



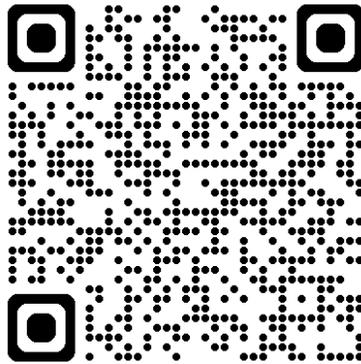
# Culinary Institute of America

## **COOKING FOR HEALTHY KIDS** **CULINARY INSTITUTE OF THE PACIFIC**



Culinary Institute of the Pacific, Diamond Head campus, Oahu, Hawai'i

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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 black ink that reads "David Kamen".

David Kamen '88 MBA PC<sup>III</sup>  
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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](http://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

# COURSE DESCRIPTION

## COOKING FOR HEALTHY KIDS

Cooking for Healthy Kids is a transformative, five-day culinary training program developed by The Culinary Institute of America (CIA) in collaboration with its Healthy Kids Collaborative (HKC). Designed specifically for school nutrition professionals, this intensive, hands-on course equips participants with the essential culinary skills needed to elevate the quality, flavor, and appeal of meals served through the USDA school meal program.

Participants will build foundational skills in preparing fruits, vegetables, whole grains, salads, and lean proteins in ways that meet USDA nutrition standards and align with the Dietary Guidelines for Americans. The training emphasizes practical strategies for creating healthy, cost-effective meals that resonate with today's students, encouraging positive eating behaviors and increased consumption of plant-forward options.

More than a professional development course, Cooking for Healthy Kids is a movement to transform school food service into a national leader in health, sustainability, and student well-being. This training supports schools in offering meals that kids want to eat—delicious, nutritious, and designed to help them thrive.

### LEARNING OBJECTIVES

*Throughout this course, you will...*

- Strengthen culinary techniques and confidence in large-scale food preparation.
- Enhance the quality, flavor, and visual appeal of school meals.
- Promote increased student consumption of vegetables, fruits, whole grains, plant-based proteins, and lean meats through thoughtful menu design.
- Apply the essential concept of *mise en place* and understand the benefits of kitchen organization.
- Demonstrate healthier cooking methods that apply the nutrition principles of the *Dietary Guidelines for Americans*.
- Properly handle and use a chef's knife.
- Demonstrate roasting, steaming, blanching, and quick pickling of vegetables.
- Demonstrate cooking of whole, intact grains.
- Apply techniques to increase efficiency and quality of sandwich preparation.
- Demonstrate techniques for building main course salads.
- Prepare salad dressings on-site.
- Enhance flavors of foods using herbs, spices, culinary acids, and other ingredients.
- Present school meals attractively and appealingly.

Each day of the hands-on class day will have five components:

1. Culinary Lecture and Demonstration
2. Practical Kitchen Experience
3. Technique / Recipe Evaluation
4. Kitchen Keys
5. Nutrition Keys

The five culinary skills labs focus on healthier ways to prepare and present food at school. These labs feature recipes related to school meal components. The culinary labs are:

1. Culinary Basics
2. Preparing Vegetables for Greater Appeal
3. Preparing Whole Grains
4. Build a Better Sandwiches
5. Success with Salads and Salad Bars

Each laboratory involves preparing, presenting, tasting, and evaluating items. Throughout the five-day training the class will prepare approximately 100 recipes. Each team will be responsible for at least two recipes in each lab; however, all participants will taste and evaluate all the finished products.

*Cooking for Healthy Kids* is a 5-day, 5-hour per day workshop.

The morning section will be hands-on learning for the participant, and the afternoon will be classroom learning.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8:00 am to 10:00 am* <i>Culinary Lecture &amp; Demonstration</i>	Culinary Basics: Mise en place and Knife Skills	Cooking Vegetables for Greater Appeal	Great Grains	Build a Better Sandwich	Success with Salads and Salad Bars
10:00 am to 12:00 pm <i>Practical Kitchen Experience</i>	Everyone will practice knife skills by cutting a variety of fruits and vegetables	Each team will prepare 3 vegetable dishes (steamed, roasted, and chilled)	Each team will prepare 2 whole grain items (side dish, main dish- bowl)	Each team will prepare a sandwich, a dip (hummus), and a quick pickle	Each team will prepare a main course salad, a side salad, and a salad dressing
LUNCH 12:00 pm-12:30 pm	LUNCH 12:00 pm-12:30 pm	LUNCH 12:00 pm-12:30 pm	LUNCH 12:00 pm-12:30 pm	LUNCH 12:00 pm-12:30 pm	LUNCH 12:00 pm - 12:30 pm
12:30 pm to 2:30 pm <i>Technique/Recipe Evaluation</i>	Measures: weights and volumes	Plant-based proteins (Focus on dried beans and legumes)	Reducing kitchen inventory and ingredient versatility	Herbs and Spices Spice Blends	Review key learnings and discuss implementation
Kitchen and Nutrition Keys	Nutrition in school meals <ul style="list-style-type: none"> <li>• Dietary Guidelines</li> <li>• Nutrition Standards</li> <li>• Behavioral economic techniques</li> </ul>	Utilizing local foods	Exploring whole grains  Benefits of fiber	Reducing sodium  Enhancing flavor in foods	Certificate ceremony

\*Beginning and ending times may vary per training.

## **LAB RESPONSIBILITIES**

To help you to get the most out of the lab experience:

1. Go into the lab with a positive attitude to contribute and have fun.
2. Read the recipe carefully. Ask questions if something is not clear.
3. Select a team leader for each lab. Rotate among team members.
4. The team leader will keep everyone on task and on time, much like a manager in a school would follow up.
5. The team leader will coordinate responsibilities with each team member.
6. The team leader will present the product to the class for evaluation and discussion.
7. Each participant should taste the product as it is being prepared.
8. Each person should evaluate the product.
9. Each team member will help clean up and organize the station.
10. Each team will “re-set” their workspace for the next lab.

## **MISE EN PLACE AND ORGANIZATION**

Mise en place is about having *everything in place* for the task. It begins with the organization of you and your team, ensuring each member understands their assignment for the laboratory. The team should read the recipes before beginning any preparation and make a time and task schedule for each part of the task—including how the products will be presented. After the team is organized, assemble all ingredients and supplies before beginning the preparation. This is mise en place—getting it all together.

## **PREPARATION**

Preparation begins with an understanding of the recipe or procedure to be followed. It involves:

1. assembling all ingredients and equipment.
2. weighing and measuring ingredients.
3. understanding the cooking method.
4. preheating equipment if required.

Unless the training team suggests a modification, the recipe or procedure should be followed exactly. Preparation also includes a plan for how it will be presented on the service line, including how it will be portioned and served.

## **TASTING AND PRODUCT EVALUATION**

Each team prepares its products for presentation on the service line with an appropriate serving utensil. Each team will describe the products prepared by that team and discuss any unique aspects of the preparation. The leader should also identify a nutrition

principle involved in the preparation, the cooking method used, flavor-enhancing techniques, and special culinary techniques used.

# DAY ONE:

## CULINARY BASICS

### LESSON-AT-A-GLANCE

Introductions and Orientation	<ul style="list-style-type: none"> <li>• Introductions</li> <li>• Culinary skills orientation</li> <li>• Team organization</li> </ul>	30 minutes
Culinary demonstration	<ul style="list-style-type: none"> <li>• Successful kitchen production</li> <li>• Kitchen organization (mise en place)</li> <li>• Knife use               <ul style="list-style-type: none"> <li>○ Selection</li> <li>○ Parts</li> <li>○ Sharpening</li> <li>○ Using your knife</li> <li>○ Cutting boards</li> <li>○ Holding a knife</li> <li>○ Knife cuts</li> <li>○ Cutting vegetables</li> <li>○ Cutting fruits</li> </ul> </li> </ul> <p>Demonstrations</p> <ul style="list-style-type: none"> <li>• Spice-rubbed chicken</li> <li>• Fruit Salad</li> <li>• Fruit Salsa</li> <li>• Roasted Potatoes</li> <li>• Roasted Sweet Potatoes</li> </ul>	90 minutes
Hands-on	<ul style="list-style-type: none"> <li>• Preparing fruits and vegetables</li> <li>• Cutting vegetables</li> <li>• Cutting fruits</li> </ul>	90 minutes
Evaluation and discussion		15 minutes
Clean up		15 minutes

## CULINARY LAB EXPERIENCE:

Set up a workstation:

1. Cutting board – anchored to prevent it from sliding
2. Refuse container
3. Container for potatoes (with water)
4. Onions
5. Carrots
6. Additional vegetables and fruits (per team assignment)
7. Chef's knife
8. Vegetable peeler

Each participant will cut:

1. 'Ulu – 1 each, large dice
2. 'Uala – 1 each, large dice
3. Onion – 1 each, small dice
4. Carrot – 1 each, various cuts (as assigned)
5. Bell pepper, sweet – 1 each, various cuts (as assigned)
6. Scallions, bias cut

Additionally, each team will cut:

	Vegetable	Small fruits	Large fruit
Team 1	Broccoli	Oranges <i>wedges</i>	Watermelon <i>large dice &amp; small dice</i>
Team 2	Cauliflower	Apples <i>slices</i>	Cantaloupe <i>large dice &amp; small dice</i>
Team 3	Squash/ winter squash (Pala'ai)	Kiwi <i>sliced</i>	Honeydew <i>large dice &amp; small dice</i>
Team 4	Zucchini/summer squash	Strawberries <i>small dice</i>	Pineapple <i>large dice &amp; small dice</i>
Team 5	Broccoli	Oranges <i>slices</i>	Watermelon <i>large dice &amp; small dice</i>
Team 6	Cauliflower	Apples <i>small dice</i>	Cantaloupe <i>large dice &amp; small dice</i>
Team 7	Squash/ winter squash (Pala'ai)	Kiwi <i>small dice</i>	Honeydew <i>large dice &amp; small dice</i>
Team 8	Zucchini /summer squash	Strawberries <i>small dice</i>	Pineapple <i>large dice &amp; small dice</i>

From cut produce, we will prepare:

- Fruit Salad

- Fruit Salsa
- Roasted 'Ulu with Various Seasonings

<b>SEASONAL FRUIT SALSA</b>		YIELD: 5 CUPS SERVINGS: 20 EACH	ONE PORTION PROVIDES: ¼ CUP FRUIT
<b>INGREDIENTS</b>		<b>20 SERVINGS</b>	<b>DIRECTIONS</b>
Fruit, small diced (see chart)		varies	<b>CCP:</b> No bare-hand contact with ready-to-eat food. 1. Gently mix all ingredients. 2. Cover and refrigerate for 2 hours to allow the flavors to blend. <b>CCP:</b> Hold and serve at 41°F or lower.
Onion, diced (see chart)		1 cup	
Jalapeno pepper, finely diced		2 ounces	
Vegetable, diced (see chart)		1 pound	
Herb, chopped (see chart)		½ cup	
Acid (see chart)		½ cup	

	<b>Spring</b>	<b>Summer</b>	<b>Fall</b>	<b>Winter</b>
Fruit	Strawberries 8 ounces Pineapple, 20 ounces crushed	Watermelon 20 ounces Cantaloupe 8 ounces	Apples 12 ounces Peaches 12 ounces	Mandarin 15 ounces Oranges 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

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

**DAY 1**

<b>SEASONAL FRUIT SALAD</b>	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
Seasonal fruit, large dice	1 seasonal selection (see chart)	<b>CCP:</b> No bare-hand contact with ready-to-eat food. 1. Combine the fruit. 2. Toss with the Honey Mint Citrus Dressing. 3. Chill for service. <b>CCP:</b> Hold and serve at 41°F or lower.
Honey Mint Citrus Dressing (attached)	1 cup	

Spring - Berry Delight		Summer - Melon Salad		Fall - Waldorf Style		Winter - Tropical Fruit	
Strawberries	1 ½ pounds	Watermelon	3 pounds	Apples	1 ½ pounds	Pineapple, canned	40 ounces
Banana	2 pounds	Cantaloupe	2 pounds	Grapes	1 pound	Mango	1 ½ pounds
Blueberries	12 ounces	Honeydew	2 pounds	Mixed fruit, canned	30 ounces	Kiwi	1 pound

Source: Culinary Nutrition Associates LLC

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

<b>HONEY MINT CITRUS DRESSING</b>	SERVING SIZE: 2 TABLESPOONS	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	1 GALLON	1 CUP	DIRECTIONS
Orange juice, 100% juice	3 quarts	<sup>3</sup> / <sub>4</sub> cup	<b>CCP:</b> No bare-hand contact with ready-to-eat food. 1. Mix the orange juice, lemon juice, honey, and salt with an immersion blender, food processor, blender, or wire whisk.  2. Add the chopped mint. Stir to combine. <b>CCP:</b> Hold and serve at 41°F or lower.
Lemon juice, 100% juice	1 quart	<sup>1</sup> / <sub>4</sub> cup	
Honey	<sup>1</sup> / <sub>2</sub> cup	1 <sup>1</sup> / <sub>2</sub> teaspoons	
Salt, kosher	4 teaspoons	<sup>1</sup> / <sub>4</sub> teaspoon	
Mint, fresh, finely chopped	2 cups	2 tablespoons	

NUTRIENTS PER SERVING									
Calories	15	Cholesterol (mg)	0	Dietary Fiber (g)	0	Vitamin D (mcg)	0	Potassium (mg)	60
Total Fat (g)	0	Sodium (mg)	60	Added Sugars (g)	1	Iron (mg)	0.2	Vitamin A-RAE (mcg)	10.47
Saturated Fat (g)	0	Total Carbohydrate (g)	4	Protein (g)	0	Calcium (mg)	10	Vitamin C (mg)	15

