrots. Stir and sauté for 1 minute. • Add thawed yellow squash. Sauté for 1 minutes until just fork tender. <p>Add 1 ½ cups of sauce. Sauté for an additional 2 to 3 minutes until sauce almost disappears. Do not overcook vegetables. CCP: Heat to 135° F or higher.</p>
		<p>Transfer stir fry vegetables to a 2 inch deep full size steamtable pan. Serve 1/2 cup with a 4 ounce spoodle or #8 disher.</p> <p>Batch cook for just in time service to avoid leftovers. Discards leftovers because they are not acceptable quality when reheated.</p> <p>CCP: Hold for hot service at 135° F or higher</p>

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	66 kcal	Cholesterol	0 mg	Sugars	*5.5* g	Calcium	33.13 mg	34.80%	Calories from Total Fat
Total Fat	2.55 g	Sodium	121 mg	Protein	1.89 g	Iron	0.57 mg	5.75%	Calories from Saturated Fat
Saturated Fat	0.42 g	Carbohydrates	10.11 g	Vitamin A	3837.1 IU	Water ¹	*94.00* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.31 g	Vitamin C	35.7 mg	Ash ¹	*0.77* g	61.38%	Calories from Carbohydrates
								11.50%	Calories from Protein

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825050 - Carolina Caviar

Source: K12 Culinary
 Number of Portions: 32
 Size of Portion: 1/2 cup

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

Recipe Subgroups:
 Vegetable, Other
 Vegetable, Legumes

Attributes:
 Legumes
 Vegetables

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	1 qt + 1 cup	Thaw corn overnight in refrigerator. Steam corn in a perforated pan. CCP: Cook until internal temperature reaches 135 degrees F. CCP: Cool to 41 degrees F. within 4 hours or less.
002048 VINEGAR,CIDER..... 900670 CUMIN,GROUND..... 002047 SALT, TABLE..... 002030 PEPPER,BLACK..... 826508 Olive Oil Blend 90/10, Colavita L116.....	1/2 cup 1 Tbsp + 1 tsp 1 tsp 1 tsp 1 cup	While corn is cooling, prepare the dressing. Combine apple cider vinegar, cumin, salt, and pepper in a large bowl or container. Using a whisk, mix until combined. While continuously whisking, slowly add oil.
011333 PEPPERS,SWEET,GREEN,RAW..... 011821 PEPPERS,SWEET,RED,RAW..... 901049 ONIONS,RED,RAW..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	1 CUP (diced) 1 CUP (diced) 1 CUP (diced) 1/2 cup	Rinse peppers, onion, and cilantro under running water. Cut peppers and remove seed pod. Cut peppers into ¼ inch strips and then into small dices. Cut onions in half, then into small dices. Roll cilantro into a tight bundle and cut into very thin chiffonade strips.
050554 BEANS, CANNED, BLACK-EYED PEA, LOW-SODIU.....	1 #10 can, drained	Drain and rinse canned black-eyed peas. Combine black-eyed peas, cooled corn, bell peppers, onion, and cilantro. Pour seasoned dressing over vegetables. Using a spatula, toss to coat. CCP: Cool to 41° F or lower within 4 hours.
		Serve using a no. 8 disher or 4 oz. spoodle. CCP: Hold and Serve at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	130 kcal	Cholesterol	0 mg	Sugars	*0.3* g	Calcium	14.56 mg	52.04%	Calories from Total Fat
Total Fat	7.52 g	Sodium	141 mg	Protein	3.53 g	Iron	0.74 mg	4.24%	Calories from Saturated Fat
Saturated Fat	0.61 g	Carbohydrates	13.80 g	Vitamin A	238.6 IU	Water ¹	*16.85* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.81 g	Vitamin C	12.6 mg	Ash ¹	*0.26* g	42.47%	Calories from Carbohydrates
								10.86%	Calories from Protein

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825170 - Apple Bake: 125 count

Source: Farm to School
 Number of Portions: 40
 Size of Portion: 1/2 cup

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

Recipe Subgroups:

Attributes:
 Fruits

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051451 APPLES, FRESH, GRANNY SMITH, WITH SKIN..... 051450 APPLES, RED DELICIOUS, FRESH, WITH SKIN..... 009273 PINEAPPLE JUC,CND,UNSWTND,WO/ VIT C.....	10 each, 125 ct (2 7/8" dia) 10 each, 125 ct (2 7/8" dia) 3/4 cup	Preheat convection oven to 350 degrees F. Rinse apples under running water and drain in a colander. Spray 2 inch full size steamtable pan(s) with pan release. Pour 3/4 cup of pineapple juice into each prepared pan (may use reserved juice from drained tidbits). Wedge and core apples into 6 sections using a fruit sectionizer. Add cut apples to juice immediately and toss or stir gently to coat. <i>Note: Granny Smith and Red Delicious apples make a nice color combination; however, any variety of Farm to School apples may be used.</i>
019334 SUGARS,BROWN..... 002010 CINNAMON,GROUND.....	3/4 CUP (packed) 1/4 tsp	Combine brown sugar and cinnamon, add to apple wedges, and toss to coat well. Bake for 20 to 25 minutes until apples are golden brown, but not mushy. CCP: Heat to 135° F or higher.
019334 SUGARS,BROWN..... 002010 CINNAMON,GROUND.....	1 TBSP (packed) 1/8 tsp	Combine brown sugar and cinnamon. In each pan, sprinkle this mixture of topping over baked apples. Serve 3 wedges using a 4 ounce spoodle or number 8 disher. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	57 kcal	Cholesterol	0 mg	Sugars	*4.8* g	Calcium	8.94 mg	2.03%	Calories from Total Fat
Total Fat	0.13 g	Sodium	2 mg	Protein	0.21 g	Iron	0.14 mg	0.35%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	15.02 g	Vitamin A	39.3 IU	Water ¹	*4.11* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.78 g	Vitamin C	3.8 mg	Ash ¹	*0.03* g	104.71%	Calories from Carbohydrates

	1.48% Calories from Protein
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825027 - Baked Pears

Source: K12 Culinary
 Number of Portions: 29
 Size of Portion: 1/2 cup

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

Recipe Subgroups:

Attributes:
 Fruits

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051384 PEARS, CANNED, BARTLETT, SLICED, EXTRA L...	2 #10 can, drained	Spray 12 inch X 20 inch X 2 inch deep full size steam table pan with pan release. Open and drain juice from pears using colander or perforated pan. Place 2 cans of drained pears into the pan.
826505 Margarine, TransFat Free, Ventura 16936.....	4 ozs	Weigh and melt margarine (may use microwave); pour ½ cup over pears and toss to combine.
019334 SUGARS,BROWN..... 019335 SUGARS,GRANULATED..... 002010 CINNAMON,GROUND..... 002021 GINGER,GROUND.....	1/2 CUP (packed) 1/2 cup 1 Tbsp + 1 tsp 2 tsp	Combine ½ c. sugar, ½ c. packed brown sugar, 1 Tbsp. plus 1 tsp cinnamon. and 2 tsp. ginger in mixing bowl. Sprinkle seasoned sugar mixture over pears and toss to combine.
		Bake for 30 minutes at 350°F or until internal temperature reaches 135 degrees F. Cover and hold for service. Serve 1/2 cup using no. 8 disher or 4 oz. spoodle. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	112 kcal	Cholesterol	0 mg	Sugars	*7.2* g	Calcium	14.43 mg	25.80%	Calories from Total Fat
Total Fat	3.20 g	Sodium	34 mg	Protein	0.39 g	Iron	0.33 mg	11.30%	Calories from Saturated Fat
Saturated Fat	1.40 g	Carbohydrates	21.78 g	Vitamin A	140.7 IU	Water ¹	*0.10* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.08 g	Vitamin C	2.1 mg	Ash ¹	*0.04* g	78.06%	Calories from Carbohydrates
								1.40%	Calories from Protein

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825041 - Berried Green Beans

Source: K12 Culinary
 Number of Portions: 54
 Size of Portion: 1/2 cup

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

Recipe Subgroups:
 Vegetable, Other

Attributes:
 Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050471 BEANS, GREEN, COOKED FROM FROZEN, WHOLE...	10 lbs	Thaw beans in the refrigerator.
826505 Margarine, TransFat Free, Ventura 16936..... 826508 Olive Oil Blend 90/10, Colavita L116..... 002030 PEPPER, BLACK..... 002047 SALT, TABLE.....	1 oz 2 Tbsp 1/2 tsp 1/2 tsp	Melt margarine and place in mixing bowl. Add olive oil blend, pepper, and salt. Add beans and toss to coat. Spread up to five pounds on a full size sheet pan. Do not overcrowd or beans will steam instead of roast. Roast at 350°F on high fan for 5 to 8 minutes. CCP: Heat to 135° F or higher.
009079 CRANBERRIES, DRIED, SWTND.....	1 cup	Place beans into 2 inch deep full size steamtable pan. Add ½ c. dried cranberries per pan. Cover and hold up to 30 minutes in hot holding cabinet. Serve using 4 oz. spoodle or no. 8 disher. CCP: Hold for hot service at 135° F or higher
		This recipe is best when prepared for just in time service to minimize leftovers as quality and appearance deteriorate when reheated.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	39 kcal	Cholesterol	0 mg	Sugars	*1.6* g	Calcium	40.98 mg	25.43%	Calories from Total Fat
Total Fat	1.09 g	Sodium	33 mg	Protein	1.26 g	Iron	0.74 mg	6.07%	Calories from Saturated Fat
Saturated Fat	0.26 g	Carbohydrates	7.23 g	Vitamin A	484.2 IU	Water ¹	*0.35* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.59 g	Vitamin C	3.5 mg	Ash ¹	*0.06* g	75.01%	Calories from Carbohydrates
								13.02%	Calories from Protein

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825161 - Blueberry Crisp: Fresh

Source: Farm to School
 Number of Portions: 25
 Size of Portion: 1/2 cup

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

Recipe Subgroups:

Attributes:
 Fruits

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
009050 BLUEBERRIES,RAW.....	6 lbs + 8 ozs	Preheat convection oven to 350 degrees F. Weigh, then rinse blueberries under running water. Drain well using colander or perforated pan. Spray 2 inch deep full size steamtable pan with pan release. Please 6 pounds 8 ounces of fresh blueberries in each prepared pan. (Use one pan for each 25 servings prepared.)
009524 LEMON JUC FROM CONC,BTLD,REAL LEMON.....	2 tsp	Sprinkle 2 teaspoons lemon juice over each pan of berries.
826505 Margarine, TransFat Free, Ventura 16936..... 050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO... 019334 SUGARS,BROWN..... 019335 SUGARS,GRANULATED..... 050400 FLOUR, WHOLE WHEAT..... 002010 CINNAMON,GROUND.....	6 ozs 6 ozs 4 ozs 4 ozs 5 ozs 1/2 tsp	Melt margarine and add to mixing bowl. Weigh oats, sugars, and flour. Add weighed dry ingredients and cinnamon to melted margarine. Use gloved hands or mixer paddle to combine topping until crumbly. (Makes about 1 quart of topping.)
		For each pan, place about 1 quart of topping mixture over fruit. Bake at 350° F for approximately 30 minutes until golden brown. CCP: Heat to 135° F or higher.
		Serve 1/2 cup using a #8 disher or 4 ounce spoodle. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	197 kcal	Cholesterol	*0* mg	Sugars	*20.7* g	Calcium	16.95 mg	28.73%	Calories from Total Fat
Total Fat	6.28 g	Sodium	57 mg	Protein	2.76 g	Iron	0.88 mg	11.71%	Calories from Saturated Fat

Saturated Fat	2.56 g	Carbohydrates	34.36 g	Vitamin A	307.5 IU	Water ¹	*99.75* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.23 g	Vitamin C	11.5 mg	Ash ¹	*0.31* g	69.92%	Calories from Carbohydrates
								5.62%	Calories from Protein

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825044 - Blueberry Crisp

Source: K12 Culinary
 Number of Portions: 25
 Size of Portion: 1/2 cup

Components:

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

Recipe Subgroups:

Attributes:

Fruits

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051371 BLUEBERRIES, FROZEN, CULTIVATED, IQF.....	6 lbs + 7 ozs	Rinse blueberries under running water. Drain well using colander or perforated pan.
020027 CORNSTARCH.....	1/4 cup	Spray 2 inch full size steamtable pan with food release. Place 6 lbs. 7 oz. of blueberries in each prepared pan. Sprinkle 1/4 cup of cornstarch over berries and toss to combine.
826505 Margarine, TransFat Free, Ventura 16936..... 050400 FLOUR, WHOLE WHEAT..... 019335 SUGARS, GRANULATED..... 050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO... 019334 SUGARS, BROWN..... 002010 CINNAMON, GROUND.....	6 ozs 1 cup 1/4 cup 10 ozs 4 ozs 1/2 tsp	Weigh and melt margarine. In mixer or large mixing bowl combine melted margarine, flour, sugar, rolled oats, brown sugar, and cinnamon. Use mixer paddle or gloved hands to mix topping until crumbly (this mixture makes about 1 3/4 quart of topping).
		Place 1 3/4 quart of topping mixture over fruit in each pan. Bake at 350° F for approximately 30 minutes until golden brown. Serve 1/2 cup using no. 8 disher. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	199 kcal	Cholesterol	0 mg	Sugars	*6.4* g	Calcium	20.91 mg	31.23%	Calories from Total Fat
Total Fat	6.91 g	Sodium	57 mg	Protein	2.98 g	Iron	0.92 mg	11.90%	Calories from Saturated Fat
Saturated Fat	2.63 g	Carbohydrates	32.24 g	Vitamin A	297.5 IU	Water ¹	*0.17* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.05 g	Vitamin C	3.0 mg	Ash ¹	*0.02* g	64.78%	Calories from Carbohydrates
								6.00%	Calories from Protein

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825162 - Blueberry Filling or Topping

Source: Farm to School
 Number of Portions: 24
 Size of Portion: 1/4 cup

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

Recipe Subgroups:

Attributes:
 Fruits

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
009050 BLUEBERRIES,RAW..... 014429 WATER,MUNICIPAL.....	3 lbs 3/4 cup	Rinse fresh blueberries under running water; drain well. Place 3 lbs. of fresh blueberries in small kettle or stockpot.
019335 SUGARS,GRANULATED.... 020027 CORNSTARCH.....	3 Tbsp 3 Tbsp	Mix sugar and cornstarch together. Stir in cold water to make a smooth slurry. Add to blueberries in stock pot.
		Heat blueberries until boiling. Turn to simmer and cook for 7 to 8 minutes. Stir constantly and gently with a heat resistant spatula to prevent berry damage. Do not overcook blueberries; they should remain whole and maintain shape. Cool completely. Chill and hold at 41 degrees F. The filling is best if made the day before use. Recipe makes 1 ½ quarts of filling for turnovers or topping for pancakes, waffles or French toast and waffle sticks. Serve 1/4 cup with #16 disher or 2 ounce spoodle when portioning as topping. If using a filling for Blueberry Moon Pockets, follow the recipe. CCP: Cool to 41° F or lower within 4 hours. CCP: Hold at 41 degrees F. or lower.

