



Culinary Institute of America

STOCKTON UNIFIED SCHOOL DISTRICT STAFF TRAINING



The Culinary Institute of America at Copia, Napa, CA

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The Culinary Institute of America
1946 Campus Drive
Hyde Park, NY 12538-1499
Tel: 845-452-9600
www.ciachef.edu



Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in blue ink that reads 'David Kamen'.

David Kamen '88 MBA PC^{III}
Director CIA Consulting
845-451-1386 david.kamen@culinary.edu

P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times

DAY ONE: CULINARY BASICS

LESSON-AT-A-GLANCE

Introductions and Orientation	Welcome, Program Overview, Objectives, Introductions, Culinary Basics, Mise en place & Knife Skills Lecture, Production Review	90 minutes
Culinary Demonstration	<p>Successful Kitchen Production Kitchen Organization (Mise en Place) Knife Use</p> <ul style="list-style-type: none"> • Selection • Parts • Sharpening • Using your knife • Cutting boards • Holding a knife • Knife cuts • Cutting vegetables • Cutting fruits <p>Exploring Flavors: Seasoning with Acid, Herbs & Spices</p> <ul style="list-style-type: none"> • Spice-rubbed chicken • Roasted potatoes • Roasted sweet potatoes 	30 minutes
Hands-on	<p>Preparing Fruits and Vegetables Cutting Vegetables Cutting Fruits Fruit Salsa Fruit Salad Seasoning and Flavor Building</p>	120 minutes
Dinner	Coordinator-prepped meal and salsas from production	30 minutes
Evaluation, Discussion, and Clean-up		45 minutes

SUCCESSFUL KITCHEN PRODUCTION

STAFF READINESS

- Clean uniform, apron, and hair covering
- Hands washed
- Comfortable, closed-toe, non-skid shoes
- Attentive and organized mindset

GAME PLAN ORGANIZATION

- What am I going to make?
- How much am I going to make?
- How much space will I need?
- How much time will I need?

EQUIPMENT

- What equipment will I use to prepare the product?
- What equipment will I use to cook the product?
- What will I serve the product in?
- What utensils do I need?

FOOD

- Gather the ingredients needed in the correct amounts to produce the recipe
- Keep perishable items refrigerated (cold foods at or below 41°F)
- Prevent cross-contamination with proper sanitation practices

COOKING

Pre-preparation:

- Washing
- Cutting (slicing, dicing, etc.)
- Seasoning strategies (using herbs and spices to reduce or replace sodium)

Preparation:

- Start the item with the longest cooking times first
- Clean as you go
- Batch cooking when needed

Finishing: Finish items as close to service as possible.

SERVING

Set up service line.

- Trays, bowls, serving spoons, etc.
- Hot food hot, cold food cold
- Arrange food properly on the service line
- Monitor and rotate items as needed

COOKING GUIDELINES

Priorities in Food Preparation and Service

TASTE

The most important goal when preparing food is to make it taste GREAT.

Taste is affected by:

- Proper seasoning (acid, herbs and spices)
- Execution of fundamentals and appropriate cooking techniques
- Texture: consistency (viscosity), crunchiness, smoothness, etc.
- Freshness and quality of the product

PRESENTATION

The appearance of food comes second only to taste in terms of importance. Some of the things that impact on presentation are:

- Portion size
- Proper food placement or arrangement (plating for visual appeal)
- Composition (avoid repetition of the same colors, preparation methods, etc.)
- Execution of fundamentals (properly and uniformly cut meats, vegetables, etc.)

DEGREE OF DONENESS / PROPER COOKING

- Meats are cooked to the required temperature...but not overcooked
- Vegetables are tender but not mushy
- Grains are tender but not overcooked

TEMPERATURE

- Hot foods hot
- Cold foods cold, on cold plates

FINAL CHECKLIST

Before we serve any meals from our kitchens, we should be able to answer "YES" to each of the following questions:

1. Does it taste good?
2. Does it look good?
3. Is it cooked properly?
4. Is it the correct temperature?

Maintaining these guidelines ensures that every meal served is **delicious, visually appealing, and meets quality standards.**

MISE EN PLACE

Everything in its place and a place for everything

Organization is an essential skill that will make kitchen work easier and more efficient. Mise en place, a French term commonly used to express kitchen or workspace organization, requires planning and anticipation of the entire task. Maintaining mise en place ensures efficiency, sustainability, consistency, and professionalism.

BENEFITS OF MISE EN PLACE

- Increased speed and efficiency (cooks not running around gathering ingredients and equipment throughout food preparation)
- Professional appearance of workstation (critical in open kitchens or other situations where customers can view production)
- Sanitary conditions are more easily maintained (products held at correct temperatures, which helps to avoid cross-contamination)
- Ensures inventory management and waste reduction (preventing unnecessary food waste and reducing over-purchasing or spoilage)

KITCHEN ORGANIZATION SHOULD INCLUDE:

- Recipes and ingredients needed to complete the task
- Food safety and sanitation needs
- Small and large equipment needed (Consider equipment needs throughout the entire process, including the final container that will hold the product)
- Planning the time allotted to the process, from start to finish
- Division of labor (identify how the tasks are to be divided among the team)

WORKSPACE ORGANIZATION

- Recipe and recipe ingredients
- Cutting board (set on a wet paper towel or antiskid mat to prevent sliding)
- Chef knife, paring knife, peeler (if needed)
- Refuse pan (for food scraps and waste)
- Small equipment: utensils, mixing bowls, pans, service pans
- Large equipment: ovens, steamers, steam jacketed kettles, tilt skillet

ORGANIZATION AND WORKFLOW

- Table height and cutting board at correct height
- Organization appropriate for individual preferences (right or left-handed)
- Products maintained at appropriate temperatures

KNIFE SELECTION

Knives come in all shapes and sizes. Understanding the function of various knives will help you pick the right tool for the job.

Chef Knife: An all-purpose, versatile knife that can be used for most cutting and dicing. They are available in sizes ranging from 6" to 12" (8" is standard). Choose a knife that you can grip securely. Larger knives fit best in larger hands. Chef knives with forged blades can be used for heavy-duty tasks such as breaking down poultry or cutting through tough vegetables. Thinner, more flexible stamped blades work best for delicate tasks such as removing melon rinds.



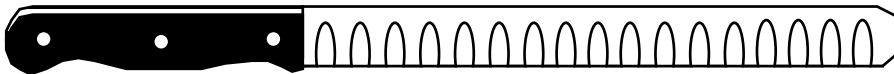
Boning Knife: A specialized knife with a narrow blade, used to de-bone meat such poultry, smaller red meat cuts, and filleting fish.



Paring Knife: A knife mostly used for peeling fruits and vegetables, but also for slicing small soft foods such as olives and mushrooms



Slicer: Long knife used for carving meat.



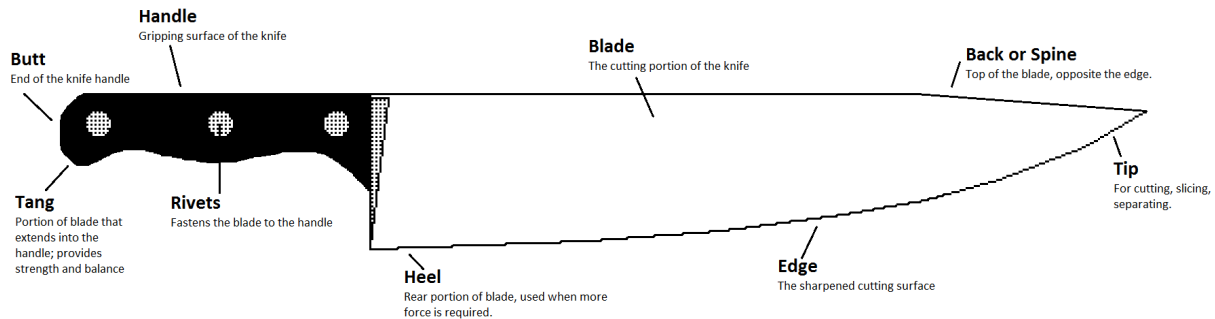
Serrated Knives: Highly specialized knives designed for slicing bread and cakes. Serrated knives have defined teeth and are "saw like" compared to slicing knives. They are not designed for cutting or chopping tasks.

Utility Knives: Used primarily for slicing. They work well with delicate foods such as fruit, small roasts, and poultry.

Sharpening Steel: Used for honing the edge of a knife between sharpenings



KNIFE PARTS AND FUNCTIONS



Blade: The most common blade material is stainless steel, which is either forged or stamped. Forged blades are molded into shape and are generally heavier and more durable, with a prominent heel at the base of the blade. Stamped blades are cut from a solid metal sheet and are more lightweight but dull more quickly. Both types can be sharpened easily and are used in a variety of kitchen settings.

Handle: Wood has traditionally been used for knife handles but modern options like plastic and laminated wood are now more common. Wood warps when wet and can harbor bacteria, making it difficult to clean. Plastic handles are found often in commercial kitchens because they are easy to clean and require no special care. Plastic is often used on stamped knives that do not have a full tang, an extension of the blade to which the handles are attached. On forged knives, the tang continues through the length and width of the handle, providing more balance and durability, and secured with three rivets for stability.

Tip/ point: used for small incisions, around bones, punctures, and detailed work

Back/ spine: gives blade appropriate stability and flexibility, varies in thickness depending on the style of knife and intended uses

Heel: the end of the guard, used to break through small bones or shells

Edge: primary cutting surface of the knife

Bolster: attachment point between the handle and the blade, provides stability, and is found on higher-quality knives

Tang: runs through the handle (full tang) and provides balance and stability to the knife

Rivets: connects the handle to the tang

SHARPENING KNIVES

A sharp knife is safer than a dull one. Sharp knives glide evenly through the food, while dull knives tug, requiring more force.

KNIFE SHARPENERS

Sharpening stones may be used to sharpen knives but require a certain skill.

Electric and hand-held knife sharpeners are designed to imitate the motion of a sharpening stone. When using knife sharpeners, the key is to use a single smooth motion as you pass the blade through. Jerks or pauses result in an uneven, gouged blade that may require professional attention to fix.

Sharpening steels keep your knife blade sharp in between sharpening by realigning the microscopic burrs that make up the fine edge of your blade. Despite their name, these do not sharpen knives. Once the burrs are broken or bent, a sharpening steel will no longer help. To use a sharpening steel, hold your knife at a 20° angle against the steel and run it from tip to heel in one smooth motion. The safest way to use a sharpening steel is to hold it point-down against a countertop or worktable, sweeping your knife against it blade-down.

STORING KNIVES

- Protect the blade of your knife when it is stored to keep it sharper. Magnetic knife strips or commercial knife blocks work best.
- If knives are stored in a drawer, protect the blade using snap-on knife guards or slice-in knife guards.

KNIFE SAFETY RULES

- Always use a sharp knife. A sharp knife is safer than a dull knife. It requires less cutting pressure. If sharp, the knife will not slip as easily, and your hand will not tire as quickly.
- Always use a cutting board. Anchor the cutting board to avoid slippage.
- Use the correct size and type of knife for the job.
- Hold the knife firmly and securely in your hand. Cut away from your body. Keep your eyes on the knife. Take your time.
- Always place knives on flat surfaces away from the table's edge, with the blade facing away from you. Never cover a knife with towels or other materials; keep it in sight.
- Yield to falling knives. Do not grab a knife blindly; reach deliberately for the handle. If a knife falls off the table, do not grab it.
- When handing a knife to another person, point the handle toward them.
- Never place a knife in the dishwashing area. Always hand-wash and return to your cutting area or storage location.

CUTTING BOARDS

Choosing the correct cutting board is just as important as choosing the correct knife.

A cutting board should:

- be easy to clean and sanitize.
- be the right size for the job.
- protect the edge of your knife from becoming dull too quickly.
- be rough enough to keep your food from moving around as you chop.
- be designated for specific food types to prevent cross-contamination.

To prevent the cutting board from slipping, use:

- cutting boards with rubber feet: Limits you to using only one side of the cutting board
- cutting boards with grippers in the corners: both sides can be used.
- non-slip mats: used to secure any cutting board. If you do not have any of these available, a good substitute is a damp (not wet!) dishcloth or single-use paper towel. Place it under the cutting board, then try to slide the board around before you start cutting. If the cutting board slides, re-dampen the cloth.

Cutting Board Type	Pros	Cons
Plastics High-density polyethylene or PE	Does not dull knives dishwasher safe Can be bleached Can be resurfaced to remove deep Grooves	Thinner boards (home-style) cannot be resurfaced May warp over time
Plastic chopping mats	Cheaper than cutting boards Easy to transfer cut foods Can be bleached	Warp when washed in the dishwasher Do not protect the knife blade as well as thicker cutting board
Wood Hard rock maple or cherry hardwoods are less porous	Does not dull knives	Can't be washed in dishwasher Won't stand up to repeated bleaching Some cannot be resurfaced More easily warp and crack Heavier if not taken care of
Bamboo	Absorbs little moisture Resists scarring from knives Harder and even less porous than the hardwoods	Gets worn or "furry" after a lot of use. Splinter eventually
Composite (Resin- Based, Epicurean)	Durable Knife-friendly Heat-resistant, dishwasher safe Resists stains and odors	Can be heavier Expensive Warp over time

COLORED CODED CUTTING BOARDS FOR FOOD SAFETY

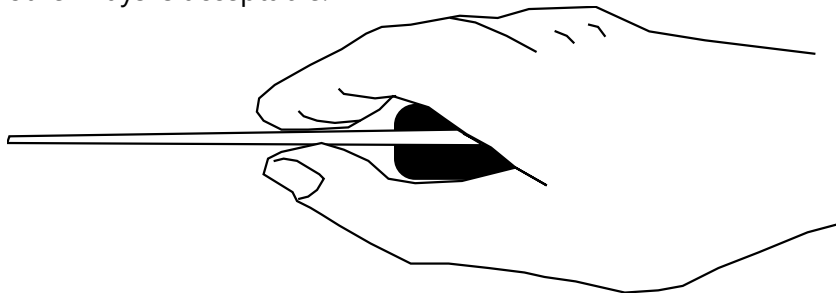
Many commercial kitchens use **color-coded cutting boards** to prevent cross-contamination. Example system:

- **Red** – Raw meat
- **Blue** – Seafood
- **Green** – Vegetables & fruits
- **Yellow** – Raw poultry
- **White** – Dairy & bakery
- **Brown** – Cooked meats

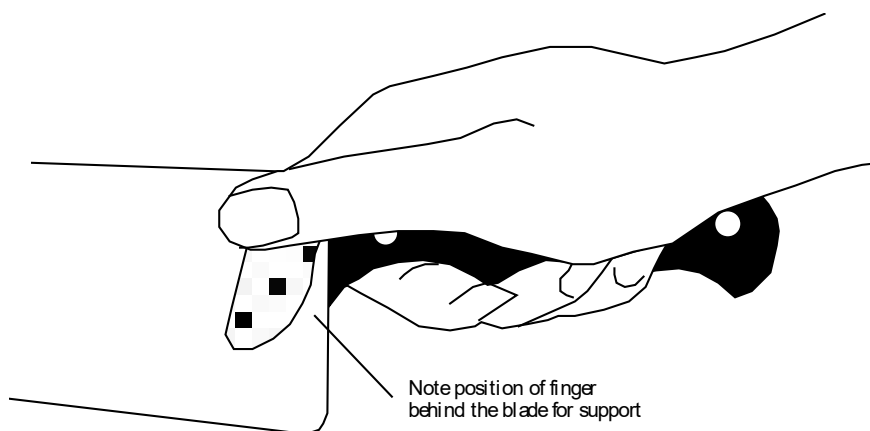
HOLDING A KNIFE

The most secure way to grip a knife is by gripping the top of the blade firmly between your thumb and forefinger. Place your middle finger just behind the heel. This grip may take some getting used to, but it gives you maximum control over your knife and allows you to pivot from the wrist when chopping.

Top View—Some cooks prefer to grip the knife by the handle, allowing the thumb and index finger to rest on the blade for support. However, an individual's preference to hold the knife in other ways is acceptable.



Side View - Note: The finger is placed behind the blade to provide stability.



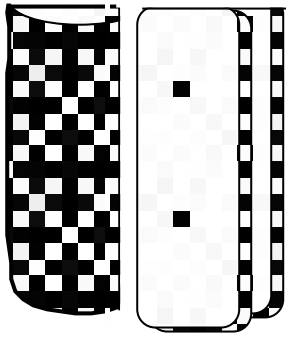
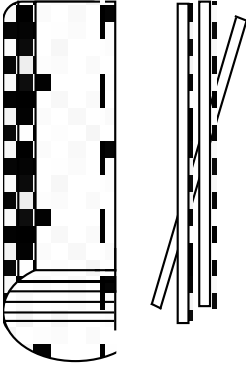
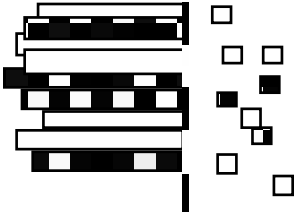
CUTTING TECHNIQUES

- Food cut to specific sizes and shapes can be very useful, as consistently sized pieces cook evenly and simultaneously.
- Decorative cuts are pleasing to the eye and allow the food to garnish itself.
- Squaring off is helpful for most types of food. With your fingers curled back, make straight cuts to create a flat surface on all four sides. This also eliminates the need to peel vegetables before cutting them.
- Make a series of slices or planks straight down through the food.
- These slices can be stacked or cut individually into sticks, batonnet, or julienne.
- Sticks can then be cut into cubes – or dice.
- Cuts should be made by lifting the heel end of the knife off the cutting board, then slicing forward and down in a single smooth motion.


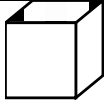
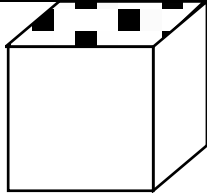
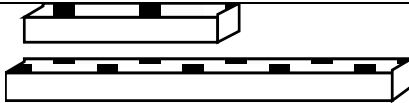

ONIONS

1. Start by cutting the stem end off, leaving the hairy roots.
2. Place the onion on the newly cut flat side and slice straight down through the middle of the root end to cut the onion in half. Peel the onion.
3. Working close to the edge of the counter or worktable, make a series of horizontal slices through each onion half, working from the bottom up (depending on the size of the onion, you should be able to make three or four cuts).
4. Make a series of vertical cuts through the fattest part of the onion. DO NOT cut all the way through the root end – this is holding everything together to make the next step easier.
5. To finish dicing the onion, make a second series of vertical cuts starting at the stem end (where you made the first cut), and continuing back toward the root end (that is holding everything together). Stop cutting if the root end becomes too small to hold onto securely. Only cut back as far as you feel comfortable going!