Source: Adapted from Culinary Nutrition Associates LLC

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

<b>ROASTED 'ULU WITH SEASONINGS</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP
		STARCHY VEGETABLE

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
'Ulu, mature	12 pounds	2 pounds, 8 ounces	<ol style="list-style-type: none"> <li>1. Preheat the oven to 375°F.</li> <li>2. Scrub the ulu (peel them if desired). Cut them into large dice or wedges.</li> <li>3. Toss the ulu with salt, oil, and the seasoning blend of choice. Arrange the ulu in a single layer on parchment-lined sheet pans.</li> <li>4. Roast in the oven until browned and tender, about 40 minutes.</li> </ol> <p><b>CCP:</b> Cook until internal temperature reaches 135°F.  <b>CCP:</b> Hold for hot service at 135°F or higher.</p>
Salt, kosher	1 tablespoon	1 teaspoon	
Oil, olive, or canola	½ cup	1 tablespoon, 1 ½ teaspoons	

NUTRIENTS PER SERVING FOR 'ULU (WITHOUT SEASONING MIX)									
Calories	130	Cholesterol (mg)	0	Dietary Fiber (g)	5	Vitamin D (mcg)	0	Potassium (mg)	5300
Total Fat (g)	2.5	Sodium (mg)	135	Added Sugars (g)	0	Iron (mg)	0.4	Vitamin A-RAE (mcg)	0
Saturated Fat (g)	0	Total Carbohydrate (g)	28	Protein (g)	1	Calcium (mg)	10	Vitamin C (mg)	40.46

Ranch – for 50 servings		Rosemary - for 50 servings		BBQ – for 50 servings	
Garlic, granulated	2 tablespoons	Rosemary, dried	3 tablespoons	Cumin, ground	2 tablespoons
Onion, granulated	2 tablespoons	Garlic, granulated	2 tablespoons	Smoked paprika	2 tablespoons
Dill weed, dried	2 tablespoons	Onion, granulated	2 tablespoons	Garlic, granulated	2 tablespoons
Salt, kosher	2 teaspoons	Salt, kosher	2 teaspoons	Onion, granulated	2 tablespoons
Black pepper, ground	1 ½ teaspoons	Black pepper, ground	1 ½ teaspoons	Salt, kosher	2 teaspoons
				Black pepper, ground	1 ½ teaspoons

Source: Adapted from Culinary Nutrition Associates LLC

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

<b>CHILI-CINNAMON ROASTED 'UALA</b>	SERVING SIZE: 1/2 CUP	ONE PORTION PROVIDES: 1/2 CUP RED/ORANGE VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
'Uala (Hawaiian Sweet Potato)	15 pounds, 8 ounces	3 pounds	1. Preheat the oven to 400°F. 2. Scrub the 'uala (peel them if desired). Cut them into large dice, wedges, or sticks. 3. Combine the chili powder, cinnamon, sugar, black pepper, garlic, and salt.
Chili powder	1 tablespoon	3/4 teaspoon	
Cinnamon, ground	2 teaspoons	1/2 teaspoon	
Sugar, white, granulated	1 tablespoon	1/2 teaspoon	
Pepper, black, ground	1 teaspoon	1/4 teaspoon	
Garlic, granulated	1/2 teaspoon	1/8 teaspoon	
Salt, kosher	1/2 teaspoon	1/8 teaspoon	
Oil, olive or canola	1 cup	3 tablespoons	4. Drizzle the 'uala with the oil. Sprinkle with the seasoning mixture. Toss well to coat. 5. Place the 'uala in a single layer on parchment-lined sheet trays. 6. Bake until tender and browned in spots, 12 to 15 minutes. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.

NUTRIENTS PER SERVING									
Calories	120	Cholesterol (mg)	0	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	30
Total Fat (g)	4.5	Sodium (mg)	55	Added Sugars (g)	0	Iron (mg)	0.6	Vitamin A-RAE (mcg)	824.47
Saturated Fat (g)	0.5	Total Carbohydrate (g)	18	Protein (g)	2	Calcium (mg)	30	Vitamin C (mg)	17

Source: Adapted from Culinary Nutrition Associates LLC

<b>BAKED CHICKEN DRUMSTICK</b>	SERVING SIZE: K-8: 1 DRUMSTICK 9-12: 2 DRUMSTICKS	1 DRUMSTICK PROVIDES: 1.5 OZ. EQ M/MA

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	<ol style="list-style-type: none"> <li>If needed, thaw the chicken in the refrigerator overnight.</li> <li>Toss the chicken with a seasoning blend of your choice.</li> <li>Line the chicken in a single layer on parchment-lined sheet trays.</li> <li>Bake until internal temperature reaches 165°F: <ul style="list-style-type: none"> <li>Conventional oven: 400°F for 45 to 55 minutes.</li> <li>Convection oven: 350°F for 30 to 35 minutes.</li> </ul> </li> </ol> <p><b>CCP:</b> Heat to 165°F for &lt;1 second (instantaneous). <b>CCP:</b> Hold for hot service at 135°F or higher.</p>

NUTRIENTS PER SERVING (WITHOUT SEASONING)									
Calories	100	Cholesterol (mg)	75	Dietary Fiber (g)	0	Vitamin D (mcg)	0.1	Potassium (mg)	130
Total Fat (g)	6	Sodium (mg)	60	Added Sugars (g)	0	Iron (mg)	0.5	Vitamin A-RAE (mcg)	6.66
Saturated Fat (g)	1.5	Total Carbohydrate (g)	0	Protein (g)	13	Calcium (mg)	10	Vitamin C (mg)	0

<b>Ranch</b> – for 50 servings		<b>Rosemary</b> - for 50 servings		<b>BBQ</b> – for 50 servings	
Garlic, granulated	2 tablespoons	Rosemary, dried	3 tablespoons	Cumin, ground	2 tablespoons
Onion, granulated	2 tablespoons	Garlic, granulated	2 tablespoons	Smoked paprika	2 tablespoons
Dill weed, dried	2 tablespoons	Onion, granulated	2 tablespoons	Garlic, granulated	2 tablespoons
Salt, kosher	2 teaspoons	Salt, kosher	2 teaspoons	Onion, granulated	2 tablespoons
Black pepper, ground	1 ½ teaspoons	Black pepper, ground	1 ½ teaspoons	Salt, kosher	2 teaspoons
				Black pepper, ground	1 ½ teaspoons

### PRODUCT EVALUATION FOR CULINARY BASICS

Participants evaluate each food product 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).

<b>Food Product</b>	<b>Appearance</b>	<b>Taste</b>	<b>Texture</b>	<b>Eating Quality</b>	<b>Comments</b>
Seasonal Fruit Salsa	A or NA	A or NA	A or NA	A or NA	
Seasonal Fruit Salad	A or NA	A or NA	A or NA	A or NA	
Roasted 'Ulu with Seasonings	A or NA	A or NA	A or NA	A or NA	
Chili-Cinnamon Roasted 'Uala	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:

## COOKING VEGETABLES FOR GREATER APPEAL

### LESSON-AT-A-GLANCE

Culinary demonstration	<ul style="list-style-type: none"> <li>• Vegetable cookery principles</li> <li>• Purchase forms of vegetables</li> <li>• Blanching</li> <li>• Steaming</li> <li>• Roasting               <ul style="list-style-type: none"> <li>○ Oven-roasted 'ulu</li> </ul> </li> <li>• Sautéing and stir-frying</li> <li>• Braising and stewing</li> <li>• Glazing</li> <li>• Seasonings</li> </ul> <p>Demonstrations</p> <ul style="list-style-type: none"> <li>• Blanched Broccoli</li> <li>• Roasted Brussels Sprouts</li> <li>• Roasted Watermelon Rind</li> <li>• Steamed Edamame</li> <li>• Quick Pickled Cucumbers</li> </ul>	60 minutes
Hands-on	<ul style="list-style-type: none"> <li>• Blanched vegetables</li> <li>• Steamed vegetables</li> <li>• Roasted vegetables</li> <li>• Quick pickling</li> </ul>	2 ½ hours
Evaluation and discussion		15 minutes
Clean-up		15 minutes

<b>ROASTED BRUSSELS SPROUTS</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP OTHER VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Brussels sprouts, fresh halved or quartered	12 pounds	2 pounds, 8 ounces	1. Preheat the oven to 400°F. 2. Trim the Brussels sprouts by cutting off the brown ends and removing the yellow outer leaves.
Oil, olive	1 cup	3 tablespoons	
Salt, kosher	1 tablespoon	¾ teaspoon	3. Toss the Brussels sprouts in a bowl with the olive oil, salt, and pepper. 4. Spread them on a parchment-lined sheet pan in an even layer (do not overcrowd). 5. Roast until crisp outside and tender on the inside, 25 to 35 minutes. Shake the pan from time to time to brown the sprouts evenly.
Black pepper, ground	2 ½ teaspoons	½ teaspoon	
Balsamic vinegar, optional	¼ cup	1 tablespoon	
Honey, optional	¼ cup	1 tablespoon	6. Remove the Brussels sprouts from the oven. Toss with the balsamic vinegar and honey, if desired. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.

**Note:** This dish works wonderfully with fresh Brussels sprouts. Frozen is a good substitute in large food-service facilities

**SERVING NOTES:**

Thai sweet chili sauce may be used instead of balsamic vinegar and honey.

NUTRIENTS PER SERVING									
Calories	90	Cholesterol (mg)	0	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	380
Total Fat (g)	5	Sodium (mg)	120	Added Sugars (g)	1	Iron (mg)	1.5	Vitamin A-RAE (mcg)	92.02
Saturated Fat (g)	1	Total Carbohydrate (g)	10	Protein (g)	3	Calcium (mg)	40	Vitamin C (mg)	74

Source: Adapted from Culinary Nutrition Associates LLC

<b>ROASTED WATERMELON RIND</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP FRUIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Watermelon, rind	50 cups	10 cups	<ol style="list-style-type: none"> <li>1. Preheat the oven to 400°F.</li> <li>2. In a large bowl, toss the watermelon rind with the oil, salt, pepper, granulated garlic, rosemary, and thyme.</li> <li>3. Spread the rind in a single layer onto a parchment-lined sheet pan. Place in the oven and roast for 1 hour, stirring every 15 minutes until the rind is bite-tender (not mushy) and browned.</li> <li>4. Place the roasted rind into a steam table pan and stir in the cheese.</li> </ol> <p><b>CCP:</b> Cook until internal temperature reaches 135°F or above.</p> <p><b>CCP:</b> Hold for hot service at 135°F or higher.</p>
Oil, canola	1 ¼ cups	¼ cup	
Salt, kosher	2 ½ teaspoons	½ teaspoon	
Pepper, black, ground	1 ¼ teaspoons	¼ teaspoon	
Garlic, granulated	1 ¼ teaspoons	¼ teaspoon	
Rosemary, dried	3 ⅓ tablespoons	2 teaspoons	
Thyme, dried	3 ⅓ tablespoons	2 teaspoons	
Parmesan cheese, grated	1 ¼ cups	¼ cup	

NUTRIENTS PER SERVING									
Calories	80	Cholesterol (mg)	<5	Dietary Fiber (g)	15	Vitamin D (mcg)	0	Potassium (mg)	10
Total Fat (g)	6	Sodium (mg)	130	Added Sugars (g)	0	Iron (mg)	.8	Vitamin A-RAE (mcg)	7.5
Saturated Fat (g)	1	Total Carbohydrate (g)	20	Protein (g)	1	Calcium (mg)	60	Vitamin C (mg)	6.7

Source: Adapted from the National Watermelon Promotion Board

<b>STEAMED EDAMAME - IN POD</b>	SERVING SIZE: 1/2 CUP	ONE PORTION PROVIDES: 1/2 CUP BEANS, PEAS, AND LENTILS
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Edamame, frozen in pod	15 pounds	3 pounds	1. <i>Steamer</i> : Arrange an entire bag of frozen edamame in a half-size hotel pan. Steam for 7 to 8 minutes. 2. <i>Steam Jacketed Kettle</i> : Bring 5 quarts of water to boil on high in a 7-quart pot. Add the entire bag of frozen edamame into the boiling water. Quickly return to boil, cook 5 minutes longer. Do not cover. Drain and serve.
Oil, canola	1/2 cup	2 tablespoons	3. Combine oil, salt, pepper and lemon zest. Toss cooked edamame with the seasoning mixture.
Salt, kosher	1 teaspoon	1/4 teaspoon	
Black pepper, ground	1/2 teaspoon	1/4 teaspoon	
Lemon zest	1/4 cup	1 tablespoon	
Smoked paprika, optional	1 teaspoon	1/2 teaspoon	4. Garnish with smoked paprika. <b>CCP</b> : Cook until internal temperature reaches 135°F or above. <b>CCP</b> : Hold for hot service at 135°F or higher.

NUTRIENTS PER SERVING									
Calories	180	Cholesterol (mg)	0	Dietary Fiber (g)	7	Vitamin D (mcg)	0	Potassium (mg)	600
Total Fat (g)	10	Sodium (mg)	95	Added Sugars (g)	0	Iron (mg)	3.6	Vitamin A-RAE (mcg)	1.15
Saturated Fat (g)	0	Total Carbohydrate (g)	20	Protein (g)	16	Calcium (mg)	90	Vitamin C (mg)	0.6

<b>QUICK PICKLED CUKES</b>	SERVING SIZE: USED AS GARNISH	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Cucumbers, thinly sliced	6 ½ pounds	1 ¼ pounds	1. Place the cucumbers in a bowl or container. 2. Combine the vinegar, water, sugar, and salt in a saucepan. Bring to a boil and stir until the sugar is dissolved. 3. Pour the hot liquid over the cucumbers. 4. Refrigerate for at least 3 hours before serving. <b>CCP:</b> Hold and serve at 41°F or lower.
Vinegar, cider	4 cups	1 cup	
Water	4 cups	1 cup	
Sugar, white granulated	¼ cup	1 tablespoon	
Salt, kosher	¼ cup	1 tablespoon	

**SERVING NOTES:**

Add ½ teaspoon red chili flakes for sweet and spicy cucumbers.