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

Calories	42 kcal	Cholesterol	0 mg	Sugars	7.2 g	Calcium	3.66 mg	4.00%	Calories from Total Fat
Total Fat	0.19 g	Sodium	1 mg	Protein	0.42 g	Iron	0.16 mg	0.34%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	10.70 g	Vitamin A	30.6 IU	Water ¹	55.23 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.37 g	Vitamin C	5.5 mg	Ash ¹	0.14 g	101.39%	Calories from Carbohydrates
								4.00%	Calories from Protein

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825139 - Charro Beans

Source: K12 Culinary
 Number of Portions: 36
 Size of Portion: 1/2 cup
 Alternate Recipe Name: Vegetarian Charro Beans

Components: Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:	Recipe Subgroups: Vegetable, Legumes	Attributes: Vegetables
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HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011283 ONIONS,CKD,BLD,DRND,WO/SALT..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	1 lb + 4 OZS (fresh, diced) 1/4 cup	Rinse onions and cilantro under running water and drain in a colander. Cut onion in half, then cut into ¼ inch dices. Steam or sauté the diced onions for 4 minutes until onions are soft. Roll cilantro tightly and cut into thin strips (chiffonade).
050553 BEANS, CANNED, VEGETARIAN, LOW-SODIUM, B... 826420 Tomatoes, Diced, Red Gold RPKBQ99..... 799903 GARLIC, GRANULATED..... 900670 CUMIN, GROUND..... 002036 ROSEMARY, DRIED..... 901058 OREGANO LEAVES, DRIED..... 002031 PEPPER, RED OR CAYENNE.....	2 #10 can 2 cups 2 tsp 2 tsp 1/2 Tbsp 2 TSP (leaves) 1 tsp	Preheat oven to 350°F. Spray a 4-inch deep full size steamtable pan lightly with pan release spray. Pour 2 #10 cans of undrained vegetarian beans into the prepared steamtable pan. Add steamed onions, cilantro, diced tomatoes, garlic, cumin, rosemary, orgeano, and cayenne pepper and stir to combine.
		Bake uncovered for approximately 60 minutes or until beans have thickened. Alternately, beans may be prepared in a steam jacketed kettle. If using a kettle, cook the beans uncovered, stirring occasionally, for approximately 30 minutes, or until the liquid has reduced to a slightly thickened sauce. Serve 1/2 cup using a 4 oz perforated spoodle. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
		Cool leftover beans properly, label, store in refrigerator, and reheat for service within 3 days.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

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

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

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	169 kcal	Cholesterol	0 mg	Sugars	*0.9* g	Calcium	65.39 mg	3.74%	Calories from Total Fat
Total Fat	0.70 g	Sodium	213 mg	Protein	8.42 g	Iron	2.22 mg	0.70%	Calories from Saturated Fat
Saturated Fat	0.13 g	Carbohydrates	38.03 g	Vitamin A	274.5 IU	Water ¹	*10.93* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.33 g	Vitamin C	1.8 mg	Ash ¹	*0.08* g	89.98%	Calories from Carbohydrates
								19.93%	Calories from Protein

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825137 - Crustless Apple Pie

Source: K12 Culinary
 Number of Portions: 96
 Size of Portion: 1/2 cup

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

Recipe Subgroups:

Attributes:
 Fruits

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050356 APPLES, CANNED, UNSWEETENED, SLICED, IN...	4 #10 can	Spray four 2 inch deep full size steamtable pans with pan release. Open and place 1 can of undrained, sliced apples into each prepared pan.
826505 Margarine, TransFat Free, Ventura 16936.....	8 ozs	Melt margarine. Drizzle ¼ cup melted margarine evenly over each pan of apples.
019334 SUGARS,BROWN..... 019335 SUGARS,GRANULATED..... 002010 CINNAMON,GROUND..... 002021 GINGER,GROUND.....	2 CUPS (packed) 2 cups 2 Tbsp + 2 tsp 1 Tbsp + 1 tsp	Combine 2 cups packed brown sugar, 2 cups granulated sugar, 2 Tbsp. 1 tsp. cinnamon, and 1 Tbsp. 1 tsp. ginger in a small mixing bowl. Reserve 2 cups of the sugar mixture for topping after baking. Sprinkle ½ c. spiced sugar mixture over each pan of apples. Toss with spatula to coat.
		Bake at 350 degrees F for 30 minutes. Add ½ c. of the reserved sugar mixture over each pan of baked apples. Return to oven and bake for another 5 to 10 minutes until apples are golden brown. CCP: Heat to 135° F or higher.
		Serve 1/2 cup with #8 disher or 4 oz spoodle. CCP: Hold for hot service at 135° F or higher
		Cool any leftover apples properly, cover and label, and reheat for service within 3 days. CCP: Cool to 41° F or lower within 4 hours. CCP: Heat to 165° F or higher for at least 15 seconds CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	85 kcal	Cholesterol	0 mg	Sugars	*8.6* g	Calcium	6.10 mg	19.70%	Calories from Total Fat
Total Fat	1.86 g	Sodium	25 mg	Protein	0.02 g	Iron	1.41 mg	8.95%	Calories from Saturated Fat
Saturated Fat	0.85 g	Carbohydrates	17.36 g	Vitamin A	85.0 IU	Water ¹	*0.09* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.06 g	Vitamin C	1.1 mg	Ash ¹	*0.03* g	81.60%	Calories from Carbohydrates
								0.10%	Calories from Protein

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825068 - Cuban Black Beans

Source: K12 Culinary
 Number of Portions: 26
 Size of Portion: 1/2 cup

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

Recipe Subgroups:
 Vegetable, Legumes

Attributes:
 Legumes
 Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050555 BEANS, CANNED, BLACK (TURTLE), LOW SODIUM.....	2 #10 can	Pour black beans into stockpot or kettle. If baking beans in oven, spray full size 2 inch deep pan with pan release prior to adding beans. Note: this recipe should not be prepared in the steamer as the beans must simmer to reduce the liquid and increase flavor.
825024R Seasoning Blend, Mexican..... 011283 ONIONS,CKD,BLD,DRND,WO/SALT..... 011334 PEPPERS,SWT,GRN,CKD,BLD,DRND,WO/SALT..... 799903 GARLIC,GRANULATED.....	2 Tbsp + 1 tsp 1 CUP (fresh, diced) 1/4 CUP (diced) 1/4 tsp	Prepare school made Mexican seasoning according to the recipe. Rinse onions and peppers under running water. Cut onions in half, then chop into 1/8 inch very small dices. Steam onions for 3 to 4 minutes or cook in microware with 1 Tblsp. of water until translucent. Cut peppers into 1/4 inch dice.
002053 VINEGAR,DISTILLED..... 002031 PEPPER,RED OR CAYENNE.....	2 Tbsp + 1 tsp 1/4 tsp	Add cooked onions, diced peppers, vinegar, Mexican seasoning, cayenne pepper, and garlic to beans. Stir to combine. Simmer beans for a minimum of 30 minutes until liquid has reduced by half. For baking in convection oven, cook beans uncovered at 350 degrees F. for 60 to 90 minutes until liquid is reduced by half. CCP: Heat to 135° F or higher.
		Place in 2 inch deep full size steamtable pans for service. Serve 1/2 cup using 4 oz. spoodle. CCP: Hold for hot service at 135° F or higher
		Cool leftover beans. Cover, label, date, and store in refrigerator. Reheat for service within 3 days. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

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

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

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	225 kcal	Cholesterol	0 mg	Sugars	*0.5* g	Calcium	89.52 mg	3.26%	Calories from Total Fat
Total Fat	0.81 g	Sodium	288 mg	Protein	14.70 g	Iron	4.79 mg	0.83%	Calories from Saturated Fat
Saturated Fat	0.21 g	Carbohydrates	41.11 g	Vitamin A	156.3 IU	Water ¹	*10.32* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	16.91 g	Vitamin C	7.9 mg	Ash ¹	*0.10* g	73.18%	Calories from Carbohydrates
								26.17%	Calories from Protein

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825014 - Cucumber Cauliflower Cup

Source: K12 Culinary
 Number of Portions: 48
 Size of Portion: each
 Alternate Recipe Name: Veggie Cup with Tzatziki

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

Recipe Subgroups:
 Vegetable, Other

Attributes:
 Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011205 CUCUMBER,WITH PEEL,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011135 CAULIFLOWER,RAW.....	4 LBS (AP) 1 LB (cherry tomatoes) 2 lbs + 12 OZS (florets, EP)	CCP: No bare hand contact with ready to eat food. Rinse cucumbers and tomatoes under running water and drain in colander. Using a vegetable peeler, remove alternating strips of skin down the length of the cucumber to create a striped effect. Slice the across the cucumber into ¼ inch slices. Trim cauliflower florets, if slightly browning.
825063R Tzatziki Sauce.....	1 qt + 1 PT	Using a no. 30 disher to place 1 ounce of the school made tzatziki sauce into each 4 oz. portion container. Fill each cup with equal parts cucumber slices and cauliflower florets (1/2 c). Add one cherry tomato per portion cup for color contrast. Cover and hold until service. CCP: Hold and Serve at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	38 kcal	Cholesterol	2 mg	Sugars	*2.7* g	Calcium	56.16 mg	6.87%	Calories from Total Fat	
Total Fat	0.29 g	Sodium	120 mg	Protein	4.74 g	Iron	0.31 mg	2.30%	Calories from Saturated Fat	
Saturated Fat	0.10 g	Carbohydrates	4.69 g	Vitamin A	127.9 IU	Water ¹	*108.45* g	*0.05%*	Calories from Trans Fat	
Trans Fat ²	*0.00* g	Dietary Fiber	0.87 g	Vitamin C	15.1 mg	Ash ¹	*0.94* g	49.54%	Calories from Carbohydrates	
									50.03%	Calories from Protein

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825177 - Fruit Explosion

Source: Farm to School
 Number of Portions: 75
 Size of Portion: 1/2 cup

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

Recipe Subgroups:

Attributes:
 Fruits

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
825963 Pineapple Tidbits, Juice Packed Dole.....	1 can, #10, drained	CCP: No bare hand contact with ready to eat food. Open can of pineapple tidbits and drain well using colander or a perforated pan set inside a solid pan. Reserve juice for use in other recipes. Place 1 can drained pineapple into a 4 inch deep full size steamtable pan.
051477 Peaches, Diced, Extra Light Syrup, Canne.....	1 can, #10	Open canned peaches and place one #10 can into pan with pineapple tidbits. (Note: Do NOT drain peaches.)
051450 APPLES, RED DELICIOUS, FRESH, WITH SKIN...	3 lbs + 8 ozs	CCP: No bare hand contact with ready to eat food. Rinse apples under running water and drain in a colander. Cut apples in half using a chef's knife. Cut halves into quarters. Carefully remove the core by cutting on the diagonal. Cut each wedge into 3 or 4 large dices. Notes: * To prevent browning after cutting each apple, immediately place in the pan with the canned fruit. * Any crisp Farm to School apple variety may be used as a substitute for Red Delicious in this recipe.
009050 BLUEBERRIES,RAW.....	2 PINT	Rinse blueberries under running water and drain in a colander. Add 2 pints to each pan of fruit by gently folding in berries to prevent bursting. (Note: one pint of blueberries will weigh about 12 ounces.)
		For quality, hold and serve at 41 degrees F or below. Serve 1/2 cup using 4 ounce spoon.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	47 kcal	Cholesterol	0 mg	Sugars	*4.9* g	Calcium	1.75 mg	1.20%	Calories from Total Fat
Total Fat	0.06 g	Sodium	4 mg	Protein	0.11 g	Iron	0.12 mg	0.17%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	11.52 g	Vitamin A	118.7 IU	Water ¹	*23.36* g	0.00%	Calories from Trans Fat

Trans Fat ²	0.00 g	Dietary Fiber	1.22 g	Vitamin C	5.1 mg	Ash ¹	*0.08* g	98.82% Calories from Carbohydrates
								0.97% Calories from Protein

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Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							



825178 - Harvest Squash and Onions

Source: Farm to School
 Number of Portions: 32
 Size of Portion: 1/2 cup

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

Recipe Subgroups:
 Vegetable, Other

Attributes:
 Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011468 SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CKD,B... 011478 SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DR..... 011283 ONIONS,CKD,BLD,DRND,WO/SALT	3 LBS (fresh , AP) 3 LBS (fesh, AP) 12 OZS (fresh, sliced)	Weigh required amount of squashes. Using a vegetable brush, scrub summer and zucchini squash well under running water to remove any sand or grit. Using a chef's knife, remove each end of the squash. Slice the squash into ¼ inch slices. Use a vegetable processor with slicing blade, if available. Clean and rinse onions under running water. Cut onions in half, then cut into quarters and slice into ¼ inch thick slices. Weigh required amount of prepared, sliced onions.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK..... 002025 NUTMEG, GROUND.....	1/4 cup 1/2 tsp 1/2 TSP (ground) 1/4 tsp	Prepare vegetables in an oven OR skillet per the following directions: Oven preparation: • Preheat oven to 350 degrees. • Spray full size sheet pan with pan release and place 6 lbs. 12 oz. of vegetables (squash and onions) on each pan. • Add seasonings to vegetables. • Sauté in oven at 350°F for approximately 15 - 20 minutes until al dente and lightly browned. Skillet preparation: • Turn tilting skillet to medium. Once heated, add oil. • Add onions and sauté for 2 minutes. • Add squash and seasonings, and sauté for 5 minutes until vegetables are al dente, and golden browned, but not overcooked.