PLANKS, STICKS, DICE

	<p>Planks: Cut vegetable lengthwise into desired thickness</p>
	<p>Sticks: Stack slices and cut again lengthwise into the desired thickness; this will yield sticks</p>
	<p>Dice: Lay sticks in a bundle and cut crosswise into the desired thickness; this will yield dice</p>

BASIC KNIFE CUTS

Small Dice	(1/4" x 1/4" x 1/4")	
Medium Dice	(1/3" x 1/3" x 1/3")	
Large Dice	(3/4" x 3/4" x 3/4")	
Julienne	(1/8" x 1/8" x 1 or 2")	
Batonnet	(1/4" x 1/4" x 2 or 2-1/2")	

DAY ONE: CULINARY LAB EXPERIENCE

TEAM PRODUCTION ASSIGNMENTS

Set up a **workstation**, including:

- Cutting board, anchored to prevent sliding
- Chef knife
- Vegetable peeler
- Container(s) for refuse
- Container for potatoes (with water)
- Bags for onions, carrots, and any other vegetables


Each participant will complete **1 knife tray** including:

- Potato: 1 each, large dice
- Sweet Potato: 1 each, large dice
- Red Onion: 1 each, small dice
- Yellow Onion: 1 each, sliced
- Carrot: 2 each, various cuts
- Bell pepper: 1 each, various cuts
- Garlic: 3 cloves, minced
- Celery: 1 stalk, sliced

Each team will prepare the following **recipes and knife cuts**:

	Recipes	Fruits	Vegetables	Other
Team 1	Strawberry & Pineapple Salsa Mango, Kiwi, & Cantaloupe Fruit Salad with Honey Mint Citrus Dressing Roasted Potatoes (use cuts from knife tray)	Strawberry: Slice Pineapple: Large/ Small Dice Mango: Large Dice Kiwi: Large Dice Melon: Large Dice	Red Bell Pepper: Small Dice Red Onion: Small Dice Jalapeño Chile: Mince	Carrot: Small Dice Winter Squash: Large/ Small Dice
Team 2	Orange & Kiwi Salsa Strawberry & Banana Fruit Salad with Honey Mint Citrus Dressing Chili - Cinnamon Sweet Potatoes (use cuts from knife tray)	Orange: Wedge Kiwi: Small Dice Strawberry: Quarter Banana: Slice	Red Onion: Small dice Jalapeño Chile: Mince Cucumber: Small Dice	Broccoli: Florets Carrot: Matchstick

Team 3	Strawberry & Pineapple Salsa Mango, Kiwi, & Cantaloupe Fruit Salad with Honey Mint Citrus Dressing Roasted Potatoes (use cuts from knife tray)	Strawberry: Slice Pineapple: Large/ Small Dice Mango: Large Dice Kiwi: Large Dice Melon: Large Dice	Red Bell Pepper: Small Dice Red Onion: Small Dice Jalapeño Chile: Mince	Carrot: Small Dice Winter Squash: Large/ Small Dice
Team 4	Orange & Kiwi Salsa Strawberry & Banana Fruit Salad with Honey Mint Citrus Dressing Chili - Cinnamon Sweet Potatoes (use cuts from knife tray)	Orange: Wedge Kiwi: Small Dice Strawberry: Quarter Banana: Slice	Red Onion: Slice Jalapeño Chile: Mince Cucumber: Small Dice	Broccoli: Floret Carrot: Matchstick

SEASONAL FRUIT SALSA	SERVING SIZE: ¼ CUP ONE PORTION PROVIDES: ½ CUP FRUIT	
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INGREDIENTS	20 SERVINGS	DIRECTIONS
Fruit, small diced	See chart	1. Gently mix ingredients. 2. Cover and refrigerate for 2 hours to allow flavors to blend. CCP: Cool to 41°F or lower within 4 hours.
Onion, diced	1 cup	
Jalapeno pepper, finely diced	2 ounces	
Vegetable, diced	1 pound	
Herb, chopped	½ cup	
Acid	½ cup	

YIELD: 5 CUPS

RECIPE NOTES: Seasonal Fruit Salsa

	Spring	Summer	Fall	Winter
Fruit	Strawberries 8 ounces Pineapple, crushed 20 ounces	Watermelon 20 ounces Cantaloupe 8 ounces	Apples 12 ounces Peaches 12 ounces	Mandarin oranges 15 ounces Kiwi 14 ounces
Onion	Red onion	Sweet onion	Sweet onion	Red onion
Vegetable	Red pepper	Cucumber, peeled	Red pepper	Cucumber, peeled
Herb	Cilantro	Mint	Parsley	Mint
Acid	Lime juice	Lime juice	Apple cider vinegar	Lemon juice


Source: Culinary Nutrition Associates LLC

SEASONAL FRUIT SALAD	SERVING SIZE: ½ CUP (4-OUNCE SPOODLE OR NO. 8 SCOOP) ONE PORTION PROVIDES: ½ CUP FRUIT	
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INGREDIENTS	20 SERVINGS	DIRECTIONS
Fruit selections	See chart below	1. Cut fruits into cubes or chunks. Combine chilled fruits. 2. Toss with honey mint citrus dressing. 3. Chill for service. CCP: Cool to 41°F or lower within 4 hours.
Honey mint-citrus dressing	1 cup	

Spring - berry delight		Summer - melon salad		Fall - Waldorf style		Winter - tropical fruit	
Strawberries	1 ½ pound	Watermelon	3 pounds	Apples	1 ½ pound	Pineapple, canned	40 ounces
Banana	2 pounds	Cantaloupe	2 pounds	Grapes	1 pound	Mango	1 ½ pound
Blueberries, IQF	12 ounces	Honeydew	2 pounds	Mixed fruit, canned	30 ounces	Kiwi	1 pound


Source: Culinary Nutrition Associates LLC

HONEY MINT CITRUS DRESSING	SERVING SIZE: 2 TABLESPOONS ONE PORTION PROVIDES: DOES NOT CREDIT	
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INGREDIENTS	1 GALLON	TEST PORTION –1 CUPS
	MEASURE	MEASURE
Orange juice	3 quarts	$\frac{3}{4}$ cup
Lemon juice	1 quart	$\frac{1}{4}$ cup
Honey	$\frac{1}{2}$ cup	$\frac{1}{2}$ tablespoon
Salt, kosher	4 teaspoons	$\frac{1}{4}$ teaspoon
Mint, fresh, finely chopped	2 cups	2 tablespoons
DIRECTIONS		
1. Mix the orange juice, lemon juice, honey, and salt with an immersion blender, food processor or blender, or wire whisk. 2. Add the chopped mint. 3. CCP: Cool to 41°F or lower within 4 hours.		

NUTRIENTS PER SERVING							
Calories	115	Total Fat	11 g	Vitamin A	166 IU	Iron	.21 mg
Protein	.24 g	Saturated Fat	1.6 g	Vitamin C	6.8 mg	Sodium	40 mg
Carbohydrate	3.4 g	Cholesterol	0 mg	Calcium	10.8 mg	Dietary Fiber	.35 g

Source: Culinary Nutrition Associates LLC


ROASTED POTATOES WITH SEASONINGS	SERVING SIZE: ½ CUP ONE PORTION PROVIDES: ½ CUP STARCHY VEGETABLE	
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Potatoes, cut into the desired shape	12 pounds	2 ½ pounds	1. Preheat oven to 375°F. 2. Scrub potatoes (and peel if desired) and cut them into large dice or wedges. 3. Toss the potatoes with salt and oil. Place 6 pounds of potatoes on each parchment-lined sheet pan. 4. Roast in the preheated oven for about 40 minutes or until they are browned and tender. Hold hot at or above 140°F until ready to serve.
Salt, kosher	1 tablespoon	1 teaspoon	
Oil, olive, or canola	½ cup	1 ½ tablespoons	

NUTRIENTS PER SERVING							
Calories	90	Total Fat	2.2 g	Vitamin A	2 IU	Iron	1 mg
Protein	1.8 g	Saturated Fat	0 g	Vitamin C	18 mg	Sodium	270 mg
Carbohydrate	16 g	Cholesterol	0 mg	Calcium	11 mg	Dietary Fiber	2 g


SOURCE: United States Potato Board, www.potatogoodness.com/wp-content/uploads/2015/07/Roasted-Potatoes.pdf.

Ranch – for 50 servings	Rosemary - for 50 servings	BBQ – for 50 servings
Garlic, granulated 2 tablespoons	Rosemary 3 tablespoons	Cumin 2 tablespoons
Granulated onion 2 tablespoons	Garlic, granulated 2 tablespoons	Smoked paprika 2 tablespoons
Dill weed 2 tablespoons	Granulated onion 2 tablespoons	Garlic, granulated 2 tablespoons
Salt 2 teaspoons	Salt 2 teaspoons	Granulated onion 2 tablespoons
Black pepper 1 ½ teaspoon	Black pepper 1 ½ teaspoon	Salt 2 teaspoons
		Black pepper 1 ½ teaspoon

CHILI-CINNAMON ROASTED SWEET POTATOES	SERVING SIZE: ½ CUP ONE PORTION PROVIDES: ½ CUP RED/ORANGE VEGETABLE	
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Sweet potatoes, fresh, diced, wedges, or sticks	15 ½ pounds	3 pounds	1. Preheat oven to 400°F. 2. Scrub potatoes (and peel if desired) and cut them into wedges or sticks. 3. Combine seasonings: chili powder, cinnamon, sugar, black pepper, white pepper, garlic, and salt.
Chili powder	1 tablespoon	¾ teaspoon	
Cinnamon	2 teaspoons	½ teaspoon	
Sugar, white	1 tablespoon	½ teaspoon	
Black pepper, ground	1 teaspoon	¼ teaspoon	
Garlic, granulated	½ teaspoon	1/8 teaspoon	
Salt, kosher	½ teaspoon	1/8 teaspoon	
Oil, olive, or canola	1 cup	3 tablespoons	4. Drizzle sweet potatoes with oil and sprinkle with seasonings. Mix well to coat evenly with oil and seasonings. 5. Place on sheet trays. For 50 servings, use 2 full sheet trays. 6. Bake at 400°F for 12 to 15 minutes until tender and browned in spots. CCP: Cook until internal temperature reaches 135°F or above. 7. Serve immediately. CCP: Hold for hot service at 135°F or above.

NUTRIENTS PER SERVING							
Calories	170	Total Fat	4.6 g	Vitamin A	19627 IU	Iron	.8 mg
Protein	2.3 g	Saturated Fat	.7 g	Vitamin C	12 mg	Sodium	50 mg
Carbohydrate	31 g	Cholesterol	0 mg	Calcium	47 mg	Dietary Fiber	2.5 g

BAKED CHICKEN DRUMSTICK	SERVING SIZE: K-8: 1 DRUMSTICK 9-12: 2 DRUMSTICKS 1 DRUMSTICK PROVIDES 1.5 OZ. EQ M/MA	
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INGREDIENTS	50 SERVINGS	25 SERVINGS	DIRECTIONS
Chicken, drumsticks (One 3.7 oz. drumstick = 1.5 oz. cooked chicken meat) CN Labeled to provide 1.5 oz. eq m/ma	11 pounds 10 ounces	5 pounds 14 ounces	1. Thaw chicken under refrigeration overnight. For best results, place in a perforated pan to drain overnight. 2. Toss chicken with seasoning blend. 3. Lay thawed chicken in a single layer on sheet pans lined with parchment paper. 4. Bake until internal temperature reaches 165°F: Conventional oven: 400°F for 45-55 minutes. Convection oven: 350°F for 30-35 minutes. CCP: Heat to 165°F or higher for 15 seconds. CCP: Hold at 135°F or higher.

Ranch – for 50 servings	Rosemary - for 50 servings	BBQ – for 50 servings
Garlic, granulated 2 tablespoons Granulated onion 2 tablespoons Dill weed 2 tablespoons Salt 2 teaspoons Black pepper 1 ½ teaspoon	Rosemary 3 tablespoons Garlic, granulated 2 tablespoons Granulated onion 2 tablespoons Salt 2 teaspoons Black pepper 1 ½ teaspoon	Cumin 2 tablespoons Smoked paprika 2 tablespoons Garlic, granulated 2 tablespoons Granulated onion 2 tablespoons Salt 2 teaspoons Black pepper 1 ½ teaspoon

NUTRIENTS PER SERVING							
Calories	91	Total Fat (g)	4	Vitamin A (IU)	.38	Calcium (mg)	.3
Protein(g)	12	Saturated Fat (g)	1	Vitamin C (mg)	0	Sodium (mg)	155
Carbohydrate (g)	.2	Cholesterol (mg)	65	Iron (mg)	.01	Dietary Fiber (g)	0

DAY ONE PRODUCT EVALUATION

Evaluate each food you produced as part of the tasting in this culinary laboratory. For each food product (row) and each evaluation category (column), circle either **A** (acceptable) or **NA** (not acceptable).

Food Product	Appearance	Taste	Texture	Eating Quality	Comments
Fruit Salad	A or NA	A or NA	A or NA	A or NA	
Fruit Salsa	A or NA	A or NA	A or NA	A or NA	
Roasted Potatoes	A or NA	A or NA	A or NA	A or NA	
Chili Cinnamon Roasted Sweet Potatoes	A or NA	A or NA	A or NA	A or NA	
Baked Chicken Drumstick	A or NA	A or NA	A or NA	A or NA	

DAY TWO: GREAT GRAINS

LESSON-AT-A-GLANCE

This session explores the world of whole grains, their nutritional benefits, and how to prepare them using various cooking methods. Through a combination of demonstrations and hands-on experience, participants will learn how to properly simmer, steam, bake, and season grains.

Culinary Nutrition lecture, production review and culinary demonstration	Food Safety Review Batch & Volume Cooking Review All about grains Team assignments	90 minutes
Hands-on	Cooking grains: <ul style="list-style-type: none"> • Rice • Quinoa • Wheat berries/bulgur • Pasta • Corn grits and cornmeal • Oats • Farro • Couscous 	2 ½ hours
Evaluation, dinner, discussion, and clean-up		60 minutes

GRAINS

Grains are the fruit of grasses. They have a pleasant taste, are inexpensive and readily available, and provide a valuable and concentrated source of nutrients and fiber. Their versatility makes them a valued component of many cuisines.

Uses:

- Soups
- Salads
- Stuffing
- Fillings for meats or vegetables
- Thickeners
- Sides
- Breakfast Staples
- Flours and Gluten-Free Alternatives
- Snacks

Note: Some grains are naturally gluten free—such as rice, quinoa, sorghum, millet, and teff—while others, like wheat, barley, rye, and triticale, contain gluten. Always check labels if you have gluten sensitivities or celiac disease.

COMMON WHOLE GRAINS

Category	Name	Purchase Form	Examples
Wheat			
	Wheat berries or kernels	Unrefined or minimally processed whole kernels	Wheat berry salad
	Cracked	Coarsely crushed, minimally processed kernels	Used in pilafs or porridges
	Bulgur	Hulled, cracked wheat (hard or soft); parboiled and dried	Tabbouleh
	Whole wheat couscous	Semolina pellets, often par-cooked	Whole wheat citrus couscous salad
	Whole wheat pasta	Fresh, dry, various shapes and sizes	Thai peanut noodle salad
Rice			
	Brown	Hulled grains, bran intact; short, medium, or long grain;	Brown rice pilaf
	Red Rice	Whole-grain red rice with reddish bran (varies by variety)	
	Wild	Long, dark-brown grain not related to regular rice	Wild rice soup

Corn & Related			
	Grits, whole grain	Cracked hominy	Creamy grits
	Cornmeal, whole grain	Medium-fine ground, hulled kernels; white or yellow	Corn muffin
	Popcorn	Whole kernels intended for popping	Popped as a snack
Oats			
	Oat groats	Whole, minimally processed oat grain	Cooked whole
	Steel-cut oats	Oat groats cut into smaller pieces	
	Old-Fashioned oats	Groats that have been steamed and flattened into flakey pieces	Cinnamon apple oatmeal Overnight oats

OTHER WHOLE GRAINS & PSEUDOGRAINS/ PSEUDOCEREALS

While many ingredients are called "grains," certain nutrient-dense seeds like buckwheat, quinoa, and amaranth are technically pseudograins, because they are not members of the grass family. Despite this, they offer similar culinary versatility and nutritional benefits as true cereals.

	Description	Flavor, texture, and appearance	Major Uses
Amaranth	Provides a high-quality protein--rich in lysine and methionine	Small, golden brown Can be boiled or popped like corn Works well in baked dishes	Flour: bread, pie crust, pancakes; baked dishes
Barley	Coarse, whole kernels or hulled barely Ground into barley meal	Mild, slightly nutty flavor with a chewy texture when cooked whole	Soup, salad, hearty side dishes
Buckwheat (Kasha)	Technically not a grain, but the seed of a flowering plant	Soft and fluffy Slightly nutty aroma and taste when cooked	Whole: side dish Flour: pancakes, baked goods
Farro (Emmer)	Ancient strain of wheat Commonly used in Italy Look for whole farro, not pearled farro for maximum nutrients.	Mild, nutty taste similar to brown rice or barley Chewy and firm with a pleasant, dense texture when cooked Small, oval-shape	Soups, salads, grain side dishes
Job's Tears	Common in Japan and China. Appearance of large pearl barley.	Cooked grains are separate and not starchy Pleasant, beanlike flavor	stews, chili, side dishes
Millet	Staple in Africa, China, India Resembles mustard seed	Golden yellow in color Small and round Can have bitter taste	Side dishes, flatbreads

Quinoa (Red, white, black)	Pseudograin, high in protein.	Creamy beige in color Small and round Mild, nutty taste	Whole: side dishes flour: pasta, shaped into patties, soups, salads
Rye	Staple in Russia, Scandinavia, and Eastern Europe Used for rye and pumpernickel bread in the US	Rye berries are plump and chewy with a faint sour aftertaste	Cracked: side dish; flour: baked goods
Sorghum	Staple in India and Africa, yet relatively unknown elsewhere Gluten-free, excellent source of fiber	Hearty, chewy texture like wheat berries.	It holds well on a steam table and is excellent in both hot and cold dishes.
Teff	Used to make injera, the national bread of Ethiopia	Tiny, reddish-brown seeds Like a poppy seed in appearance Pleasant taste with a natural sweetness	Stuffing, spoonbread. Flour- scones, waffles
Triticale	Hybrid of wheat and rye	Rice-shaped, beige in color Nutty and mild flavor.	Side dish, salad

SIMMERING GRAINS: GENERAL GUIDELINES

Grains properly cooked by simmering are relatively dry and fluffy, with a sweet, nutty flavor.

COMMONLY SIMMERED GRAINS

- Rice
- Bulgur
- Wheat
- Farro
- Hominy
- Barley
- Buckwheat
- Quinoa
- Millet
- Sorghum

MISE EN PLACE

Grain

- Check the grain carefully and remove any debris
- Presoak as necessary (some benefit from presoaking to shorten cooking time or improve texture)

Liquid

- Options include water, stock or broth, or juice
- Any acidic liquid such as citrus juice should be added during the final part of cooking to avoid toughening the grain

Optional components

- Spices or herbs
- Aromatics (such as garlic, onion, or shallots)

Equipment

- Steam jacketed kettle, tilt skillet, oven

QUICK STEPS FOR BOILING GRAINS AND LEGUMES

1. Bring the liquid to a rolling boil.
2. Add the grain to the boiling liquid.
3. Establish a simmer and cook to the proper doneness.
4. Drain and serve them or hold in a warm place.

STEAMING GRAINS: GENERAL GUIDELINES

Few grains are truly cooked by steaming. Couscous and rice are a few of the grains steamed. A *couscoussière* is customarily used for this purpose – this method keeps them tender without overcooking

COMMONLY STEAMED GRAINS

- Couscous
- Short grain rice

MISE EN PLACE

Main item

Steaming Liquid

- Couscous is traditionally steamed over a stew
- Water or stock (rice)

Optional components

- Salt and pepper
- Cooking fat to provide flavor and keep grains from clumping

Equipment

- Steamer

QUICK STEPS FOR STEAMING GRAINS

1. Place the grain over simmering or boiling liquid.
2. Steam the grain until tender.
3. Adjust the seasoning to taste and serve or hold the item.

COOKING PASTA: GENERAL GUIDELINES

Boiling pasta is a straightforward process that ensures the pasta is cooked perfectly *al dente*.

Commonly Cooked Pastas

- Dried Pasta: Spaghetti, penne, fusilli

- Fresh Pasta: available in various shapes and sizes
- Filled Pasta: ravioli or tortellini

Mise en place

- Pasta: check package or recipe for recommended cooking times
- Water: Standard Ratio: 1 pound of pasta per 1 gallon of water and 1 teaspoon salt
- Equipment: Use large pot or steam-jacketed kettle

QUICK STEPS FOR BOILING PASTA

1. Measure the water in a steam-jacketed kettle or large pot
2. Bring water to a rolling boil and add pasta gradually. Stir to separate the pieces.
 - When cooking filled pasta like ravioli, add to boiling water and then gently simmer so filled pasta pieces are not broken.
3. Return water to a boil and begin timing. Cook uncovered until the pasta is al dente.
4. Do not stir the pasta while it is cooking. Be careful not to overcook. If pasta is to be used in a recipe that will be cooked again, cooking can be reduced by about 2 minutes.
5. When pasta is done, drain immediately in a colander.
6. Do not rinse pasta that is to be served hot.
7. A small amount of oil can be tossed with the pasta to prevent sticking.
8. Serve hot pasta immediately.

Cooling & Reheating

- To cool the pasta, cover with cold water until chilled. Drain, cover, and refrigerate until needed.
- Pre-cooked pasta can be reheated by quickly immersing it in boiling water.
- Do not allow it to cook. Drain. Add sauce or seasonings and serve immediately.

RICE

Rice is a versatile grain that provides stable food for approximately half of the world's population. There are many rice varieties, but all types can be broken down into long-grain, medium-grain, or short-grain forms. Rice is gluten-free and fiber-rich, creating a filling base for any meal.