NUTRIENTS PER SERVING									
Calories	15	Cholesterol (mg)	0	Dietary Fiber (g)	0	Vitamin D (mcg)	0	Potassium (mg)	100
Total Fat (g)	0	Sodium (mg)	460	Added Sugars (g)	1	Iron (mg)	0.2	Vitamin A-RAE (mcg)	3
Saturated Fat (g)	0	Total Carbohydrate (g)	3	Protein (g)	0	Calcium (mg)	10	Vitamin C (mg)	2

Source: Samantha Cowens-Gasbarro

## COOKING VEGETABLES FOR GREATER APPEAL: TEAM ASSIGNMENTS

	Vegetable	Recipe 1 (Cold Vegetable Salad)	Recipe 2 (Roast)	Recipe 3 (Steam)	Quick Pickle
Team 1	Broccoli	Broccoli Salad	Ranch-Roasted Broccoli	Lemon Zest Broccoli	Namasu
Team 2	Cauliflower	Cauliflower Mac Salad	Roasted Cauliflower with Turmeric	Korean Style Cauliflower	Banh Mi Pickled Veggies (see Bahn Mi Vietnamese Sandwich recipe)
Team 3	Carrots	Liliko'i Carrot Salad	Roasted Carrot Fries	Honey Carrot Coins	Pickled Spicy Carrots
Team 4	Squash (Pala'ai)	'Uala Parfait	Roasted Pala'ai	Mashed Pala'ai	Giardiniera
Team 5	Summer squash	Zucchini Fries	Roasted Ratatouille	Zucchini Parmesan	Turmeric Zucchini
Team 6	Corn	Edamame and Corn Salad	Esquites	Corn Pudding	Pickled Jalapenos
Team 7	Green beans	Green Bean Salad with Almonds	Sesame-Roasted Green Beans	Pizza Green Beans	Dilly Green Beans
Team 8	Beans	BBQ Three Bean Salad	Roasted Chickpeas	Maple Sriracha Baked Beans	Pickled Watermelon Rind

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

<b>BLANCHED BROCCOLI</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP DARK GREEN VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Broccoli florets	7 pounds	1 pound, 8 ounces	<ol style="list-style-type: none"> <li>1. Use a steam kettle, tilting braising pan, or stockpot. Bring the water to a boil. Place the broccoli in the boiling water and cook for 2-3 minutes or just until the color of the vegetables becomes brighter (green vegetables will become a brighter green) and tender.</li> <li>2. Immediately drain all of the hot water.</li> <li>3. To stop cooking, immerse the broccoli in an ice water bath and leave for about 1 minute or until completely cooled.</li> <li>4. Drain the broccoli well and store it covered in the refrigerator until time to use.</li> </ol> <p><b>CCP:</b> Hold at 41°F or lower until ready to use.</p>
Water, boiling	As needed	As needed	
Ice water bath	As needed	As needed	

NUTRIENTS PER SERVING									
Calories	20	Cholesterol (mg)	0	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	210
Total Fat (g)	0	Sodium (mg)	15	Added Sugars (g)	0	Iron (mg)	0.6	Vitamin A-RAE (mcg)	95.25
Saturated Fat (g)	0	Total Carbohydrate (g)	3	Protein (g)	2	Calcium (mg)	30	Vitamin C (mg)	59

<b>BROCCOLI SALAD</b>	SERVING SIZE: 1/2 CUP	ONE PORTION PROVIDES: 3/8 CUP DARK GREEN VEGETABLE AND 1/8 CUP FRUIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Broccoli florets, blanched	7 pounds	1 pound, 8 ounces	<p><b>CCP:</b> No bare-hand contact with ready-to-eat food.</p> <ol style="list-style-type: none"> <li>Combine the broccoli, onions, and raisins in a large bowl.</li> <li>Whisk the mayonnaise, vinegar, and sugar separately, then add to the broccoli mixture. Stir well to combine.</li> </ol> <p><b>CCP:</b> Hold and serve at 41°F or lower.</p>
Onion, red, small diced	1 medium	2 ounces	
Raisins	1 1/2 pounds	5 ounces	
Mayonnaise	1 quart	3/4 cup	
Vinegar, cider	1/2 cup	2 tablespoons	
Sugar, white granulated	1/4 cup	1 tablespoon	

NUTRIENTS PER SERVING									
Calories	180	Cholesterol (mg)	5	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	320
Total Fat (g)	13	Sodium (mg)	135	Added Sugars (g)	1	Iron (mg)	0.8	Vitamin A-RAE (mcg)	98.08
Saturated Fat (g)	2	Total Carbohydrate (g)	15	Protein (g)	2	Calcium (mg)	40	Vitamin C (mg)	59

Source: Adapted from *New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks*, Vermont Agency of Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. <http://vtfeed.org/resource-library>

<b>RANCH-ROASTED BROCCOLI</b>	SERVING SIZE: 1/2 CUP	ONE PORTION PROVIDES: 1/2 CUP DARK GREEN VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Broccoli florets, fresh	8 ¾ pounds	1 ¾ pounds	<ol style="list-style-type: none"> <li>1. Preheat the oven to 400°F.</li> <li>2. In batches, toss the ingredients in a large bowl until combined.</li> <li>3. Spread the broccoli on sheet pans lined with sprayed parchment paper.</li> <li>4. Roast the broccoli for 15 to 20 minutes or until it is soft and golden brown.</li> </ol> <p><b>CCP:</b> Cook until internal temperature reaches 135°F or above.</p> <p><b>CCP:</b> Hold for hot service at 135°F or higher.</p>
Oil, olive, or canola	½ cup	1 ½ tablespoon	
Salt, kosher	1 tablespoon	½ teaspoon	
Ranch Seasoning	4 tablespoons	1 tablespoon	

**Note:** This dish works wonderfully with farm-fresh broccoli. Frozen is a good substitute in large food-service facilities.

NUTRIENTS PER SERVING									
Calories	45	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	270
Total Fat (g)	2.5	Sodium (mg)	115	Added Sugars (g)	0	Iron (mg)	0.8	Vitamin A-RAE (mcg)	119.26
Saturated Fat (g)	0	Total Carbohydrate (g)	4	Protein (g)	2	Calcium (mg)	40	Vitamin C (mg)	76

<b>LEMON ZEST BROCCOLI</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP DARK GREEN VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Broccoli brunches	10 ½ pounds	2 pounds, 2 ounces	1. Remove the broccoli crowns from the stems and chop. 2. Steam the broccoli in a steamer or a large pot with 2 inches of water, covered, over high heat, just until bright green, 2-7 minutes, depending on the method used. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. 3. Drain thoroughly. 4. Grate the outer yellow lemon skin with a zesting tool or on the small grating side of a cheese grater. 5. Mix the broccoli with the lemon zest, Parmesan cheese, salt, pepper, and olive oil in hotel pans. <b>CCP:</b> Hold for hot service at 135°F or higher.
Lemons, fresh	2 each	½ each	
Parmesan cheese, grated	3 ounces (¾ cup)	3 tablespoons	
Salt, kosher	1 tablespoon	½ teaspoon	
Black pepper	2 teaspoons	½ teaspoon	
Oil, olive	¾ cup	3 tablespoons	

NUTRIENTS PER SERVING									
Calories	50	Cholesterol (mg)	0	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	180
Total Fat (g)	4	Sodium (mg)	140	Added Sugars (g)	0	Iron (mg)	0.5	Vitamin A-RAE (mcg)	83.29
Saturated Fat (g)	1	Total Carbohydrate (g)	3	Protein (g)	2	Calcium (mg)	40	Vitamin C (mg)	49

Source: Fresh From the Farm: The Massachusetts Farm to School Cookbook, [http://www.massfarmtoschool.org/wp-content/uploads/2012/05/farm\\_to\\_school\\_cookbook.pdf](http://www.massfarmtoschool.org/wp-content/uploads/2012/05/farm_to_school_cookbook.pdf)

<b>NAMASU</b>	SERVING SIZE: USED AS GARNISH	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water	3 cups	½ cup, 2 tablespoons	1. Bring the water, vinegar, salt, and sugar to a boil in a small pot.  2. Peel the carrots and slice them into 2-centimeter rounds. 3. Peel and dice the daikon into 2-centimeter squares. 4. Place the cucumbers, carrot, and daikon in a large bowl. Pour the pickling liquid over the vegetables. 5. Marinate for 1-2 hours or refrigerate for up to 3 days.  <b>CCP:</b> Hold and serve at 41°F or lower.
Vinegar, rice wine	3 cups	½ cup, 2 tablespoons	
Salt, kosher	2 tablespoons	1 teaspoon	
Sugar, white	5 tablespoons	1 tablespoon	
Carrot	5 cups	½ cup	
Daikon	10 cups	2 cups	
Cucumbers	10 cups	2 cups	

NUTRIENTS PER SERVING									
Calories	15	Cholesterol (mg)	0	Dietary Fiber (g)	0	Vitamin D (mcg)	0	Potassium (mg)	120
Total Fat (g)	0	Sodium (mg)	250	Added Sugars (g)	0	Iron (mg)	.2	Vitamin A (IU)	436.3
Saturated Fat (g)	0	Total Carbohydrate (g)	2	Protein (g)	0	Calcium (mg)	10	Vitamin C (mg)	7.3

Source: Culinary Nutrition Associates LLC

<b>BLANCHED CAULIFLOWER</b>	SERVING SIZE: 1/2 CUP	ONE PORTION PROVIDES: 1/2 CUP OTHER VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Cauliflower florets, fresh	7 pounds, 4 ounces	1 pound, 8 ounces	1. Prepare the washed, cut cauliflower.
Water, boiling			2. Use a steam kettle, tilting braising pan, or stockpot to bring water to a boil. Place the cauliflower in the boiling water and cook for 2-3 minutes. To blanch small amounts of vegetables, place the vegetables in a colander and then set the whole colander in the boiling water. 3. Immediately drain all hot water.
Ice bath			4. Immerse the vegetables in an ice bath (water with ice), making sure all the vegetables are submerged. Leave for about 1 minute to stop the cooking process. 5. Drain the vegetables well and store them covered in the refrigerator until time for use. <b>CCP:</b> Hold at 41°F or lower until ready to use.

NUTRIENTS PER SERVING									
Calories	15	Cholesterol (mg)	0	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	200
Total Fat (g)	0	Sodium (mg)	20	Added Sugars (g)	0	Iron (mg)	0.3	Vitamin A-RAE (mcg)	0
Saturated Fat (g)	0	Total Carbohydrate (g)	3	Protein (g)	1	Calcium (mg)	10	Vitamin C (mg)	32.79

<b>CAULIFLOWER MAC SALAD</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP OTHER VEGETABLE AND ½ CUP OF GRAINS
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Cauliflower florets, fresh blanched	7 pounds, 4 ounces	1 pound, 8 ounces	<b>CCP:</b> No bare-hand contact with ready-to-eat food. 1. Trim cauliflower and cut into bite-sized pieces—blanch cauliflower. 2. Bring a pot of salted water to a boil. Add the macaroni and boil until tender, 8 to 10 minutes. Drain and rinse with cold water. 3. For the dressing, combine mayonnaise, vinegar, and black pepper. 4. In a large bowl, gently combine the cauliflower, macaroni, celery, green onions, parsley, and dressing. 5. Chill. <b>CCP:</b> Hold and serve at 41°F or lower.
Pasta, macaroni, whole, dried	7 pounds	1 pound	
Mayonnaise, low fat	2 ½ cups	½ cup	
Vinegar, apple cider	⅓ cup	1 tablespoon	
Pepper, black, ground	2 ½ teaspoons	½ teaspoon	
Celery, sliced thinly	5 cups	1 cup	
Onion, green, sliced thinly	1 ¼ cups	¼ cup	
Parsley, flat leaf, chopped	½ cup, 2 tablespoons	2 tablespoons	

NUTRIENTS PER SERVING									
Calories	350	Cholesterol (mg)	0	Dietary Fiber (g)	14	Vitamin D (mcg)	0	Potassium (mg)	610
Total Fat (g)	6	Sodium (mg)	120	Added Sugars (g)	0	Iron (mg)	3.4	Vitamin A-RAE (mcg)	40.59
Saturated Fat (g)	0	Total Carbohydrate (g)	71	Protein (g)	15	Calcium (mg)	20	Vitamin C (mg)	19.15

Source: Culinary Nutrition Associates LLC

<b>ROASTED CAULIFLOWER WITH TURMERIC</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP OTHER VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Cauliflower, florets	12 pounds	2 pounds, 6 ounces	1. Preheat convection oven to 400°F. Line 3 sheet pans with parchment paper. 2. Trim cauliflower and cut or break into 2-inch florets. 3. Whisk olive oil, sesame oil, turmeric, and salt in a large bowl. Add the cauliflower and toss to coat. 4. Divide the cauliflower among the prepared sheet pans and spread in a single layer. Roast until golden, 18 to 20 minutes. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.
Oil, olive	½ cup	2 tablespoons	
Oil, sesame	½ cup	2 tablespoons	
Ground Turmeric	3 tablespoons	2 teaspoons	
Salt, kosher	1 tablespoon	1 teaspoon	

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-RAE (mcg)	0
Saturated Fat (g)	1	Total Carbohydrate (g)	6	Protein (g)	2	Calcium (mg)	20	Vitamin C (mg)	52.47