		<p>CCP: Heat to 135° F or higher.</p> <p>Place sautéed squash and onions in 2 inch deep full size steamtable pan. If necessary, this product may be held for up to 45 minutes in hot holding cabinet.</p> <p>Serve 1/2 cup using a 4 ounce spoodle or number 8 disher.</p> <p>CCP: Hold for hot service at 135° F or higher</p>
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*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	33 kcal	Cholesterol	0 mg	Sugars	*1.9* g	Calcium	16.54 mg	55.16%	Calories from Total Fat
Total Fat	2.00 g	Sodium	38 mg	Protein	0.91 g	Iron	0.29 mg	8.93%	Calories from Saturated Fat
Saturated Fat	0.32 g	Carbohydrates	3.22 g	Vitamin A	812.6 IU	Water ¹	*76.19* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.89 g	Vitamin C	9.4 mg	Ash ¹	*0.54* g	39.53%	Calories from Carbohydrates
								11.19%	Calories from Protein

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Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							



825097 - Lemon Roasted Carrots

Source: K12 Culinary
 Number of Portions: 22
 Size of Portion: 1/2 cup

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

Recipe Subgroups:
 Vegetable, Red/Orange

Attributes:
 Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
009153 LEMON JUC,CND OR BTLD..... 826508 Olive Oil Blend 90/10, Colavita L116..... 002029 PARSLEY,DRIED.....	2 Tbsp 1/4 cup 1 Tbsp	Preheat oven to 375 degrees F. Spray full size sheet pan with pan release. Do not line with parchment paper as this will inhibit the roasting process. Combine lemon juice, oil, and parsley in a large bowl or container. Using a whisk, mix until combined.
050525 CARROTS, BABY-CUT, FRESH, PEELED...	4 lbs	Weigh baby carrots. Add to lemon oil mixture and toss gently to coat. Spread 4 pounds of baby carrots in a single layer on prepared sheet pan. Use one pan for 22 servings. Bake at 375 degrees F for 25-30 minutes or until carrots are tender and brown on edges. CCP: Heat to 135° F or higher.
		Transfer carrots to 2 inch deep full size steamtable pans and hold uncovered in hot cabinet until service. Serve 1/2 c using number 8 disher or 4 oz. spoodle. CCP: Hold for hot service at 135° F or higher
		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not high quality when reheated.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	51 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	27.10 mg	46.44%	Calories from Total Fat
Total Fat	2.65 g	Sodium	65 mg	Protein	0.54 g	Iron	0.76 mg	3.50%	Calories from Saturated Fat
Saturated Fat	0.20 g	Carbohydrates	6.83 g	Vitamin A	11373.4 IU	Water ¹	*1.30* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.41 g	Vitamin C	2.5 mg	Ash ¹	*0.01* g	53.24%	Calories from Carbohydrates
								4.24%	Calories from Protein

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825098 - Lemon Roasted Cauliflower

Source: K12 Culinary
 Number of Portions: 28
 Size of Portion: 1/2 cup
 Alternate Recipe Name: Lemon Spiced Cauliflower

Components:	Recipe Subgroups:	Attributes:
Meat/Alt:	Vegetable, Other	Vegetables
Grains:		
Fruit:		
Vegetable: 0.5 cup		
Milk:		

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826508 Olive Oil Blend 90/10, Colavita L116... 002009 CHILI POWDER..... 900670 CUMIN,GROUND..... 002047 SALT, TABLE..... 002028 PAPRIKA.....	1/2 cup 2 1/2 tsp 2 1/2 tsp 2 tsp 1 1/4 tsp	Preheat oven to 400 degrees F. Spray full size sheet pan with pan release. Do not line pans with parchment paper as this inhibits roasting procedure. Combine oil, chili powder, cumin, salt, and paprika in a large bowl or container. Using a whisk, mix until combined.
011135 CAULIFLOWER,RAW.....	4 LBS (florets, EP)	Weigh cauliflower florets and add to seasoned oil. Toss gently to coat. Spread 4 lbs. of cauliflower florets in a single layer on each sheet pan. Use one pan for 28 servings. Bake at 400 degrees F for 16-18 minutes or until cauliflower florets are tender and browned on edges. CCP: Heat to 135° F or higher.
009153 LEMON JUC,CND OR BTLD.....	1 Tbsp + 1 tsp	Transfer cauliflower florets to 2 inch deep full size steamtable pans for service. Toss with lemon juice. Hold uncovered in hot holding cabinet until time for service. Serve 1/2 c using no. 8 disher or 4 oz. spoodle. CCP: Hold for hot service at 135° F or higher
		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not high quality when reheated.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	52 kcal	Cholesterol	0 mg	Sugars	*1.3* g	Calcium	17.21 mg	73.53%	Calories from Total Fat
Total Fat	4.27 g	Sodium	193 mg	Protein	1.33 g	Iron	0.46 mg	6.56%	Calories from Saturated Fat
Saturated Fat	0.38 g	Carbohydrates	3.52 g	Vitamin A	124.7 IU	Water ¹	*60.39* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.44 g	Vitamin C	31.4 mg	Ash ¹	*0.97* g	26.93%	Calories from Carbohydrates
								10.16%	Calories from Protein

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825146 - Lettuce and Pico de Gallo Cups

Source: K12 Culinary
 Number of Portions: 40
 Size of Portion: each
 Alternate Recipe Name: Pico Cups
 Alternate Recipe Name 2: Pico de Gallo Cups

Components:
 Meat/Alt:
 Grains:
 Fruit:
 Vegetable: 0.375 cup
 Milk:

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

Attributes:
 Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011282 ONIONS,RAW..... 011165 CORIANDER (CILANTRO) LEAVES,RAW..... 011979 PEPPERS,JALAPENO,RAW..... 009161 LIME JUC,CND OR BTLD,UNSWTND..... 799903 GARLIC,GRANULATED..... 002047 SALT,TABLE.....	2 lbs + 11 OZS (AP) 8 OZS (diced) 1 cup 1/4 CUP (diced) 1/4 cup 1 tsp 1/2 tsp	CCP: No bare hand contact with ready to eat food. Rinse tomatoes, onions, cilantro, and jalapeno under cold running water. Roll cilantro in a disposable paper towel. Drain other ingredients in a collander or perforated pan. Using a tomato scoop, remove the core of tomatoes. Dice tomatoes using chef's knife, or other equipment for dicing vegetables. Cut onions in half, then into small 1/4 inch dices. Roll cilantro tightly and cut into very thin strips using chiffonade method. Cut jalapeno into quarters and remove seeds with spoon or knife. Cut into 1/4 inch dices. In a large container combine tomatoes, onions, cilantro, jalapeno, lime juice, garlic and salt; stir gently. Cover and hold chilled until time to assemble portion cups. Pico de Gallo may be stored in the refrigerator for up to 3 days. CCP: Hold at 41 degrees F. or lower.
011251 LETTUCE,COS OR ROMAINE,RAW.....	2 lbs + 12 ozs	CCP: No bare hand contact with ready to eat food. If using precut lettuce, weigh the required amount. Purchased, precut, shredded prewashed romaine does not require rinsing. For head lettuce, remove the stem end of the romaine head using a chef's knife. Cut leaves into 1/4 inch strips. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner). Weigh the required amount of cut lettuce. (Note: Note: 4 lb. 5 oz. AP equals approximately 2 lb. 12 oz. chopped romaine.) CCP: Hold at 41 degrees F. or lower.

		<p>To prepare pico cups, place ½ c shredded lettuce in 8 oz flat portion cup using a 4 oz spoodle. Portion ¼ c pico de gallo with a #16 scoop or 2 oz spoodle on top of lettuce.</p> <p>Assemble cups for just in time service for best quality. CCP: Hold and Serve at 41 degrees F. or lower.</p>
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*Nutrients are based upon 1 Portion Size (each)

Calories	13 kcal	Cholesterol	0 mg	Sugars	*1.4* g	Calcium	14.90 mg	10.99%	Calories from Total Fat
Total Fat	0.16 g	Sodium	34 mg	Protein	0.71 g	Iron	0.40 mg	1.59%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	2.82 g	Vitamin A	2975.8 IU	Water ¹	62.39 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.12 g	Vitamin C	6.8 mg	Ash ¹	0.43 g	84.96%	Calories from Carbohydrates
								21.45%	Calories from Protein

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825147 - Lettuce and Salsa Cup

Source: K12 Culinary
 Number of Portions: 40
 Size of Portion: 1/2 cup

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

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

Attributes:
 Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW...	2 lbs + 12 ozs	CCP: No bare hand contact with ready to eat food. If using precut lettuce, weigh the required amount. Purchased, precut, shredded prewashed romaine does not require rinsing. For head lettuce, remove the stem end of the romaine head using a chef's knife. Cut leaves into ¼ inch strips. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner). Weigh the required amount of cut lettuce. (Note: Note: 4 lb. 5 oz. AP equals approximately 2 lb. 12 oz. chopped romaine.) CCP: Hold at 41 degrees F. or lower.
050540 SALSA, LOW-SODIUM, CANNED.....	1 qt + 1 PINT	To prepare salsa cups, place ½ c shredded lettuce in 8 oz flat portion cup using a 4 oz spoodle. Portion ¼ c salsa with a #16 scoop or 2 oz spoodle on top of lettuce. Assemble cups for just in time service for best quality. CCP: Hold and Serve at 41 degrees F. or lower.
		(Note: Not all salsa provides vegetable component crediting for the red/orange vegetable subgroup for the volume served. For salsa products, like USDA Foods variety, containing all vegetable ingredients plus a minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume vegetable/fruit requirement for meal pattern requirements. When products contain non-vegetable ingredients like gums, starches or stabilizers, water or vinegar, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement. If using purchased salsa containing these non-creditable ingredients, you must obtain manufacturer's product formulation statement to show proper crediting.)

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	19 kcal	Cholesterol	0 mg	Sugars	*0.4* g	Calcium	14.75 mg	8.09%	Calories from Total Fat
Total Fat	0.17 g	Sodium	44 mg	Protein	0.94 g	Iron	1.13 mg	1.12%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	3.62 g	Vitamin A	2920.3 IU	Water ¹	*29.50* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.16 g	Vitamin C	2.7 mg	Ash ¹	*0.18* g	77.51%	Calories from Carbohydrates

	20.15% Calories from Protein
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825066 - Lime and Chili Sweet Corn

Source: K12 Culinary
 Number of Portions: 55
 Size of Portion: 1/2 cup

<p>Components: Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:</p>	<p>Recipe Subgroups: Vegetable, Starchy</p>	<p>Attributes: Vegetables</p>
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HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	10 lbs	Thaw required amount of corn overnight in the refrigerator. Place 5 lbs. (approximately 1 gallon) of corn in each 2 inch deep full-size perforated pan. Place in steamer, uncovered, and steam for approximately 3-5 minutes (add additional minutes if corn is still frozen). Transfer steamed corn to two (2 inch deep) full size solid steamtable pans. Note: Refer to the video for steaming frozen vegetables for additional information if needed. CCP: Heat to 135° F or higher.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F..... 826505 Margarine, TransFat Free, Ventura 16936..... 009161 LIME JUC,CND OR BTLD,UNSWTND..... 002009 CHILI POWDER..... 002031 PEPPER,RED OR CAYENNE..... 002020 GARLIC POWDER.....	1/4 cup 2 ozs 1/4 cup 1 Tbsp + 1 tsp 1 tsp 1 Tbsp	Weigh 2 ounces of margarine and melt. In a small bowl combine the melted margarine, vegetable oil, lime juice, chili powder, cayenne pepper, and garlic powder, and stir until well combined. Pour 1/3 cup of seasoned lime and oil mixture over each pan of corn. Stir until the corn kernels are evenly coated with seasoning.
		Cover and hold until service. Serve 1/2 cup portions using a no. 8 scoop or disher or a 4 oz. spoodle. This recipe is best when prepared for just in time service to avoid leftovers. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	84 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	2.98 mg	25.62%	Calories from Total Fat
Total Fat	2.39 g	Sodium	15 mg	Protein	2.16 g	Iron	0.44 mg	6.56%	Calories from Saturated Fat
Saturated Fat	0.61 g	Carbohydrates	16.23 g	Vitamin A	272.8 IU	Water ¹	*1.07* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.11 g	Vitamin C	3.0 mg	Ash ¹	*0.03* g	77.36%	Calories from Carbohydrates
								10.31%	Calories from Protein

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825111 - Pickled Carrots

Source: K12 Culinary
 Number of Portions: 40
 Size of Portion: 1/2 cup

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

Recipe Subgroups:
 Vegetable, Red/Orange

Attributes:
 Vegetables

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
014429 WATER,MUNICIPAL..... 002048 VINEGAR,CIDER..... 019335 SUGARS,GRANULATED.... 799903 GARLIC,GRANULATED..... 002030 PEPPER,BLACK..... 900670 CUMIN,GROUND.....	2 qts + 1 PINT 2 qts + 1 PINT 2 1/2 cups 1 tsp 2 TSP (ground) 2 tsp	Combine water, vinegar, garlic, pepper, cumin and sugar in a stockpot. Stir to combine all ingredients. Bring vinegar mixture to a boil over high heat.
011124 CARROTS,RAW.....	5 LBS (shredded)	CCP: No bare hand contact with ready to eat food. Weigh pre-cut shredded carrots. Spread carrots evenly into a 2 inch steamtable pan. Pour boiling liquid over carrots. Press carrots into liquid making sure all carrots are completely submerged into vinegar mixture. Place pan of carrots onto another pan filled with ice to cool quickly. Serve 1/2 cup using #8 disher or scoop. CCP: Cool to 41° F or lower within 4 hours. CCP: Hold for cold service at 41° F or lower.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	85 kcal	Cholesterol	0 mg	Sugars	*15.5* g	Calcium	26.33 mg	1.72%	Calories from Total Fat
Total Fat	0.16 g	Sodium	44 mg	Protein	0.57 g	Iron	0.38 mg	0.26%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	18.75 g	Vitamin A	9474.1 IU	Water ¹	165.19 g	*0.00%*	Calories from Trans Fat
Trans Fat*	*0.00* g	Dietary Fiber	1.63 g	Vitamin C	3.4 mg	Ash ¹	0.73 g	87.80%	Calories from Carbohydrates
								2.67%	Calories from Protein

