

# GARBANZO BEAN SALAD

# Meat/Meat Alternate-Main Dishes

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



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

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

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

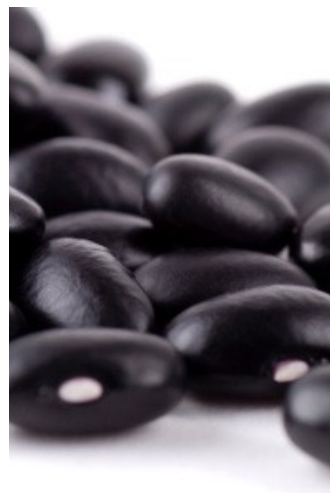
Recipe adapted from Saint Paul Public Schools (SPPS).

Notes: HACCP: 1)PHF-No Cook

# BAJA BEAN TACOS

# Meat/Meat Alternate-Vegetable-Main Dishes

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



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

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

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