Source: *New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks*, Vermont Agency of Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. <http://vtfeed.org/resource-library>

<b>KOREAN STYLE CAULIFLOWER</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP OTHER VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Cauliflower, fresh (1 medium head is about 6 cups)	11 pounds, 4 ounces	2 pounds, 4 ounces	<ol style="list-style-type: none"> <li>1. Preheat the oven to 400°F.</li> <li>2. Prepare the cauliflower into florets.</li> <li>3. Whisk the butter, chili pepper flakes, lemon juice, tamari, vinegar, sesame oil, and honey together in a bowl.</li> </ol>
Butter, melted	½ cup	2 tablespoons	
Chili pepper flakes	2 cups	½ cup	
Lemon juice	¼ cup	1 tablespoon	
Tamari	2 ½ cups	½ cup	
Vinegar, rice	2 ½ cups	½ cup	
Oil, sesame	1 ¾ cups	4 tablespoons	
Honey	1 ¾ cups	4 tablespoons	
Garlic, clove	6 each	3 each	
Ginger, grated	⅔ cup	2 tablespoons	
Scallions, whole	9 each	4 each	<ol style="list-style-type: none"> <li>4. Mince the garlic, grate the ginger, and thinly slice the scallions. Add to the butter mixture.</li> <li>5. Toss the cauliflower in the butter mixture until well coated.</li> <li>6. Spread the cauliflower onto a sheet tray and roast until beginning to brown and tender, about 20 minutes.</li> </ol> <p><b>CCP:</b> Cook until internal temperature reaches 135°F or above.</p> <p><b>CCP:</b> Hold for hot service at 135°F or higher</p>

NUTRIENTS PER SERVING									
Calories	45	Cholesterol (mg)	5	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	150
Total Fat (g)	1.5	Sodium (mg)	115	Added Sugars (g)	0	Iron (mg)	.3	Vitamin A-RAE (mcg)	21.09
Saturated Fat (g)	0	Total Carbohydrate (g)	5	Protein (g)	2	Calcium (mg)	20	Vitamin C (mg)	40.864

<b>BLANCHED CARROTS</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP RED/ORANGE VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Carrots, fresh, peeled and cut	8 pounds	1 pound, 10 ounces	1. Prepare the washed, cut carrots.
Water, boiling	As needed	As needed	2. Use a steam kettle, tilting braising pan, or stockpot to bring water to a boil. Place the carrots in the boiling water and cook for 2-3 minutes or until tender. To blanch small amounts of vegetables, place the vegetables in a colander and then set the whole colander in the boiling water. 3. Immediately drain all hot water.
Ice bath	As needed	As needed	4. Immerse the vegetables in an ice bath (water with ice), making sure all the vegetables are submerged. Leave for about 1 minute to stop the cooking process. 5. Drain the vegetables well and store them covered in the refrigerator until time for use. <b>CCP:</b> Hold at 41°F or lower until ready to use.

NUTRIENTS PER SERVING									
Calories	35	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	170
Total Fat (g)	0	Sodium (mg)	40	Added Sugars (g)	0	Iron (mg)	0	Vitamin A-RAE (mcg)	637.86
Saturated Fat (g)	0	Total Carbohydrate (g)	8	Protein (g)	1	Calcium (mg)	20	Vitamin C (mg)	5.67

<b>LILIKO’I CARROT SALAD</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP RED/ORANGE VEGETABLE AND ⅛ CUP FRUIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Carrots, matchsticks	6 pounds	1 pound, 4 ounces	<b>CCP:</b> No bare-hand contact with ready-to-eat food.  1. Combine matchstick carrots, dried raisins or cherries in a large mixing bowl and set aside.
Raisins or dried cherries	1 pound	3 ½ ounces	
<b>Dressing</b>			2. Combine liliko’i purée, lemon juice, orange zest, brown sugar, salt, and cinnamon in the bowl of a mixer. Mix on medium speed, using a wire whip, until well blended. Alternatively, you can mix by hand in a mixing bowl with a whisk.  3. Slowly add the olive oil while mixing; whisk until well combined.  4. Pour the citrus cinnamon dressing over the carrot mixture and mix until carrots are well coated with dressing.  <b>CCP:</b> Hold and serve at 41°F or lower.
Liliko’i, purée	¾ cup	2 tablespoons, 1 ½ teaspoons	
Lemon juice, fresh	½ cup	1 tablespoon, 1 ½ teaspoons	
Orange zest	2 tablespoons	1 ½ teaspoons	
Sugar, brown, packed	¼ cup	1 tablespoon	
Salt, kosher	1 teaspoon	¼ teaspoon	
Cinnamon, ground	2 teaspoons	½ teaspoon	
Oil, olive	1 cup	3 tablespoons	

NUTRIENTS PER SERVING									
Calories	90	Cholesterol (mg)	0	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	170
Total Fat (g)	4.5	Sodium (mg)	70	Added Sugars (g)	4	Iron (mg)	0.3	Vitamin A-RAE (mcg)	1
Saturated Fat (g)	0.5	Total Carbohydrate (g)	14	Protein (g)	1	Calcium (mg)	20	Vitamin C (mg)	6.41

Source: Adapted from Washington State Schools "Scratch Cooking" Recipe Book, OSPI Child Nutrition Services, September 2013.

<b>ROASTED CARROT FRIES</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP RED/ORANGE VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Carrots, fresh, peeled, and cut into small sticks (battonet)	10 pounds	2 pounds	<ol style="list-style-type: none"> <li>1. Purchase fresh carrot sticks for this recipe, or cut whole carrots into sticks.</li> <li>2. Toss carrot sticks with the canola oil and seasonings until the carrots are lightly coated.</li> <li>3. Spread the carrots in a single layer on sheet pans.</li> <li>4. Roast in a preheated 375° F oven for approximately 30 minutes or until the carrots are softened and caramelized.</li> </ol> <p><b>CCP:</b> Cook until internal temperature reaches 135°F or above.</p> <p><b>CCP:</b> Hold for hot service at 135°F or higher.</p>
Oil, canola	¼ cup	2 ½ teaspoons	
Garlic, granulated	2 tablespoons	½ tablespoons	
Black pepper	½ teaspoon	⅛ teaspoon	

NUTRIENTS PER SERVING									
Calories	50	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	0
Total Fat (g)	1	Sodium (mg)	45	Added Sugars (g)	0	Iron (mg)	0	Vitamin A-RAE (mcg)	785.07
Saturated Fat (g)	0	Total Carbohydrate (g)	10	Protein (g)	1	Calcium (mg)	20	Vitamin C (mg)	7.04

Source: Oklahoma Farm to School

<b>HONEY CARROT COINS</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP RED/ORANGE VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Carrots, peeled and sliced	12 pounds, 8 ounces	2 pounds, 8 ounces	1. Steam carrots until tender but still slightly firm, checking for doneness, if necessary, about 5-10 minutes, depending on the intensity of your steamer. (Alternatively, boil 2 inches of water to cook in a pot. Add carrots and cover, then follow the directions above.) 2. Stir in the honey, butter, lemon juice, salt, and pepper until well combined. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.
Honey	1 cup	¼ cup	
Butter	4 ounces	1 ounce	
Lemon juice, fresh	¼ cup, 2 tablespoons	1 ½ tablespoons	
Salt, kosher	1 tablespoon	1 teaspoon	
Black pepper, ground	1 teaspoon	⅛ teaspoon	

NUTRIENTS PER SERVING									
Calories	100	Cholesterol (mg)	5	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	10
Total Fat (g)	2.5	Sodium (mg)	270	Added Sugars (g)	7	Iron (mg)	0	Vitamin A-RAE (mcg)	1000.74
Saturated Fat (g)	1.5	Total Carbohydrate (g)	19	Protein (g)	2	Calcium (mg)	30	Vitamin C (mg)	9.65

Source: Massachusetts Farm to School

<b>PICKLED SPICY CARROTS</b>	SERVING SIZE: USED AS GARNISH	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water	2 ½ cups	½ cup	1. Bring water, vinegar, salt, and sugar to a boil in a small pot. 2. Place carrots and Hawaiian chili pepper water in a large bowl. Pour pickling liquid over the carrots. Stir to combine with the Hawaiian chili pepper water. Be sure the carrots are fully coated in the pickling liquid. 3. Marinate for 1-2 hours or refrigerate for up to 3 days. <b>CCP:</b> Hold and serve at 41°F or lower.
Vinegar, apple cider	3 cups	½ cup, 2 tablespoons	
Salt, kosher	2 tablespoons	1 ½ teaspoons	
Sugar, white granulated	5 tablespoons	1 tablespoon	
Carrots	10 cups	2 cups	
Hawaiian chili pepper water	½ cup	2 tablespoons	

NUTRIENTS PER SERVING									
Calories	20	Cholesterol (mg)	0	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	90
Total Fat (g)	0	Sodium (mg)	110	Added Sugars (g)	1	Iron (mg)	0.1	Vitamin A-RAE (mcg)	366.69
Saturated Fat (g)	0	Total Carbohydrate (g)	4	Protein (g)	0	Calcium (mg)	10	Vitamin C (mg)	10.94

Source: Adapted from Culinary Nutrition Associates LLC

<b>'UALA PARFAIT</b>	SERVING SIZE: 1 PARFAIT	ONE PORTION PROVIDES: 1 OZ. MEAT/MEAT ALTERNATE, ¼ CUP RED/ORANGE VEGETABLE, ¼ CUP FRUIT, 1 OZ. GRAIN EQUIVALENT
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INGREDIENTS	60 SERVINGS	10 SERVINGS	DIRECTIONS
'Uala (Hawaiian Sweet Potato)	20 pounds (approx. 8 fresh squash)	3 pounds, 6 ounces (approx. 1 ½ fresh squash)	1. Preheat oven to 425° F. 2. Distribute the 'uala evenly onto three baking sheets. Toss each sheet with two tablespoons olive oil and two tablespoons maple syrup.
Olive oil	¾ cup	1 tablespoon	
Maple syrup	¾ cup	1 tablespoon	
Salt	2 teaspoons	½ teaspoon	3. Sprinkle each sheet evenly with salt and cinnamon. Toss the 'uala together to coat it evenly. Bake for 30 minutes, then set aside.
Cinnamon, ground	2 tablespoons	1 teaspoon	
Cranberries, dried	7 ½ cups	1 ¼ cup	<b>CCP:</b> No bare-hand contact with ready-to-eat food.  4. In one 8-fluid ounce cup, add 4 ounces, or ½ cup, of yogurt. 5. Add 1 ounce of granola on top of yogurt. 6. Top granola with ½ cup 'uala and ⅛ cup dried cranberries.  <b>CCP:</b> Hold and serve at 41°F or lower.
Yogurt, vanilla, non-fat	15 pounds	2 ½ pounds	
Granola, whole grain-rich	4 pounds	11 ounces	

NUTRIENTS PER SERVING									
Calories	370	Cholesterol (mg)	<5	Dietary Fiber (g)	8	Vitamin D (mcg)	1	Potassium (mg)	880
Total Fat (g)	94	Sodium (mg)	140	Added Sugars (g)	14	Iron (mg)	2.6	Vitamin A-RAE (mcg)	23.25
Saturated Fat (g)	1.5	Total Carbohydrate (g)	68	Protein (g)	9	Calcium (mg)	160	Vitamin C (mg)	4.5

Source: Reprinted/ excerpted from American Indian Traditional Foods in USDA School Meals Programs with permission from the Wisconsin Department of Public Instruction, 125 South Webster Street, Madison WI 53703, 1-800-243-8782.

<b>ROASTED PALA'AI</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP RED/ORANGE VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Pala'ai (squash), peeled, seeded, cut into ½ inch cubes  Steam or microwave squash for 3 minutes to make peeling easier.	13 ½ pounds	2 pounds, 12 ounces	<ol style="list-style-type: none"> <li>Spray four full sheets lightly with food release. Distribute the pala'ai evenly among pans in a single layer, carefully not to overcrowd the pans.</li> <li>Mix the butter with olive oil, brown sugar, salt, cinnamon, and pepper. Mix thoroughly.</li> <li>Divide the butter mixture equally among pans. Stir until pala'ai is well coated.</li> <li>Roast, uncovered, until cooked through and lightly browned.                             <ul style="list-style-type: none"> <li>Convection Oven: Bake at 350° F; about 20-30 minutes.</li> <li>Conventional Oven: Bake at 375° F; about 30-35 minutes.</li> </ul> <b>CCP:</b> Cook until internal temperature reaches 135°F or above.  <b>CCP:</b> Hold for hot service at 135°F or higher.                         </li> </ol>
Butter, unsalted	¼ pound	2 tablespoons	
Oil, olive	¾ cup	1 ½ tablespoon	
Sugar, brown, packed	2 ¼ cups	½ cup	
Salt, kosher	4 teaspoons	¾ teaspoon	
Cinnamon, ground (Optional)	1 ½ tablespoons	1 teaspoon	
Black pepper, ground	1 teaspoon	¼ teaspoon	

NUTRIENTS PER SERVING									
Calories	140	Cholesterol (mg)	5	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	450
Total Fat (g)	6	Sodium (mg)	160	Added Sugars (g)	10	Iron (mg)	1.2	Vitamin A-RAE (mcg)	24.09
Saturated Fat (g)	2	Total Carbohydrate (g)	22	Protein (g)	1	Calcium (mg)	10	Vitamin C (mg)	11.3

Source: Owatonna Public Schools, Now We're Cooking! A collection of Simple Scratch Recipes Served in Minnesota Schools, Minnesota Department of Healthy. [www.health.state.mn.us/divs/hpcd/chp/cdr/nutrition/greattrays/pdfs/NowCooking.pdf](http://www.health.state.mn.us/divs/hpcd/chp/cdr/nutrition/greattrays/pdfs/NowCooking.pdf)