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825114 - Red Peppers&Carrots w/ Hummus

Source: K12 Culinary
 Number of Portions: 25
 Size of Portion: 1/2 cup
 Alternate Recipe Name: Veggies with Hummus Dip

Components:

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

Recipe Subgroups:

Vegetable, Red/Orange
 Vegetable, Red/Orange

Attributes:

Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011821 PEPPERS,SWEET,RED,RAW.....	1 lb + 12 OZS (AP)	CCP: No bare hand contact with ready to eat food. Weigh red bell peppers. Rinse under running water and drain in a colander. Slice off both ends, creating a flat cylinder. Cut along the veins making flat "planks". Slice planks into 1/2 inch thick sticks.
826519 Hummus, Classic, Kronos WD0500.....	3 1/8 cups	Using a #30 scoop, place 2 Tablespoons of hummus in the bottom of 4 or 5 ounce clear portion cups.
050525 CARROTS, BABY-CUT, FRESH, PEELED...	1 lb + 15 ozs	CCP: No bare hand contact with ready to eat food. Place 5 red bell pepper strips and 5 baby carrots vertically in hummus. (Note: the amounts of pepper and carrots should be 1/4 cup each and quantity of each may vary depending on size. Be sure to check the yield.) Serve 1 cup. CCP: Hold at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	100 kcal	Cholesterol	0 mg	Sugars	*2.1* g	Calcium	32.94 mg	63.89%	Calories from Total Fat
Total Fat	7.12 g	Sodium	113 mg	Protein	2.47 g	Iron	1.15 mg	4.61%	Calories from Saturated Fat
Saturated Fat	0.51 g	Carbohydrates	9.40 g	Vitamin A	5642.5 IU	Water ¹	*23.42* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.55 g	Vitamin C	33.4 mg	Ash ¹	*0.12* g	37.48%	Calories from Carbohydrates
								9.86%	Calories from Protein

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825116 - Roasted Carrots

Source: K12 Culinary
 Number of Portions: 22
 Size of Portion: 1/2 cup

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

Recipe Subgroups:
 Vegetable, Red/Orange

Attributes:
 Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826508 Olive Oil Blend 90/10, Colavita L116..... 002030 PEPPER, BLACK.....	1/4 cup 1/4 TSP (ground)	Preheat oven to 375 F. Spray full size sheet pan with pan release. Do not line pans with parchment paper when roasting as it inhibits browning and flavor development. Combine oil and pepper in a large bowl or container. Using a whisk, mix until combined.
050525 CARROTS, BABY-CUT, FRESH, PEELED...	4 lbs	Weigh carrots and combine with the oil and pepper mixture, tossing gently to coat. Spread up to 4 lb of carrots in a single layer on each sheet pan. Do not crowd the pan with more product as carrots will steam instead of roast. (Note: each pan of 4 lb will provide 22 servings.) Bake at 375 degrees F for 25-30 minutes or until carrots are tender and brown on edges. CCP: Heat to 135° F or higher.
		Transfer carrots to 2 inch deep full size steamtable pans for service. Serve 1/2 c using number 8 disher or 4 oz. spoodle CCP: Hold for hot service at 135° F or higher
		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not optimum quality when reheated.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	51 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	26.30 mg	46.71%	Calories from Total Fat
Total Fat	2.65 g	Sodium	64 mg	Protein	0.52 g	Iron	0.74 mg	3.51%	Calories from Saturated Fat
Saturated Fat	0.20 g	Carbohydrates	6.74 g	Vitamin A	11371.8 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.39 g	Vitamin C	2.2 mg	Ash ¹	*0.00* g	52.88%	Calories from Carbohydrates
								4.10%	Calories from Protein

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825118 - Roasted Red Potatoes

Source: K12 Culinary
 Number of Portions: 49
 Size of Portion: 1/2 cup

<p>Components: Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:</p>	<p>Recipe Subgroups: Vegetable, Starchy</p>	<p>Attributes: Vegetables</p>
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HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011358 POTATOES,RED,FLESH & SKN,BKD...	10 LBS (fresh, AP)	Rinse potatoes under running water and scrub with a vegetable brush, if necessary. Drain in a perforated pan. Cut potatoes in half or leave whole if very small. Place up to 5 lb of potatoes into each 4 inch deep perforated steam table pan. Steam uncovered for about 10 minutes. Remove from steamer and allow potatoes to sit for a few minutes until steam has evaporated.
825023R Seasoning Blend, Italian.....	1/4 cup	CCP: No bare hand contact with ready to eat food. Prepare school made Italian Seasoning according to the recipe. Measure required amount and store any extra in a tightly closed spice bottle for use in other recipes.
826508 Olive Oil Blend 90/10, Colavita L116..... 002047 SALT, TABLE.....	2/3 cup 2 tsp	Combine olive oil blend and Italian seasoning and salt. Toss partially cooked potatoes in seasoned oil.
		Spray two full size sheet pans with pan release. Place 5 pounds of potatoes on each pan. Bake at 350 degrees F for 15 minutes until golden brown. CCP: Heat to 135° F or higher.
		Transfer potatoes to a 2 inch deep full size steamtable pan and hold uncovered until service. Serve ½ c. using a 4 oz. spoodle. CCP: Hold for hot service at 135° F or higher
		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not good quality when reheated.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	109 kcal	Cholesterol	0 mg	Sugars	*1.3* g	Calcium	10.04 mg	26.29%	Calories from Total Fat
Total Fat	3.19 g	Sodium	106 mg	Protein	2.17 g	Iron	0.69 mg	2.01%	Calories from Saturated Fat
Saturated Fat	0.24 g	Carbohydrates	18.33 g	Vitamin A	12.9 IU	Water ¹	*71.00* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.73 g	Vitamin C	11.7 mg	Ash ¹	*1.45* g	67.04%	Calories from Carbohydrates
								7.92%	Calories from Protein

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825119 - Roasted Root Vegetables

Source: K12 Culinary
 Number of Portions: 50
 Size of Portion: 1/2 cup

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

Recipe Subgroups:
 Vegetable, Red/Orange
 Vegetable, Red/Orange
 Vegetable, Other

Attributes:
 Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011125 CARROTS,CKD,BLD,DRND,WO/SALT..... 011508 SWEET POTATO,CKD,BKD IN SKN,WO/ SALT.... 011565 TURNIPS,CKD,BLD,DRND,WO/SALT..... 011436 RUTABAGAS,CKD,BLD,DRND,WO/SALT.....	3 LBS (AP, raw) 3 LBS (fresh) 3 LBS (fresh, AP) 3 LBS (fresh, AP)	Weigh required amounts of fresh, as purchased (AP) vegetables. Rinse the carrots, sweet potatoes, turnips and rutabagas under running water. Scrub carrots, sweet potatoes and turnips with a vegetable brush. Drain well in a colander. Cut carrots into 1/2 inch slices using the oblique cut method. Refer to Knife Skills video for instruction if needed.) Cut the sweet potatoes into quarters, then into 1/2 inch dices. Cut the turnips into 1/2 inch slices, then into 1/2 inch sticks, and finally 1/2 inch dices. Using a chef's knife, peel the waxy exterior from the rutabagas. Cut into 1/2 inch planks, then into 1/2 inch sticks, then 1/2 inch dices.
826508 Olive Oil Blend 90/10, Colavita L116.....	1/2 cup	Combine the prepared carrots, sweet potatoes, turnips and rutabaga in a large mixing bowl. Add the olive oil blend and mix to coat the vegetables.
002026 ONION POWDER..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK.....	2 tsp 2 tsp 2 TSP (ground)	Combine the onion powder, salt and black pepper in a small bowl. Sprinkle evenly over the oil coated vegetables and mix to distribute the spices. Spray 3 full size sheet pans with pan release spray. Do not use parchment paper as this inhibits roasting and full flavor development. Place seasoned vegetables evenly in a single layer on the sheet pans - about 4 lbs of vegetables per pan. Do not crowd the vegetable pieces or they will not roast properly. Bake at 350 degrees F for about 25-35 minutes, or until the vegetable pieces are browned, blistered and tender. CCP: Heat to 135° F or higher.

011297 PARSLEY,RAW.....	1/2 CUP (chopped)	<p>Transfer roasted vegetables to 2-inch deep full-size steamtable pans. Cut the fresh parsley into chiffonade and sprinkle evenly over each pan. (Note: As an alternative to fresh parsley, use 1 tablespoon dried parsley per pan.)</p> <p>Hold uncovered in hot holding cabinet until service. Serve ½ cup portions using a 4 oz. spoodle.</p> <p>CCP: Hold for hot service at 135° F or higher</p>
		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not optimum quality when reheated.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	63 kcal	Cholesterol	0 mg	Sugars	4.0 g	Calcium	29.04 mg	34.17%	Calories from Total Fat
Total Fat	2.38 g	Sodium	120 mg	Protein	1.09 g	Iron	0.39 mg	2.73%	Calories from Saturated Fat
Saturated Fat	0.19 g	Carbohydrates	10.04 g	Vitamin A	8804.8 IU	Water ¹	*79.12* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.38 g	Vitamin C	13.4 mg	Ash ¹	*0.99* g	63.97%	Calories from Carbohydrates
								6.95%	Calories from Protein

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825032 - Seasoned Black Beans

Source: K12 Culinary
 Number of Portions: 13
 Size of Portion: 1/2 cup

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

Recipe Subgroups:
 Vegetable, Legumes

Attributes:
 Legumes
 Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050555 BEANS, CANNED, BLACK (TURTLE), LOW SODIU...	1 #10 can	Place undrained black beans in stockpot or kettle. If baking beans in oven, spray full size 2 inch pan with pan release prior to adding beans.
050540 SALSA, LOW-SODIUM, CANNED..... 825022R Seasoning Blend, Bean..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	2 cups 2 Tbsp 1/2 cup	Add salsa and Bean Blend and stir gently to blend. Simmer for at least 30 minutes or until liquid has reduced by half. For baking in convection oven, cook beans uncovered for 60 to 90 minutes until liquid is reduced by half.
		Rinse fresh cilantro under running water. Using the chiffonade cutting method, roll the cilantro tightly and use a chef's knife to cut into very thin strips. Add cut cilantro during the last 5 minutes of cooking. For stockpot or kettle beans, place in full size 2 inch steamtable pans for service. Serve with a 4 oz spoodle. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
		Cool leftovers, label, and store in cooler. Reheat and use within 72 hours. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours CCP: Heat to 165° F or higher for at least 15 seconds

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	235 kcal	Cholesterol	0 mg	Sugars	*0.1* g	Calcium	93.42 mg	3.59%	Calories from Total Fat
Total Fat	0.94 g	Sodium	324 mg	Protein	15.21 g	Iron	5.77 mg	0.86%	Calories from Saturated Fat

Saturated Fat	0.22 g	Carbohydrates	42.94 g	Vitamin A	619.3 IU	Water ¹	*0.67* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	17.42 g	Vitamin C	8.1 mg	Ash ¹	*0.09* g	73.10%	Calories from Carbohydrates
								25.89%	Calories from Protein

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825033 - Seasoned Pinto Beans

Source: K12 Culinary
 Number of Portions: 18
 Size of Portion: 1/2 cup

Components:	Recipe Subgroups:	Attributes:
Meat/Alt:	Vegetable, Legumes	Legumes
Grains:		Vegetables
Fruit:		
Vegetable: 0.5 cup		
Milk:		

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825965 Beans, Pinto, Low Sodium Bush's 1819...	1 #10 can	Place undrained black beans in stockpot or kettle. If baking beans in oven, spray full size 2 inch pan with pan release prior to adding beans.
825022R Seasoning Blend, Bean.....	2 Tbsp	Add school-made Bean Blend Seasoning and stir gently to blend. Simmer for at least 30 minutes or until liquid has reduced by half. For baking in convection oven, cook beans uncovered for 60 to 90 minutes until liquid is reduced by half.
		For stockpot or kettle beans, place in full size 2 inch steamtable pans for service. Serve with a 4 oz spoodle. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
		Cool leftovers, label, and store in cooler. Reheat and use within 72 hours. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours CCP: Heat to 165° F or higher for at least 15 seconds

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	137 kcal	Cholesterol	0 mg	Sugars	*0.1* g	Calcium	57.02 mg	0.77%	Calories from Total Fat
Total Fat	0.12 g	Sodium	189 mg	Protein	8.18 g	Iron	2.19 mg	0.10%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	24.59 g	Vitamin A	258.8 IU	Water ¹	102.82 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	9.62 g	Vitamin C	0.0 mg	Ash ¹	2.42 g	71.90%	Calories from Carbohydrates
								23.92%	Calories from Protein

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825193 - Sweet Potato Boat

Source: Farm to School
 Number of Portions: 24
 Size of Portion: each

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

Recipe Subgroups:
 Vegetable, Red/Orange

Attributes:
 Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011508 SWEET POTATO,CKD,BKD IN SKN,WO/ SALT..... 009524 LEMON JUC FROM CONC,BTLD,REAL LEMON..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.... 002047 SALT, TABLE.....	12 each, 65 ct 3 Tbsp 3 Tbsp 1/2 tsp	Preheat convection oven to 350°F. Using a vegetable brush, scrub sweet potatoes under running water to remove sand and debris. Drain in a colander. Cut sweet potatoes in half lengthwise. Spray full size sheet pans with food release and place sweet potato halves on pan with cut side facing up. Halves should touch each other with no space in between. (Note: Farm to School sweet potatoes are usually packed with about 65 potatoes in a 40 lb cases and potatoes weigh about 9 to 10 ounces each.)
		In a small bowl, whisk together lemon juice and oil. Using a pastry brush, evenly coat the top of each sweet potato. (Note: Recipe may be revised to substitute lime juice for lemon juice.)
019334 SUGARS, BROWN..... 002009 CHILI POWDER..... 002010 CINNAMON, GROUND.....	3 TBSP (packed) 1/2 Tbsp 1/2 Tbsp	In a bowl, combine brown sugar, chili powder, cinnamon, and salt. Sprinkle approximately 1/2 teaspoon of seasoning over each potato. Bake at 350°F for 25 -30 minutes or until easily pierced with a fork. CCP: Heat to 135° F or higher.
		Transfer sweet potato halves to 2 inch deep steamtable pans. Serve 1 sweet potato half using tongs. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (each)