FOOD BUYING GUIDE

Food As Purchased, AP	Purchase Unit	Servings/ purchase unit, EP	Serving Size
Rice Brown, long grain, regular, dry	Pound	8.75	½ cup
Rice Brown, long grain, parboiled, dry	Pound	15.50	½ cup
Rice Brown, instant, dry	Pound	14.40	½ cup

YIELD PER 1 POUND

Dry weight	Dry volume	Cooked Yield	Weight per ½ cup cooked
1 pound	2 ¼ cups	6 ½ cups (2 pounds, 3 ounces)	4 ounces

Portions – ½ cup	Yield - volume	Dry Grain	Liquid
100	50 cups	11 pounds, 7 ounces	2 gallons, 3 quarts
50	25 cups	5 pounds, 12 ounces	5 ½ quarts
25	12 ½ cups	2 pounds, 14 ounces	2 quarts, 1 ½ pints
10	5 cups	1 pound, 3 ounces	1 quart

According to the USA Rice Federation:

Rice	Parts Liquid to 1 Part Rice (by volume)	Cooking Time (minutes)
Long grain white	2	15 - 18
Medium grain white	1 ½	15 - 18
Short grain white	1 ¼	15 - 18
Parboiled	2 ¼	20
Parboiled brown	2 ¼	25
Medium or long grain brown	2 ¼	40 - 45

RICE COOKING METHODS

Preparing 2 pounds

Yield: 13 cups

Stovetop	Combine rice and liquid in a 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat to low; cover tightly and simmer (see cook times). Remove and fluff with a fork. If rice is not quite tender or liquid is not absorbed, replace the lid and cook for two to four minutes longer.
Oven	Combine rice and boiling liquid in a steam table pan; stir. Cover tightly and bake at 350°F (see cook times). Remove from the oven carefully and fluff with a fork.
Rice Cooker	Generally, all ingredients are combined in the rice cooker. Turn the rice cooker on and indicate if the rice is white or whole grain. It will stop cooking automatically when it senses a rise in temperature and change in moisture content that occurs when the rice has absorbed the liquid and is fully cooked.

COOKING RICE IN THE OVEN

1. Measure or weigh the amount of rice to be cooked. Pour it into 12 x 20 x 2-inch pans. Use no more than 3 pounds of rice per pan.
2. Bring the liquid to a boil in a separate container. If additional ingredients are to be used in the rice, add them to the liquid. Pour the boiling liquid over the rice.
3. For added ingredients such as sautéed onions, garlic, celery, carrots, or mushrooms, use a maximum of 3 cups of added ingredients for each 1 pound of rice. For each 1 pound of rice, use 1 quart of water or stock.
4. Cover tightly with aluminum foil and steam or bake in the oven. The time will vary depending on the variety of rice used.
5. The times shown below are for brown rice, long grain (regular or parboiled), or medium grain.
 - Compartment steamer – steam at 5 lb. pressure for about 35 minutes
 - Conventional oven – bake at 350 °F for about 35 minutes
 - Convection oven – bake at 350 °F for about 30 minutes
6. Remove from heat and let rice remain covered for 5 to 10 minutes—fluff rice with a fork before serving.

To hold rice before serving, cover it tightly with aluminum foil and hold it above 140 °F in the warmer.

QUINOA

Quinoa is an ancient pseudograin used by the Incas of Peru. High in protein and fiber. It is small and round; it can be white, red, or black. It has a mild, nutty taste. Some quinoa must be rinsed to remove a natural coating of saponins, a chemical compound found in many different plant families. These saponins may exist to protect the plant against microbes and fungi, as well as foraging animals, as their bitter taste deters other organisms from feeding off the plant. Quinoa is gluten free.

FOOD BUYING GUIDE

Food As Purchased, AP	Purchase Unit	Servings/ purchase unit, EP	Serving Size
Quinoa, dry	Pound	13.2	½ cup

Yield per 1 pound

Dry weight	Dry volume	Cooked Yield	Weight per ½ cup cooked
1 pound	2 ½ cups	6 ½ cups (2.51 pounds)	3.09 ounces

Portions – ½ cup	Yield - volume	Dry Quinoa	Liquid
100	50 cups	7 pounds 10 ounces	7 ½ quarts
50	25 cups	3 pounds 13 ounces	3 ¾ quarts
25	12 ½ cups	1 pound 14 ounces	1 quart, 1 ¾ pints
10	5 cups	12 ounces	3 cups

QUINOA COOKING METHODS

General recommendation:

Quinoa: 1 part

Liquid: 2 parts

Cooking time: 12 to 15 minutes on the stovetop

Note: reduce the ratio of grain to liquid to 1:1.5 when steaming quinoa

Preparing 2 pounds

Yield: 13 cups

Stovetop	Bring 2 quarts water or stock to a boil. Stir in 2 pounds quinoa, reduce heat and simmer, covered, for 12-15 mins.
Steamer	In a full hotel pan, combine 1½ qt. hot water or stock with 2 lbs. quinoa. Steam uncovered for 22 mins.
Combi Oven	In a full hotel pan, combine 1¾ qt. hot water or stock with 2 lbs. quinoa. Cover and cook for 25 mins. at 350° F.
Convection Oven	In a full hotel pan, combine 1¾ qt. hot water or stock with 2 lbs. quinoa. Cover and cook for 25 mins. at 350°F.

WHEAT BERRIES / BULGUR

Wheat berries are wheat kernels that have been removed from their outermost layer. This whole grain has a chewy texture and a nutty taste. Rich in fiber and protein, wheat berries add good nutrition to soups, salads, and pilafs. They are available in several varieties, such as hard or soft, winter or spring, and red or white.

Because wheat berries are only stripped of their outermost layer, they can be held longer than other whole grains. Bulgur, on the other hand, is made from kernels that have been parboiled and then dried.

FOOD BUYING GUIDE

Food As Purchased, AP	Purchase Unit	Servings/ purchase unit, EP	Serving Size
Cereal Grains Wheat Berries, dry	Pound	12.00	½ cup
Bulgur, dry	Pound	19.60	½ cup

Yield per 1 pound

Dry weight	Dry volume	Cooked Yield	Weight per ½ cup cooked
1 pound	2 ¼ cups	6 cups (2.77 pounds)	3.69 ounces

Portions – ½ cup	Yield - volume	Dry Grain	Liquid
100	50 cups	8 pounds, 6 ounces	3 gallons
50	25 cups	4 pounds, 3 ounces	1 ½ gallons
25	12 ½ cups	2 pounds, 2 ounces	3 quarts
10	5 cups	14 ounces	1 quart, 1 cup

WHEAT BERRIES / BULGUR COOKING METHODS

General Recommendation:

Wheat berries – 1 part

Liquid – 3 parts

Cook 45 to 60 minutes

NOTE: reduce the ratio of grain to liquid to 1:1.5 when steaming wheat berries

Preparing 2 pounds

Yield: 12 cups

Stovetop	Bring 4 qt. water or stock to a boil. Stir in 2 lbs. wheat berries, reduce heat, and simmer, covered, for 15-20 mins.
Steamer	In a full hotel pan, combine 1½ qt. hot water or stock with 2 lbs. wheat berries. Steam uncovered for 30 mins.

Combi Oven	In a full hotel pan, combine 1¾ qt. hot water or stock with 2 lbs. wheat berries. Cover and cook for 35 mins. at 350°F.
Convection Oven	In a full hotel pan, combine 1¾ qt. hot water or stock with 2 lbs. wheat berries. Cover and cook for 35 mins. at 350°F.

COUSCOUS

Couscous is a form of pasta made of semolina and water. This grain is small and irregular in shape and is often par-cooked before purchase. With a mild taste, couscous can take on a variety of additional ingredients and flavors. Note that couscous is not gluten-free.

FOOD BUYING GUIDE

Food As Purchased, AP	Purchase Unit	Servings/ purchase unit, EP	Serving Size
Couscous, dry, whole wheat	Pound	13.50	½ cup

Yield per 1 pound

Dry weight	Dry volume	Cooked Yield
1 pound	2 ½ cups	6 ¾ cups

Portions – ½ cup	Yield - volume	Dry Grain	Liquid
100	50 cups	7 pounds, 7 ounces	5 quarts, 1 pint
50	25 cups	3 pounds, 12 ounces	2 quarts, 3 cups
25	12 ½ cups	1 pound, 14 ounces	1 quart, 1 pint
10	5 cups	12 ounces	1 pint

COUSCOUS COOKING METHODS:

General recommendation:

Couscous: 1 part

Liquid: 1.5 parts

Cook for 10 minutes (heat off)

PEARL COUSCOUS

Pearl couscous is a form of whole-grain pasta with a chewy texture and a mild nutty flavor. This grain has a perfectly round shape, is slightly larger than standard couscous, and is often boiled and served as a side or base.

COOKING INSTRUCTIONS

Preparing 1 ½ pounds

Yield: 9 cups

Stovetop	Bring 4½ c. water or stock to a boil. Stir in 1½ lbs. Pearled Couscous, reduce heat and simmer, covered, for 8-10 mins.
Steamer	In a full hotel pan, combine 1 qt. hot water or stock with 1½ lbs. Pearled Couscous. Steam uncovered for 8 mins.
Combi Oven	In a full hotel pan, combine 4½ c. hot water or stock with 1½ lbs. Pearled Couscous. Cover and cook for 11 mins. at 350°F.
Convection Oven	In a full hotel pan, combine 4½ c. hot water or stock with 1½ lbs. Pearled Couscous. Cover and cook for 10 mins. at 350°F.

PASTA

FOOD BUYING GUIDE

Food As Purchased, AP	Purchase Unit	Servings/ purchase unit, EP	Serving Size
Pasta, Spaghetti, whole wheat, regular, dry	Pound	17.00	½ cup
Pasta, Spiral (rotini) whole wheat, dry	Pound	19.00	½ cup
Pasta, Penne, whole wheat, dry	Pound	17.20	½ cup

Yield per 1 pound

Spaghetti

Dry weight	Dry volume	Cooked Yield
1 pound	4 ¾ cups	8 ½ cups

Spaghetti

Portions – ½ cup	Yield - volume	Dry Grain
100	50 cups	5 pounds, 15 ounces
50	25 cups	3 pounds
25	12 ½ cups	1 pound, 8 ounces
10	5 cups	10 ounces

OATS

Oats can be used in several food items, such as granola bars, breads, cookies, and snacks. They come in old-fashioned and quick-cooking varieties. Rolled oats are produced with rollers to create flakes. Quick-cooking oats are produced similarly but take on a thinner, smaller shape. Because of their high fiber content, oats benefit the digestive and cardiovascular systems.

FOOD BUYING GUIDE

Food As Purchased, AP	Purchase Unit	Servings/ purchase unit, EP	Serving Size
Cereal Grains Oats Rolled, instant, dry	Pound	23.40	½ cup
Cereal Grains Oats Rolled, quick, dry	Pound	23.80	½ cup
Cereal Grains Oats Rolled, regular, dry	Pound	22.70	½ cup

Yield per 1 pound

Dry weight	Dry volume	Cooked Yield
1 pound	5 ½ cups	11 ¾ cups

OATS COOKING METHOD

General recommendation:

Oats: 1 part

Liquid: 2.25 parts

Cooking time varies based on oat variety and recipe

CORN GRITS, WHOLE GRAIN / CORNMEAL

Cornmeal is processed in mills using a stone-ground process that results in a product with a relatively short shelf life. Grits are made from hominy—whole kernel field corn that's been treated with an alkali. This food item is thick and mild tasting, with a smooth and even consistency.

FOOD BUYING GUIDE

Food As Purchased, AP	Purchase Unit	Servings/ purchase unit, EP	Serving Size
Cereal Grains Corn Grits Whole corn, regular, dry	Pound	21.75	½ cup
Cereal Grains Corn Grits Quick, enriched, dry	Pound	22.40	½ cup
Cereal Grains Corn Grits Regular, enriched, dry	Pound	25.10	½ cup
Cereal Grains Corn Grits Instant, enriched, dry	Pound	27.40	½ cup

Yield per 1 pound

Dry weight	Dry volume	Cooked Yield
1 pound	3 cups	10 ⅞ cups

COOKING INSTRUCTIONS

Corn grits: 1 part

Liquid: 4 parts

Cook for 25 to 30 minutes

SORGHUM

Sorghum is a staple food in India and Africa, yet it is relatively unknown in many parts of the world. This gluten-free grain is an excellent source of dietary fiber and has a hearty, chewy texture like wheat berries. It holds well on a steamer and is excellent in both hot and cold dishes.

Yield

Dry weight	Dry volume	Cooked Yield
1 pound	2 ⅓ cups	7 cups
7 ounces	1 cup	3 cups

COOKING INSTRUCTIONS

Sorghum: 1 part Liquid: 3 to 4 parts Cook for 45 to 55 minutes

GRAIN COOKERY

Grain	Grain Quantity	Liquid Quantity	Time	USDA Food Buying Guide
Brown rice, long grain	1	2	30 to 45 minutes	1-pound long grain, regular (about 2 ½ cups) makes about 4 3/8 cups cooked. 1 cup dry = about 1 ¾ cup cooked.
Quinoa	1	2	12 to 15 minutes	1 pound dry (about 2 ½ cups) makes about 6 ½ cups cooked.
Wheat berries	1	3	Cook 45 to 60 minutes	1 pound dry (about 2 ¼ cups) makes 6 cups cooked.
Bulgur	1	2	10 to 12 minutes	1 pound dry (about 3 cups) makes 9 ¾ cups cooked.
Sorghum	1	3 or 4	45 to 50 minutes	1 pound dry is about 2 1/3 cups. 1 cup dry sorghum makes 3 cups cooked sorghum.
Corn grits	1	4	25 to 30 minutes	1 pound dry (about 3 cups) makes about 10 7/8 cups cooked.
Oats	1	2.25	varies	1 pound dry (about 6 cups) makes about 11 3/8 cups cooked.
Barley	1	3	60 minutes	1 pound dry (about 2 1/3 cups) makes about 10 ½ cups cooked.
Couscous, whole wheat	1 (1 cup)	1.5 (2.75 cup)	10 minutes (heat off) (USDA)	1 pound dry (about 2 ½ cups) makes about 6 ¾ cups cooked.
Pasta	1	6	8 to 12 minutes (Varies by size)	1-pound whole wheat penne (about 5 3/8 cups) makes about 8 5/8 cups cooked. 1-pound whole wheat spaghetti (about 4 ¾ cups) equals about 8 ½ cups cooked.

How to build a **Better Bowl**

Grain Base

2 oz

- Rice
- Pasta
- Quinoa
- Wheat berry
- Oatmeal

Toppings

1/2 cup

- Berries
- Orange sections
- Cranberries
- Pineapple

Meat/Meat Alternative

2 oz

- Chicken
- Beef
- Hard-boiled eggs
- Tofu
- Beans

Toppings

as desired

- Seeds
- Herbs
- Soy sauce
- Mayo

Vegetables

1/2 cup


- Broccoli
- Carrots
- Cabbage
- Zucchini
- Asparagus
- Bell pepper
- Radish

DAY TWO: GREAT GRAINS


TEAM PRODUCTION ASSIGNMENTS

	Grains	Recipe (Cold) / Recipe (Shaker/Bowl/Bar)
Team 1	Brown rice Quinoa	Southwest Quinoa Salad Teriyaki Chicken with Oven-fried Rice Alaska Pollock Quinoa Poke Bowl
Team 2	Wheat berries or bulgur Pasta, whole wheat	Tabbouleh Southwest Wheat Berry and Chicken Power Bowl Sweet Chili Asian Noodle Bowl
Team 3	Corn grits, whole grain Oats	Southwest-style Cornbread Shrimp and Grits Homemade Granola & yogurt parfait Blueberry Oat Bars
Team 4	Sorghum or Farro Couscous, whole wheat, pearled couscous	Sorghum (or Farro) and Corn Salad Chicken Carnitas and Sorghum (or Farro) Burrito Bowl Whole Wheat Pearled Couscous with Chicken and Tomatoes


Note: These recipes were developed for training purposes and have not been tested or standardized for production.

BROWN RICE AND EDAMAME SALAD			SERVING SIZE: ¾ CUP				
			ONE PORTION PROVIDES: 1 oz. eq. grain				
INGREDIENTS		50 SERVINGS	10 SERVINGS		DIRECTIONS		
Water or stock		1 gallon	3 ½ cups		1. Bring twice the volume of water (as rice) and rice to a boil in a medium-size saucepan. Turn the heat down to low, cover, and cook for 40 minutes. Remove from heat and let sit for 20 minutes before fluffing lightly. Let cool completely. (1 ½ cup dry rice = 4 cups cooked rice)		
Rice, Brown, long grain, dry		3 pounds 2 ounces	12 ounces (1 ¾ cups)				
Carrots, raw, small dice		1 gallon 3 cups	4 cups		2. Add diced carrots, sliced scallions, almonds, edamame, and cranberries to cooked and cooled rice. Mix to combine.		
Green onions, thinly cut		19 medium	4 medium				
Almonds, blanched, sliced		1 ½ cup	¼ cup				
Edamame (soybean)		3 pounds 2 ounces	10 ounces				
Cranberries, dried		3 1/8 cups	1/2 cup		3. Mix sesame oil, vinegar, honey, salt, and pepper in a large bowl. Mix until well combined. 4. Fold dressing into rice mixture, adding a little bit at a time to taste, and serve chilled.		
Oil, sesame		2 cups	1/3 cup+				
Vinegar, cider		1 ½ cups	¼ cup				
Honey		1/3 cup	1 tablespoon				
Salt, kosher		1 tablespoon	5/8 teaspoon				
Black pepper, ground		1 ½ teaspoon	¼ teaspoon				
NUTRIENTS PER SERVING							
Calories	372 kcal	Total Fat	13.39 grams	Vitamin A	8162 IU	Iron	1.85 mg
Protein	8.63 grams	Saturated Fat	1.68 grams	Vitamin C	15.2 mg	Sodium	138 mg
Carbohydrate	55.80 grams	Cholesterol	0 mg	Calcium	44.58 mg	Dietary Fiber	4.31 grams


SOURCE: Windham Raymond School Department, Windham, Maine

TERIYAKI CHICKEN WITH OVEN FRIED RICE				SERVING SIZE: 2 ounces			
				ONE PORTION PROVIDES: 2 oz. m/ma			
INGREDIENTS		50 SERVINGS	10 SERVINGS	DIRECTIONS			
Chicken, cooked, diced		6 ¼ pounds	1 1/3 pound	1. Mix soy sauce, water, vinegar, brown sugar, garlic, and ginger in a large sauce pot. Bring to a boil			
Soy sauce		½ cup	4 tablespoons				
Water, cold		¼ cup	2 tablespoon				
Vinegar, cider		2 tablespoons	2 teaspoon				
Sugar, brown		¼ cup	1 tablespoon				
Garlic, minced		1 teaspoon	1/2 teaspoon				
Ginger, fresh		1 teaspoon	1/2 teaspoon	2. In a small cup mix the cornstarch and water (a slurry). While whisking, slowly add the slurry to the sauce pot and mix well. Simmer until thickened. Add more slurry to reach desired thickness. 3. Pour half of sauce over chicken in a large steam table pan. Mix well. 4. Place the chicken on a sheet pan in an even layer. Preheat the oven to 400°. Bake the chicken for 20 minutes or until its internal temperature reaches 165°. 5. Take the remainder of the sauce and boil it down, creating a glaze. 6. Once the chicken is removed from the oven, drizzle or brush glaze over fully cooked chicken. 7. Any remaining sauce that hasn't come in contact with chicken can be chilled properly, frozen, and used again as marinade.			
Cornstarch		1 tablespoon	1 teaspoon				
Water, cold		1 tablespoon	1 teaspoon				
NUTRIENTS PER SERVING							
Calories	171	Total Fat	7.8 g	Vitamin A	82 IU	Iron	.61 mg
Protein	13.7 g	Saturated Fat	1.2 g	Vitamin C	.5 mg	Sodium	690 mg
Carbohydrate	9.7 g	Cholesterol	34 mg	Calcium	1 mg	Dietary Fiber	0 g