<b>MASHED PALA'AI</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP RED/ORANGE VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Pala'ai (squash)	16 pounds	3 ¼ pounds	1. Steam the pala'ai until soft. Time will depend on how small the pieces are and the type of steamer used, 10-30 minutes (check after 10 minutes). <b>CCP:</b> Heat to 135°F or higher. 2. Mash the pala'ai in a mixer or food processor until smooth. 3. While the pala'ai is hot, mix in butter, brown sugar, salt, cinnamon, and pepper. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.
Butter	6 ounces	2 tablespoons	
Salt, kosher	2 teaspoons	½ teaspoon	
Sugar, brown, packed	½ cup	1 tablespoon	
Cinnamon	1 tablespoon	½ teaspoon	
Black pepper, ground	1 teaspoon	⅛ teaspoon	

NUTRIENTS PER SERVING									
Calories	90	Cholesterol (mg)	5	Dietary Fiber (g)	4	Vitamin D (mcg)	0	Potassium (mg)	530
Total Fat (g)	3	Sodium (mg)	230	Added Sugars (g)	2	Iron (mg)	1.3	Vitamin A-RAE (mcg)	16.98
Saturated Fat (g)	1.5	Total Carbohydrate (g)	16	Protein (g)	1	Calcium (mg)	0	Vitamin C (mg)	8.83

Source: Fresh From the Farm: The Massachusetts Farm to School Cookbook, [http://www.massfarmtoschool.org/wp-content/uploads/2012/05/farm\\_to\\_school\\_cookbook.pdf](http://www.massfarmtoschool.org/wp-content/uploads/2012/05/farm_to_school_cookbook.pdf)

<b>GIARDINIERA</b>	SERVING SIZE: USED AS GARNISH	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Vinegar, apple cider	3 cups	½ cup	1. Bring vinegar, water, salt, and sugar to a boil in a small pot.
Water	3 cups	½ cup	
Salt, kosher	2 tablespoons	1 teaspoon	
Sugar, white granulated	2 tablespoons	1 teaspoon	
Carrots, sliced	2 ½ cups	½ cup	2. Place vegetables in a large bowl. 3. Pour pickling liquid over vegetables. 4. Marinate for 1 to 2 hours or refrigerate for up to 3 days. <b>CCP:</b> Hold and serve at 41°F or lower.
Cauliflower, florets	2 ½ cups	½ cup	
Peppers, bell, red, battonet cut	2 ½ cups	½ cup	
Zucchini, sliced	2 ½ cups	½ cup	

NUTRIENTS PER SERVING									
Calories	10	Cholesterol (mg)	0	Dietary Fiber (g)	0	Vitamin D (mcg)	0	Potassium (mg)	60
Total Fat (g)	0	Sodium (mg)	200	Added Sugars (g)	0	Iron (mg)	0.1	Vitamin A-RAE (mcg)	61.28
Saturated Fat (g)	0	Total Carbohydrate (g)	2	Protein (g)	0	Calcium (mg)	0	Vitamin C (mg)	9.94

Source: Culinary Nutrition Associates LLC

<b>ZUCCHINI FRIES</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP OTHER VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Squash, summer, fresh	10 pounds	2 pounds	1. Preheat oven to 400°F. 2. Wash and cut zucchini into 3 inches by 1-inch sticks. 3. Combine flour, salt, and pepper in the first bowl.
Flour, all-purpose, enriched	2 ½ cups	½ cup	
Salt, kosher	⅝ teaspoon	⅛ teaspoon	
Black pepper	⅝ teaspoon	⅛ teaspoon	4. Whisk eggs well with three tablespoons of water in a second bowl.
Eggs, large	5 large	2 large	
Water	1 cup	3 tablespoons	5. Combine breadcrumbs, cheese, and Italian seasoning in a third bowl. Mix well. 6. Set up a breading station (flour, egg, breadcrumbs) with a parchment-lined sheet pan. Dip zucchini sticks in flour, then egg, then breadcrumbs, coating evenly. Place on the sheet pan, spacing ½ inch apart. Repeat. 7. Bake the zucchini sticks for 15-20 minutes (rotating halfway through) until crispy and the zucchini is cooked through. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.
Breadcrumbs, panko	1 quart, 1 cup	1 cup	
Parmesan, cheese, grated	2 ½ cups	½ cup	
Italian seasoning	5 tablespoons	1 tablespoon	

NUTRIENTS PER SERVING									
Calories	90	Cholesterol (mg)	20	Dietary Fiber (g)	1	Vitamin D (mcg)	0.1	Potassium (mg)	250
Total Fat (g)	2	Sodium (mg)	120	Added Sugars (g)	0	Iron (mg)	1	Vitamin A-RAE (mcg)	27.72
Saturated Fat (g)	1	Total Carbohydrate (g)	13	Protein (g)	4	Calcium (mg)	60	Vitamin C (mg)	15.50

Source: Adapted from Windham Raymond School Department, Windham, Maine

<b>ROASTED RATATOUILLE</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP OTHER VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Squash, summer (zucchini) fresh, sliced into ¼ inch thick half-moons	3 ½ pounds	12 ounces	<ol style="list-style-type: none"> <li>1. Pre-heat convection oven to 375°F (400°F for conventional oven).</li> <li>2. Prepare vegetables. Place vegetables on parchment paper lined sheet trays in a single layer. Do not overcrowd the sheet pans.</li> <li>3. Mix oil, salt, pepper, garlic, Italian seasoning, and red pepper flakes.</li> <li>4. Pour the oil mixture over the vegetables and toss until evenly coated.</li> <li>5. Roast until tomatoes pop and other vegetables caramelize, approximately 15 minutes. If necessary, continue roasting for 5-10 minutes until vegetables are tender.</li> </ol> <p><b>CCP:</b> Cook until internal temperature reaches 135°F or above.</p> <p><b>CCP:</b> Hold for hot service at 135°F or higher.</p>
Squash, summer, (yellow) fresh, sliced into ¼-inch thick half-moons	3 ½ pounds	12 ounces	
Onion, red, fresh, thinly sliced	1 ¼ pound	2 ounces	
Peppers, sweet, green, fresh, thinly sliced	1 pound	2 ounces	
Peppers, sweet, red, fresh, thinly sliced	1 pound	2 ounces	
Tomatoes, cherry	1 ½ pound	2 ½ ounces	
Oil, canola	½ cup	2 tablespoons	
Salt, kosher	1 ½ teaspoon	½ teaspoon	
Black pepper	1 ½ teaspoon	¼ teaspoon	
Garlic, granulated	1 tablespoon	1 teaspoon	
Italian seasoning blend	1 tablespoon	1 teaspoon	
Red pepper flakes, optional	1 teaspoon	⅛ teaspoon	

NUTRIENTS PER SERVING									
Calories	45	Cholesterol (mg)	0	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	140
Total Fat (g)	3.5	Sodium (mg)	105	Added Sugars (g)	0	Iron (mg)	0.3	Vitamin A-RAE (mcg)	16.80
Saturated Fat (g)	0	Total Carbohydrate (g)	3	Protein (g)	1	Calcium (mg)	10	Vitamin C (mg)	20.34

Source: Rebecca Polson, Spartanburg County School District Six

<b>ZUCCHINI PARMESAN</b>	SERVING SIZE: 1/2 CUP	ONE PORTION PROVIDES: 1/2 CUP OTHER VEGETABLE AND 0.25 OZ M/MA
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Squash, summer, fresh, sliced	12 pounds	2 pounds, 12 ounces	<ol style="list-style-type: none"> <li>1. Preheat convection oven to 350°F.                             <ul style="list-style-type: none"> <li>• For 10 servings: Coat one 2-inch, half-hotel pan with cooking spray.</li> <li>• For 50 servings: Coat two 2-inch hotel pans with cooking spray.</li> </ul> </li> <li>2. Prepare vegetables.</li> <li>3. Dividing ingredients evenly between the two pans (for 50 servings), layer half the zucchini, all the onion and garlic, then the remaining zucchini. Divide the sauce between the pans. Cover and bake until just tender, about 20 minutes.</li> <li>4. Uncover and sprinkle with mozzarella and Parmesan cheeses. Bake, uncovered until the cheese is melted and bubbly, 5 to 10 minutes more.                             <p><b>CCP:</b> Cook until internal temperature reaches 135°F or above.</p> <p><b>CCP:</b> Hold for hot service at 135°F or higher.</p> </li> </ol>
Onions, peeled, sliced	2 pounds	6 ounces	
Garlic, peeled, sliced thin	8 cloves	2 cloves	
Tomato sauce or marinara	1 gallon	3 cups	
Mozzarella, part-skim, shredded	1 pound	3 ounces	
Parmesan cheese, grated	1 quart	3/4 cup	

NUTRIENTS PER SERVING									
Calories	100	Cholesterol (mg)	10	Dietary Fiber (g)	1	Vitamin D (mcg)	0.1	Potassium (mg)	270
Total Fat (g)	5	Sodium (mg)	530	Added Sugars (g)	0	Iron (mg)	1	Vitamin A-RAE (mcg)	50.69
Saturated Fat (g)	2.5	Total Carbohydrate (g)	9	Protein (g)	5	Calcium (mg)	140	Vitamin C (mg)	11.20

Source: *New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks*, Vermont Agency of Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. <http://vtfeed.org/resource-library>

<b>TURMERIC ZUCCHINI</b>	SERVING SIZE: USED AS GARNISH	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water	3 cups	½ cup, 2 tablespoons	1. Bring water, vinegar, salt, and sugar to a boil in a small pot. 2. Place turmeric and zucchini in a large bowl. Pour pickling liquid over the vegetables. Marinate for 1-2 hours or refrigerate for up to 3 days.  <b>CCP:</b> Hold and serve at 41°F or lower.
Vinegar, apple cider	3 cups	½ cup, 2 tablespoons	
Salt, kosher	2 tablespoons	1 teaspoon	
Sugar, white granulated	5 tablespoons	1 tablespoon	
Zucchini, sliced	10 cups	2 cups	
Turmeric	3 tablespoons	2 teaspoons	

NUTRIENTS PER SERVING									
Calories	10	Cholesterol (mg)	0	Dietary Fiber (g)	0	Vitamin D (mcg)	0	Potassium (mg)	70
Total Fat (g)	0	Sodium (mg)	190	Added Sugars (g)	1	Iron (mg)	0.3	Vitamin A-RAE (mcg)	2.48
Saturated Fat (g)	0	Total Carbohydrate (g)	2	Protein (g)	0	Calcium (mg)	10	Vitamin C (mg)	4.44

Source: Culinary Nutrition Associates LLC

<b>EDAMAME AND CORN SALAD</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ¼ CUP STARCHY VEGETABLE AND ⅛ CUP BEANS, PEAS, AND LENTILS
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INGREDIENTS	65 SERVINGS	10 SERVINGS	DIRECTIONS
<b>Dressing</b>			
Mayonnaise, low-fat	14 ounces	2 ounces	1. Whisk together mayonnaise and lemon juice.
Lemon Juice, fresh	10 ounces	1 ½ ounces	
Black pepper, ground	2 teaspoons	¼ teaspoon	2. Add seasonings and stir until well combined. Let stand in refrigerator overnight.
Ginger root, raw, grated	1 tablespoon	½ teaspoon	
<b>Salad</b>			
Whole Kernel Sweet Corn	18 cups, drained	2 ¾ cups	3. Drain corn (thawed frozen corn may be substituted).
Edamame, blanched	8 ¾ cups	1 ⅓ cups	
Onions, chopped, raw	2 ½ cups	⅓ cups	4. Combine corn, edamame, onion, red pepper and cilantro. Mix well. 5. Add dressing and mix until ingredients are well coated with dressing. <b>CCP:</b> Hold and serve at 41°F or lower.
Peppers, bell, red, diced	2 ½ cups	⅓ cups	
Cilantro leaves, raw, chopped	1 cup	2 tablespoons	

NUTRIENTS PER SERVING									
Calories	70	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	190
Total Fat (g)	2.5	Sodium (mg)	150	Added Sugars (g)	0	Iron (mg)	0.6	Vitamin A-RAE (mcg)	9.84
Saturated Fat (g)	0	Total Carbohydrate (g)	10	Protein (g)	4	Calcium (mg)	30	Vitamin C (mg)	12.45

Source: Saint Paul Public Schools, *Now We're Cooking! A collection of Simple Scratch Recipes Served in Minnesota Schools*, Minnesota Department of Healthy. [www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/greattrays/pdfs/NowCooking.pdf](http://www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/greattrays/pdfs/NowCooking.pdf)

<b>ESQUITES</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP STARCHY VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Corn, yellow, whole kernel, frozen	2 gallons	1 ½ quarts	1. Steam corn for 4 minutes or until at 135° F.  2. In a mixing bowl, combine the yogurt, mayonnaise, chipotle chili powder, chopped cilantro, minced garlic, juice, and zest from the lime(s) and most of the Parmesan cheese (reserve some for sprinkling on the top as a garnish, along with a little cilantro).  3. Add the cooked corn and toss to coat well.  4. Garnish with paprika, remaining Parmesan, and chopped cilantro. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.
Yogurt, Greek, plain, whole milk	20 ounces	4 ounces	
Mayonnaise, low-fat	20 ounces	4 ounces	
Chipotle chili powder	1 ¼ teaspoons	¼ teaspoon	
Garlic, raw	5 cloves	1 clove	
Cilantro, fresh, chopped	2 ½ cups	½ cup	
Limes, raw	5 each	1 each	
Cheese, parmesan, grated	2 ½ cups	½ cup	
Paprika	1 tablespoon, 2 teaspoons	1 teaspoon	