Calories	148 kcal	Cholesterol	*0* mg	Sugars	*10.8* g	Calcium	56.84 mg	11.75%	Calories from Total Fat
Total Fat	1.94 g	Sodium	105 mg	Protein	2.85 g	Iron	1.02 mg	2.09%	Calories from Saturated Fat
Saturated Fat	0.34 g	Carbohydrates	30.91 g	Vitamin A	26872.7 IU	Water ¹	*107.58* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.76 g	Vitamin C	27.7 mg	Ash ¹	*2.05* g	83.35%	Calories from Carbohydrates
								7.67%	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.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							



825198 - Tangy Sautéed Kale

Source: Farm to School
 Number of Portions: 24
 Size of Portion: 1/2 cup

Components:

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

Recipe Subgroups:

Vegetable, Dark Green

Attributes:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011282 ONIONS,RAW.....	3 CUPS (diced) 2 CUPS (diced)	
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 799903 GARLIC,GRANULATED..... 002047 SALT, TABLE..... 002068 VINEGAR,RED WINE..... 019335 SUGARS,GRANULATED..... 014429 WATER,MUNICIPAL.....	1/4 cup 2 tsp 1 tsp 1/2 cup 1 Tbsp + 1 tsp 1 cup	
011234 KALE,CKD,BLD,DRND,WO/SALT.....	4 LBS (raw, shredded)	
002030 PEPPER,BLACK.....	1 TSP (ground)	

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	52 kcal	Cholesterol	*0* mg	Sugars	*2.7* g	Calcium	52.61 mg	44.79%	Calories from Total Fat
Total Fat	2.59 g	Sodium	114 mg	Protein	1.61 g	Iron	0.70 mg	6.96%	Calories from Saturated Fat
Saturated Fat	0.40 g	Carbohydrates	6.66 g	Vitamin A	8894.3 IU	Water ¹	*106.03* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.82 g	Vitamin C	30.3 mg	Ash ¹	*1.00* g	51.31%	Calories from Carbohydrates
								12.40%	Calories from Protein

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Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							



825138 - Tropical Apples

Source: K12 Culinary
 Number of Portions: 50
 Size of Portion: 1/2 cup

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

Recipe Subgroups:

Attributes:
 Fruits

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050356 APPLES, CANNED, UNSWEETENED, SLICED, IN... 009524 LEMON JUC FROM CONC,BTLD,REAL LEMON.....	2 #10 can 1/2 cup	Spray 2 inch deep full size steamtable pan with pan release. Pour two #10 cans of undrained apples into each pan.
019335 SUGARS, GRANULATED..... 050393 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLE... 050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO... 009273 PINEAPPLE JUC, CND, UNSWTND, WO/ VIT C..... 825055 Juice, ECO Orange, 4 oz, SunCup 030100.....	1 lb + 12 ozs 1 cup 1/2 cup 1 1/2 cups 1 cup	Weigh the sugar sugar and combine in a saucepan with measured amounts of flour, rolled oats, pineapple juice, orange juice, and lemon juice. Cook on medium to low heat for about 15 minutes or until thickened. Pour mixture over apples and stir gently (use 1 quart + 1/2 cup per pan).
		Bake at 350 degrees F for 30 minutes. Cover and hold until service. Serve 1/2 cup using no. 8 disher. CCP: Heat to 135° F or higher. CCP: Hold for hot service at 135° F or higher
		CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours If product is leftover, Cool properly, cover and label, and place in refrigerator for re-service within 3 days of original preparation. Leftovers may be served cold or reheated and served hot. CCP: If served hot, reheat to 165 degrees F. and hold at 135 degrees F.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	113 kcal	Cholesterol	*0* mg	Sugars	*17.1* g	Calcium	2.15 mg	0.69%	Calories from Total Fat
Total Fat	0.09 g	Sodium	6 mg	Protein	0.43 g	Iron	1.48 mg	0.11%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	28.02 g	Vitamin A	3.6 IU	Water	*8.73* g	*0.00%*	Calories from Trans Fat

Trans Fat ²	*0.00* g	Dietary Fiber	1.08 g	Vitamin C	3.9 mg	Ash ¹	*0.03* g	99.33%	Calories from Carbohydrates
								1.51%	Calories from Protein

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825155 - Zucchini Fire Stix

Source: Farm to School
 Number of Portions: 25
 Size of Portion: 9 sticks

Components:

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

Recipe Subgroups:

Vegetable, Other

Attributes:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011478 SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DR... 002047 SALT, TABLE.....	4 lbs + 4 OZS (fesh, AP) 1/2 Tbsp	Preheat convection oven to 400°F. Using a vegetable brush, scrub zucchini under running water to remove sand and debris. Drain in a colander. Cut zucchini into thirds, then using 4 wedge blade of sectionizer, cut into wedges. Yield should be 12 sticks per zucchini. (Note: If sectionizer is not available, cut each third of the zucchini lengthwise into 4 sticks with a chef knife to yield 12 sticks per zucchini.)
826508 Olive Oil Blend 90/10, Colavita L116..... 002028 PAPRIKA..... 002020 GARLIC POWDER..... 002026 ONION POWDER..... 002031 PEPPER,RED OR CAYENNE..... 002030 PEPPER,BLACK..... 799906 THYME LEAF,DRIED..... 901058 OREGANO LEAVES,DRIED.....	1/2 cup 2 Tbsp 2 tsp 2 tsp 1/4 tsp 2 TSP (ground) 2 TSP (leaves) 2 TSP (leaves)	In mixing bowl, whisk olive oil blend with paprika, garlic powder, onion powder, cayenne pepper, black pepper, thyme, oregano and salt. Add zucchini sticks to bowl, and using a spatula, toss to coat evenly with oil spice mixture.
		Place 3 pounds of zucchini sticks in a single layer on each full size sheet pan. Spread evenly so sticks are not touching. Bake at 400°F for 12-15 minutes or until easily pierced with a fork. CCP: Heat to 135° F or higher.

		<p>Transfer roasted zucchini sticks to 2 inch full size steam table pans for service.</p> <p>Serve 9 sticks using tongs to provide 1/2 cup vegetable credit.</p> <p>This product is best when prepared for just in time service to avoid excessive leftover which are not high quality when reheated.</p> <p>CCP: Hold for hot service at 135° F or higher</p>
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*Nutrients are based upon 1 Portion Size (9 sticks)

Calories	53 kcal	Cholesterol	0 mg	Sugars	*1.2* g	Calcium	18.11 mg	82.52%	Calories from Total Fat
Total Fat	4.82 g	Sodium	142 mg	Protein	0.95 g	Iron	0.54 mg	6.66%	Calories from Saturated Fat
Saturated Fat	0.39 g	Carbohydrates	2.69 g	Vitamin A	1046.9 IU	Water ¹	*64.74* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.04 g	Vitamin C	8.9 mg	Ash ¹	*0.84* g	20.43%	Calories from Carbohydrates
								7.23%	Calories from Protein

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Power Hummus

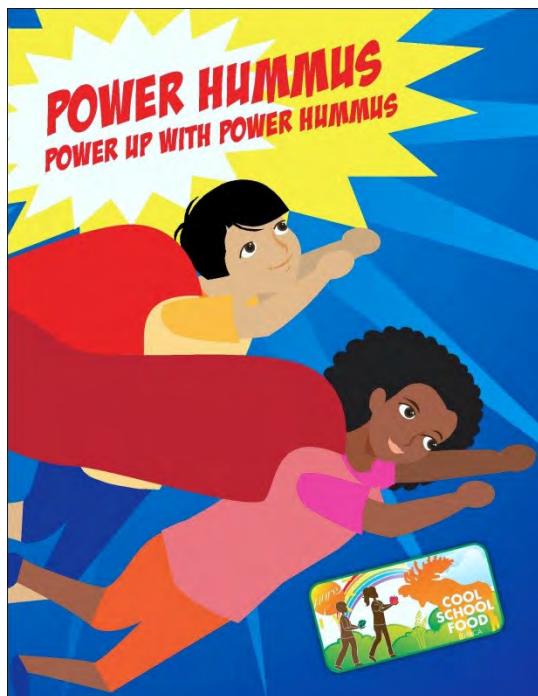
25 Servings

Hummus is a Middle Eastern recipe that is a favorite of children. Children love to dip and hummus is the perfect dip! It can be served many ways. You can't go wrong with hummus!

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:

- 6 ¼ cups dry garbanzo beans (12 ½ cups cooked) drain and reserve liquid
- 4 ½ tablespoons minced garlic (NYS farm product)
- 1 cup tahini or sunflower seed butter
- 2 1/3 cups finely chopped fresh parsley (NYS farm product)
- 1 ¾ cups lemon juice
- 4 ½ teaspoons salt
- 1 ¼ teaspoon ground cayenne pepper
- 2 1/3 teaspoons ground cumin



Poster by Michelle Bando, www.michellebando.com



Photo by www.dreamstime.com

Preparation:

1. Add beans and enough bean liquid to a food processor and process to a smooth consistency. Add all the other ingredients and process until very smooth and evenly colored.
2. Serve $\frac{3}{4}$ cup in whole wheat pita bread lined with lettuce leaf and shredded carrots or with fresh vegetables and whole wheat pita triangles for dipping.

Serving suggestions: Hummus is great as a dip for carrots, celery, cucumber sticks, peppers, zucchini, broccoli, and other vegetables. It can also be served with whole wheat pita bread cut into triangles. For gluten-free children, it could be served with rice crackers. It is also great served in a whole wheat pita, cut in half, with lettuce, shredded carrots, and sliced cucumbers. A scoop makes a great addition to a main dish salad in place of meat, eggs, or cheese.

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 scoop

Nutrition information:

Calories: 377
Total fat: 10g
Saturated fat: 1.3g
Trans fat: 0g
Protein: 8.5g
Sodium: 454mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA

Note: Adding $\frac{1}{2}$ cup vegetables will result in 1 vegetable; adding 1 four-inch whole wheat pita bread will result in 1 Grain/Bread.

Meets Alliance School Meals criteria for legumes, lean protein and low fat entrée and contributes to daily fruit/vegetable total.

Orange Glazed Carrots

Vegetable

Vegetables

I-13A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned sliced carrots, drained OR Frozen sliced carrots	5 lb 2 oz OR 4 lb 8 oz	3 qt (1 ¼ No. 10 cans) OR 1 gal	10 lb 4 oz OR 9 lb	1 gal 2 qt (2 ½ No. 10 cans) OR 2 gal	<p>1. If using frozen carrots, steam for 4 minutes.</p> <p>2. Place 5 lb 2 oz (3 qt) carrots into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p> <p>3. For glaze: Combine margarine or butter, sugar, orange juice concentrate, nutmeg (optional), and cinnamon. Mix cold water and cornstarch until dissolved. Add to glaze. Stir to blend.</p> <p>4. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional).</p> <p>5. Pour 2 ¾ cups glaze over each pan of carrots. Bake: Conventional oven: 375° F for 20-30 minutes Convection oven: 325° F for 15-20 minutes</p> <p>CCP: Heat to 140° F or higher.</p> <p>6. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion with No. 12 scoop (½ cup).</p>
Margarine or butter	4 oz	½ cup	8 oz	1 cup	
Sugar	5 ½ oz	¾ cup 1 Tbsp	11 oz	1 ½ cups 2 Tbsp	
Frozen orange juice concentrate	7 oz	¾ cup	14 oz	1 ½ cups	
Ground nutmeg (optional)		1 tsp		2 tsp	
Ground cinnamon		1 tsp		2 tsp	
Water, cold		1 cup		2 cups	
Cornstarch		2 Tbsp 2 tsp		½ cup	
Dehydrated plums (prunes), chopped (optional) OR Raisins (optional)	5 oz OR 5 oz	¾ cup 2 Tbsp OR 1 cup	10 oz OR 10 oz	1 ¾ cups OR 1 cup	

Orange Glazed Carrots

Vegetable

Vegetables

I-13A

SERVING:

½ cup (No. 12 scoop) provides ¼ cup of vegetable.