SOURCE: Windham Raymond School District

OVEN BAKED “FRIED” RICE		SERVING SIZE: 1 cup (No. 4 scoop) ONE PORTION PROVIDES: 2-ounce grain eq.					
Ingredients		50 Servings	10 Servings	Directions			
Rice, brown, long-grain, cooked For 5 cups cooked rice: 1 ½ cup brown rice, 3 cups of water		7 pounds 8 ounces dry	1 pound 8 ounces dry	1. Prepare rice in the oven or steamer. 2. Preheat oven to 400°F. 3. In a large bowl, toss cooked rice (cooled), diced bell peppers, pineapple tidbits with juice, peas, and carrots together. Add sesame oil and soy sauce. Mix well to combine. 4. Line a full baking sheet with parchment paper. Spread the rice mixture on the baking sheet in a thin layer. 5. Bake for 45 minutes. Rotating and mixing every 15-20 minutes to avoid outer edges from burning.			
Peppers, bell, red, diced		5 cups	1 cup				
Pineapple tidbits in juice		7 ½ cup	1 ½ cup				
Peas and carrots, frozen		7 ½ cup	1 ½ cup				
Oil, sesame		1 ½ cup	1/3 cup				
Soy sauce		2 cups	½ cup	6. Add green onions. 7. Serve hot.			
Green onions, sliced thinly on bias		1 quart	1 cup				
Long-grain brown rice: 1-pound dry (2 ¼ cups) = about 6 ½ cups cooked rice 1 ¾ cups dry rice and 3 ½ cups of water = 5 cups cooked rice							
Nutrients Per Serving							
Calories	174	Total Fat	5.4 g	Vitamin A	518 IU	Iron	.59 mg
Protein	3.56 g	Saturated Fat	.8 g	Vitamin C	.8 mg	Sodium	635 mg
Carbohydrate	27.8	Cholesterol	0	Calcium	18 mg	Dietary Fiber	2.5 g


SOURCE: Windham Raymond School Department, Windham, Maine

SOUTHWEST QUINOA SALAD	SERVING SIZE: $\frac{3}{4}$ CUP ONE PORTION PROVIDES: 1 oz. eq. grain, $\frac{1}{4}$ cup other vegetable	
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Quinoa	4 pounds	12 ounces	1. Cook quinoa - follow instructions on the package. (12 ounces dry quinoa = 5 cups cooked)
Beans, black, canned	1 no. 10 can	1, 15 $\frac{1}{2}$ ounce can	2. Drain and rinse black beans.
Peppers, bell, red, diced	2 $\frac{1}{2}$ pounds	8 ounces	3. Dice red peppers, cilantro and mix with corn.
Cilantro, chopped	4 ounces	1 ounce	
Corn	2 $\frac{1}{4}$ pounds	8 ounces	
Red wine vinegar	1 cup	3 tablespoons	4. Mix vinegar, oil, cumin, chili powder and crushed red pepper.
Oil, olive	$\frac{1}{2}$ cup	1 tablespoon	5. Once quinoa is cooled, mix all ingredients together. Chill.
Cumin	1 $\frac{1}{2}$ teaspoon	$\frac{1}{3}$ teaspoon	
Chili powder	1 tablespoon	1 teaspoon	
Red pepper, crushed	1 teaspoon	$\frac{1}{3}$ teaspoon	
Salt, kosher	2 teaspoons	$\frac{3}{4}$ teaspoon	

NUTRIENTS PER SERVING							
Calories	175	Total Fat	4.59 G	Vitamin A	110.75 RE	Iron	2.3
Protein	6.4 G	Saturated Fat	.52 G	Vitamin C	20.9 Milligram	Sodium	381 Mg
Carbohydrate	28.6 G	Cholesterol	0	Calcium	37.8 Milligram	Dietary Fiber	4 G

SOURCE: The Lunch Box, <http://www.thelunchbox.org/recipes-menus/recipes/SA901?#>

ALASKA POLLOCK POKE BOWL	SERVING SIZE: 1 bowl ONE PORTION PROVIDES: 1 to 2 oz. eq. grain, 2 oz. eq. m/ma, ¼ cup vegetable	
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Quinoa, dry	3 ¾ pounds	12 ounces	1. Cook quinoa - follow the instructions on the package. (12 ounces dry quinoa = 5 cups cooked) 2. Cut Alaska Pollock into 3-ounce portions. Bake according to the package directions. Chill. 3. Combine the chilled Alaskan Pollock, Poke Sauce, green onions, and sesame seeds. Stir gently until evenly combined.
Alaska Pollock, raw	8 ½ pounds	1 ¾ pound	
Kikkoman Poke Sauce	3 ¼ cups	½ cup 2 tablespoons	
Green onions, sliced thinly on bias	3 ¼ cups	½ cup 2 tablespoons	4. Combine rice vinegar, sugar, and salt, stir until the sugar and salt have dissolved. Pour over the cucumbers and stir to combine. Let it sit for 30 minutes.
Sesame seeds, toasted	3 tablespoons	2 teaspoons	
Vinegar, rice, unseasoned	2 ½ cups	½ cup	
Sugar, granulated	5 tablespoons	1 tablespoon	5. To assemble: <ul style="list-style-type: none"> Place ½ cup of cooked quinoa for 1 oz. eq. whole grain (1 cup of quinoa for 2 oz. eq.) in the bottom of a bowl. Place 3 ounces of the Alaska Pollock poke mixture on top of the quinoa to one side. Add ¼ avocado (3 slices) next to the fish. Pile ¼ cup each pickled cucumbers and red cabbage next to the fish.
Salt, kosher	2 ½ teaspoons	½ teaspoon	
Cucumbers, sliced thin	1 ½ gallons, 1 cup	5 cups	
Avocado, medium, firm ripe, sliced	15 each	3 each	
Red cabbage, finely sliced	3 quarts, ½ cup	2 ½ cups	
Shichimi Togarashi seasoning	5/8 cup	2 tablespoons	

			<ul style="list-style-type: none"> • Sprinkle with Shichimi Togarashi.
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RECIPE NOTES:

Poke bowls are traditionally served with rice. This is easily substituted for quinoa.


1-pound dry quinoa = about 2-1/2 cups dry or 2.51 pound (6-1/2 cups) cooked quinoa when prepared with 2 parts water to 1-part dry quinoa

NUTRIENTS PER SERVING							
Calories	360	Total Fat (g)	13	Vitamin A (IU)	508	Calcium (mg)	60
Protein(g)	18	Saturated Fat (g)	2	Vitamin C (mg)	31	Sodium (mg)	860
Carbohydrate (g)	44	Cholesterol (mg)	35	Iron (mg)	2.3	Dietary Fiber (g)	8


SOURCE: Garrett Berdan, School nutrition consultant

TABBOULEH		SERVING SIZE: ¾ cup					
		ONE PORTION PROVIDES: 3/4 cup (6-ounce ladle) provides 3/8 cup of vegetable and 3/4 oz. eq. grains					
INGREDIENTS		50 SERVINGS		10 SERVINGS		DIRECTIONS	
Water		2 quarts 2 ½ cups		2 cups		1. Add salt to water and bring to a boil.	
Salt, kosher		2 tablespoons		1 teaspoon			
Bulgur, No. 3		2 quarts 2 ½ cups		2 cups (10 ounces)		2. In a large bowl combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain.	
Tomatoes, fresh, unpeeled, finely diced		5 pounds		1 pound (2 cups)			
Cucumbers, fresh, peeled, seeded, finely diced		2 ½ pounds		8 ounces (1 1/3 cup)		3. Add tomatoes, cucumbers, parsley, mint, onions, garlic, and cumin (optional) to the bulgur.	
Parsley, fresh, chopped, packed		3 ounces (1 ½ cups)		1/4 cup			
Mint, fresh, chopped		1 cup		2 tablespoons			
Onions, finely diced		2 cups		½ cup			
Garlic, finely chopped		1 ½ tablespoon		1 teaspoon			
Cumin, ground, optional		1 teaspoon		¼ teaspoon		4. Add lemon juice and vegetable oil to salad mixture and toss to combine all ingredients. 5. Refrigerate until ready to serve. CCP: Cool to 41 °F or lower within 4 hours.	
Lemon juice		1 1/3 cup		1/4 cup			
Oil, canola		½ cup		1 ½ tablespoon			
NUTRIENTS PER SERVING							
Calories	170	Total Fat	2.5 g	Vitamin A	612 IU	Iron	1.4 mg
Protein	5 g	Saturated Fat	0 g	Vitamin C	12.5 mg	Sodium	240 mg
Carbohydrate	36 g	Cholesterol	0 mg	Calcium	30 mg	Dietary Fiber	4 g

SOURCE: Adapted from Tabouleh, E-23, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2005) *USDA recipes for schools*. Original recipe with nutrient analysis can be found at www.theicn.org

SOUTHWEST CHICKEN & WHEAT BERRY POWER BOWL				SERVING SIZE: 1 bowl			
				ONE PORTION PROVIDES: 2 oz. eq. grain, 2 oz. eq. m/ma, ½ cup vegetable			
INGREDIENTS		50 SERVINGS	10 SERVINGS	DIRECTIONS			
Wheat berries		4 pounds 4 ounces	14 ounces	<ol style="list-style-type: none">1. Cook wheat berries according to package directions. The wheat berries should be very tender yet still retain their natural chewy texture.2. Drain well and cool completely on a sheet pan.3. Mix the wheat berries, black beans, corn, and red peppers.			
Black beans, canned, drained		1 # 10 can	2 – No. 300 cans (2 ½ cups)				
Corn, frozen, kernels, thawed		4 ¼ pounds	14 ounces				
Peppers, bell, red, diced		1 pound	½ cup				
Cumin, ground		¼ cup	1 tablespoon	<ol style="list-style-type: none">4. Whisk together the cumin, lime juice, oil, salt, and pepper in a bowl large enough to hold all ingredients.5. Pour dressing over wheat berry salad and mix well to combine using a rubber spatula.6. Refrigerate salad for at least 2 hours to allow the flavors to develop and meld. Mix again before serving.			
Lime juice, fresh		¾ cup	1 ½ tablespoon				
Oil, canola		¾ cup	1 ½ tablespoon				
Salt, kosher		1 tablespoon	½ teaspoon				
Black pepper, ground		1 teaspoon	¼ teaspoon				
Chicken meat, diced or shredded		6 ¼ pounds	1 ¼ pounds	<p>To assemble the bowl:</p> <ul style="list-style-type: none">• Place 1 cup of wheat berry salad.• Top with 2 ounces chicken.• Garnish with chopped cilantro.			
Cilantro, fresh, chopped		3 cups	1 cup				
NUTRIENTS PER SERVING							
Calories	250	Total Fat	6 grams	Vitamin A	442 IU	Iron	2.4 mg
Protein	24 grams	Saturated Fat	1 gram	Vitamin C	17 mg	Sodium	240 mg
Carbohydrate	27 grams	Cholesterol	50 mg	Calcium	40 mg	Dietary Fiber	7 grams

SOURCE: In Harvest: Whole Grains, Rice, and Legumes, www.inharvest.com/who-we-serve/k-12-foodservice/

BLT PASTA SALAD	SERVING SIZE: ½ CUP ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN, 1/8 CUP VEGETABLE	
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Rotini, whole grain, dry	2 ¾ pounds	9 ounces	1. Cook pasta until done and chill immediately to stop cooking. Keep cold until ready to make salad (Best if done the day before). 2. Add remaining ingredients and mix well. Hold cold and serve chilled.
Spinach, raw	8 ounces (About 5 cups)	1 cup	
Tomato, cherry, quartered	2 pounds (About 6 cups)	1 ¼ cup	
Bacon, cooked, diced	8 ounces	1 ½ ounce	
Ranch dressing	12 ounces	1/3 cup	

NUTRIENTS PER SERVING							
Calories (kcal)	116	Total Fat (g)	3.8	Vitamin A (RE)	466	Iron (mg)	.9
Protein (g)	5.4	Saturated Fat (g)	1.1	Vitamin C (mg)	4.2	Sodium (mg)	170
Carbohydrate (g)	16.0	Cholesterol (mg)	8	Calcium (mg)	34.7	Dietary Fiber (g)	1.9

SOURCE: Windham Raymond School Department, Windham, Maine

SWEET CHILI ASIAN NOODLE BOWL

SERVING SIZE: 1 BOWL

ONE PORTION PROVIDES:


2 OZ. M/MA, 2 OZ. GRAIN. ½ CUP VEGETABLE



INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Spaghetti, whole grain	5 ¾ pounds	1 pound, 3 ounces	1. Cook spaghetti in boiling water until al dente. Drain immediately.
Sweet Thai Chili Sauce	6 ¼ cups	1 pound, 4 ounces	2. Toss the noodles with the sweet Thai chili sauce.
Broccoli florets, fresh	1 pound	4 ounces	3. Lightly steam vegetables in batches until vegetables are hot and tender but not overcooked.
Edamame, frozen, shelled	2 ½ pounds	½ pound	
Carrots, matchstick	1 ¼ pound	¼ pound	
Red pepper, julienne	1 ¾ pound	6 ounces	4. Place 1 cup of the dressed noodles into the center of the container. Place ¼ cup each of the blanched broccoli florets, edamame, matchstick carrots, and red pepper strips. 5. Top with crispy tofu.
Crispy Tofu (recipe attached)	13 pounds 12 ounces	2 pounds, 12 ounces	

NUTRIENTS PER SERVING							
Calories (kcal)	490	Total Fat (g)	13	Vitamin A (RE)	2694	Iron (mg)	4.7
Protein (g)	23	Saturated Fat (g)	1.5	Vitamin C (mg)	33	Sodium (mg)	510
Carbohydrate (g)	67	Cholesterol (mg)	0	Calcium (mg)	280	Dietary Fiber (g)	2


SOURCE: Chef Samantha Cowens Gasbarro, Healthy School Recipes

CRISPY TOFU	SERVING SIZE: 4.5 ounces ONE PORTION PROVIDES: 2 oz. eq. meat/meat alternates	
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Tofu, firm or extra firm	13 pounds, 12 ounces	2 pounds, 12 ounces	1. Place tofu in a 2-inch perforated pan over a 4-inch full pan. Place another 2-inch full pan on top of tofu. Place a weight (1 #10 can) in the middle of the top full pan. This will press the tofu, to help drain off excess water, while the bottom pan will catch the excess liquid. 2. Discard excess liquid. This step can be done overnight in the cooler. 3. Once the tofu has been pressed, cut into 3/4-inch cubes.
Sesame oil (or blended oil)	1 cup	¼ cup	4. Combine sesame oil (or blend) and soy sauce. Pour over pressed tofu and toss.
Soy sauce, low sodium	1 cup	¼ cup	
Corn starch	1 cup	¼ cup	5. Add cornstarch and toss.
			6. Line a sheet pan with parchment paper. Place cornstarch-coated tofu on the pans, being careful not to overcrowd. 7. Place in a 400°F preheated oven and bake for 25 to 30 minutes. Halfway through, shake the tofu and rotate the pan for even cooking. 8. Hold the tofu on a sheet pan in a warmer at 135 or higher until the time of service. This will keep the tofu crispy.

NUTRIENTS PER SERVING							
Calories (kcal)	150	Total Fat (g)	10	Vitamin A (RE)	0	Iron (mg)	1.7
Protein (g)	12	Saturated Fat (g)	1	Vitamin C (mg)	0	Sodium (mg)	210
Carbohydrate (g)	5	Cholesterol (mg)	0	Calcium (mg)	230	Dietary Fiber (g)	1

SOURCE: Chef Rebecca Polson, Minneapolis Public Schools, and The John Stalker Institute

SOUTHWEST-STYLE CORNBREAD		SERVING SIZE: 1 PIECE					
		ONE PORTION PROVIDES: 1 oz. eq. grain					
Ingredients		50 servings	25 Servings	Directions			
Flour, whole-wheat	1 pound (3 cups)	8 ounces (1 ½ cups)	<div>1. Combine flour, cornmeal, sugar, baking powder, and salt and mix with mixer for one minute with lowest speed.</div> <div>2. If preparing a small batch, you can mix with a whisk.</div>				
Cornmeal, whole	1 pound (3 cups)	8 ounces (1 ½ cups)					
Sugar, granulated	6 ounces (1 cup)	3 ounces (1/2 cup)					
Baking powder	¼ cup	2 tablespoons					
Salt, kosher	1 ½ teaspoon	¾ teaspoon					
Eggs, large	3 each	2 each	<div>3. In a separate bowl, mix eggs, milk, and oil.</div> <div>4. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened.</div>				
Milk, low fat, 1 %	3 ½ cups	1 ¾ cups					
Oil, canola	½ cup	¼ cup					
Peppers, green and/or red, diced	8 ounces (1 ½ cup)	4 ounces (3/4 cup)	<div>5. Add peppers and corn. Mix until combined. DO NOT OVERMIX. Batter will be lumpy.</div> <div>6. Pour batter into a pan that has been coated with pan release spray. For 50 servings use 1 half-sheet pan (18x13x 1).</div> <div>7. Bake until golden brown: Conventional oven at 400 °F for 30-35 minutes OR convection oven at 350 °F for 20-25 minutes.</div>				
Corn, canned, low sodium, drained	8 ounces (1 ½ cup)	4 ounces (3/4 cup)					
Nutrients Per Serving							
Calories	126	Saturated Fat	1.58 g	Iron	0.59 mg	Vitamin A	97 IU
Protein	3.83 g	Cholesterol	25 mg	Calcium	83 mg	Vitamin C	1.52 mg
Carbohydrates	18.06 g	Total Fat	4.84 g	Sodium	245 mg	Dietary Fiber	.77 g

Adapted from Cornbread, B-09, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2006) *USDA recipes for schools*. Original recipe with nutrient analysis can be found at <https://theicn.org/cnrb/recipes-for-schools-grains-breads/cornbread-usda-recipe-for-schools/>

BEEF OR PORK TAMALES	SERVING SIZE: 1 PIECE (2"x5") ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, ¾ CUP VEGETABLE, 1 OZ. EQ. GRAIN	
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INGREDIENTS	50 SERVINGS	10 SERVING	DIRECTIONS
Beef, ground, raw (no more than 15% fat) Or raw ground pork	7 ½ pounds	1 ½ pounds	1. Brown ground beef or ground pork. Drain.
Onions, chopped	14 ounces (2 ½ cups)	3 ounces (½ cup)	2. Add onions, granulated garlic, pepper, tomato paste, tomatoes, water, and seasonings. Mix well. Bring to boil. Reduce heat and simmer for 20-25 minutes. CCP: Heat to 155°F for at least 15 seconds.
Garlic, granulated	2 tablespoons	1 ½ teaspoon	
Black pepper, ground	1 ½ teaspoon	¼ teaspoon	
Canned tomato paste	1 pound 12 ounces (3 cups)	6 ounces (¾ cup)	
Tomatoes, canned diced, with juice	3 ¼ pounds	10 ounces	
Water	1 quart 1 cup	1 cup	3. Pour mixture into a one-half steamtable pan (12" x 10" x 2 ½") – for 10 portions.
Seasonings Chili powder Cumin, ground Paprika Granulated onion	¼ cup 3 tablespoons 1 tablespoon 1 tablespoon	1 tablespoon 1 teaspoon ¾ teaspoon ¾ teaspoon	
Flour, all-purpose, enriched	1 pound (3 ¾ cup)	3 ounces (¾ cups)	4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed. If preparing a small batch, use whisk.
Cornmeal, whole grain	1 pound (3 ¾ cup)	3 ounces (¾ cups)	
Sugar, granulated	3 ½ ounces (½ cup)	2 tablespoons	
Baking powder	2 1/3 tablespoon	1 ½ teaspoon	
Salt, kosher	¾ teaspoon	¼ teaspoon	
Eggs, large	4 each	1 each	5. In a separate bowl, mix eggs, milk, and oil. Add to dry ingredients. Blend 2-3 minutes on
Milk, low-fat, 1 %	3 ¾ cups	¾ cups	

Oil, vegetable	½ cup	2 tablespoons	medium speed until dry ingredients are moistened. Batter will be lumpy. 6. Pour batter over meat mixture in each pan and spread into corners of pan.
Cheese, Cheddar, shredded	1 pound 10 ounces	5 ounces (¾ cup)	7. Bake: Conventional oven: 400°F for 30-35 minutes. Convection oven: 350°F for 25-30 minutes. CCP: Heat to 165°F or higher for at least 15 seconds. 8. Sprinkle cheese over cornbread. CCP: Hold for hot service at 135°F or higher. 9. Cut 2 x 5. If desired, serve with taco sauce.

RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	330	Total Fat	18 g	Vitamin A	414.6 IU	Iron	2.9 mg
Protein	20 g	Saturated Fat	7 g	Vitamin C	0.64 mg	Sodium	330 mg
Carbohydrate	23 g	Cholesterol	60 mg	Calcium	180 mg	Dietary Fiber	3 g

SOURCE: Adapted from Beef Tamale Pie, D-15, U.S. Department of Agriculture, Food and Nutrition Service & National Food Service Management Institute (2005). *USDA recipes for schools*. Original recipe with nutrient analysis can be found at http://www.theicn.org/USDA_recipes/school_recipes/D-15.pdf


GRITS BOWL WITH POPCORN SHRIMP		SERVING SIZE: 1 BOWL 1 ¼ cups cheesy grits with 10 popcorn shrimp. ONE PORTION PROVIDES: 2 oz. M/MA, 2 oz. eq. grains		
INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS	
CHEESY GRITS				
Grits, cooked	50 cups	10 cups	1. Cook grits according to manufacturer’s instructions. Hot hold, covered.	
Bell Pepper & Onions, frozen, thawed	5 cups	1 cup	2. Arrange the thawed bell peppers and onions in a single layer in a hotel pan lined with parchment paper. Lightly spray with butter mist and sprinkle with salt and pepper. 3. Bake at 350°F for 20 minutes.	
Bacon, cooked, chopped	25 slices	5 slices	4. Sprinkle the chopped bacon on top and return to the oven for an additional 5-7 minutes. Hot hold, uncovered.	
Granulated garlic	2 tablespoons	1 ½ teaspoons	5. In a large mixing bowl, combine the grits, bell pepper-bacon mixture, granulated garlic, onion powder, salt, pepper, cayenne pepper sauce and cheese. Hot hold grits, covered, until assembly. NOTE: Grits do not need to be batch cooked. They will hot hold well, covered, throughout service.	
Onion powder	2 tablespoons	1 ½ teaspoons		
Salt, kosher	1 tablespoon	½ teaspoon		
Black pepper, ground	½ tablespoon	¼ teaspoon		
Cayenne pepper sauce	⅓ cup	1 tablespoon		
Cheddar cheese, shredded	12 ½ cups	2 ½ cups		
CAJUN SHRIMP				
Popcorn Shrimp	6 ¼ pounds	20 ounces		

Cajun seasoning	4 tablespoons	2 ½ teaspoons	<p>To cook Shrimp: Lay frozen Shrimp, in an even layer, on parchment lined baking sheets. Keep shrimp frozen until baked.</p> <p>NOTE: If the Shrimp are overlapping on the baking sheets the breading will not crisp well during baking.</p> <p>To Serve: Using the two-cell black container, portion 1¼-cup Cheesy Grits on one side. On the other side, portion 1/5 ounces (10) breaded Cajun Shrimp.</p> <p>Garnish with sliced scallions.</p>
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	620	Total Fat	15 g	Vitamin A	755 IU	Iron	44.7 mg
Protein	25 g	Saturated Fat	6 g	Vitamin C	11 mg	Sodium	1950 mg
Carbohydrate	103 g	Cholesterol	80 mg	Calcium	650 mg	Dietary Fiber	5 g

SOURCE: Chef Rachel Petraglia


APPLE PIE OVERNIGHT OATS		SERVING SIZE: 10 Fluid ounces		
		ONE PORTION PROVIDES: 1 oz. eq. grain, ½ cup fruit, 1 meat alternate		
INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS	
Oats, quick	3 quarts, ½ cup	2 ½ cups	1. In large mixer, combine quick oats, low-fat vanilla yogurt, low-fat milk, and cinnamon. If mixing a small batch, whisk by hand.	
Yogurt, low fat, vanilla	6 quarts, 1 cup	5 cups		
Milk, low fat	6 ½ cups	1 ¼ cup		
Cinnamon, ground	2 tablespoons	1 ¼ teaspoon	2. Stir in unsweetened applesauce. 3. Using a measuring cup, portion overnight oats into cups (10 ounces). Place lids on cups and chill overnight, maintaining a temperature of 41°F or below. 4. In the morning, serve chilled. Garnish with a sprinkle of cinnamon.	
Applesauce, unsweetened	2 # 10 cans	5 cups		

Peaches N Cream Overnight Oats: Substitute diced, canned peaches

VARIATIONS

Oats ¼ cup (credits as 1 grain)	Milk 1/8 cup	Yogurt ½ cup (credits as 1 /ma)	Fruit ½ cup	Extras			
Quick oats	Low-fat white Fat-free white Fat-free chocolate Fat-free strawberry	Flavored Plain Vanilla Greek	Apples Bananas Berries Peaches Dried fruit (1/4 cup)	Brown sugar Chocolate chips Cinnamon, nutmeg Nut/seed butter Cocoa powder			
NUTRIENTS PER SERVING							
Calories	209	Total Fat (g)	2.6	Vitamin A (IU)	175	Calcium (mg)	264
Protein(g)	9.4	Saturated Fat (g)	1.3	Vitamin C (mg)	1.5	Sodium (mg)	121
Carbohydrate (g)	39.4	Cholesterol (mg)	9	Iron (mg)	.5	Dietary Fiber (g)	3.0


SOURCE: American Dairy Association Mideast

HOMEMADE GRANOLA	SERVING SIZE: $\frac{1}{4}$ cup ONE PORTION PROVIDES: 0.5 oz. eq. ounce whole grain and $\frac{1}{8}$ cup fruit	
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INGREDIENTS	50 SERVINGS	25 SERVINGS	DIRECTIONS
Oats, rolled	2 pounds	1 pound	1. In a large bowl combine oats, buttermilk, and melted butter. Let it rest for 20 minutes, covered.
Buttermilk	1 pint	1 cup	
Butter, unsalted	8 ounces	4 ounces	
Sugar, granulated	14 ounces	7 ounces	2. Add sugar and salt. Toss to combine. Rest, covered, another 20 minutes. 3. Transfer to a sheet pan that is lined with parchment. 4. Bake at 300°F for 1 $\frac{1}{2}$ hours, stirring at 25-minute intervals. 5. Remove from oven and cool at room temperature. DO NOT refrigerate or package warm.
Salt, kosher	1 teaspoon	$\frac{1}{2}$ teaspoon	
Dried fruit (Raisins, blueberries, cherries)	1 pound (3 $\frac{1}{4}$ cups)	8 oz.	
Coconut, sweetened, shredded (optional)	4 ounces (1 $\frac{1}{3}$ cups)	2 oz.	6. Mix in dried fruit and coconut.

NUTRIENTS PER SERVING							
Calories	145	Total Fat (g)	3	Vitamin A (IU)	1	Calcium (mg)	17
Protein(g)	2.9	Saturated Fat (g)	1	Vitamin C (mg)	.3	Sodium (mg)	65
Carbohydrate (g)	27	Cholesterol (mg)	3	Iron (mg)	1	Dietary Fiber (g)	3


SOURCE Matt Poling, Greeley-Evans Weld County School District 6

HOMEMADE GRANOLA II			SERVING SIZE: ¼ CUP ONE PORTION PROVIDES: 0.5 OZ. EQ. OUNCE WHOLE GRAIN AND 1/8 CUP FRUIT						
INGREDIENTS		50 SERVINGS		25 SERVINGS		DIRECTIONS			
Oats, rolled		2 quarts, 2 cups (1 pound 12 ounces)		1 quart, 1 cup (14 ounces)		1. Combine the rolled oats, brown sugar, and coconut in a large bowl.			
Nuts (coconut, shredded)		8 ounces (1 ½ cups)		4 ounces (3/4 cup)					
Sugar, brown, packed		1 cup		½ cup					
Apple juice		1 cup		½ cup		2. Whisk apple juice, vegetable oil, honey, salt, cinnamon, and vanilla in a bowl. 3. Add the apple juice mixture to the oat mixture. Toss to evenly coat. 4. Spread mixture on sheet pan (18" x 26" x 1"). For 50 servings, use 1 pan. DO NOT OVERCROWD 5. Bake: Conventional oven: 300° F for 45 minutes. Convection oven: 250° F for 30 minutes. (Stir granola every 15 minutes. Oats should be golden brown). 6. Remove from oven. Cool.			
Oil, canola		5 tablespoons		2 ½ tablespoons					
Honey		1 cup		½ cup					
Salt, kosher		1 teaspoon		½ teaspoon					
Cinnamon, ground		1 tablespoon		½ tablespoon					
Vanilla		1 tablespoon		½ tablespoon					
Fruit, dried (cranberries)		2 cups		1 cup		7. Mix in raisins. 8. Portion with No. 16 scoop (¼ cup).			
NUTRIENTS PER SERVING									
Calories	129	Total Fat (g)	2.5	Vitamin A (IU)	1	Calcium (mg)	17		
Protein(g)	2.9	Saturated Fat (g)	.4	Vitamin C (mg)	.3	Sodium (mg)	49		
Carbohydrate (g)	24.9	Cholesterol (mg)	0	Iron (mg)	1	Dietary Fiber (g)	2		


SOURCE: Adapted from Granola, J-01, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2005) *USDA recipes for schools*. Original recipe with nutrient analysis can be found at http://130.74.124.194/USDA_recipes/school_recipes/J-01.pdf and Windham Raymond School Department, Windham, Maine

GRANOLA VARIATIONS

Granola	Nuts	Fruit	Sweetener	Juice	Flavorings
Cherry almond	Almonds	Cherries, dried	Brown sugar Honey	Cherry	Cherry extract Cinnamon
Cranberry walnut	Walnuts	Cranberries, dried	Brown sugar Maple syrup	Cranberry	Vanilla extract Cinnamon
Blueberry almond	Almonds	Blueberries, dried	Brown sugar Honey	Blueberry	Vanilla extract Cardamom
Cinnamon-Raisin	Walnuts	Raisins	Brown sugar Honey	Apple	Vanilla extract Cinnamon
Honey Peanuts	Peanut	Golden raisins	Brown sugar Honey	Apple	Vanilla extract Cinnamon

BLUEBERRY OAT BARS			SERVING SIZE: 1 bar					
			ONE PORTION PROVIDES: 1 oz. eq. grain, ¼ cup fruit					
INGREDIENTS		50 BARS		25 BARS		DIRECTIONS		
Rolled oats		3 quarts ½ cup		1 ½ quart		<div>1. Preheat oven to 350° F. Spray a large cake pan with vegetable oil spray.</div> <div>2. In a mixer with a flat paddle attachment, mix oats, flour, sugar, and cold butter until large clumps form. Clumps should be the size of peas with no big chunks of butter. If mixing a small batch, you can mix by hand.</div> <div>3. Transfer 1/2 the mixture to a prepared pan and press down firmly to make the crust.</div>		
Flour, all-purpose, enriched		1 quart 2 ¼ cups		3 cups				
Sugar, brown, packed		3 1/8 cup		1 ½ cup				
Butter, unsalted, cold		2 pounds 6 ounces		1 pound 3 ounces				
Blueberries, frozen, not thawed		1 ½ gallon 1 cup		3 quarts ½ cup		<div>4. For blueberry layer, in a large sauce pot, mix all ingredients together over medium high heat. Stirring constantly. Boil until thickened.</div> <div>5. Pour blueberry mixture over crust.</div> <div>6. Sprinkle the remaining crumb mixture on top of blueberry and crust.</div> <div>7. Bake in oven for 35-45 minutes. (Checking at 20 minutes).</div> <div>8. Let cool completely before cutting into bars.</div>		
Sugar, brown		1 ½ cup		¾ cup				
Lemon juice		¾ cup		3/8 cup				
Cornstarch		¼ cup		2 tablespoons				
NUTRIENTS PER SERVING								
Calories	481	Total Fat (g)	20	Vitamin A (IU)	643	Calcium (mg)	47	
Protein(g)	8.5	Saturated Fat (g)	12.7	Vitamin C (mg)	3.4	Sodium (mg)	10	
Carbohydrate (g)	68	Cholesterol (mg)	46	Iron (mg)	3	Dietary Fiber (g)	6.7	

SOURCE: Windham Raymond School Department, Windham, Maine

SORGHUM (OR FARRO) AND CORN SALAD		SERVING SIZE: ½ CUP ONE PORTION PROVIDES: 1 OZ. EQ. GRAINS AND ¼ CUP VEGETABLE	
Ingredients	10 Servings	Directions	
Water	6 ½ cups	1. Bring water and salt to a boil. (If using farro , bring 5 cups of water and salt to a boil.)	
Salt, kosher	½ teaspoon		
Sorghum, whole grain (or farro)	12 ounces (1 2/3 cup)	2. Add sorghum and stir gently. Reduce heat to medium and let simmer for 45 to 55 minutes or until tender. Refrigerate to cool. (If using farro , place 1 2/3 cups in the boiling water and stir gently. Reduce the heat to medium and let simmer for 30-40 minutes or until tender. Refrigerate to cool.)	
Corn, frozen	9 ounces (1 ½ cups)	3. Combine cooled cooked sorghum (or farro), corn, scallions, tomato, cilantro, and jalapeno and toss well.	
Scallions, sliced	½ cup		
Tomato, chopped	½ cup		
Cilantro, chopped	¼ cup		
Jalapenos, canned, diced (optional)	1 teaspoon		
Garlic	1 clove	4. Blend garlic, vinegar, vegetable oil, cumin, salt, and pepper until smooth. 5. Pour over salad and toss well to combine. Refrigerate for at least four hours to let flavors blend. CCP: Cool to 41° F or lower within 4 hours.	
Vinegar, apple cider	3 tablespoons		
Oil, olive	2 tablespoons		
Cumin, ground	½ teaspoon		
Salt, kosher	½ teaspoon		
Black pepper, ground	¼ teaspoon		

NUTRIENTS PER SERVING							
Calories	95	Total Fat	2.75 g	Vitamin A	110.2 IU	Iron	.9 mg
Protein	2.75 g	Saturated Fat	.44 g	Vitamin C	2.18 mg	Sodium	262 mg
Carbohydrate	16.79 g	Cholesterol	0 mg	Calcium	13.58 mg	Dietary Fiber	3.34 g

Source: Adapted from St. Paul Public Schools Nutrition Services

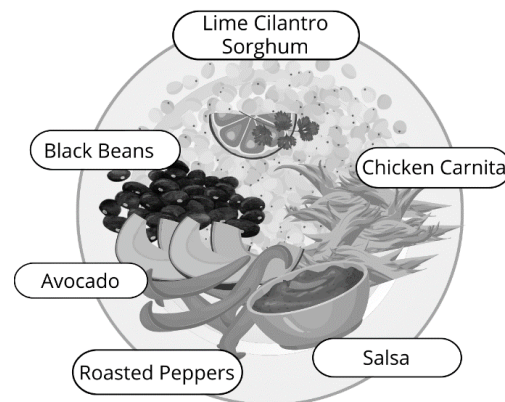
CHICKEN CARNITAS SORGHUM (OR FARRO) BURRITO BOWL

SERVING SIZE: 1 bowl


ONE PORTION PROVIDES:
1 oz. eq whole grain, 2 oz. eq.
m/ma. ¾ cup vegetables





INGREDIENTS		50 SERVINGS		10 SERVINGS	DIRECTIONS		
Lime Cilantro Sorghum (or farro), cooked (recipe attached)		1 gallon, 2 quarts, 1 cup	5 cups	To assemble the burrito bowl: <ul style="list-style-type: none">• ½ cup lime cilantro sorghum• 2 oz. chicken carnitas• ¼ cup seasoned black beans• ¼ cup roasted peppers (reheated according to package)• 1/8 cup avocado• 1/8 cup salsa			
Chicken Carnitas (recipe below)		7 ½ pounds	1 ½ pounds				
Black Beans, Seasoned (recipe below)		1 quart ½ cup	2 ½ cups				
Roasted peppers, frozen		12 ½ cups	2 ½ cups				
Avocado, diced		6 ¼ cups	1 ¼ cup				
Salsa, canned		6 ¼ cups	1 ¼ cup				
NUTRIENTS PER SERVING							
Calories	400	Total Fat	8 g	Vitamin A	3779.11 IU	Iron	4.3 mg
Protein	31 g	Saturated Fat	1.5 g	Vitamin C	65.82 mg	Sodium	900 mg
Carbohydrate	53 g	Cholesterol	55 mg	Calcium	80 mg	Dietary Fiber	12 g



SOURCE: CULINARY NUTRITION ASSOCIATES LLC

LIME CILANTRO SORGHUM (OR FARRO)			SERVING SIZE: ½ CUP ONE PORTION PROVIDES: 1 oz. eq. whole grain				
INGREDIENTS		50 SERVINGS		10 SERVINGS		DIRECTIONS	
Sorghum, whole grain		3 ½ pounds		12 ounces (1 2/3 cups)		1. Add sorghum to boiling, salted water. Cook, uncovered, for 45 to 55 minutes until sorghum is tender. (If using farro, add 1 2/3 cups farro to 5 cups (for ten servings) of boiling water. Cook uncovered for 30-40 minutes until tender.)	
Water		2 gallons 1 cup		6 ½ cups			
Salt, kosher		1 tablespoon		1 teaspoon			
Lime juice		2 cups		½ cup		2. After sorghum (or farro) is cooked, add lime juice, cilantro, tomatoes, and green onions.	
Cilantro, fresh, chopped		2 cups		½ cup			
Tomatoes, diced		3 cups		¾ cup			
Green onions, sliced thinly on bias		1 cup		¼ cup			
NUTRIENTS PER SERVING							
Calories	110	Total Fat	1 g	Vitamin A	15.79 IU	Iron	1.1 mg
Protein	4 g	Saturated Fat	0 g	Vitamin C	4.93 mg	Sodium	125 mg
Carbohydrate	24 g	Cholesterol	0 mg	Calcium	10 mg	Dietary Fiber	2 g

CHICKEN OR TURKEY CARNITAS				SERVING SIZE: 2 ounces			
				ONE PORTION PROVIDES: 2 oz. eq. m/ma			
INGREDIENTS		50 SERVINGS		10 SERVINGS		DIRECTIONS	
Chicken or turkey breast, cooked, shredded		7 pounds		1 ½ pounds		1. Shred chicken or turkey thigh meat	
Seasonings: Chili powder		3 tablespoons		2 teaspoons		2. Combine seasonings together. 3. Add onion, lime juice, orange juice and mustard. 4. Combine seasonings, sauce, and chicken or turkey meat. 5. Spray 2 in steam table pans with pan release. 6. Place 6 pounds of meat in each pan. 7. Roast in 350 °F oven for 20 minutes until the top is golden brown and edges are crisp. 8. Stir halfway through roasting.	
Cumin, ground		2 tablespoons		1 ¼ teaspoon			
Oregano, dried		2 tablespoons		1 ¼ teaspoon			
Salt, kosher		1 tablespoon		½ teaspoon			
Black pepper, ground		1 tablespoon		½ teaspoon			
Garlic, granulated		2 tablespoons		1 ¼ teaspoon			
Onions, diced		1 pound		3 ounces			
Lime juice		1 cup		¼ cup			
Orange juice		1 cup		¼ cup			
Mustard, yellow		¼ cup		1 tablespoon			
NUTRIENTS PER SERVING							
Calories	120	Total Fat	2.5 g	Vitamin A	173.62 IU	Iron	0.9 mg
Protein	20 g	Saturated Fat	0.5 g	Vitamin C	4.62 mg	Sodium	190 mg
Carbohydrate	3 g	Cholesterol	55 mg	Calcium	20 mg	Dietary Fiber	1 g


SEASONED BLACK BEANS		SERVING SIZE: ¼ CUP ONE PORTION PROVIDES: ¼ CUP VEGETABLE		
INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS	
Oil, canola	2 tablespoons	½ tablespoon	1. Heat oil and sauté onions until opaque. 2. Add the beans, tomatoes, peppers, cumin, and garlic. Simmer for 20 minutes, stirring often. Serve with a slotted spoon to remove juices.	
Onions, diced	1/2 pound	2 ounces		
Black beans, canned, drained	1 ¾ # 10 can	1 quart		
Tomatoes, diced, canned, drained	½ # 10 can	15 ounces		
Green chili peppers, mild, canned	12 ounces	3 ounces		
Cumin	¼ cup	1 tablespoon		
Garlic, granulated	2 tablespoons	1 ½ teaspoon		

RECIPE NOTES:

1 No. 10 can (110 ounces) black beans = about 62.0 oz. (6-7/8 cups) heated, drained beans.

1 No. 10 can (110 ounces) black beans = about 71.0 ounces (11-3/4 cups) drained, unheated beans

NUTRIENTS PER SERVING							
Calories	110	Total Fat	1 g	Vitamin A	14.23 IU	Iron	2.1 mg
Protein	6 g	Saturated Fat	0 g	Vitamin C	5.27 mg	Sodium	230 mg
Carbohydrate	19 g	Cholesterol	0 mg	Calcium	40 mg	Dietary Fiber	8 g

WHOLE WHEAT CITRUS COUSCOUS SALAD			SERVING SIZE: 1 cup ONE PORTION PROVIDES: 1 oz. eq. grains, ¼ cup fruit, ¼ cup vegetable	
Ingredients	50 Servings	10 Servings	Directions	
Water	3 quarts	2 1/2 cups	1. In a large saucepan, heat water to a boil. 2. Pour boiling water over couscous, turmeric, and pepper. Cover and let sit covered for 5 minutes. Fluff with a fork and let sit.	
Couscous, whole wheat, dry	2 ½ quarts	2 cups		
Turmeric, ground	2 tablespoons	1 ½ teaspoon		
Pepper, black, ground	2 teaspoons	½ teaspoon	3. In a large bowl combine chickpeas, oranges, onion, and raisins.	
Chickpeas, canned, drained	6 ½ pounds	1 pound 4 ounces		
Mandarin oranges, canned, drained	3 pounds	10 ounces		
Onions, red, diced	3 ½ cups	¾ cup		
Raisins	1 quart	¾ cup	4. In a separate bowl whisk together orange zest, lemon juice, olive oil, and chives. 5. Pour dressing over chickpeas mixture in bowl. Once mixed, fold in the cooled couscous. 6. Cover and refrigerate at least 1 hour before serving. CCP: Cool to 41°F or lower within 4 hours.	
Orange zest	1/3 cup	1 tablespoon		
Lemon juice	1 ½ cups	5 tablespoons		
Oil, olive	2/3 cup	2 tablespoons		
Chives, fresh	2 tablespoons	2 teaspoons		

RECIPE NOTES:

FBG: 1-pound dry whole wheat couscous = about 2-1/2 cups dry whole wheat couscous; 1 pound dry = about 6-3/4 cups cooked

Nutrients Per Serving					
Calories	230	Saturated Fat	0 g	Iron	1.6 mg
Protein	7.5 g	Cholesterol	0 mg	Calcium	44.3 mg
Carbohydrates	43 g	Vitamin A	5000 IU	Sodium	90 mg
Total Fat	4 g	Vitamin C	15 mg	Dietary Fiber	6.7 g

SOURCE: Fruit and Veggie Quantity Cookbook – Revised Edition, Oct 2011. NH Obesity Prevention Program, DHHS, DPHS.
<http://www.dhhs.nh.gov/dphs/nhp/documents/cookbook.pdf>. Original recipe source: Produce for Better Health Foundation.