NUTRIENTS PER SERVING									
Calories	110	Cholesterol (mg)	5	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	200
Total Fat (g)	3	Sodium (mg)	180	Added Sugars (g)	1	Iron (mg)	0.5	Vitamin A-RAE (mcg)	34.55
Saturated Fat (g)	1	Total Carbohydrate (g)	20	Protein (g)	4	Calcium (mg)	50	Vitamin C (mg)	7.55

Source: Adapted from Windham Raymond School Department

<b>CORN PUDDING</b>	SERVING SIZE: ¼ CUP (#16 SCOOP)	ONE PORTION PROVIDES: ¼ CUP STARCH VEGETABLE
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INGREDIENTS	50 SERVINGS	25 SERVINGS	DIRECTIONS
Milk, nonfat	2 cups	1 cup	1. Combine milk, flour, eggs, oil, sugar, pepper, and nutmeg in the mixer bowl. Mix with a whip on low for 2 minutes, 1 minute at medium speed, and 1 minute at high speed. It may be mixed by hand.
Flour, all-purpose, enriched	12 ounces	6 ounces	
Eggs, large	14 large	7 large	
Oil, canola	4 ounces	2 ounces	
Sugar, white granulated	2 tablespoons	1 tablespoon	
White pepper	1 teaspoon	½ teaspoon	
Nutmeg, ground	1 teaspoon	½ teaspoon	
Corn, canned or frozen	2 quarts	1 quart	2. Change to paddle. Add whole-kernel corn and cream-style corn. Mix for 2 minutes on low speed. 3. Pour mixture into a steam table pan lightly coated with pan release spray. <ul style="list-style-type: none"> <li>• For 50 portions use 12"x20"x2" steamtable pan.</li> <li>• For 25 portions, use a one-half – 2-inch steam table pan.</li> </ul> 4. Bake until golden brown. Conventional oven at 375°F for 50-60 minutes. Convection oven at 325°F for 30-40 minutes. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.
Corn, cream style corn	2 quarts	1 quart	

NUTRIENTS PER SERVING									
Calories	130	Cholesterol (mg)	20	Dietary Fiber (g)	1	Vitamin D (mcg)	0.4	Potassium (mg)	60
Total Fat (g)	6	Sodium (mg)	20	Added Sugars (g)	1	Iron (mg)	0.9	Vitamin A-RAE (mcg)	22.97
Saturated Fat (g)	0.5	Total Carbohydrate (g)	16	Protein (g)	3	Calcium (mg)	40	Vitamin C (mg)	0.03

Source: Menus that Move, Ohio Department of Education, <http://education.ohio.gov/Topics/Other-Resources/Food-and-Nutrition/Resources-and-Tools-for-Food-and-Nutrition/Menus-that-Move>

<b>PICKLED JALAPENOS</b>	SERVING SIZE: USED AS GARNISH	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water	3 cups	½ cup, 2 tablespoons	1. Bring water, vinegar, salt, and sugar to a boil in a small pot.
Vinegar, apple cider	3 cups	½ cup, 2 tablespoons	
Salt, kosher	2 tablespoons	1 ½ teaspoons	
Sugar, white granulated	5 tablespoons	1 tablespoon	
Jalapenos	10 cups	2 cups	2. Place jalapenos in a large bowl. Pour pickling liquid over vegetables. Marinate for 1-2 hours or refrigerate for up to 3 days. <b>CCP:</b> Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING									
Calories	10	Cholesterol (mg)	0	Dietary Fiber (g)	0	Vitamin D (mcg)	0	Potassium (mg)	40
Total Fat (g)	0	Sodium (mg)	290	Added Sugars (g)	1	Iron (mg)	0	Vitamin A-RAE (mcg)	9.70
Saturated Fat (g)	0	Total Carbohydrate (g)	2	Protein (g)	0	Calcium (mg)	0	Vitamin C (mg)	21.35

Source: Culinary Nutrition Associates LLC

<b>BLANCHED GREEN BEANS</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP OTHER VEGETABLE

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Green beans, fresh, trimmed, whole	6 ¼ pounds	1 pound 4 ounces	1. Prepare the washed, cut green beans.
Water, boiling	As needed	As needed	2. Use a steam kettle, tilting braising pan, or stockpot to bring water to a boil. Place the green beans in the boiling water and cook for 2-3 minutes. To blanch small amounts of vegetables, place the vegetables in a colander and then set the whole colander in the boiling water. 3. Immediately drain all hot water.
Ice	As needed	As needed	4. Immerse the vegetables in an ice bath (water with ice), making sure all the vegetables are submerged. Leave for about 1 minute to stop the cooking process. <b>CCP:</b> Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING									
Calories	20	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	120
Total Fat (g)	0	Sodium (mg)	0	Added Sugars (g)	0	Iron (mg)	0.6	Vitamin A-RAE (mcg)	19.56
Saturated Fat (g)	0	Total Carbohydrate (g)	4	Protein (g)	1	Calcium (mg)	20	Vitamin C (mg)	6.92

<b>GREEN BEAN SALAD WITH ALMONDS</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP OTHER VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Almonds, whole, roasted	2 cups	½ cup	<p><b>CCP:</b> No bare-hand contact with ready-to-eat food.</p> <p>1. Lightly toast the almonds over medium-high heat in a sauté pan (or in an oven), about 3 minutes. Add half of the tamari and stir until the almonds are coated evenly about 30 seconds. Cool. Chop the almonds roughly.</p> <p>2. Blanch the green beans.</p> <p>3. In a large bowl, combine the sesame oil, vinegar, garlic, ginger, and remaining tamari. Add the drained green beans and toss to coat. Garnish with roasted almonds.</p> <p><b>CCP:</b> Hold and serve at 41°F or lower.</p>
Tamari	½ cup	2 tablespoons	
Green beans, trimmed	6 ¼ pounds	1 pound, 4 ounces	
Oil, sesame	½ cup	2 tablespoons	
Vinegar, rice wine	¾ cup	3 tablespoons	
Garlic, minced	2 Tablespoons	2 teaspoons	
Ginger, fresh, peeled, grated	2 tablespoons	2 teaspoons	

NUTRIENTS PER SERVING									
Calories	90	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	170
Total Fat (g)	7	Sodium (mg)	200	Added Sugars (g)	0	Iron (mg)	0.8	Vitamin A-RAE (mcg)	19.56
Saturated Fat (g)	0.5	Total Carbohydrate (g)	6	Protein (g)	3	Calcium (mg)	40	Vitamin C (mg)	6.94

<b>SESAME-ROASTED GREEN BEANS</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP OTHER VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Green Beans, trimmed	12 pounds	2 pounds, 6 ounces	1. Preheat convection oven to 300°F or conventional oven to 325°F. 2. Drizzle the green beans with the oil and sprinkle with salt and pepper. Divide green beans among four full sheet pans (for 50 portions) and spread in a single layer. Bake for 15 minutes. 3. Stir the sesame seeds evenly into each pan of the green beans and bake until they start to brown, 4 to 5 minutes more. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.
Oil, canola	¼ cup	1 tablespoon	
Oil, sesame	1 tablespoon	1 teaspoon	
Salt, kosher	1 tablespoon	1 teaspoon	
Black pepper, ground	2 teaspoons	½ teaspoon	
Sesame Seeds	½ cup	2 tablespoons	

**SERVING NOTES:**

Pan size	12x20x2 Steam Table Pan
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NUTRIENTS PER SERVING									
Calories	60	Cholesterol (mg)	0	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	230
Total Fat (g)	2.5	Sodium (mg)	200	Added Sugars (g)	0	Iron (mg)	1.2	Vitamin A-RAE (mcg)	37.21
Saturated Fat (g)	0	Total Carbohydrate (g)	8	Protein (g)	2	Calcium (mg)	40	Vitamin C (mg)	13.15

Source: *New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks*, Vermont Agency of Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. <http://vtfeed.org/resource-library>

<b>PIZZA GREEN BEANS</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP OTHER VEGETABLE
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INGREDIENTS	50 SERVINGS	12 SERVINGS	DIRECTIONS
Green beans, ends snipped	9 ¼ pounds	1 pound, 8 ounces	<ol style="list-style-type: none"> <li>1. Steam beans in a perforated pan until tender but firm and still bright green, about 4-8 minutes, depending on the intensity of the steamer.</li> <li>2. Heat oil in a small skillet pan. Add garlic and heat very briefly, over medium-low heat, just until the garlic starts to cook (do not brown garlic).</li> <li>3. Add tomatoes, oregano, salt, and pepper. Heat.</li> <li>4. Toss the green beans with the tomato mixture in a steam table pan and serve.</li> </ol> <p><b>CCP:</b> Cook until internal temperature reaches 135°F or above.</p> <p><b>CCP:</b> Hold for hot service at 135°F or higher.</p>
Oil, olive	¼ cup	1 tablespoon	
Garlic, minced	¼ cup	1 tablespoon	
Tomatoes, canned, diced, drained	16 ounces	½ cup	
Oregano, dried	½ cup	2 tablespoons	
Salt, kosher	2 teaspoons	½ teaspoon	
Black pepper, ground	1 teaspoon	¼ teaspoon	

NUTRIENTS PER SERVING									
Calories	40	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	160
Total Fat (g)	1.5	Sodium (mg)	110	Added Sugars (g)	0	Iron (mg)	0.9	Vitamin A-RAE (mcg)	24
Saturated Fat (g)	0	Total Carbohydrate (g)	5	Protein (g)	1	Calcium (mg)	40	Vitamin C (mg)	8.31

Source: Adapted from Pizza Green Beans, What’s Cooking, USDA Mixing Bowl, <https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/pizza-green-beans-usda-recipe-schools>

<b>DILLY GREEN BEANS</b>	SERVING SIZE: USED AS GARNISH	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water	3 cups	½ cup, 2 tablespoons	1. Bring water, vinegar, salt, and sugar to a boil in a small pot.
Vinegar, apple cider	3 cups	½ cup, 2 tablespoons	
Salt, kosher	2 tablespoons	½ tablespoon	
Sugar, white granulated	5 tablespoons	1 tablespoon	
Green beans, trimmed	10 cups	2 cups	2. Place green beans and dill in a large bowl. Pour pickling liquid over vegetables. 3. Marinate for 1-2 hours or refrigerate for up to 3 days. <b>CCP:</b> Hold and serve at 41°F or lower.
Dill, fresh	4 tablespoons	1 tablespoon	

NUTRIENTS PER SERVING									
Calories	101	Cholesterol (mg)	0	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	40
Total Fat (g)	0	Sodium (mg)	290	Added Sugars (g)	1	Iron (mg)	0.2	Vitamin A-RAE (mcg)	7.11
Saturated Fat (g)	0	Total Carbohydrate (g)	3	Protein (g)	0	Calcium (mg)	10	Vitamin C (mg)	2.49

Source: Culinary Nutrition Associates LLC

<b>BBQ THREE BEAN SALAD</b>	SERVING SIZE: 1/2 CUP	ONE PORTION PROVIDES: 2 OZ. M/MA EQ. OR 1/2 CUP BEANS/PEAS/LENTILS

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Beans, black, low sodium, canned, drained	7 pounds	1 1/2 pounds	<b>CCP:</b> No bare-hand contact with ready-to-eat food. 1. Rinse all beans in cold water and drain well. 2. Combine all beans in a large bowl.
Beans, pinto, low sodium, canned, drained	7 pounds	1 1/2 pounds	
Beans, garbanzo, low sodium, canned, drained	7 pounds	1 1/2 pounds	
Yogurt, Greek, plain, nonfat	2 pounds	6 ounces	3. Combine yogurt, BBQ sauce, and lime juice in a bowl. Mix well.
Barbecue sauce	12 ounces	2 ounces	
Juice, lime, fresh	4 ounces	1 ounce	4. In a small bowl, add black pepper, onion, garlic, dill, chili powder, and cilantro and mix well to combine spices. Add to BBQ yogurt mixture. Stir well. 5. Pour yogurt mixture over beans and lightly toss to combine. <b>CCP:</b> Hold and serve at 41°F or lower.
Pepper, black, ground	2 teaspoons	1/2 teaspoon	
Onion, granulated	2 teaspoons	1/2 teaspoon	
Garlic, granulated	2 teaspoons	1/2 teaspoon	
Dill, dried	2 teaspoons	1/2 teaspoon	
Chili powder	2 teaspoons	1/2 teaspoon	
Cilantro, dried	2 teaspoons	1/2 teaspoon	

NUTRIENTS PER SERVING									
Calories	200	Cholesterol (mg)	0	Dietary Fiber (g)	11	Vitamin D (mcg)	0	Potassium (mg)	550
Total Fat (g)	2	Sodium (mg)	330	Added Sugars (g)	2	Iron (mg)	3.2	Vitamin A-RAE (mcg)	2.98
Saturated Fat (g)	0	Total Carbohydrate (g)	34	Protein (g)	12	Calcium (mg)	110	Vitamin C (mg)	3.46

Source: Danone

<b>ROASTED CHICKPEAS</b>	SERVING SIZE: ¼ CUP	ONE PORTION PROVIDES: ¼ CUP BEANS, PEAS, AND LENTILS
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INGREDIENTS	105 SERVINGS	10 SERVINGS	DIRECTIONS
Chickpeas, canned, drained, rinsed, dried well	3 each #10 cans	2 ½ cups	1. Preheat oven to 350°F.  2. Mix oil and the remaining seasonings in a bowl. 3. Add the beans and coat well. Spread them on the sheet pan evenly. 4. Bake for 20 minutes at 350°F. Stir the beans around on the pan and bake for another 20 to 25 minutes until crisp and roasted. Beans will turn dark in color and will be crunchy.
Oil, canola	1 ½ cup	2 ½ tablespoons	
Paprika	2 ½ tablespoons	¾ teaspoon	
Garlic, granulated	2 tablespoons	¾ teaspoon	
Onion powder	3 tablespoons	1 teaspoon	
Black pepper, ground	1 ½ tablespoon	½ teaspoon	
Salt, kosher	2 teaspoons	¼ teaspoon	

**RECIPE NOTES:**

- 1 #10 can fit perfectly on a sheet pan.
- Store at room temperature in an air tight container.
- Serve in soufflé cup, or use to top a salad, or serve as a healthy snack.
- To re-crisp, return them back to the oven at 400° for 5 minutes before serving.
- Can add cayenne pepper to make them spicy.