YIELD:

50 Servings: about 5 lb 13 oz
1 steamtable pan

100 Servings: about 11 lb 10 oz
2 steamtable pans

Tested 2004

VOLUME:

50 Servings: 1 gallon ¾ cup

100 Servings: 2 gallons 1 ½ cup

Nutrients Per Serving

Calories	48	Saturated Fat	0.39 g	Iron	0.33 mg
Protein	0.42 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	7.65 g	Vitamin A	6496 IU	Sodium	134 mg
Total Fat	1.92 g	Vitamin C	6.8 mg	Dietary Fiber	0.8 g

Orange Glazed Sweet Potatoes

Vegetable

Vegetables

I-13

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, with light syrup	10 lb 2 oz	1 gal 1 ¾ qt (1 ½ No. 10 cans)	20 lb 4 oz	2 gal 3 ½ qt (3 No. 10 cans)	1. Drain sweet potatoes, reserving liquid. For 50 servings, reserve 1 cup liquid. For 100 servings, reserve 2 cups liquid. Set liquid aside for step 3. 2. Place 5 lb 12 oz (3 qt ½ cup) sweet potatoes into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Margarine or butter	4 oz	½ cup	8 oz	1 cup	
Brown sugar, packed	5 ¾ oz	¾ cup	11 ½ oz	1 ½ cups	3. For glaze: Combine margarine or butter, brown sugar, orange juice concentrate, sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend.
Frozen orange juice concentrate	7 oz	¾ cup	14 oz	1 ½ cups	
Ground nutmeg (optional)		1 tsp		2 tsp	4. Bring to boil. Remove from heat. Add raisins (optional). 5. Pour 2 ¾ cups glaze over each pan of sweet potatoes. Bake: Conventional oven: 375° F for 20-30 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 140° F or higher.
Ground cinnamon		1 tsp		2 tsp	
Raisins (optional)	5 oz	1 cup	10 oz	2 cups	6. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	50 Servings: about 14 lb 6 oz 1 steamtable pan	50 Servings: about 3 quarts ½ cup

Orange Glazed Sweet Potatoes

Vegetable

Vegetables

I-13

100 Servings: about 28 lb 12 oz
2 steamtable pans

100 Servings: about 1 gallons 2 ¼ quarts

Tested 2004

Nutrients Per Serving					
Calories	96	Saturated Fat	0.41 g	Iron	0.49 mg
Protein	0.85 g	Cholesterol	0 mg	Calcium	15 mg
Carbohydrate	19.05 g	Vitamin A	4280 IU	Sodium	46 mg
Total Fat	2.00 g	Vitamin C	11.1 mg	Dietary Fiber	1.7 g

Pizza Green Beans

Red/Orange Vegetable-Other Vegetable

Vegetables

50 Servings

100 Servings

Directions 50-100

Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Ingredients: <small>Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked. Describe: peeled, sliced, chopped, diced, grated, minced, and size.</small>	Weight Lbs+ oz	Measure Largest unit	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size #2 Same Day Service DIRECTIONS
Canned no-salt-added diced tomatoes, drained	4 lb 4 oz	2 qt 1 cup (1 No. 10 can)	8 lb 8 oz	4 qt 2 cups (2 No. 10 cans)	1. Combine tomatoes and green beans in a large pot.
Canned no-salt-added green beans, with liquid	14 lb	1 gal 3 qt 3 cups (2 1/2 No. 10 cans)	28 lb	3 gal 3 qt 1 pt (5 No. 10 cans)	
Dried oregano		1/2 cup			2. Add spices. Stir well.
Fresh garlic, minced	2 1/2 oz	1/4 cup	5 oz	1/2 cup	
Ground black pepper		1 tsp		2 tsp	
					3. Bring to a boil over medium high heat for 8-10 minutes. Reduce heat. Simmer uncovered for 5 minutes. 4. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. 5. Transfer to steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 6. Critical Control Point: Hold for hot service at 135 °F. 7. Portion with 4 fl oz slotted spoodle (1/2 cup).

Marketing Guide for Selected Items**Food as Purchased for****50 Servings****100 Serving****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: 1/2 cup (4 fl oz slotted spoodle) provides 1/8 cup red/orange vegetable and 3/8 cup other vegetable.

CACFP Crediting Information: 1/2 cup (4 fl oz slotted spoodle) provides 1/2 cup fruit/vegetable.

Yield: (not to exceed 54,108)

Volume:

Serving:

NSLP/SBP Crediting Information: 1/2 cup (4 fl oz slotted spoodle) provides 1/8 cup red/orange vegetable and 3/8 cup other vegetable.

CACFP Crediting Information: 1/2 cup (4 fl oz slotted spoodle) provides 1/2 cup fruit/vegetable.

50 Servings
about 14 lb

100 Servings
about 24 lb

about 1 gallon 3
quarts / 2 steam
table pans (12"
x 20" x 2 1/2")

about 3 gallons /
4 steam table
pans (12" x 20"
x 2 1/2")

Nutrient % Daily Value		Minerals		Vitamins	
Total Calories	35.46				
Protein	1.41 g	Calcium	47.82 mg	Vitamin A	386.51 IU
Carbohydrates	6.69 g	Potassium	88.83 mg	Vitamin B6	0.01 mg
Dietary Fiber	2.95 g	Sodium	15.37 mg	Vitamin B12	0 mcg
Total Sugars	3.07 g	Copper	0 mg	Vitamin C	7.27 mg
Total Fat	0.14 g	Iron	1.16 mg	Vitamin D	0 IU
Saturated Fat	0.01 g	Magnesium	1.37 mg	Vitamin E	0.09 mg AT
Monounsaturated Fat	0 g	Phosphorus	0.78 mg	Vitamin K	3.06 mcg
Polyunsaturated Fat	0.01 g	Selenium	0.02 mcg	Folate	1.15 mcg
Linoleic Acid	0 g	Zinc	0.01 mg	Thiamin	0 mg
α -Linolenic Acid	0 g			Riboflavin	0 mg
Cholesterol	0 mg			Niacin	0.02 mg
				Choline	0.16 mg

Quick Baked Potatoes

Vegetable

Vegetables

I-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh white or russet potatoes, 80 count	15 lb 10 oz	25 each	31 lb 4 oz	50 each	1. Wash potatoes and cut in half lengthwise, skin on. 2. Mix granulated garlic, celery salt, pepper, paprika, and salt. Place in spice shaker.
Granulated garlic		½ tsp		1 tsp	
Celery salt		½ tsp		1 tsp	3. Spread 2 Tbsp (1 oz) of oil in each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 4 pans. For 100 servings, use 8 pans. 4. Place 13 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up. 5. Sprinkle spice mixture over potatoes. 6. Turn potatoes cut-side down for browning. 7. Bake: Conventional oven: 450° F for 25-30 minutes Convection oven: 425° F for 20-25 minutes Bake until the surface is golden-brown. CCP: Heat to 140° F or higher.
Ground black or white pepper		1 tsp		2 tsp	
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	8. CCP: Hold for hot service at 135° F or higher. Portion ½ potato.
Salt		1 tsp		2 tsp	
Vegetable oil		½ cup		1 cup	

SERVING:

½ potato, with skin provides ½ cup of vegetable.

YIELD:

50 Servings: 50 half-potatoes

VOLUME:

50 Servings: 4 steamtable pans

100 Servings: 100 half-potatoes

100 Servings: 8 steamtable pans

Edited 2004

Quick Baked Potatoes

Vegetable

Vegetables

I-17

Nutrients Per Serving

Calories	128	Saturated Fat	0.35 g	Iron	1.31 mg
Protein	2.94 g	Cholesterol	0 mg	Calcium	18 mg
Carbohydrate	24.72 g	Vitamin A	113 IU	Sodium	58 mg
Total Fat	2.35 g	Vitamin C	11.3 mg	Dietary Fiber	2.6 g



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

Find more recipes at www.usda.gov/whatscooking

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Sweet Potato Fries

Makes: 100 Servings

100 Servings

Ingredients	Weight	Measure
Sweet potatoes	13 lb 6 oz	
Cooking spray		As needed
Cinnamon		1 cup

Directions

1. Wash sweet potatoes.
2. Place whole potatoes in steam table pan and steam approximately 4 minutes.
3. Cool and peel.
4. Slice lengthwise into ¼ inch strips.
5. Place strips single layer on 18 x 26 x 1" baking tray that has been lightly sprayed.
6. Spray tops of potatoes lightly.
7. Sprinkle cinnamon over tops of potatoes.
8. Bake in 425°F oven for approximately 20 minutes.

My Notes

Source: Iowa Gold Star Cycle Menus



Find more recipes at www.usda.gov/whatscooking

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Tasty Tots

Makes: 50 or 100 Servings

A healthy, kid-friendly alternative to traditional 'fried' potatoes, Tasty Tots are made with sweet potatoes and garbanzo beans (chickpeas).



Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
*Fresh sweet potatoes, peeled, coarsely shredded	12 lb	2 gal 2 qt	24 lb	5 gal
Canned low-sodium garbanzo beans (chickpeas), with liquid	6 lb 14 oz	1 gal 3 cups (1 No. 10 can)	13 lb 12 oz	2 gal 1 1/2 qt (2 No. 10 cans)
Vegetable oil		1 cup		2 cups
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp
*Fresh green onions, finely diced	6 oz	1 3/4 cups	12 oz	3 1/2 cups
Ground black pepper		2 tsp		1 Tbsp 1 tsp
Onion powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Enriched all-purpose flour	2 1/2 oz	1/2 cup	5 oz	1 cup

Directions

1. Spread shredded sweet potatoes evenly on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Bake sweet potatoes until slightly tender: Conventional oven: 350 °F for 20 minutes; Convection oven 350 °F for 15 minutes.
2. Puree garbanzo beans, including the liquid, in a food processor to a smooth consistency. Yields: For 50 servings, about 3 qt 2 1/2 cups (6 lb 12 oz). For 100 servings, about 7 qt 1 cup (13 lb 8 oz).
3. Combine sweet potatoes, pureed garbanzo beans, oil, salt, garlic, onions, pepper, onion powder, cinnamon, and flour. Mix well. Refrigerate at 40 °F for 40-50 minutes to make tots easier to form.
4. Using a No. 40 scoop, place mixture 1-inch apart on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 50 servings, use 4 pans. Make 300 tots. For 100 servings, use 8 pans. Make 600 tots.
5. Cover tots on sheet pan with layer of parchment paper then use a second sheet pan and lightly press to flatten tots.
6. Bake until light brown: Conventional oven: 400 °F for 12 minutes Convection oven: 400 °F for 9 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
7. Critical Control Point: Hold at 135 °F or higher for hot service.

8. Serve 6 tots.

Notes

Our Story

The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team planned how to execute the contest's recipe development during an afterschool cooking class led by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together classically to form a unique, delicious side dish.

Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

Community Members: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

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

†The legumes in this recipe contribute to the other vegetable subgroup and not the meat/meat alternate component since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the vegetable component because of its function as a vegetable in the meal.

FACT: Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.

My Notes

Source: Recipes for Healthy Kids Cookbook for Schools

Nutrition Information

Nutrients	Amount
Calories	186
Total Fat	5 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	381 mg
Total Carbohydrate	32 g
Dietary Fiber	6 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	0 IU
Calcium	55 mg
Iron	2 mg
Potassium	499 mg

N/A - data is not available

Meal Components	
Vegetables	
Red & Orange	3/8 cup
Other	3/8 cup

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

Three Bean Salad

Vegetable

Salads and Salad Dressings

E-11

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned kidney beans, chilled, drained	1 lb 2 oz	1 ½ cups 1 Tbsp (¼ No. 10 can)	2 lb 4 oz	3 cups 2 Tbsp (½ No. 10 can)	1. Rinse kidney beans in cold water and drain well. 2. Combine kidney beans, wax beans, green beans, onions, and green peppers (optional).
Canned wax beans, chilled, drained	15 oz	2 ¾ cups (¼ No. 10 can)	1 lb 14 oz	1 qt 1 ½ cups (½ No. 10 can)	
Canned cut green beans, chilled, drained	2 lb 5 ½ oz	1 qt 3 ½ cups (¾ No. 10 can)	4 lb 11 oz	1 gal (1 ¼ No. 10 cans)	3. Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix until well blended.
*Fresh white or red onions, chopped	3 oz	½ cup	6 oz	1 cup	
*Fresh green peppers, chilled, chopped (optional)	6 ½ oz	1 ¼ cups	13 oz	2 ½ cups	4. Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 5 lb 12 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 1 pan. For 100 servings, use 2 pans.
Vegetable oil		¾ cup		1 ½ cups	
White vinegar		¾ cup		1 ½ cups	5. CCP: Cool to 41° F or lower within 4 hours. Refrigerate until ready to serve.
Sugar	2 ¼ oz	½ cup	4 ½ oz	¾ cup	
Dried basil		1 Tbsp		2 Tbsp	6. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).
Ground black or white pepper		1 tsp		2 tsp	
Granulated garlic		1 tsp		2 tsp	

Comments:

* See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	4 oz	8 oz
Green peppers	9 oz	1 lb 2 oz

Three Bean Salad

Vegetable

Salads and Salad Dressings

E-11

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

50 Servings: about 5 lb 12 ½ oz

100 Servings: about 11 lb 9 oz

VOLUME:

50 Servings: about 3 quarts 1 cup
1 pan

100 Servings: about 1 gallon 2 ½ quarts
2 pans

Edited 2004

Nutrients Per Serving

Calories	47	Saturated Fat	0.42 g	Iron	0.45 mg
Protein	0.93 g	Cholesterol	0 mg	Calcium	13 mg
Carbohydrate	4.56 g	Vitamin A	92 IU	Sodium	110 mg
Total Fat	2.99 g	Vitamin C	1.6 mg	Dietary Fiber	1.0 g

Tabouleh (tah-BUHL-lee)

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 qt 2 ½ cups		1 gal 1 ¼ qt	1. Add salt to water and bring to a boil.
Salt		2 Tbsp	2 ½ oz	¼ cup	
No. 3 bulgur	3 lb 6 oz	2 qt 2 ½ cups	6 lb 12 oz	1 gal 1 ¼ qt	2. In a large bowl combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain.
*Fresh tomatoes, unpeeled, diced	4 lb 14 oz	2 qt 2 ½ cups	9 lb 12 oz	1 gal 1 ¼ qt	
*Fresh cucumbers, peeled, seeded, diced	2 lb 8 oz	1 qt 2 ¾ cups	5 lb	3 qt 1 ½ cups	3. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur.
*Fresh parsley, chopped	3 oz	1 ½ cups	6 oz	3 cups	
*Fresh onions, diced	12 oz	2 cups	1 lb 8 oz	1 qt	4. Add lemon juice and vegetable oil to salad mixture and toss to combine all ingredients. Spread 5 lb 13 oz (approximately 3 qt ¾ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 3 pans. For 100 servings, use 6 pans.
Fresh mint, chopped OR Dried mint		¼ cup OR 1 tsp		½ cup OR 2 tsp	
Ground cumin (optional)		½ tsp		1 tsp	5. CCP: Cool to 41° F or lower within 4 hours. Refrigerate until ready to serve.
Lemon juice		1 ½ cups		2 ¾ cups	
Vegetable oil		½ cup		1 cup	6. Portion with 6 oz ladle (¾ cup).

Comments:
* See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Tomatoes	5 lb 10 oz	11 lb 4 oz
Cucumbers	3 lb 2 oz	6 lb 4 oz
Parsley	4 oz	8 oz
Mature onions	14 oz	1 lb 12 oz

Tabouleh (tah-BUHL-lee)

Vegetable-Grains/Breads

Salads and Salad Dressings

E-23

SERVING:

$\frac{3}{4}$ cup (6 oz ladle) provides $\frac{3}{8}$ cup of vegetable and $\frac{3}{4}$ serving of grains/breads.