WHOLE WHEAT PEARLED COUSCOUS WITH CHICKEN AND TOMATOES

SERVING SIZE: 1 CUP
(8 OUNCE SPOODLE)

ONE PORTION PROVIDES:
1 oz. eq. grain, ¼ cup red/orange
vegetable, 2 oz. eq. m/ma



INGREDIENTS	24 SERVINGS	12 SERVINGS	DIRECTIONS
Oil, olive	1 tablespoon	½ tablespoon	1. Heat oil over medium-high heat in sauté pan.
Onions, medium diced	4 cups	2 cups	2. Sauté the onions and garlic until translucent.
Garlic clove, minced	¼ cup	2 tablespoons	
Tomatoes, diced, canned	6 cups	3 cups	3. Add the tomatoes, Italian seasoning, salt to the sautéed onions and garlic and cook, stirring, for 5 minutes.
Italian seasoning	¼ cup	2 tablespoons	
Salt, kosher	2 teaspoons	1 teaspoon	
Broth, chicken, low sodium	2 quarts	1 quart	4. Add stock to the mixture.
Couscous, whole wheat pearl, dry	1 ½ pounds	12 ounces	5. Into hotel pan, place the couscous, chicken, sautéed tomato mixture, and Parmesan cheese. Stir to combine.
Chicken breast, cooked, diced	3 pounds	1 ½ pounds	6. Cover tightly with parchment paper and foil.
Parmesan cheese, grated	1 cup	½ cup	7. Cook in a 350°F convection oven for 25 minutes. (Couscous may still be slightly underdone and there may be some liquid remaining, but this will be absorbed during holding.)
			8. Stir well using a rubber spatula before serving.

RECIPE NOTES:

1. This recipe is intended to be made in multiple hotel-pan batches. If the desired total is not a multiple of the hotel-pan yield, a partial pan may be made with adjustments to the amounts listed in the procedure.
2. The meat/meat alternate contribution is calculated on an ounce-to-ounce basis. If using a product that requires more than 1 ounce to meet the ounce equivalent, the recipe will require adjustment to meet the stated M/MA contribution.

NUTRIENTS PER SERVING							
Calories	130	Total Fat	2.5 g	Vitamin A	31.06 IU	Iron	1.1 mg
Protein	12 g	Saturated Fat	0.5 g	Vitamin C	1 mg	Sodium	190 mg
Carbohydrate	14 g	Cholesterol	25 mg	Calcium	30 mg	Dietary Fiber	3 g

Source: In Harvest: Whole Grains, Rice, and Legumes, www.inharvest.com/who-we-serve/k-12-foodservice/

DAY TWO: PRODUCT EVALUATION

Evaluate each food you produce in this culinary laboratory. For each food product (row) and each evaluation category (column), circle either **A** (acceptable) or **NA** (not acceptable).

Food Product	Appearance	Taste	Texture	Eating Quality	Comments
Brown Rice & Edamame Salad	A or NA	A or NA	A or NA	A or NA	
Teriyaki Chicken with Oven-fried Rice Bowls	A or NA	A or NA	A or NA	A or NA	
Southwest Quinoa Salad	A or NA	A or NA	A or NA	A or NA	
Alaska Pollock Quinoa Poke Bowl	A or NA	A or NA	A or NA	A or NA	
Tabbouleh	A or NA	A or NA	A or NA	A or NA	
Southwest Chicken & Wheat Berry Salad Wrap	A or NA	A or NA	A or NA	A or NA	
BLT Pasta	A or NA	A or NA	A or NA	A or NA	
Sweet Chili Asian Noodle Bowl	A or NA	A or NA	A or NA	A or NA	
Mexican Style Cornbread	A or NA	A or NA	A or NA	A or NA	
Beef Tamale Pie	A or NA	A or NA	A or NA	A or NA	
Shrimp and Grits	A or NA	A or NA	A or NA	A or NA	
Overnight Oats	A or NA	A or NA	A or NA	A or NA	
Homemade Granola	A or NA	A or NA	A or NA	A or NA	
Blueberry Oat Bars	A or NA	A or NA	A or NA	A or NA	
Sorghum (or Farro) and Corn Salad	A or NA	A or NA	A or NA	A or NA	
Chicken Carnitas & Sorghum (or Farro) Burrito Bowl	A or NA	A or NA	A or NA	A or NA	
Whole Wheat Citrus Couscous Salad	A or NA	A or NA	A or NA	A or NA	
Whole Wheat Pearl Couscous with Chicken and Tomatoes	A or NA	A or NA	A or NA	A or NA	

DAY THREE:

PLANT FORWARD AND ASIAN CUISINE

LESSON-AT-A-GLANCE

Culinary Nutrition Discussion	Plant-Forward Cuisine Exploring Asian Cuisine Seasoning & Flavor	60 minutes
Hands-on	Preparing plant forward Asian-inspired dishes	150 minutes
Evaluation, discussion, and clean-up	What Next?	60 minutes

TEAM PRODUCTION ASSIGNMENTS

	Recipes	
Team 1	Asian Cabbage Salad Bombay Coconut Meatball Bowl (Brown Rice Pilaf, Bombay Tomato Sauce) Roasted Cauliflower with Turmeric	
Team 2	Korean Street Toast Chinese Style Vegetables with Tofu (Stir-Fry Sauce) Spy Thai Beef in lettuce	
Team 3	Korean Grilled Chicken Bahn Mi Vietnamese Sandwich Mujadara: Lentils and Rice with Crispy Onions	
Team 4	Sriracha Chickpea Salad Asian Style Sweet & Spicy Veggie Burger Sweet and Sour Power Bowl	

Note: These recipes were developed for training and have not been tested or standardized for production.

ASIAN CABBAGE SALAD				SERVING SIZE: ONE #8 SCOOP (½ CUP)				A FANTASTIC MIXTURE OF SWEET, SOUR, AND CRUNCH! THIS CABBAGE SALAD WORKS GREAT WITH ANY SEASON.			
				ONE PORTION PROVIDES: ½ CUP OTHER VEGETABLE							
INGREDIENTS		50 SERVINGS		10 SERVINGS		DIRECTIONS					
Noodles, ramen		6 packages		1 ½ packages		<div>1. Preheat the oven to 375°F. Line a sheet tray with parchment paper.</div> <div>2. Discard the flavor packets from the ramen noodles. Crumble the noodles into a medium bowl. Add the sunflower seeds and vegetable oil to the ramen noodles and stir to coat. Spread the mixture evenly on the prepared pan. Bake until browned, stirring once or twice, 3 to 5 minutes. Set aside to cool.</div> <div>3. Quarter and core the cabbage. Slice the cabbage quarters in a food processor fitted with a slicing blade. Transfer to a large bowl.</div> <div>4. Trim and peel the carrots. Shred in a food processor fitted with a shredding blade. Add it to the cabbage.</div> <div>5. Trim the scallions and slice on a bias. Add to the vegetables and toss to combine.</div> <div>6. Whisk the vinegar, sugar, soy sauce, sesame oil, and pepper in a small bowl until the sugar is dissolved.</div> <div>7. Toss the salad with the dressing and ramen mixture before serving.</div>					
Sunflower seeds		½ cup		1 ½ Tbsp.							
Oil, vegetable		2 Tbsp.		1 ¼ tsp.							
Cabbage, green		3 ½ lb.		11 oz.							
Cabbage, red		2 lb., 10 oz.		8 ½ oz.							
Cabbage, Napa		2 ½ lb.		8 oz.							
Carrots		1 lb.		3 oz.							
Scallions		8 each		1 ½ each							
Vinegar, rice, unseasoned		2/3 cup		2 Tbsp.							
Sugar, granulated		½ cup		1 ½ Tbsp.							
Soy sauce, low sodium		¼ cup		3 tsp.							
Oil, sesame		1 tsp.		¼ tsp.							
Pepper, black, ground		½ tsp.		1/8 tsp.							
NUTRIENTS PER SERVING											
Calories	70	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	190		
Total Fat (g)	1.5	Sodium (mg)	115	Added Sugars (g)	2	Iron (mg)	0.7	Vitamin A (IU)	1949		
Saturated Fat (g)	0	Total Carbohydrate (g)	14	Protein (g)	2	Calcium (mg)	50	Vitamin C (mg)	21		

The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.

Source: Adapted from Healthy School Recipes.

BIBIMBAP		<p>SERVING SIZE: 1 CUP (#4 SCOOP) RICE, #10 SCOOP OF TOFU, #16 SCOOP OF EDAMAME, #16 SCOOP OF MATCHSTICK CARROTS, #16 SCOOP OF SLICED CUCUMBER</p> <p>ONE PORTION PROVIDES: 1 BOWL PROVIDES 2 OZ. EQ. WHOLE GRAIN, 2 OZ. EQ. M/MA, ½ CUP VEGETABLE</p>	<p>ADD A GLOBAL FLAIR TO YOUR MENU WITH THE CLASSIC BIBIMBAP, A KOREAN DISH OF WHOLE-GRAIN BROWN RICE TOPPED WITH VEGETABLES, KIMCHI, AND GOCHUJANG. THIS VEGAN OPTION SOMETIMES ADDS EGGS AND BEEF.</p>
INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Rice, brown, parboiled	6 ½ lb.	1 lb., 5 oz.	<ol style="list-style-type: none"> Combine the rice and water in a hotel pan. Stir to combine. Cover tightly. OVEN METHOD: Cook in a 350°F oven for 35 to 40 minutes. STEAMER METHOD: Cook in a steamer for 25 to 30 minutes. CCP: Heat to 135°F for at least 15 seconds. Remove from the oven or steamer and let sit for 10 to 15 minutes. Dice the tofu into 1-inch cubes. Combine the soy sauce, gochujang sauce, and sesame oil. Pour the marinade over the tofu and gently toss. Marinate the tofu for at least 1 hour. Spread the tofu on a parchment-lined sheet pan. Bake at 425°F for 35 minutes. Steam the edamame according to the package directions. Lightly steam the matchstick carrots until tender. Cut the cucumbers into quarters lengthwise. Slice the quarter rounds into 1/8-inch slices.
Water	6 ½ qt.	1 qt., 1 cup	
Tofu, extra firm	9 lb., 14 oz.	1 lb., 6 oz.	
Soy sauce	3 oz.	½ oz.	
Gochujang sauce	2 Tbsp.	1 ¼ tsp.	
Sesame oil	2 Tbsp.	1 ¼ tsp.	
Edamame, shelled, frozen	4 ¾ lb.	1 lb.	
Carrots, matchstick	2 ½ lb.	8 oz.	
Bibimbap Sauce			
Gochujang sauce	6 Tbsp.	1 Tbsp., ½ tsp.	
Vinegar, rice (can substitute white vinegar)	4 oz.	1 oz.	
Soy sauce	12 oz.	2 ½ oz.	
Sesame oil	4 oz.	1 oz.	
Sugar, brown	½ cup	1 Tbsp., 2 tsp.	
Garlic, granulated	2 Tbsp.	1 ¼ tsp.	

									<p>13. For the Bibimbap Sauce: Whisk all sauce ingredients together and set aside.</p> <p>14. To assemble: place 1 cup (#4 scoop) of rice in the serving bowl. Top with #10 scoop (3/8 cup) of tofu, #16 scoop (¼ cup) of edamame, #16 scoop (¼ cup) of matchstick carrots, and #16 scoop (¼ cup) of sliced cucumber. Garnish with 1 Tbsp. of green onions, 1 Tbsp. sauce, and an optional sprinkle of sesame seeds.</p>
NUTRIENTS PER SERVING									
Calories	390	Cholesterol (mg)	0	Dietary Fiber (g)	5	Vitamin D (mcg)	0	Potassium (mg)	610
Total Fat (g)	9	Sodium (mg)	470	Added Sugars (g)	2	Iron (mg)	3	Vitamin A (IU)	3847
Saturated Fat (g)	1	Total Carbohydrate (g)	59	Protein (g)	18	Calcium (mg)	110	Vitamin C (mg)	8

The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.

Source: Adapted from Healthy School Recipes.

BOMBAY COCONUT MEATBALL BOWL			<div>SERVING SIZE: ONE BOWL (1 CUP OF RICE, 3 MEATBALLS, ABOUT ¼ CUP SAUCE)</div> <div>ONE PORTION PROVIDES: 3/8 CUP TOTAL VEGETABLES (1/4 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE), 2 OZ. EQ. GRAIN, 2 OZ. EQ. MEAT/MEAT ALTERNATE</div>	<div>TRY THIS DELICIOUS RICE BOWL RECIPE. FLAVORFUL MEATBALLS IN A CREAMY TOMATO-COCONUT SAUCE ARE SERVED OVER BROWN RICE PILAF AND TOPPED WITH CILANTRO, MIN, AND CRISPY FRIED ONIONS.</div>
INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS	
Brown Rice Pilaf (recipe attached)	1 gal., 3 ½ qt. (50 cups)	2 ½ qt.	<div>1. For the rice: Prepare the Brown Rice Pilaf recipe. Hot hold, covered until assembly.</div> <div>2. CCP: Heat to 135°F.</div> <div>3. For the Meatballs: Lay the frozen meatballs in an even layer on parchment-lined and sprayed sheet pans.</div> <div>4. Cook the meatballs, uncovered at 350°F for 15-18 minutes.</div> <div>5. NOTE: This heats the meatballs and creates a nice exterior texture and richer flavor.</div> <div>6. CCP: Heat to 165°F for 15 seconds.</div> <div>7. Remove the meatballs from the oven and hold hot until assembly.</div> <div>8. CCP: Hold above 135°F.</div> <div>9. For the Bombay Coconut Sauce: Prepare the Bombay Tomato Sauce recipe.</div> <div>10. Place the Bombay Tomato Sauce and coconut milk in a steam jacket kettle or large pot. Stir to combine.</div> <div>11. Over medium-high heat, bring the sauce to 135°F for at least 15 seconds. Gently stir in the meatballs.</div> <div>12. CCP: Heat to 135°F for 15 seconds.</div> <div>13. For Service: Portion 1 cup of rice, top with 3 meatballs and about ¼ cup of sauce.</div> <div>14. Sprinkle with chopped cilantro and mint. Finish with crispy fried onions.</div>	
Beef meatballs, frozen	150 each	30 each		
Bombay Tomato Sauce (recipe attached)	2 qt.	1 ½ cups		
Coconut milk	2 qt.	1 ½ cups		
Cilantro, fresh, chopped	2 cups	1 ½ cups		
Mint, fresh, chopped	2 cups	1 ½ cups		
Onions, crisp, fried	5 cups	1 cup		
NUTRIENTS PER SERVING				

Calories	420	Cholesterol (mg)	30	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	280
Total Fat (g)	28	Sodium (mg)	450	Added Sugars (g)	3	Iron (mg)	3	Vitamin A (IU)	243
Saturated Fat (g)	15	Total Carbohydrate (g)	33	Protein (g)	12	Calcium (mg)	40	Vitamin C (mg)	3

The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.

Source: Adapted from Healthy School Recipes.

BROWN RICE PILAF				SERVING SIZE: ½ CUP (NO. 8 SCOOP)				TURN YOUR EVERYDAY BROWN RICE INTO THIS DELICIOUS BROWN RICE PILAF! THIS RICE IS A GREAT SOURCE OF FIBER AND A DELICIOUS SIDE DISH TO PAIR WITH MEAT OR SALAD!			
				ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN							
INGREDIENTS		50 SERVINGS		10 SERVINGS		DIRECTIONS					
Rice, brown, parboiled		3 pounds, 2 oz.		10 oz. (1 ½ cups)		1. Combine the rice, oil, onions, garlic, and salt in a hotel pan. 2. Add the water or stock. 3. Cover the pan tightly with aluminum foil. 4. Bake for approximately 25 minutes. CCP: Heat to 135°F or higher for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.					
Oil, canola		¼ cup		2 Tbsp.							
Onions, fresh, small diced		1 pound (3 cups)		¾ cup							
Garlic, minced		4 tsp.		1 tsp.							
Salt, kosher		2 tsp.		½ tsp.							
Water or chicken stock, low sodium		1 gallon		3 cups							
NOTE: Long-grain brown rice will cook for about 45 minutes. Serving Size Notes: ½ cup (No. 8 scoop) yields about 9 pounds. Pan Size Notes: 2 hotel pans for 50 yields about 1 ½ gallons for 50.											
NUTRIENTS PER SERVING											
Calories	120	Cholesterol (mg)	0	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	80		
Total Fat (g)	2	Sodium (mg)	70	Added Sugars (g)	0	Iron (mg)	0	Vitamin A (IU)	0		
Saturated Fat (g)	0	Total Carbohydrate (g)	23	Protein (g)	2	Calcium (mg)	10	Vitamin C (mg)	1		

The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.

Source: Adapted from Brown Rice Pilaf, B-22, U.S. Department of Agriculture, Food and Nutrition Services & The Institute of Child Nutrition (2007)
USDA recipes for schools.

BOMBAY MEATLESS TOMATO SAUCE				SERVING SIZE: 2 TBSP. (1 OZ. LADLE)				WHAT BETTER WAY TO SEASON TOMATO SAUCE THAN WITH AN ITALIAN SEASONING MIX OF BASIL, OREGANO, MARJORAM, AND THYME! THIS MOUTHWATERING SAUCE PAIRS WELL OVER CHICKEN, PASTA AND MORE!			
INGREDIENTS				32 SERVINGS		25 SERVINGS		DIRECTIONS			
Oil, vegetable				2 ¼ tsp.				<div>1. Heat the oil. Add the onions and cook for approximately 5 minutes until translucent.</div> <div>2. Add the tomato paste, canned tomatoes, water, pepper, parsley, granulated garlic, and seasonings. Mix well and bring it to a boil. Reduce the heat and simmer, uncovered, for 25-30 minutes.</div> <div>CCP: Heat to 135°F or higher.</div> <div>CCP: Hold for hot service at 135°F or higher.</div> <div>NOTE: Can use a prepared Italian Seasoning Mix instead of the dried basil, dried oregano, dried marjoram and dried thyme. Use ¾ tsp. for 1 qt. of sauce. Use 1 Tbsp. for 1 gal. of sauce.</div>			
Onions, fresh, small diced				3 ½ oz.							
Tomato paste, canned				9 ¼ oz.							
Diced tomatoes, canned with juice				1 pound, 9 ½ oz.							
Water				½ cup							
Ground black pepper				1/8 tsp.							
Parsley, dried				1 Tbsp.							
Garlic, granulated				2 ¼ tsp.							
Basil, dried				¼ tsp.							
Oregano, dried				¼ tsp.							
Marjoram, dried				1/8 tsp.							
Thyme, dried				1/8 tsp.							
NUTRIENTS PER SERVING											
Calories	10	Cholesterol (mg)	0	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	7		
Total Fat (g)	0	Sodium (mg)	25	Added Sugars (g)	0	Iron (mg)	0	Vitamin A (IU)	1		
Saturated Fat (g)	0	Total Carbohydrate (g)	2	Protein (g)	0	Calcium (mg)	0	Vitamin C (mg)	0		

The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.