NUTRIENTS PER SERVING									
Calories	90	Cholesterol (mg)	0	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	50
Total Fat (g)	4.5	Sodium (mg)	120	Added Sugars (g)	0	Iron (mg)	0.4	Vitamin A-RAE (mcg)	4.70
Saturated Fat (g)	0	Total Carbohydrate (g)	9	Protein (g)	3	Calcium (mg)	20	Vitamin C (mg)	0.10

Source: Adapted from USDA Foods Recipe by Chef Deanna Olson (Crunchy Bonzo Beans), Iowa Department of Education. <https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/usda-foods-recipes-chef>

<b>MAPLE SRIRACHA BAKED BEANS</b>	SERVING SIZE: 2/3 CUP (#6 SCOOP)	ONE PORTION PROVIDES: 1/2 CUP VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Chickpeas, canned, drained, and rinsed (10 pounds drained)	2 1/4 #10 cans	2 pounds	<ol style="list-style-type: none"> <li>1. Preheat oven to 375°F.</li> <li>2. Add chickpeas and onions to a 2-inch full-sized steam table pan.</li> <li>3. In a separate bowl, whisk together the remaining ingredients. Pour over beans and onions and toss to coat.</li> <li>4. Cover and place in the oven for 1 1/2 to 2 hours. The liquid should be thickened around the beans. Add more water if needed.</li> </ol> <p><b>CCP:</b> Cook until internal temperature reaches 135°F or above.</p> <p><b>CCP:</b> Hold for hot service at 135°F or higher.</p>
Onion, diced	1 1/4 pounds	4 ounces	
Tomatoes, canned, crushed, no-added salt	24 ounces	5 ounces	
Maple syrup	16 ounces	3 ounces	
Sugar, brown	10 ounces	2 ounces	
Sriracha sauce	1/4 cup	1 tablespoon	
Worcestershire sauce	1/4 cup	1 tablespoon	
Ginger, fresh	1/4 cup	1 tablespoon	
Stock, vegetable, low sodium	1 quart	1 cup	

NUTRIENTS PER SERVING									
Calories	180	Cholesterol (mg)	0	Dietary Fiber (g)	6	Vitamin D (mcg)	0	Potassium (mg)	210
Total Fat (g)	2.5	Sodium (mg)	280	Added Sugars (g)	11	Iron (mg)	1.2	Vitamin A-RAE (mcg)	11.61
Saturated Fat (g)	0	Total Carbohydrate (g)	35	Protein (g)	7	Calcium (mg)	60	Vitamin C (mg)	1.91

Source: USA Pulses

<b>PICKLED WATERMELON RIND</b>	SERVING SIZE: USED AS GARNISH	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water	5 quarts	4 cups	1. Bring water and salt to boil over medium-high heat in a large pot.
Salt, kosher	5 tablespoons	1 tablespoon	
Peeled watermelon rind, cut into 1 x ½ x 2-inch pieces (Leave a thin layer of pink)	3 quarts, ½ cup	2 ½ cups	2. Add rind pieces and boil until tender, about 5 minutes. Strain, reserving liquid, and transfer rinds to a large glass or plastic bowl.
Sugar, white, granulated	3 ¾ cups	¾ cup	
Vinegar, apple cider	2 ½ cups	½ cup	3. Combine the reserved liquid with the remaining ingredients in a saucepan.
Peppercorns	20 each	4 each	
Fresh ginger root, long slice	5 each	1 each	4. Bring to a boil over medium-high heat, stirring until sugar dissolves. Simmer for 15 minutes until slightly reduced. 5. Pour over watermelon rinds in bowl. Place a plate over the top to keep the rinds submerged in liquid. 6. Cover and refrigerate for one day. Transfer to a glass jar and keep sealed in the refrigerator for up to 1 week. <b>CCP:</b> Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING									
Calories	7	Cholesterol (mg)	0	Dietary Fiber (g)	4	Vitamin D (mcg)	0	Potassium (mg)	10
Total Fat (g)	0	Sodium (mg)	580	Added Sugars (g)	15	Iron (mg)	.1	Vitamin A-RAE (mcg)	3.75
Saturated Fat (g)	0	Total Carbohydrate (g)	20	Protein (g)	0	Calcium (mg)	10	Vitamin C (mg)	.76

Source: The National Watermelon Promotion Board, Adapted from <https://www.watermelon.org/recipes/watermelon-rind-pickles/>

## PRODUCT EVALUATION FOR COOKING VEGETABLES FOR GREATER APPEAL

Participants evaluate each food product 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
Broccoli Salad	A or NA	A or NA	A or NA	A or NA	
Ranch-Roasted Broccoli	A or NA	A or NA	A or NA	A or NA	
Lemon Zest Broccoli	A or NA	A or NA	A or NA	A or NA	
Namasu	A or NA	A or NA	A or NA	A or NA	
Cauliflower Mac Salad	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	
Korean Style Cauliflower	A or NA	A or NA	A or NA	A or NA	
Banh Mi Pickled Vegetables	A or NA	A or NA	A or NA	A or NA	
Liliko'i Carrot Salad	A or NA	A or NA	A or NA	A or NA	
Roasted Carrot Fries	A or NA	A or NA	A or NA	A or NA	
Honey Carrot Coins	A or NA	A or NA	A or NA	A or NA	
Pickled Spicy Carrots	A or NA	A or NA	A or NA	A or NA	
'Uala Parfait	A or NA	A or NA	A or NA	A or NA	
Roasted Pala'ai	A or NA	A or NA	A or NA	A or NA	
Mashed Pala'ai	A or NA	A or NA	A or NA	A or NA	
Giardiniera	A or NA	A or NA	A or NA	A or NA	
Zucchini Fries	A or NA	A or NA	A or NA	A or NA	
Roasted Ratatouille	A or NA	A or NA	A or NA	A or NA	
Zucchini Parmesan	A or NA	A or NA	A or NA	A or NA	
Turmeric Zucchini	A or NA	A or NA	A or NA	A or NA	
Edamame and Corn Salad	A or NA	A or NA	A or NA	A or NA	
Esquites	A or NA	A or NA	A or NA	A or NA	
Corn Pudding	A or NA	A or NA	A or NA	A or NA	
Pickled Jalapeno	A or NA	A or NA	A or NA	A or NA	
Green Bean Salad with Almonds	A or NA	A or NA	A or NA	A or NA	
Sesame-Roasted Green Beans	A or NA	A or NA	A or NA	A or NA	
Pizza Green Beans	A or NA	A or NA	A or NA	A or NA	
Dilly Green Beans	A or NA	A or NA	A or NA	A or NA	
BBQ Three Bean Salad	A or NA	A or NA	A or NA	A or NA	
Roasted Chickpeas	A or NA	A or NA	A or NA	A or NA	
Maple Sriracha Baked Beans	A or NA	A or NA	A or NA	A or NA	
Pickled Watermelon Rind	A or NA	A or NA	A or NA	A or NA	

# DAY THREE: GREAT GRAINS

## LESSON-AT-A-GLANCE

Culinary demonstration	<ul style="list-style-type: none"> <li>• Uses of grains</li> <li>• Defining a whole grain</li> <li>• Variety of grains</li> <li>• Simmering grains</li> <li>• Cooking rice in the oven</li> <li>• Steaming grains</li> <li>• Cooking pasta</li> <li>• Seasonings</li> </ul> <p>Demonstrations</p> <ul style="list-style-type: none"> <li>• Brown Rice Pilaf</li> <li>• Quinoa and Pala'ai</li> <li>• Cheesy Oats/Oat Bowl</li> <li>• Cheese Sauce</li> </ul>	60 minutes
Hands on	<p>Cooking grains</p> <ul style="list-style-type: none"> <li>• Rice</li> <li>• Quinoa</li> <li>• Wheat berries/bulgur</li> <li>• Pasta</li> <li>• Corn grits and corn meal</li> <li>• Oats</li> <li>• Sorghum</li> <li>• Couscous</li> </ul>	2 ½ hours
Evaluation and discussion		15 minutes
Clean-up		15 minutes

<b>BROWN RICE PILAF</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Rice, brown, parboiled	3 pounds, 2 ounces	10 ounces	1. Combine the rice, oil, onions, garlic, and salt in a hotel pan.
Oil, canola	¼ cup	2 tablespoons	
Onions, fresh, small diced	1 pound	¾ cup	
Garlic, minced	4 teaspoons	1 teaspoon	
Salt, kosher	2 teaspoons	½ teaspoon	
Water or chicken stock, low-sodium	1 gallon	3 cups	2. Add the water or stock. 3. Cover pan tightly with aluminum foil. 4. Bake for approximately 25 minutes. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.

**Note:** Long grain brown rice will cook in about 45 minutes.

**SERVING NOTES:**

Serving size	½ cup, No. 8 scoop	Yield, weight	About 9 pounds
Pan size	2 steamtable pans for 50	Yield, volume	About 1 ½ gallons for 50

NUTRIENTS PER SERVING							
Calories	112	Total Fat (g)	.79	Vitamin A (IU)	1	Iron (mg)	.61
Protein (g)	2.76	Saturated Fat (g)	.17	Vitamin C (mg)	.1	Sodium (mg)	54
Carbohydrate (g)	23.15	Cholesterol	0	Calcium	7.6	Dietary Fiber (g)	1.3

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

<b>QUINOA AND PALA'AI</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN, ¼ CUP RED/ORANGE VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Pala'ai (squash), cubed	2 quarts, 2 cups	2 cups	<ol style="list-style-type: none"> <li>1. Preheat oven to 375°F.</li> <li>2. Place the cubed pala'ai in a large bowl and toss with olive oil, salt and pepper until the pala'ai is well coated.</li> <li>3. Place seasoned pala'ai on a parchment lined sheet tray and roast the pala'ai for 15 to 20 minutes or until tender. <b>CCP:</b> Chill to 70°F within 2 hours, then to 41°F in 4 hours.</li> </ol>
Oil, canola	¼ cup	2 teaspoons	
Salt, kosher	1 tablespoon	½ teaspoon	
Black pepper, ground	1 tablespoon	½ teaspoon	
Quinoa, dry	1 quart, 2 ¼ cups	1 ¼ cups	<ol style="list-style-type: none"> <li>4. In a steam-jacketed kettle or saucepan, add the quinoa and water and bring to a boil over medium heat. Turn the heat to low, cover and simmer for 15 minutes.</li> <li>5. Turn off heat and let sit for 10 minutes untouched. Fluff with fork. <b>CCP:</b> Chill to 70°F within 2 hours, then to 41°F in 4 hours.</li> </ol>
Water	2 quarts, 2 cups	2 cups	
Cranberries, dried, chopped	1 ½ cups	⅓ cup	<ol style="list-style-type: none"> <li>6. Combine the quinoa, pala'ai, cranberries, scallion, and sunflower seeds. <b>CCP:</b> No bare-hand contact with ready-to-eat food.</li> </ol>
Green onions, sliced thinly on bias	¾ cup	2 ½ tablespoons	
Sunflower seed kernels, roasted, unsalted	1 ½ cup	⅓ cup	
Oranges (for juice and zest)	4 each	1 each	

Oil, olive	$\frac{3}{4}$ cup	2 $\frac{1}{2}$ tablespoons	7. Whisk together the zest of the orange, the juice of the orange, olive oil and honey. Drizzle over quinoa salad. Toss until ingredients are well dressed. <b>CCP:</b> Hold and serve at 41°F or lower.
Honey	3 tablespoons	2 teaspoons	

NUTRIENTS PER SERVING							
Calories	160	Total Fat (g)	8	Vitamin A (IU)	81.5	Calcium (mg)	20.8
Protein (g)	4	Saturated Fat (g)	1	Vitamin C (mg)	9.4	Sodium (mg)	120
Carbohydrate (g)	21.3	Cholesterol (mg)	0	Iron (mg)	1.3	Dietary Fiber (g)	3

Source: Windham Raymond School Department, Windham, Maine

<b>CHEDDAR OATS</b>	SERVING SIZE: $\frac{3}{4}$ CUP (ROUNDED)	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN
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INGREDIENTS	25 SERVINGS	DIRECTIONS
Rolled oats	1 pound, 9 ounces	1. Preheat oven to 350°F. 2. Add the oats to 4-inch-deep hotel pan.
Water, hot	4 quarts, $\frac{2}{3}$ cup	3. Add the hot water to the oats. Cover with foil and place in oven for 20 minutes. 4. Uncover and stir, then re-cover and place back in the oven for 10-15 minutes.
Butter	2 tablespoons	5. Whisk in butter, cheese, salt, and pepper before serving. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.
Cheddar cheese, shredded	2 cups	
Salt, kosher	1 teaspoon	
Pepper, black, ground	1 teaspoon	