YIELD:

50 Servings: about 17 lb 8 oz

100 Servings: about 35 lb

VOLUME:

50 Servings: about 2 gallons 1 $\frac{1}{2}$ quarts
3 pans

100 Servings: about 4 gallons 3 quarts
6 pans

Tested 2004

Special Tip:

For a tasty variation, add 2 cups of chopped black olives per 50 servings.

Nutrients Per Serving

Calories	141	Saturated Fat	0.41 g	Iron	1.13 mg
Protein	4.43 g	Cholesterol	0 mg	Calcium	22 mg
Carbohydrate	26.96 g	Vitamin A	391 IU	Sodium	292 mg
Total Fat	2.81 g	Vitamin C	13.4 mg	Dietary Fiber	6.5 g

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Veggie Mash Up

Prep time: 30 minutes**Cook time:** 20 minutes**Makes:** 25 or 50 Servings

Irio, a simple dish of mashed potatoes, corn, and green vegetables is a traditional Kenyan dish. This delicious version of the recipe uses vegetables that are commonly available in the United States.



25 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		2 qts 1/3 cup		1 gallon 2/3 cups
*Yellow potatoes, fresh, peeled, quartered	1 lb 13 oz (6-7 medium potatoes)	1 qt 1 1/4 cups	3 lbs 10 oz (12-13 medium potatoes)	2 qts 2 1/2 cups
Green peas, low-sodium, canned, drained, and rinsed	1 lb 1 oz	2 3/4 cups (1/3 No. 10 can)	2 lbs 2 oz	1 qt 1 1/2 cups (5/8 No. 10 can)
Canola oil		2 Tbsp		1/4 cup
*Garlic, fresh, minced		8 cloves OR 1 Tbsp 1 tsp		16 cloves OR 2 Tbsp 2 tsp
*Swiss chard, raw chopped into long, thin strips (chiffonade), packed	4 oz	1 qt	8 oz	2 qts
Corn, low-sodium, canned, drained	8 1/3 oz	1 1/3 cups (1/8 No. 10 can)	1 lb 2/3 oz	2 2/3 cups (1/4 No. 10 can)
Sage, dry, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Onion powder		1 tsp		2 tsp
Salt, table		1 tsp		2 tsp
Black pepper, ground		1 tsp		2 tsp

Directions

1. Add the potatoes to a large stockpot and cover completely with cold water. For 25 servings, about 2 qts. 1/3 cup. For 50 servings, about 1 gallon 2/3 cups. Bring to a boil on medium-high heat. Boil for 10 minutes.
2. Add the peas to the pot of boiling potatoes and continue to boil the vegetables for an additional 5 minutes, or until potatoes are tender. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
3. Turn stove off, drain the water from the potatoes and peas, reserving about 1/2 cup of the cooking water.
4. Mash potatoes and peas with a potato masher or mixer. Do not over mix. If mixture is too dry, add reserved water, 1 tablespoon at a time until the desired consistency is reached.

5. Heat oil in a medium sauté pan.
6. Sauté minced garlic, swiss chard, corn, sage, onion powder, salt, and pepper on medium-high heat until onions are tender and sage is toasted, about 5-7 minutes. 1 clove is about 1/2 teaspoon minced.
7. Stir the sautéed vegetables into the hot potato-pea mash.
8. Serve 1/4 cup (No. 16 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.

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

My Notes

Source: Team Nutrition: Adapted from <http://oldwayspt.org/recipes/oldways-kenyan-vegetable-mashed-potatoes>.

Nutrition Information

Nutrients	Amount
Calories	58
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	150 mg
Total Carbohydrate	10 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	15 mg
Iron	0 mg
Potassium	N/A

N/A - data is not available

Meal Components	
Vegetables	1/4 cup
Starchy	1/4 cup

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



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

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Veggie Stir-Fry with Ginger

Prep time: 5 minutes

Cook time: 11 minutes

Makes: 25 or 50 Servings

The standout ingredient in this flavorful dish is ginger. Ginger is a very aromatic spice that is popular throughout China, particularly in Szechuan and Cantonese inspired recipes. Give your menu new life with this simple side dish.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water	8 fl oz	1 cup	16 fl oz	2 cups
Cornstarch		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Sugar, granulated		2 tsp		1 Tbsp 1 tsp
Salt, table		1 tsp		2 tsp
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Carrots, frozen, chopped	12 1/2 oz	3 cups	1 lb 9 oz	1 qt 2 cups
Green beans, frozen, cut	12 1/2 oz	3 cups	1 lb 9 oz	1 qt 2 cups
Broccoli, frozen, chopped	14 1/2 oz	1 qt	1 lb 13 oz	2 qts
Ginger, grated, fresh		1 Tbsp 1 tsp		2 Tbsp 2 tsp

Directions

1. In a small bowl whisk together water, cornstarch, sugar, and salt until smooth. Set aside.
2. Heat oil on medium-high heat in a wok, tilting skillet, or skillet(s): For 25 servings, use 1 extra-large skillet. For 50 servings, use 2 extra-large skillets.
3. Add carrots, green beans, and broccoli to the hot skillet. Cook for 4 minutes. Stir frequently.
4. Add ginger and cook 4-5 minutes or until vegetables are tender. Add mixture from step 1 and cook for 2 minutes. Stir constantly. Cook until vegetables are coated with sauce. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
5. Serve 1/4 cup (#16 scoop). 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/veggie-stir-fry-ginger>.

My Notes

Source: Team Nutrition: Adapted from Texas CACFP Ethnic.

Nutrition Information

Nutrients	Amount	Meal Components	
Calories	23	Vegetables	1/4 cup
Total Fat	1 g	Dark Green	2 tablespoons
Saturated Fat	0 g	Red & Orange	1 tablespoon
Cholesterol	N/A	Other	1 tablespoon
Sodium	104 mg	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.	
Total Carbohydrate	3 g		
Dietary Fiber	1 g		
Total Sugars	N/A		
Added Sugars included	N/A		
Protein	1 g		
Vitamin D	N/A		
Calcium	16 mg		
Iron	0 mg		
Potassium	N/A		

N/A - data is not available

Asian Veggies

Wenatchee School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Cabbage, cut into ½" pieces	2 lb		4 lb				<ol style="list-style-type: none"> Heat flat top or tilt skillet to very HOT. Pour sesame oil into pan. Add ginger and garlic, stir fry for 15 seconds. Add the vegetables – cabbage, celery, carrots and broccoli. Stir-fry until tender-crisp and hot. Pan and place on service line. Serve immediately. <p>CCP: Hold hot for service at 135°F or above.</p>
Celery, ¼" bias cut	½ lb		1 lb				
Carrots, julienned	½ lb		1 lb				
Broccoli, small florets	¼ lb		½ lb				
Ginger		1 tsp		2 tsp			
Garlic		1 tsp		2 tsp			
Sesame Oil	¾ oz		1½ oz				
Soy Sauce	1½ oz		3 oz				

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (other)	

Nutrient Analysis		
Calories: 12	Saturated Fat: .07 grams	Sodium: 59.72 mg.

Bean and Corn Salad

Finley School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Black-eyed peas, canned, low sodium, drained	2 lb 2 oz	½ #10 can	4 lb 4 oz	1 #10 can			<ol style="list-style-type: none"> 1. Thaw corn overnight in refrigerator. Drain excess liquid. 2. To prepare marinade, mix oil, sugar, and vinegar in a pan and bring to a boil. Once the sugar is dissolved, remove from heat and chill to 41°F or below. 3. Rinse and drain beans. 4. Combine beans, thawed corn, celery, peppers and onion; gently mix. 5. Add marinade to bean and corn mixture. Stir until ingredients are well coated. <p>CCP: Hold bean and corn salad for cold service at or below 41°F.</p>
Pinto beans, canned, low sodium, drained	4 lb 4 oz	1 #10 can	8 lb 8 oz	2 #10 can			
Corn Kernels (frozen)	2 lb 4 oz		4 lb 8 oz				
Red Peppers, sweet, raw, chopped	1 lb 11 oz	1 qt	3 lb 5 oz	2 qt			
Celery, raw, chopped	1 lb 5 oz	1 qt	2 lb 9 oz	2 qt			
Onions, raw, chopped	14 oz	2 cup	1 lb 12 oz	1 qt			
Olive oil		1 cup		2 cup			
Sugar, granulated		2 ½ cup		5 cup			
Cider vinegar		1 qt 2 cup		3 qt			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
½ cup (#4 scoop)		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		½ cup (¼ c legumes, ¼ c starchy, ¼ c other)	

Nutrient Analysis		
Calories: 177	Saturated Fat: .71 gram	Sodium: 32.01 mg

Black Bean and Corn Salsa

Wenatchee School District

Recipe Category: Vegetables

Ingredients	55 Servings		110 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Black Beans (dry or canned)	14 oz	1.5 cups cooked	1 lb 12 oz	3 cups cooked			<ol style="list-style-type: none"> If using dry beans soak, cook till tender, strain and cool. If canned, rinse and place in a bowl. If fresh, husk corn, and cut kernels off the cob with a sharp knife. If frozen, that if desired or add it frozen. Add to bowl. Wash and dice tomatoes and add to bowl. Peel outside layers off the onions. Dice onions. Wash peppers, cut in half, remove and discard seeds and white center. Dice peppers. Peel garlic and mash. Wash and remove largest stems of cilantro. Finely chop. Add lime juice to bowl. Combine all ingredients in bowl and fold together gently. <p>CCP: Hold at 41°F or below for cold service.</p> <p>Variations: Add as desired: diced cucumbers, shredded cabbage, diced fresh pineapple, diced fresh peaches or commodity frozen peaches.</p>
Corn, (fresh or frozen)	6 oz	5 ears or 1 cup frozen	12 oz	10 ears or 2 cups frozen			
Tomatoes, diced (available fresh)	3 lb 13 oz	½ gallon	7 lb 9 oz	1 gallon			
White onions, diced	10.5 oz	2 cups	1 lb 5 oz	1 qt			
Peppers(your choice: green, yellow; Anaheim, Poblano, jalapeno) diced	7 oz	1 cup	14 oz	2 cups			
Fresh garlic, mashed		3-6 large cloves		6-8 large cloves			
Fresh Cilantro		1 bunch		2 bunches			
Lime Juice		Juice of 6 limes		Juice of 12 limes			
Salt		1½ tsp		1 Tbsp			
Pepper		To taste		To taste			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

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

Nutrient Analysis		
Calories: 29	Saturated Fat: .02	Sodium: 94.69

Crispy Roasted Chickpeas

Freeman School District

Recipe Category: Vegetables (legumes)

Ingredients	50 Servings		100 Servings		84 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Garbanzo Beans, drained	2 lb 11 oz	6¼ cups	5 lb 6 oz	12½ cups	4 lb 4½ oz	10½ cups	<ol style="list-style-type: none"> 1. Rinse beans 2. Lay beans out on a baking sheet. Pat dry w/paper towels. Some of the beans have a thin skin on them. You can leave the skins on or use the paper towel to rub them off and discard. 3. The chick peas should be completely dry. 4. Drizzle with olive oil. Toss to distribute the oil. 5. Bake at 325° F in the convection oven for 40 – 50 minutes, until golden brown and crunchy (not soft). They should make a rattling sound when you shake the baking sheet. 6. After roasting and while still warm season with preferred spice blend. <p>CCP: Hold at 41° F or below for cold service</p>
Olive Oil		2 Tbsp 1 tsp		4 Tbsp 2 tsp		¼ cup	
Seasoning Blend of Choice		1 Tbsp ½ tsp		2 Tbsp 1 tsp		2 Tbsp	
Moroccan Spice Mix							
Ground Cumin		1⅞ tsp		2⅓ tsp		2 tsp	
Ground Coriander		⅝ tsp		1⅞ tsp		1 tsp	
Chili Powder		⅓ tsp		⅝ tsp		½ tsp	
Paprika		⅓ tsp		⅝ tsp		½ tsp	
Ground Cinnamon		⅓ tsp		⅝ tsp		½ tsp	
Ground Allspice		⅓ tsp		⅓ tsp		¼ tsp	
Ground Ginger		⅓ tsp		⅓ tsp		¼ tsp	
Cayenne Pepper		dash		⅓ tsp		⅓ tsp	

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
		⅓ cup (legumes)	

Nutrient Analysis		
Calories: 42	Saturated Fat: .13 gram	Sodium: 90.12 mg

Crunchy Roasted Lentils

Wenatchee School District

Recipe Category: Vegetables (Legumes)

Ingredients	50 Servings		100 Servings		_____ servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Lentils, Uncooked		2 cups dry		4 cups dry			<ol style="list-style-type: none"> 1. Soak the lentils in the water for 1½ hours. 2. Drain the lentils. 3. Toss lentils with oil and *seasoning (whatever spice blend you want but no salt) until evenly coated. 4. Spread on a full size sheet pan lined with parchment in a single layer. 5. Cook at 325°F for approximately 30 minutes, stirring frequently. <p>CCP: Hold at 41°F or below for cold service.</p> <p>*Seasonings are not included in the nutrient analysis.</p>
Water		1 qt 1 cup		2 qt 2 cup			
Olive Oil		1 Tbsp		2 Tbsp			
Seasoning		1 Tbsp		2 Tbsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp	50	Approx. yield: 4 cups

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		½ cup legumes	

Nutrient Analysis		
Calories: 30	Saturated Fat: .07 grams	Sodium: 1.31

Fresh Salsa

La Conner School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Roma Tomatoes, fresh	4 lb		8 lb				<ol style="list-style-type: none"> 1. Wash, cut out stem on tomatoes and run through processor on pulse, rough chop, or through the dicer. Place in full hotel pan. Add garlic and mix. 2. Chop the green onions, cilantro and parsley fine and add to tomato mixture. 3. Mix the honey and lime juice together, drizzle and stir into previous mixture. 4. Add the salsa and mix well. <p>CCP: Hold at 41°F or below for cold service.</p> <p>Can be added next day to salad bar with a side of tortilla chips.</p>
Green onions, fresh	3.2 oz		6.4 oz				
Garlic cloves, pulverized		1 Tbsp 2 tsp		3 Tbsp ¾ tsp			
Cilantro, fresh	1 oz	1¼ cup	2 oz	2½ cups			
Parsley, fresh, stems trimmed	½ oz	⅝ cup	1 oz	1¼ cup			
Honey		2½ tsp		1 Tbsp 2 tsp			
Lime juice (or lemon)		1 Tbsp 2 tsp		3 Tbsp ¾ tsp			
USDA Salsa	1 lb 5 oz	2½ cups	2 lb 10 oz	5 cups			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