Source: Adapted from Healthy School Recipes.

ROASTED CAULIFLOWER WITH TURMERIC				SERVING SIZE: ½ CUP (#8 SCOOP)				THIS SAVORY DISH FEATURES CAULIFLOWER FLORETS ROASTED WITH GROUND TURMERIC. IT WORKS AS A VIBRANT AND DELICIOUS SIDE DISH.											
				ONE PORTION PROVIDES: ½ CUP VEGETABLE															
INGREDIENTS				50 SERVINGS		10 SERVINGS		DIRECTIONS											
Cauliflower, fresh, florets				12 lb.		2 lb., 6 oz.		1. Preheat oven to 400°F. Line sheet pan(s) with parchment paper. 2. Whisk the olive oil, sesame oil, turmeric, and salt in a large bowl. Add the cauliflower and toss to coat. 3. Divide the cauliflower among the prepared sheet pans and spread in a single layer. 4. Roast until golden, 18 to 20 minutes.											
Oil, olive, extra virgin				½ cup		2 Tbsp.													
Oil, sesame				½ cup		2 Tbsp.													
Turmeric, ground				3 Tbsp.		2 tsp.													
Salt, kosher				1 Tbsp.		1 tsp.													
NUTRIENTS PER SERVING																			
Calories		70		Cholesterol (mg)		0		Dietary Fiber (g)		2		Vitamin D (mcg)		0		Potassium (mg)		330	
Total Fat (g)		4.5		Sodium (mg)		150		Added Sugars (g)		0		Iron (mg)		0.7		Vitamin A (IU)		0	
Saturated Fat (g)		1		Total Carbohydrate (g)		6		Protein (g)		2		Calcium (mg)		20		Vitamin C (mg)		52	

The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.


Source: Adapted from Healthy School Recipes.

CHICKPEA BIRYANI		SERVING SIZE: 1 ½ CUPS ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, 2 OZ. EQ. GRAINS, AND ½ CUP VEGETABLE	BIRYANI IS A MIXED RICE DISH POPULAR IN INDIAN CUISINE. IT CONSISTS OF RICE, BEANS, VEGETABLES, AND A VARIETY OF SPICES. THIS RECIPE MAKES A DELICIOUS VEGETARIAN SIDE DISH OR LUNCH!
INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Rice Preparation			Rice: 1. Prepare the rice by combining the water and cooking. Fluff. Place in a warmer until service. 2. Recommended cooking method: Steam covered for approximately 15 minutes. CCP: Heat to 135°F for 15 seconds. 3. Alternative cooking methods: 4. Boil water and pour over the rice. Bake, covered, in an oven at 350°F for about 30 minutes. 5. Heat to a rolling boil. Cook until the water is absorbed, 30 to 40 minutes. Stir once. Cover and cook for an additional 10 minutes over low heat. Biryani: 1. Heat the oven to 350°F. 2. Combine the onion, cauliflower, and potatoes on a parchment-lined sheet tray and toss with the oil, salt, and pepper. Roast the vegetables for about 30 minutes. 3. CCP: Heat to 135°F for 15 seconds. 4. In a large bowl, combine the tomato puree, stock, and remaining ingredients (except the garam masala and lemon). 5. Add the roasted vegetables, stock, seasonings, chickpeas, green beans, and brown rice to a
Rice, brown, dry	6 lb., 4 oz.	1 lbs. 4 oz.	
Water	2 qt.	1 ½ cups	
Biryani			
Pureed tomatoes and sauce, canned	1 ½ qt.	1 cup, 3 Tbsp.	
Beans, garbanzo, canned, drained, rinsed	10 lb. 6 oz.	2 lbs.	
Oil, vegetable, or olive	¾ cup	2 ½ Tbsp.	
Onion, small diced	3 lb.	9 ½ oz.	
Cumin, ground	½ cup, 1 tsp.	1 ½ Tbsp.	
Potatoes, red, quartered	3 lb.	9 ½ oz.	
Cauliflower florets	1 ½ lb.	5 oz.	
Green beans, fresh, trimmed	2 ½ lb.	8 oz.	
Salt, kosher	¼ cup	2 ½ tsp.	
Garlic powder	½ cup, 1 tsp.	1 Tbsp., 1 tsp.	
Ginger, ground	½ cup 1 tsp.	1 Tbsp., 1 tsp.	
Chili powder	¼ cup	2 ½ tsp.	
Cilantro, dried	1 cup	3 Tbsp., 1 tsp.	
Turmeric, ground	2 Tbsp.	1 ¼ tsp.	
Garam Masala, spice blend	¼ cup	2 ½ tsp.	
Vegetable stock	1 ½ gal., 1 cup	1 qt., 1 cup	
Lemon juice	2/3 cup	2 Tbsp.	

						hotel pan. Stir to combine, cover, and bake for 20 to 30 minutes. 6. Add the garam masala and lemon juice. CCP: Hold for hot service at 135°F or higher.			
NUTRIENTS PER SERVING									
Calories	400	Cholesterol (mg)	0	Dietary Fiber (g)	12	Vitamin D (mcg)	0	Potassium (mg)	650
Total Fat (g)	8	Sodium (mg)	720	Added Sugars (g)	0	Iron (mg)	3.6	Vitamin A (IU)	1095
Saturated Fat (g)	1	Total Carbohydrate (g)	81	Protein (g)	14	Calcium (mg)	110	Vitamin C (mg)	24

The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.

Source: Adapted from Healthy School Recipes.

KOREAN STREET TOAST			SERVING SIZE: ONE PIECE OF TOAST ONE PORTION PROVIDES: 1 OZ. EQ WHOLE GRAIN, 1 OZ. EQ MEAT/MEAT ALTERNATE, ½ CUP VEGETABLE	
INGREDIENTS	48 SERVINGS	10 SERVINGS	DIRECTIONS	
Eggs	2 ½ quarts (5 pounds)	8 eggs	1. Pour eggs in a large bowl. 2. Season with salt and pepper. 3. Whisk gently.	
Salt, kosher	1 teaspoon	¼ teaspoon		
Black pepper, ground	½ teaspoon	¼ teaspoon		
Cabbage slaw mix, shredded	3 ¾ pounds	13 ounces	4. Add shredded cabbage mixture. Gently mix until well combined. 5. Pour mixture into a sheet tray that has been sprayed with pan release. 24 portions per ½ sheet tray. 6. Bake in a 375°F oven for 18 to 22 minutes. 7. Cut egg into 24 portions (3 inches by 3 inches).	
Bread, sliced, whole wheat	48 slices	10 slices	8. Brush bread on both sides with butter. Place on a sheet tray and bake until bread is toasted. Flip the bread and toast on the opposite side.	
Butter, unsalted, melted	2 cups	½ cup		
Sugar, white, granulated	½ cup	1 tablespoon, 2 teaspoons	9. Lightly sprinkle bread with sugar on one side. 10. Serve a 3-inch by 3-inch square of egg on top of a slice of toast.	
Ketchup	1 cup	3 tablespoons, 2 teaspoons	11. Combine ketchup and mayonnaise. 12. Serve 1 tablespoon ketchup-mayonnaise sauce with each portion.	
Mayonnaise, low-fat	2 cups	½ cup		

NUTRIENTS PER SERVING							
Calories	200	Total Fat	11 g	Vitamin A	320.87 IU	Iron	1 mg
Protein	7 g	Saturated Fat	6 g	Vitamin C	3.44 mg	Sodium	400 mg
Carbohydrate	20 g	Cholesterol	25 mg	Calcium	190 mg	Dietary Fiber	1 g

SOURCE: Culinary Nutrition Associates LLC

CHINESE-STYLE VEGETABLES WITH TOFU				SERVING SIZE: ¾ CUP (6 FL. OZ. SPOODLE) ONE PORTION PROVIDES: 1 OZ. EQ. M/MA, 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP OTHER VEGETABLE, AND 1/8 CUP ADDITIONAL VEGETABLES				BROCCOLI, SQUASH, PEPPERS, CARROTS, AND TOFU ARE COMBINED WITH A STIR-FRY SAUCE TO CREATE A MOUTHWATERING DISH. THIS PLANT-BASED ENTRÉE TASTES DELICIOUS!			
INGREDIENTS			50 SERVINGS		10 SERVINGS		DIRECTIONS				
Oil, canola or vegetable			2 tbsp.		1 ¼ tsp.		<div>1. Heat the oil in a tilted skillet or large sauté pan over medium-high heat.</div> <div>2. Add the broccoli and stir-fry for 2-3 minutes.</div> <div>3. Add the squash and stir-fry for 3-4 minutes.</div> <div>4. Add the bell peppers and stir-fry for 2-3 minutes.</div> <div>5. Add the carrots, tofu, water, soy sauce, garlic powder, pepper, ginger, and Asian five-spice and stir-fry for 2-3 minutes.</div> <div>6. See the Stir-Fry Sauce recipe for ingredients and directions.</div> <div>7. Add the Stir-Fry Sauce to the vegetables and tofu and heat uncovered over low heat for 30 seconds, stirring constantly.</div> <div>8. Portion with 6 fl. oz. spoodle (3/4 cup).</div> <div>CCP: Heat to 135°F or higher</div> <div>CCP: Hold for hot service at 135°F or higher.</div>				
Broccoli, fresh, florets			2 lb.		6 ½ oz.						
Yellow squash or zucchini, fresh, cut into half-moons or medium-diced			1 lb.		3 ¼ oz.						
Bell peppers, red, fresh, seeded, julienned			2 lb.		6 ½ oz.						
Carrots, fresh, peeled, sliced			2 ½ lb.		8 oz.						
Tofu, extra firm, pressed			7 lb.		1 lb., 6 oz.						
Water			½ cup		1 ½ Tbsp.						
Soy sauce, low sodium			1 cup		3 Tbsp.						
Garlic powder			2 tsp.		½ tsp.						
Pepper, black, ground			½ tsp.		1/8 tsp.						
Ginger, fresh, peeled, minced			1/3 cup		1 Tbsp.						
Asian five-spice powder			2 tsp.		½ tsp.						
Stir fry sauce (recipe attached)			2 qt. 3 ½ cups		2 1/3 cups						
NUTRIENTS PER SERVING											
Calories	140	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	150		
Total Fat (g)	6	Sodium (mg)	390	Added Sugars (g)	4	Iron (mg)	1.8	Vitamin A (IU)	5245		
Saturated Fat (g)	0.5	Total Carbohydrate (g)	12	Protein (g)	10	Calcium (mg)	140	Vitamin C (mg)	43		


The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.

Source: Adapted from Healthy School Recipes.

STIR-FRY SAUCE				SERVING SIZE: 2 OZ. LADLE (1/4 CUP)				THIS STIR-FRY SAUCE FEATURES LOW-SODIUM SOY SAUCE, FRESH GINGER, VEGETABLE STOCK,SCALLIONS, SESAME OIL, LIME JUICE, AND RICE VINEGAR.			
				ONE PORTION PROVIDES: DOES NOT CREDIT							
INGREDIENTS				50 SERVINGS		25 SERVINGS		DIRECTIONS			
Sugar, granulated				1 cup		½ cup		<div>1. In a medium stock pot, add the sugar, sesame oil, soy sauce, ginger, garlic, pepper, stock, vinegar, lime juice, and scallions.</div> <div>2. Heat uncovered over medium-high heat for 2-3 minutes until the sauce comes to a simmer. Stir constantly.</div> <div>3. Make a slurry with cornstarch and water and add to the sauce mixture. Simmer uncovered for 1 minute, stirring constantly until thickened.</div> <div>CCP: Heat to 135°F or higher for at least 15 seconds.</div> <div>CCP: Hold for hot service at 135°F or higher.</div>			
Oil, sesame				¼ cup		2 Tbsp.					
Soy sauce, low sodium				1 cup		½ cup					
Ginger, fresh, peeled, minced				¼ cup		2 Tbsp.					
Garlic, fresh, minced				3 Tbsp.		1 ½ Tbsp.					
Pepper, black, ground				2 tsp.		1 tsp.					
Vegetable broth, low sodium				1 ½ qt.		3 cups					
Vinegar, rice, unseasoned				1 cup		½ cup					
Lime juice				¼ cup		2 Tbsp.					
Scallions (green onions), bias sliced				2 cups		1 cup					
Cornstarch				4 oz.		2 oz.					
Water				2 cups		1 cup					
NUTRIENTS PER SERVING											
Calories	45	Cholesterol (mg)	0	Dietary Fiber (g)	0	Vitamin D (mcg)	0	Potassium (mg)	30		
Total Fat (g)	1	Sodium (mg)	200	Added Sugars (g)	4	Iron (mg)	0	Vitamin A (IU)	191		
Saturated Fat (g)	0	Total Carbohydrate (g)	7	Protein (g)	1	Calcium (mg)	10	Vitamin C (mg)	1		

The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.

Source: Adapted from Healthy School Recipes.

SPY THAI BEEF		SERVING SIZE: 1/3 cup (#12 Scoop) ONE PORTION PROVIDES: 2 oz. eq. m/ma, 2 oz. eq. grain, each 1/8th cup optional toppings counted as vegetable		
INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS	
Beef, ground, raw, 80% lean	8 ½ pounds	1 ¾ pounds	<ol style="list-style-type: none"> 1. Brown ground beef, breaking into 1/2-inch crumbles and stirring occasionally until internal temperature reaches 160°F. Remove drippings. 2. Meanwhile, combine water, peanut butter, lime juice, soy sauce, garlic, granulated, ground ginger, and crushed red pepper. Set aside. 3. Stir peanut butter mixture into ground beef mixture. Continue until heated through, stirring occasionally, and adding water as needed for desired consistency. CCP: Heat to 165°F for at least 15 seconds. CCP: Hold hot for service at 135°F for up to 2 hours. 4. Warm flatbread. Portion 1/3 cup (#12 scoop) beef mixture onto flatbread and garnish with toppings, as desired. 	
Water	1 pint	½ cup		
Peanut butter, creamy (optional sunflower butter)	1 ½ cups	1/3 cup		
Lime juice	¾ cup	2 tablespoons		
Soy sauce, reduced sodium	¾ cup	2 tablespoons		
Garlic, granulated	2 tablespoons	1 teaspoon		
Ginger, ground	2 tablespoons	1 teaspoon		
Crushed red pepper	1 teaspoon	¼ teaspoon		
Flatbread	50 each	10 each		
Toppings (optional): Shredded carrots, sliced cucumber, red bell pepper strips, sliced green onion, sliced fresh peapods, chopped fresh cilantro				

RECIPE NOTES:

- Spy Thai Beef can be served over whole grain spaghetti. Plate 1/2 cup (#8 scoop) spaghetti. Top with 1/3 cup (#12 scoop) beef mixture per serving. Garnish with toppings, as desired.
- Spy Thai Beef can be served in Romaine lettuce leaves. Divide 1/3 cup (#12 scoop) beef mixture between 2 small lettuce leaves per serving. Garnish with toppings, as desired.

NUTRIENTS PER SERVING


Calories	300	Total Fat	13 g	Vitamin A	2708 IU	Iron	3 mg
Protein	22 g	Saturated Fat	5 g	Vitamin C	2 mg	Sodium	296 mg
Carbohydrate	25 g	Cholesterol	51 mg	Calcium	44 mg	Dietary Fiber	4 g

SOURCE: Beef for Foodservice Professionals, http://www.beeffoodservice.com/CMDocs/BFS/K12/Spy_Thai_Beef.pdf

KOREAN GRILLED CHICKEN			SERVING SIZE: 3 OZ.			THIS RECIPE COMBINES GINGER, BROWN SUGAR, APPLESAUCE, GARLIC, SOY SAUCE, AND SESAME SEEDS INTO A FLAVORFUL KOREAN SAUCE. SERVE THIS MARINATED CHICKEN DISH WITH RICE AND VEGETABLES FOR A WONDERFUL MEAL.			
			ONE PORTION PROVIDES: 3 OZ. EQ. M/MA						
INGREDIENTS		120 SERVINGS		12 SERVINGS		DIRECTIONS			
Chicken 8 piece cut up, raw		80 lb.		8 lb.		<div>1. Place the thawed cup-up chicken in a deep container.</div> <div>2. In a large bowl, combine the soy sauce, apple sauce, onion, sesame oil, ginger, brown sugar, garlic, red pepper flakes, and sesame seeds. Pour over the chicken to thoroughly coat and let marinate under refrigeration for at least 1 hour.</div> <div>3. Place the marinated chicken pieces on parchment-lined sheet pans, separating the legs and wings from the thighs and breasts. Use the roast chicken setting with a probe into the thickest piece. Bake until the internal temperature reaches 165°F. Randomly temp three pieces per tray to ensure even temperatures. The chicken should be golden brown and caramelized.</div>			
Soy sauce, low sodium		2 qt.		¾ cup					
Apple sauce, unsweetened		4 qt.		1 ½ cup					
White onion, small diced		4 qt.		1 ½ cup					
Sesame oil		1 cup		1 Tbsp., 2 tsp.					
Ginger, fresh, peeled, grated		1 cup		1 Tbsp., 2 tsp.					
Brown sugar, light		1 qt. 2 cups		½ cup, 1 Tbsp.					
Garlic cloves, minced		2 cups		3 Tbsp.					
Red pepper flakes		1/2 cup, 2 Tbsp.		1 Tbsp.					
Sesame seeds, toasted		1 cup		1 Tbsp., 2 tsp.					
NUTRIENTS PER SERVING									
Calories	280	Cholesterol (mg)	100	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	460
Total Fat (g)	8	Sodium (mg)	730	Added Sugars (g)	10	Iron (mg)	2	Vitamin A (IU)	274
Saturated Fat (g)	2	Total Carbohydrate (g)	17	Protein (g)	33	Calcium (mg)	30	Vitamin C (mg)	6

The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.

Source: Adapted from Healthy School Recipes.

BAHN MI VIETNAMESE SANDWICH	SERVING SIZE: 1 Sandwich ONE PORTION PROVIDES: 2-ounce equivalents meat/meat alternate, 2-ounce equivalents grains, 1/8 cup other vegetable, 1/8 cup red/orange vegetable	
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water	½ cup	¼ cup	1. In a large bowl, stir together the water, white vinegar, and sugar until the sugar dissolves.
White vinegar	1 cup	½ cup	
Sugar, granulated	1 cup	½ cup	
Carrots, matchstick	2 pounds (7 cups)	1 ½ cups	2. Add the carrots and daikon radish; mix well. To marinate hold in the refrigerator at or below 40°F until service. This may be prepared a day in advance.
Daikon radish, julienne	1 ½ pound (5 ½ cups)	5 ounces (1 cup)	
Mayonnaise	3 cups	2/3 cup	3. Mix the mayonnaise and Sriracha. Hold chilled at or below 40°F until service.
Sriracha	4 teaspoons	1 teaspoon	
Whole grain-rich hoagie bun (2-ounce equivalent grains)	50 each	10 each	4. Place whole grain hoagie on the prep surface and spread 1 tablespoon of the Sriracha mayonnaise on one half of each flatbread.
Ham, deli, sliced	4 pounds	13 ounces	5. In each sandwich place 1 ¼ ounces of ham and 1.6 ounces turkey over the mayonnaise. Add a few strips or rings of sliced red onion and 4-5 slices English cucumbers over the top of the meat. Top with ¼ cup of the drained carrot and radish slaw and a 3-4 fresh cilantro sprigs. Place the sliced jalapeno on the service line available upon request. Serve immediately.
Turkey, deli, sliced	5 pounds	1 pound	
Onion, red, thinly sliced	2 ½ cups	½ cup	
Fresh English cucumber, thinly sliced	2 pounds (6 ¼ cups)	6 ounces (1 ¼ cup)	
Fresh cilantro sprigs, leaves and tender stems	4 cups	¾ cup	

Jalapeno, fresh, thinly sliced (optional)	About 3 each	About 1/2 each	
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NUTRIENTS PER SERVING							
Calories	392	Total Fat	20 g	Vitamin A	2607 IU	Calcium	52 mg
Protein	18 g	Saturated Fat	4 g	Vitamin C	5 mg	Sodium	873 mg
Carbohydrate	36 g	Cholesterol	43 mg	Iron	.25 mg	Dietary Fiber	4 g

SOURCE: Garrett Berdan, School nutrition consultant

MUJADARA: LENTILS AND RICE WITH CRISPY ONIONS

SERVING SIZE: ½ CUP OF LENTIL, ONION, AND RICE MIXTURE WITH ABOUT 2 TBSP. OF THE CRISPY ONION GARNISH

ONE PORTION PROVIDES: 3/8 CUP OTHER VEGETABLE. 1.75 OZ. EQ. M/MA, 0.75 OZ. EQ. GRAINS


A CLASSIC MIDDLE EASTERN DISH CONSISTING OF LENTILS, BROWN RICE, ONIONS, AND SPICES. TOPPED WITH CRISPY ONIONS FOR ADDITIONAL FLAVOR.