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

Nutrient Analysis		
Calories: 13	Saturated Fat: .02 gram	Sodium: 16.04 mg

Hummus Recipe

La Conner School District

Recipe Category: Sauce

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Garbanzo beans, canned, drained (reserve ½ cup of liquid)	1 lb 5 oz	3½ cup	2 lb 9 oz	6¼ cup			1. Mash the garlic in a food processor until fine. Add the garbanzo beans and whirl until smooth. Add the tahini, lemon juice, salt, and olive oil and continue to process to smooth. Add parsley and process again. 2. Thin out the mixture with left over garbanzo liquid until it is the right consistency for dipping. CCP: Hold at 41° F or below for cold service. Note: Use with carrots, cucumber, broccoli, red bell pepper on the salad bar, or serve 2 T with 8 tortilla chips as a bread serving.
Garlic cloves		4 cloves		8 cloves			
Tahini, toasted		½ cup		1 cup			
Lemon Juice		4 Tbsp ½ tsp		8 Tbsp 1 tsp			
Olive Oil		¼ cup		½ cup			
Sea Salt		½ tsp		1 tsp			
Parsley, fresh		½ cup		1 cup			

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: 45	Saturated Fat: .39 grams	Sodium: 45.83 mg

Hummus

Recipe Category: Vegetable (legumes)

Ingredients	50 Servings		100 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Garbanzo Beans, canned	4 lb 5 oz	$\frac{2}{3}$ No.10 Can	8 lb 9 oz	$1\frac{1}{3}$ No.10 Can			1. Drain and grind garbanzo beans. 2. Grind and combine all ingredients and chill to 40°F Serve with Gyros Sandwich CCP: Hold at 41° F or below for cold service.
Garlic cloves		8		17			
Salt		1 tsp		2 tsp			
Lemon Juice		$\frac{1}{2}$ cup		1 cup			
Tahini		$1\frac{1}{3}$ cup		$2\frac{2}{3}$ cups			
Parsley, fresh, chopped		$\frac{2}{3}$ Cup		$1\frac{1}{3}$ cup			
Cayenne Pepper		$\frac{1}{3}$ tsp		$\frac{2}{3}$ tsp			
Olive Oil		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup			
Water		2 Tbsp 2 tsp		$\frac{1}{3}$ cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
3 Tbsp	100	Approx. 1 gallon 5 cups for 100 servings

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		$\frac{1}{6}$ cup (legumes)	

Nutrient Analysis		
Calories: 104	Saturated Fat: .85 gram	Sodium: 182 mg

Lentil or Garbanzo Bean Hummus

Wenatchee School District

Recipe Category: Vegetables (Legumes)

Ingredients	50 Servings		100 Servings		72 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Lentils, cooked or Garbanzo Beans, cooked	1 lb 1 oz dry	1 qt 3 1/2 cup cooked	2 lb 2 oz dry	4 qt 2 5/8 cups cooked	1 lb 8oz dry	11 1/4 cups cooked	DIRECTIONS FOR 9 CUPS (72 SERVINGS) 1. In a large saucepan, bring 2 qt. of water to a boil and simmer lentils about 15 minutes, or until al dente. 2. Drain lentils and rinse under cold water, draining well. 3. Transfer lentils to a bowl and chill for 20 minutes. 4. In a food processor puree lentils, tahini, garlic, lemon juice, and 1/2 cup water until smooth. 5. With motor running add oil in a stream, adding up to 1/4 cup remaining water if mixture is too thick. 6. Season hummus with pepper. Hummus may be made one day ahead and chilled. Cover surface with plastic wrap. CCP: Hold at 41°F or below for cold service.
Tahini (Sesame Seed Paste)		1 1/8 cup		2 1/8 cups		1 1/2 cups	
Garlic, minced & mashed		10 cloves		20 cloves		15 cloves	
Lemon Juice, fresh		2/3 cup		1 1/8 cup		1 cup	
Water		1 cup		2 1/8 cups		1 1/2 cups	
Pepper		To taste		To taste		To taste	
				To taste		To taste	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp	72 Servings 100 Servings 50 Servings	Approximately 9 cups Approximately 12 1/2 cups Approximately 6 1/4 cups









Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		1/2 cup legumes	

Nutrient Analysis		
Calories: 71	Saturated Fat: .49 gram	Sodium: 14 mg

Cowboy Caviar

Ellensburg School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Black Beans, canned	8 lb 2 oz	3 qt 2  cups	16 lb 4 oz	1 gal  cup			<ol style="list-style-type: none"> 1. Drain and rinse beans. Drain canned corn and tomatoes. Mix beans, corn, diced tomatoes. 2. Finely chop cilantro and scallions/green onions. Add to bean mixture from Step 1. 3. Dressing: Whisk oil, vinegar, cumin, pepper and garlic together. Pour over salad and chill to marinate until service. <p>CCP: Hold at 41°F or below for cold service</p>
Tomatoes, red, ripe, chopped		 cups		6 $\frac{1}{4}$ cups			
Corn, canned, whole kernel (liquid pack) drained	 can	3 qt  cups	2 $\frac{1}{4}$ No.10 cans	1 gal 13 $\frac{1}{4}$ cup			
Onions, spring or scallions (incl. tops and bulb) raw	9 $\frac{1}{4}$ oz	2  cups	1 lb 2 $\frac{1}{2}$ oz	4 $\frac{1}{4}$ cups			
Cilantro, raw, chopped		 cups		6 $\frac{1}{4}$ cups			
Vegetable Oil		2 cup 2 Tbsp		4 $\frac{1}{4}$ cups			
Garlic, granulated		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup			
Vinegar, cider		 cups		6 $\frac{1}{4}$ cups			
Cumin, ground		2 $\frac{1}{2}$ Tbsp		5 Tbsp			
Pepper, black		1 tsp		2 tsp			
Lime Juice		1 cup		2 cups			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
$\frac{3}{4}$ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		$\frac{3}{4}$ cup ($\frac{1}{4}$ cup legumes, $\frac{1}{4}$ cup starchy, $\frac{1}{4}$ cup other)	

Nutrient Analysis		
Calories: 198	Saturated Fat: 1.53 gram	Sodium: 179.14

Fresh Salsa

La Conner School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Roma Tomatoes, fresh	4 lb		8 lb				<ol style="list-style-type: none"> 1. Wash, cut out stem on tomatoes and run through processor on pulse, rough chop, or through the dicer. Place in full hotel pan. Add garlic and mix. 2. Chop the green onions, cilantro and parsley fine and add to tomato mixture. 3. Mix the honey and lime juice together, drizzle and stir into previous mixture. 4. Add the salsa and mix well. <p>CCP: Hold at 41°F or below for cold service.</p> <p>Can be added next day to salad bar with a side of tortilla chips.</p>
Green onions, fresh	3.2 oz		6.4 oz				
Garlic cloves, pulverized		1 Tbsp 2 tsp		3 Tbsp ¾ tsp			
Cilantro, fresh	1 oz	1¼ cup	2 oz	2½ cups			
Parsley, fresh, stems trimmed	½ oz	⅝ cup	1 oz	1¼ cup			
Honey		2½ tsp		1 Tbsp 2 tsp			
Lime juice (or lemon)		1 Tbsp 2 tsp		3 Tbsp ¾ tsp			
USDA Salsa	1 lb 5 oz	2½ cups	2 lb 10 oz	5 cups			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

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

Nutrient Analysis		
Calories: 13	Saturated Fat: .02 gram	Sodium: 16.04 mg

Marinated Mushroom Salad

Federal Way School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Mushrooms, fresh	13¼ lb		26¼ lb				<ol style="list-style-type: none"> In a steamer or steam jacketed kettle, cook the mushrooms for 3 – 5 minutes or until just softened. Chill and reserve. Prepare the Italian dressing according to the directions on the package. Mix the seasoning, vinegar and water together. Slowly drizzle the oil into the seasoning mix while whisking constantly. Reserve. Combine the peppers and onions with the mushrooms and the vinaigrette. Cover and chill for 24 hours. <p>*Precision Foods dry Italian dressing mix was used for the nutrient analysis.</p>
*Dressing Mix, Italian (6 ½ oz.pkg)		⅓ pkg.		½ pkg.			
Water		1¼ cup		2⅝ cups			
Vinegar, distilled white, 100 grain		⅝ cup		1¼ cup			
Oil, vegetable		2½ cups		5 cup			
Peppers, sweet green, raw, chopped		1¼ cup		2½ cups			
Onions, raw, chopped		1¼ cup		2½ cups			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
½ cup	50 servings	

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		½ cup (other)	

Nutrient Analysis		
Calories: 125	Saturated Fat: 1.73 grams	Sodium: 146.73 mg.

Moroccan Carrot Salad

Auburn School District

Recipe Category: Vegetable

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Carrots, peeled and grated	3 lb 2 oz		6 lb 4 oz				<ol style="list-style-type: none"> 1. Combine grated carrots, dried raisins or cherries in a large mixing bowl and set aside. 2. Combine orange juice, lemon juice, orange zest, brown sugar, salt and cinnamon in the bowl of a mixer. Mix on medium speed, using a wire whip, until well blended. Or, with a whisk, mix by hand in a mixing bowl. 3. Slowly add the olive oil while mixing; whisk until well combined. 4. Pour the citrus cinnamon dressing over the grated carrot mixture and mix until carrots are well coated with dressing. 5. Serve chilled. <p>CCP: Hold at 41°F or below for cold service.</p>
Raisins or dried cherries	8 oz		1 lb				
Dressing:							
Fresh Orange Juice		⅜ cup		¼ cup			
Fresh Lemon Juice		¼ cup		½ cup			
Fresh Orange Zest		1 Tbsp 1 tsp		2 Tbsp 2 tsp			
Brown Sugar		2 Tbsp		¼ cup			
Salt		1 tsp		2 tsp			
Cinnamon, ground		1 tsp		2 tsp			
Vegetable Oil (or Olive oil)		1 cup		2 cups			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

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

Nutrient Analysis		
Calories: 67	Saturated Fat: .68 gram	Sodium: 66.84 mg

Pot Roast Vegetables

Davenport School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Red potatoes, washed and wedged	8.33 lb		16.66 lb				1. Place potatoes and veggie mix in a large bowl. 2. Toss with olive oil and herbs and spices. 3. Divide mixture into 2 sprayed pans. 4. Roast in 400°F oven approx. 20 minutes until tender crisp. CCP: Hot hold at 135°F or above through service.
Baby carrots	.83 lb		1.66 lb				
Celery	.83 lb		1.66 lb				
Red onion, peeled and rough chopped	.42 lb		.84 lb				
Garlic, whole, peeled	2.66 oz		1/3 lb				
Olive Oil	¼ cup		½ cup				
Pepper, black, ground	1 tsp		2 tsp				
Parsley, fresh or flakes	1 tsp		2 tsp				
Garlic powder	1 tsp		2 tsp				

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 cup (¼ starchy; ¼ other)	

Nutrient Analysis		
Calories: 75	Saturated Fat: 1.12 grams	Sodium: 36.72 mg.

Roasted Winter Squash

Wenatchee School District

Recipe Category: Vegetables

Ingredients	50 Servings (7 cups)		100 Servings (14 cups)		3 ½ cups		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Winter Squash, 3/4" diced		1 Qt 3 cups		3 Qt 2 cups		3½ cups	Preheat oven to 400°F. 1. Place diced squash in a medium bowl. 2. Toss with ½ cup olive oil. 3. Season with salt and pepper. 4. Spread out on a lined baking sheet in one layer. 5. Roast for 15 – 20 minutes or until tender and lightly browned. CCP: Place in the refrigerator until chilled to 41°F or lower for cold service.
Olive Oil		1 Cup		1 Pint		½ cup	
Salt		2 tsp		1 Tbsp		1 tsp	
Pepper						1 tsp	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup	3½ cups for Wheat Berry Salad	

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

Nutrient Analysis		
Calories: 314 per cup	Saturated Fat: 4.30 grams per cup	Sodium: 679.04 mg per cup

Sesame Green Beans

La Conner School District

Recipe Category: Vegetable

Ingredients	50 Servings		100 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Haricot Vertes, (greed beans) flavrpac	5 lb (2½ x 2lb bags)		10 lbs (5 x 2 lb bags)				1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together. 2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture. CCP: Hot hold for service at 135°F or above. Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour.
Sesame oil, toasted		1¼ tsp		1 Tbsp ¾ tsp			
Olive Oil		1¼ tsp		1 Tbsp ¾ tsp			
Sea Salt		1 tsp		2 tsp			
Sesame seeds, toasted		1¼ tsp		1 Tbsp ¾ tsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (other)	

Nutrient Analysis		
Calories: 16	Saturated Fat: .07 gram	Sodium: 47.22 mg



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

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Whole Grain Pasta Salad

Makes: 50 Servings

50 Servings

Ingredients	Weight	Measure
Water		1 gal + 3 qt
Salt		3 Tbsp
Whole grain pasta, penne	1 lb + 8 oz	2 qt + 1/4 cup
canned red kidney beans		12 1/2 cups
Broccoli	1 lb	
Sweet red bell pepper, julienne	6 oz	
Spinach	2 oz	
Fresh parsley	1 oz	
Italian dressing		2 cups

Directions

1. Heat water to rolling boil. Add salt.
2. Slowly add pasta 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, red kidney beans, broccoli, red bell pepper, spinach, and parsley. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly.
4. CCP: Cool to 41°F or lower within 4 hours. Cover. Refrigerate until ready to serve.
5. Mix lightly before serving.

My Notes

Source: National Food Service Management Institute

Nutrition Information

Nutrients	Amount
Calories	137
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	N/A
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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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