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Lentils, black or brown, dry	3 lb., 10 oz.	11 oz.	<ol style="list-style-type: none"> Place the lentils in a pot with half of the water. Bring the water to a boil over high heat, then reduce the heat and simmer, covered, until the lentils are parboiled (about 10-12 minutes). Remove from the heat, drain the lentils, and set them aside. Heat the oil over medium-high heat in a large sauté pan with a lid. Add the diced onions and cook until they are dark golden brown, darker than typical caramelized onions (about 40 minutes); sprinkle the onions with half the salt as they cook. Carefully pour the remaining water into the pan with the onions. Bring the water to a boil over high heat, then reduce the heat to low and simmer for 2 minutes. Stir the rice and cooked lentils into the onion mixture. Add the remaining salt, black pepper, and cumin. Reduce the heat to low, cover, and cook until the liquid has been absorbed, and the rice and lentils are cooked through (about 15 to 20 minutes). For the Crispy Onion Garnish (optional): These can be cooked while the rice and lentils are cooking. In a large skillet, heat the oil over medium-high heat. When a small piece of onion bubbles vigorously, the
Water, divided in half	8 qt.	1 qt., 2 cups	
Oil, olive, extra virgin	2 cups	¼ cup, 2 Tbsp.	
Onions, yellow, small diced	8 qt.	6 cups	
Salt, kosher	2 Tbsp.	1 tsp.	
Rice, brown, parboiled	3 1/3 lb.	10 ½ lbs.	
Pepper, black, ground	1 tsp.	1/8 tsp.	
Cumin, ground	1 2/3 Tbsp.	1 tsp.	
Parsley, chopped (for garnish)	2 cups	¼ cup, 2 Tbsp.	
For the Crispy Onion Garnish (optional)			
Oil, olive, extra virgin	1 cup	3 Tbsp.	
Onion, yellow, large, julienned	8 each	1 ½ each	

			oil is ready. Fry the onions in batches until they are crispy and deeply golden brown. Transfer the crispy onions to a paper towel-lined sheet tray to get rid of the excess oil.						
			6. For Service: Let the rice and lentils rest covered for about 10 minutes undisturbed, then transfer to serving trays and garnish with the parsley. To serve, ½ cup of lentil, onion, and rice mixture with about 2 Tbsp. of the crispy onion garnish.						
NUTRIENTS PER SERVING									
Calories	400	Cholesterol (mg)	0	Dietary Fiber (g)	9	Vitamin D (mcg)	0	Potassium (mg)	620
Total Fat (g)	14	Sodium (mg)	200	Added Sugars (g)	0	Iron (mg)	2.8	Vitamin A (IU)	208
Saturated Fat (g)	2	Total Carbohydrate (g)	58	Protein (g)	11	Calcium (mg)	50	Vitamin C (mg)	12

The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.

Source: Adapted from Healthy School Recipes.

THAI CHICKEN AND BROWN RICE LETTUCE WRAPS		SERVING SIZE: 1 CUP FILLING + 2 LETTUCE LEAVES ONE PORTION PROVIDES: 1.25 OZ. M/MA + 1 GRAIN		
INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS	
Chicken, cooked, shredded, or diced	6 pounds 4 ounces	1 ¼ pound	<ol style="list-style-type: none">1. Combine chicken, mango or pineapple, red bell pepper, brown rice, and peanut sauce. Gently mix.2. Place 1 cup of the Thai Chicken and Rice mixture in a serving container.	
Mango, diced or pineapple bits, drained	4 pounds (3 quarts)	12 ounces (2 ½ cups)		
Peppers, bell, red, fresh, julienne	2 pounds (2 quarts)	6 ounces (1 ½ cups)		
Brown rice, cooked	8 pounds (6 quarts, 1 cup)	1.6 pounds (5 cups)		
Peanut sauce*	1 quart 2 ¼ cups	1 ¼ cup	<ol style="list-style-type: none">3. Garnish chicken/rice mixture with fresh cilantro.4. Serve 2 large, fresh lettuce leaves with each serving for students to make their own lettuce wraps. Serve cold.	
Cilantro, fresh, chopped	3 ounces (2 cups)	¾ ounces (½ cup)		
Lettuce, Boston or Bibb lettuce, large whole leaves	100 each	20 each		
* For peanut-free sauce, whisk together 1 pint 2 ounces of sweet chili sauce and 1 pint 7 ounces of pineapple juice.				

SERVING NOTES:

Pan size	2, 4-inch full-size steam table pans (for 50 portions)	Yield, weight	50 cups plus 100 lettuce leaves
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NUTRIENTS PER SERVING							
Calories	300	Total Fat	9 g	Vitamin A	1768.52 IU	Iron	1.6 mg
Protein	22 g	Saturated Fat	2 g	Vitamin C	33.84 mg	Sodium	530 mg
Carbohydrate	33 g	Cholesterol	50 mg	Calcium	30 mg	Dietary Fiber	2 g

SOURCE: USA Rice Federation, <http://thinkrice.com/wp-content/uploads/2014/06/Thai-Chicken-and-Brown-Rice-Lettuce-Wraps.pdf>

SRIRACHA CHICKPEA SALAD				SERVING SIZE: ONE #6 SCOOP (2/3 CUP) ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, 1/3 CUP OF VEGETABLE IF SERVED AS A SANDWICH, ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, 2 OZ. EQ. WHOLE GRAIN, 3/8 CUP OF VEGETABLE				THIS VEGETARIAN VERSION OF CLASSIC CHICKEN SALAD CAN BE SERVED AS A SANDWICH, A WRAP, OR ATOP A SALAD. SMASHED CHICKPEAS, CELERY, MAYONNAISE, SRIRACHA, AND LEMON PROVIDE A DELICIOUS BASE RECIPE.			
INGREDIENTS				50 SERVINGS		10 SERVINGS		DIRECTIONS			
Chickpeas, canned, reduced sodium, drained and rinsed				2 ½ #10 cans		½ #10 can (about 3 cups)		<div>1. Add the chickpeas to the food processor and roughly chop until medium chunks remain.</div> <div>2. Combine the celery and chopped chickpeas in a large bowl and gently mix.</div> <div>3. Mix the mayonnaise, garlic, Sriracha, and lemon juice in a separate bowl.</div> <div>4. Add the dressing to the chickpea mixture and gently mix.</div> <div>5. CCP: Hold for cold service at 41°F or lower.</div>			
Celery, small diced				2 lb.		6 oz.					
Sriracha Dressing											
Mayonnaise, low sodium				4 ½ cups		¼ cup, 3 Tbsp.					
Garlic, granulated				4 tsp.		¾ tsp.		<div>To Serve:</div> <div>1. Cut the croissant in half lengthwise.</div> <div>2. Place a lettuce leaf and a tomato slice on the bottom of the croissant.</div> <div>3. Place a #6 scoop (2/3 cup) of the chickpea salad mixture on the tomato.</div> <div>4. Plat the top of the croissant on the chickpea salad.</div>			
Sriracha				6 oz.		1 oz.					
Lemon juice				¾ cup		2 ½ Tbsp.					
Sandwich Assembly											
Croissant, whole grain-rich				50 each		10 each					
Tomatoes, sliced, ¼ inch				3 lb.		9 ½ lbs.					
Lettuce leaves, Romaine				2 ½ lb.		8 oz.					
NUTRIENTS PER SERVING											
Calories	480	Cholesterol (mg)	15	Dietary Fiber (g)	6	Vitamin D (mcg)	0	Potassium (mg)	310		
Total Fat (g)	26	Sodium (mg)	690	Added Sugars (g)	0	Iron (mg)	3	Vitamin A (IU)	2402		
Saturated Fat (g)	6	Total Carbohydrate (g)	52	Protein (g)	13	Calcium (mg)	70	Vitamin C (mg)	8		

The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.

Source: Adapted from Healthy School Recipes.

ASIAN-STYLE SWEET & SPICY VEGGIE BURGER			SERVING SIZE: 1 BURGER ONE PORTION PROVIDES: 2 oz. eq. m/ma, ½ cup vegetable, 2 oz. eq. whole grain	
INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS	
Veggie Burger				
Split pea, yellow, dry	4 ½ pounds	1 pound	1. Wash and rinse split peas with cold water. Simmer the split peas in the water on the stovetop for 30-40 minutes until done. Cool. CCP: hold cold for service, below 41°F.	
Water	5 quarts	1 quart		
Butternut squash, fresh	6 ¼ pounds	1 ¼ pounds	2. Cook the butternut squash in a perforated pan in a steamer for 15-20 minutes until fork tender. 3. In a large standing mixer, add the squash and chilled split peas. Mix until squash and split peas are blended, squash is mashed. 4. Add soy sauce, granulated onion, granulated garlic, and ginger. Mix well.	
Soy sauce, less sodium	1 ½ cups	⅓ cup		
Onion, granulated	2 tablespoons	½ tablespoon		
Garlic, granulated	¼ cup	1 tablespoon		
Ginger, ground	¼ cup	1 tablespoon	5. Mix in cornmeal. The mixture should be a little wet. 6. Line sheet pans with parchment and spray parchment with pan spray. 7. Preheat oven to 375 °F. 8. Scoop burger using a # 6 scoop. Place on a sheet tray. Gently pat down the top. 9. Bake for 35 minutes, until burgers are firm. Serve immediately or cool and freeze for later use. CCP: Heat to 135 °F for at least 15 seconds. CCP: Hold warm, above 135 °F for service.	
Cornmeal, yellow, whole grain	4 cups	½ cup, 5 tablespoons		

Asian Slaw			
Cabbage, shredded	22 ounces	5 ounces	1. Add cabbage, carrots, and pineapple to a large bowl.
Carrots, matchstick	1 pound	¼ pound	
Pineapple, tidbits, canned, drained	26 ounces	6 ounces	
Ginger, ground	1 teaspoon	¼ teaspoon	2. In a small bowl, mix ginger, vinegar, oil, soy sauce, honey, lime juice and zest. Whisk to combine. 3. Toss dressing with cabbage mixture 1 hour before service (or up to 3 hours before service). 4. Serving the slaw on the same day it is mixed is best. CCP: hold cold for service, below 41°F.
Vinegar, apple cider	¼ cup	1 tablespoon	
Oil, sesame	2 tablespoons	½ tablespoon	
Soy sauce, low sodium	½ cup	2 tablespoons	
Honey	¼ cup	1 tablespoon	
Lime juice	2 tablespoons	½ tablespoon	
Lime zest	1 tablespoon	1 teaspoon	
Sweet Chili Mayo			
Mayonnaise, low fat	32 ounces	7 ounces	1. Mix mayonnaise with sweet chili sauce. Whisk to combine.
Thai sweet chili sauce	18 ounces	4 ounces	CCP: hold cold for service, below 41°F.
To Assemble:			
Hamburger buns, grain-rich	50 each	10 each	1. Place ¼ cup slaw on the bottom of the bun. 2. Top with veggie burger. 3. Serve with 1 ounce of sweet chili mayonnaise.

NOTE: YOU CAN SUBSTITUTE 6 ¾ POUNDS OF SWEET POTATOES FOR THE BUTTERNUT SQUASH.

YIELD/VOLUME

Veggie burger: volume – 8 ½ quarts weight: 288 ounces

Slaw: volume - 3 quarts, ½ cup weight: 75 ounces

NUTRIENTS PER SERVING							
Calories	350	Total Fat	4 g	Vitamin A	1584.71 IU	Calcium	150 mg
Protein	15 g	Saturated Fat	0.5 g	Vitamin C	18.83 mg	Sodium	860 mg
Carbohydrate	81 g	Cholesterol	0 mg	Iron	4.2 mg	Dietary Fiber	12 g

SOURCE: Chef Samantha Cowens Gasbarro

SWEET AND SOUR POWER BOWL		SERVING SIZE: ½ CUP RICE, ½ CUP BROCCOLI, ¼ CUP WINTER SQUASH, ½ CUP TOFU, 3 OZ. SAUCE ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, 1 OZ. EQ. GRAIN, ¾ CUP VEGETABLE (1/4 CUP RED/ORANGE, ½ CUP DARK GREEN)	IN THIS BOWL, THE ORANGE-GINGER SAUCE PROVIDES THE “SWEET AND SOUR” TASTE, AND PLANT-BASED PROTEIN DELIVERS THE “POWER.” YOU COULD SUBSTITUTE BAKED WINTER SQUASH FOR SWEET POTATOES OR ANOTHER GREEN VEGETABLE FOR BROCCOLI.
INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Tofu Bites			Press Tofu: 1. Drain the tofu. 2. Place the tofu in a perforated hotel pan placed within a regular one. 3. Place another hotel pan over the tofu, place heavy items on top, such as two #10 cans, and allow the tofu to press for 30 to 60 minutes. 4. Remove the cans and top hotel pan and drain the tofu. 5. Cut into half-inch cubes. Make the tofu bites: 6. Preheat the oven to 400°F. Line a sheet pan with parchment paper. 7. Drizzle the tofu cubes with soy sauce and oil in a mixing bowl. Toss to combine. 8. Sprinkle the cornstarch over the tofu and toss to coat. 9. Bake for 25 to 30 minutes, tossing the tofu halfway until the tofu is deeply golden on the edges. Make the sauce: 10. Bring the juice, grated ginger, soy sauce, vinegar, and brown sugar to a boil. Whisk in the dissolved cornstarch. Reduce the heat and stir the sauce until it becomes thick and clear.
Tofu, firm or extra firm, pressed (see instructions)	14 lb.	2 lbs. 12 oz.	
Soy sauce, low sodium	1 cup	3 Tbsp.	
Oil, vegetable	1 cup	3 Tbsp.	
Cornstarch	1 cup	3 Tbsp.	
Orange Ginger Sauce			
Orange juice, 100% juice	4 qt.	3 cups	
Ginger, fresh, peeled, grated	½ cup	1 ½ Tbsp.	
Soy sauce, low sodium	1 cup	3 Tbsp.	
Vinegar, rice, unseasoned	1 cup	3 Tbsp.	
Brown sugar	2 cups	¼ cup, 2 Tbsp.	
Cornstarch dissolved in 1 cup cold water (for 50 servings)	1 1/3 cup	¼ cup dissolved in 3 Tbsp. of cold water	
Bowl			
Brown rice, cooked	25 cups	1 qt., 1 cup	
Broccoli, fresh, florets	3 ½ lb.	11 oz.	
Butternut squash (or sweet potatoes), peeled, large diced	6 lb.	1 lb., 3 oz.	

									Cook the squash and broccoli: 11. Roast or steam the squash until cooked through. 12. Roast or steam the broccoli. Fill the bowls: 13. Arrange the rice, broccoli, and squash in each bowl. Sprinkle with the baked tofu and drizzle with the sauce.
NUTRIENTS PER SERVING									
Calories	360	Cholesterol (mg)	0	Dietary Fiber (g)	4	Vitamin D (mcg)	0	Potassium (mg)	760
Total Fat (g)	8	Sodium (mg)	470	Added Sugars (g)	9	Iron (mg)	3.1	Vitamin A (IU)	5972
Saturated Fat (g)	1.5	Total Carbohydrate (g)	58	Protein (g)	15	Calcium (mg)	100	Vitamin C (mg)	79

The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.

Source: Adapted from Healthy School Recipes.

SRIRACHA RANCH POTATO AND CHICKEN SALAD	SERVING SIZE: 1 salad with 2 packages of whole grain crackers ONE PORTION PROVIDES: 2 oz. meat/meat alternate 2 oz. grain equivalent, 1 cup dark green, 1/2 cup starchy 1/4 cup r/o, 1/4 cup other	
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Potatoes, russet, fresh, baked and chilled	10 pounds	2 pounds	In a large mixing bowl, combine the diced chilled baked potatoes and sliced green onions. Let them sit cold while preparing the Sriracha Ranch.
Green onions, fresh, sliced	10 ounces	2 ounces	
Yogurt, low-fat, plain	1 quart, 2 cups	1 ¼ cup	Combine the plain yogurt, mayonnaise, sriracha hot chili sauce, white vinegar, black pepper, garlic powder, and onion powder, and mix well. This is best made one day in advance.
Mayonnaise, regular	1 quart, ½ cup	1 ¼ cup	
Sriracha hot chili sauce	1 cup, 2 tablespoons	¼ cup	
White vinegar	¼ cup, 2 tablespoons	1 tablespoon	Add part of the dressing to the potatoes and green onions. For 50 portions, add 5 cups of the sriracha ranch dressing. For 10 portions, add 1 cup of the Sriracha Ranch dressing. Stir to combine.
Black pepper, ground	1 tablespoon	½ teaspoon	
Garlic, powder	1 tablespoon	½ teaspoon	
Onion, powder	1½ teaspoons	¼ teaspoon	Portion the remaining sriracha ranch dressing into 1-ounce portions.
Chicken breast fillets or tenders, shredded	6 ¼ pounds	1 ¼ pounds	Bake the chicken breast fillets or tenders as directed. Chill the baked chicken immediately.
Tomatoes, Roma, fresh	5 pounds, 12 ounces	1 pound 2 ounces	To assemble the salads, place 2 cups (3 ounces) of romaine lettuce into each serving container. Using a #8 scoop, portion ½ cup of the potato salad on top of the lettuce. Slice a 2-ounce equivalent portion of chilled chicken into 1-inch-wide slices, and place on the lettuce next to the potato salad. Add one tomato wedge and 4 slices of cucumber to the salad. Serve each salad
Cucumbers, fresh, sliced 1/4 inch	4 pounds, 12 ounces	1 pound	
Romaine lettuce, fresh, clean, large dice, ready to eat	10 pounds	2 pounds	

Whole grain crackers	100 each	20 each	with a 1-ounce portion of additional sriracha ranch dressing and 2 packages of whole-grain crackers.
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NUTRIENTS PER SERVING							
Calories	390	Total Fat	19 g	Vitamin A	8660.05 IU	Iron	3.1 mg
Protein	24 g	Saturated Fat	3.5 g	Vitamin C	20.34 mg	Sodium	400 mg
Carbohydrate	32 g	Cholesterol	60 mg	Calcium	140 mg	Dietary Fiber	5 gm

Source: Chef Rachel Petraglia

DAY THREE: PRODUCT EVALUATION

Evaluate each food you produced in this culinary laboratory. For each food product (row) and each evaluation category (column), circle either **A** (acceptable) or **NA** (not acceptable).

Food Product	Appearance	Taste	Texture	Eating Quality	Comments
Asian Cabbage Salad	A or NA	A or NA	A or NA	A or NA	
Bibimbap	A or NA	A or NA	A or NA	A or NA	
Bombay Coconut Meatball Bowl	A or NA	A or NA	A or NA	A or NA	
Roasted Cauliflower with Turmeric	A or NA	A or NA	A or NA	A or NA	
Chickpea Biryani	A or NA	A or NA	A or NA	A or NA	
Korean Street Toast	A or NA	A or NA	A or NA	A or NA	
Chinese Style Vegetables with Tofu	A or NA	A or NA	A or NA	A or NA	
Spicy Thai Beef	A or NA	A or NA	A or NA	A or NA	
Korean Grilled Chicken	A or NA	A or NA	A or NA	A or NA	
Bahn Mi Vietnamese Sandwich	A or NA	A or NA	A or NA	A or NA	
Mujadara (Lentils and Rice with Crispy Onions)	A or NA	A or NA	A or NA	A or NA	
Thai Chicken and Brown Rice Lettuce Wraps	A or NA	A or NA	A or NA	A or NA	
Sriracha Chickpea Salad	A or NA	A or NA	A or NA	A or NA	
Asian Style Sweet & Spicy Veggie Burger	A or NA	A or NA	A or NA	A or NA	
Sweet and Sour Power Bowl	A or NA	A or NA	A or NA	A or NA	
Sriracha Ranch Potato and Chicken Salad	A or NA	A or NA	A or NA	A or NA	

PERSONAL REFLECTION

What did I learn?	How will I use this information?

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Memo To: CIA Continuing Education Students
From: Office of the Registrar
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