NUTRIENTS PER SERVING									
Calories	150	Cholesterol (mg)	10	Dietary Fiber (g)	3	Vitamin D (mcg)	0.1	Potassium (mg)	110
Total Fat (g)	6	Sodium (mg)	170	Added Sugars (g)	0	Iron (mg)	1.3	Vitamin A-RAE (mcg)	37.63
Saturated Fat (g)	2.5	Total Carbohydrate (g)	20	Protein (g)	6	Calcium (mg)	80	Vitamin C (mg)	0

Source: Chef Rebecca Polson, Minneapolis Public Schools

<b>SAVORY OATMEAL BOWL</b>	SERVING SIZE: 1 BOWL	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN, 3 OZ. EQ. MEAT/MEAT ALTERNATIVE, 1/2 CUP STARCHY VEGETABLE
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INGREDIENTS	1 SERVING	25 SERVINGS	DIRECTIONS
Cheddar Oats, cooked	¾ cup	1 recipe	1. Prepare ingredients per the recipes or package directions. 2. Assembly: <ul style="list-style-type: none"> <li>• Place oats in the bottom of the bowl.</li> <li>• Place eggs on top of oats to one side.</li> <li>• Place meat of choice next to eggs.</li> <li>• Place potatoes next to meat and eggs.</li> </ul> <b>CCP:</b> Hold for hot service at 135°F or higher.
Scrambled eggs	¼ cup	25 eggs	
Ham, diced or sausage crumbles	1 ounce	1 pound, 9 ounces	
Breakfast potatoes, frozen	½ cup	3 quarts, ½ cup	
Green onions, chopped, optional			

NUTRIENTS PER SERVING									
Calories	390	Cholesterol (mg)	205	Dietary Fiber (g)	3	Vitamin D (mcg)	1.4	Potassium (mg)	540
Total Fat (g)	18	Sodium (mg)	300	Added Sugars (g)	0	Iron (mg)	3.2	Vitamin A-RAE (mcg)	143.87
Saturated Fat (g)	7	Total Carbohydrate (g)	37	Protein (g)	21	Calcium (mg)	140	Vitamin C (mg)	11.05

Source: Chef Rebecca Polson, Minneapolis Public Schools

<b>CHEESE SAUCE</b>	SERVING SIZE: 2 OZ. OR ¼ CUP	ONE PORTION PROVIDES: 1 OZ. EQ. M/MA
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water, cold or milk	5 ⅝ cups	1 ⅛ cup	1. Combine cold water and sodium citrate. Whisk to dissolve. Bring to a simmer over medium heat.
Sodium citrate	55 grams or 2 ounces	11 grams (About 2 teaspoons)	
Cheddar cheese, grated	3 pounds, 2 ounces	10 ounces	2. Add cheese to the simmering liquid gradually, blending each addition with an immersion blender or whisk until melted and completely smooth. <b>CCP:</b> Hold for hot service at 135°F or higher.

**SERVING NOTES:**

- Cheese sauce will keep for 1 week in the refrigerator or up to 2 months in freezer.
- Add salsa for queso sauce.
- Sodium citrate allows the proteins in the cheese sauce to become more soluble without lowering the pH of the sauce, which creates a smooth emulsion without curdling.

NUTRIENTS PER SERVING							
Calories	73	Total Fat (g)	4	Vitamin A	0	Iron	0
Protein (g)	7	Saturated Fat (g)	3	Vitamin C	0	Sodium (mg)	347
Carbohydrate (g)	0.76	Cholesterol (mg)	15	Calcium	220	Dietary Fiber	0

Source: Adapted from *Modernist Cuisine* and Chef Matt Poling

## GREAT GRAINS: TEAM ASSIGNMENTS

	Grain	Recipe 1 (Cold)	Recipe 2 (Shaker/Bowl/Bar)
Team 1	Brown rice	Brown Rice and Edamame Salad	Teriyaki Chicken with Oven-Fried Rice
Team 2	Quinoa	Southwest Quinoa Salad	Kampachi/Kahala Quinoa Poke Bowl
Team 3	Wheat berries or bulgur	Tabbouleh	Southwest Chicken and Wheat Berry Power Bowl
Team 4	Pasta, whole wheat	BLT Pasta Salad	Sweet Chili Asian Noodle Bowl
Team 5	Corn grits, whole grain	Poi Cornbread	Beef/Pork Tamale Pie or Grits Bowl with Popcorn Shrimp
Team 6	Oats	Overnight Oats with Homemade Granola	Blueberry Oat Bars
Team 7	Sorghum	Sorghum and Corn Salad	Kalua Chicken Burrito Bowl
Team 8	Couscous, whole wheat pearly couscous	Whole Wheat Couscous and Citrus Salad	Whole Wheat Pearled Couscous with Chicken & Tomatoes

<b>BROWN RICE AND EDAMAME SALAD</b>	SERVING SIZE: ¾ CUP	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water or stock	1 gallon	3 ½ cups	1. Bring the water or stock and rice to a boil. Turn the heat down to low and cover and cook for 40 minutes. Remove from the heat and let sit for 20 minutes before fluffing lightly. Chill. <b>CCP:</b> Chill to 70°F within 2 hours, then to 41°F in 4 hours.
Rice, Brown, long grain, dry	3 pounds, 2 ounces	12 ounces	
Carrots, raw, small dice	1 gallon, 3 cups	4 cups	2. Add the carrots, scallions, almonds, edamame, and cranberries to the chilled rice. Mix to combine. <b>CCP:</b> No bare-hand contact with ready-to-eat food.
Green onions, thinly cut	19 medium	4 medium	
Almonds, blanched, sliced, toasted	1 ½ cup	¼ cup	
Edamame (soybean), shelled	3 pounds, 2 ounces	10 ounces	
Cranberries, dried	3 ⅛ cups	½ cup	3. Mix sesame oil, vinegar, honey, salt, and pepper in a large bowl. Mix until well combined. 4. Fold dressing into rice mixture. <b>CCP:</b> Hold and serve at 41°F or lower.
Oil, sesame	2 cups	⅓ cup	
Vinegar, cider	1 ½ cups	¼ cup	
Honey	⅓ cup	1 tablespoon	
Salt, kosher	1 tablespoon	½ teaspoon	
Black pepper, ground	1 ½ teaspoon	¼ teaspoon	

NUTRIENTS PER SERVING							
Calories	372	Total Fat (g)	13.39	Vitamin A (UI)	8162	Iron (mg)	1.85
Protein (g)	8.63	Saturated Fat (g)	1.68	Vitamin C (mg)	15.2	Sodium (mg)	138
Carbohydrate (g)	55.80	Cholesterol (mg)	0	Calcium (mg)	44.58	Dietary Fiber	4.31

Source: Windham Raymond School Department, Windham, Maine

<b>TERIYAKI CHICKEN WITH OVEN FRIED RICE</b>	SERVING SIZE: 2 OZ.	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Chicken, cooked, diced	6 pounds, 4 ounces	1 pound, 6 ounces	<ol style="list-style-type: none"> <li>1. Mix the soy sauce, water, vinegar, brown sugar, garlic, and ginger in a sauce pot. Bring to a boil.</li> </ol>
Soy sauce, low sodium	½ cup	¼ cup	
Water, cold	¼ cup	2 tablespoons	
Vinegar, cider	2 tablespoons	2 teaspoons	
Sugar, brown, packed	¼ cup	1 tablespoon	
Garlic, minced	1 teaspoon	½ teaspoon	
Ginger, fresh	1 teaspoon	½ teaspoon	
Cornstarch	1 tablespoon	1 teaspoon	<ol style="list-style-type: none"> <li>2. In a bowl, mix the cornstarch and water to create a slurry. While whisking the soy sauce mixture, slowly add the slurry to the sauce pot and mix well. Simmer until thickened. Add more slurry to reach desired thickness.</li> <li>3. In a mixing bowl, pour half of the sauce over the chicken. Mix well.</li> <li>4. Place the chicken on a parchment lined sheet pan in an even layer. In a 400°F preheated oven, bake the chicken for 20 minutes or until internal temperature reaches 165°F.</li> <li>5. Reduce the remaining sauce to create a glaze.</li> <li>6. Once the chicken is removed from oven drizzle the glaze over the chicken.</li> </ol> <p><b>CCP:</b> Heat to 165°F for &lt;1 second (instantaneous).</p>
Water, cold	1 tablespoon	1 teaspoon	

			<b>CCP:</b> Hold for hot service at 135°F or higher.
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NUTRIENTS PER SERVING							
Calories	171	Total Fat (g)	7.8	Vitamin A (IU)	82	Iron (mg)	.61
Protein (g)	13.7	Saturated Fat (g)	1.2	Vitamin C (mg)	.5	Sodium (mg)	690
Carbohydrate (g)	9.7	Cholesterol (mg)	34	Calcium (mg)	1	Dietary Fiber (g)	0

Source: Windham Raymond School District

<b>OVEN BAKED "FRIED" RICE</b>	SERVING SIZE: 1 CUP (#4 SCOOP)	ONE PORTION PROVIDES: 2 OZ. EQ. GRAIN
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Rice, brown, long-grain, dry	7 pounds, 8 ounces	1 pound, 8 ounces	1. Prepare the rice in the oven or steamer.  2. Preheat oven to 400°F. 3. Toss cooked rice (cooled), diced bell peppers, pineapple tidbits with juice and peas and carrots together in a large bowl. Add sesame oil and soy sauce. Mix well to combine. 4. Spread the rice mixture on parchment lined sheet pans 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, small diced	5 cups	1 cup	
Pineapple tidbits in juice, drained	7 ½ cup	1 ½ cup	
Peas and carrots, frozen	7 ½ cup	1 ½ cup	
Oil, sesame	1 ½ cup	⅓ cup	
Soy sauce, low sodium	2 cups	½ cup	
Green onions, sliced thinly on bias	1 quart	1 cup	6. Add the green onions. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.

NUTRIENTS PER SERVING							
Calories	174	Total Fat (g)	5.4	Vitamin A (UI)	518	Iron (mg)	.59
Protein (g)	3.56	Saturated Fat (g)	.8	Vitamin C (mg)	.8	Sodium (mg)	635
Carbohydrate (g)	27.8	Cholesterol	0	Calcium (mg)	18	Dietary Fiber (g)	2.5

Source: Windham Raymond School Department, Windham, Maine

<b>SOUTHWEST QUINOA SALAD</b>	SERVING SIZE: ¾ CUP	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Quinoa	4 pounds	12 ounces	<p><b>CCP:</b> No bare-hand contact with ready-to-eat food.</p> <p>1. Cook the quinoa according to the directions in the course guide.</p> <p><b>CCP:</b> Chill to 70°F within 2 hours, then to 41°F in 4 hours.</p> <p>2. Combine the red peppers, cilantro, and corn.</p> <p>3. Whisk the vinegar, oil, cumin, chili powder, crushed red pepper, and salt.</p> <p>4. Add the pepper mixture and dressing to the chilled quinoa. Toss well to coat.</p> <p><b>CCP:</b> Hold and serve at 41°F or lower.</p>
Beans, black, canned, drained, rinsed	1 - #10 can	1 - 15 ½ ounce can	
Peppers, bell, red, small diced	2 pounds, 8 ounces	8 ounces	
Cilantro, chopped	4 ounces	1 ounce	
Corn, frozen, thawed	2 pounds, 4 ounces	8 ounces	
Red wine vinegar	1 cup	3 tablespoons	
Oil, olive	½ cup	1 tablespoon	
Cumin, ground	1 ½ teaspoon	½ teaspoon	
Chili powder	1 tablespoon	1 teaspoon	
Red pepper, crushed	1 teaspoon	½ teaspoon	
Salt, kosher	2 teaspoons	¾ teaspoon	

NUTRIENTS PER SERVING									
Calories	210	Cholesterol (mg)	0	Dietary Fiber (g)	7	Vitamin D (mcg)	0	Potassium (mg)	450
Total Fat (g)	4	Sodium (mg)	190	Added Sugars (g)	0	Iron (mg)	2.7	Vitamin A-RAE (mcg)	53.5
Saturated Fat (g)	0.5	Total Carbohydrate (g)	35	Protein (g)	8	Calcium (mg)	40	Vitamin C (mg)	32.46

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

<b>KAMPACHI/KAHALA POKE BOWL</b>	SERVING SIZE: 1 BOWL	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN, 2 OZ. EQ. M/MA, ¾ CUP OTHER VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Quinoa, dry	3 pounds, 12 ounces	12 ounces	<p>1. Cook the quinoa according to the directions in the course guide.  <b>CCP:</b> Cook until internal temperature reaches 135°F or above.  <b>CCP:</b> Chill to 70°F within 2 hours, then to 41°F in 4 hours.</p> <p>2. Cut the Kampachi/Kahala into 2-ounce portions according to directions on package, then chill.  <b>CCP:</b> Heat to 145°F.  <b>CCP:</b> Chill to 70°F within 2 hours, then to 41°F in 4 hours.</p> <p>3. Combine the chilled Kampachi/Kahala, poke sauce, green onions, and sesame seeds. Stir gently until evenly combined.  <b>CCP:</b> No bare-hand contact with ready-to-eat food.</p> <p>4. Combine rice vinegar, sugar, and salt, whisk until the sugar and salt have dissolved. Pour over the cucumbers and stir to combine. Let sit for 30 minutes.</p> <p>To assemble:</p>
Kampachi/Kahala, raw	8 pounds, 8 ounces	1 pound, 12 ounces	
Kikkoman Poke Sauce	3 ¼ cups	½ cup, 2 tablespoons	
Green onions, sliced thinly on bias	3 ¼ cups	½ cup, 2 tablespoons	
Sesame seeds, toasted	3 tablespoons	2 teaspoons	
Rice vinegar	2 ½ cups	½ cup	
Sugar, white	5 tablespoons	1 tablespoon	
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	<ul style="list-style-type: none"> <li>• Place ½ cup of cooked quinoa in the bottom of a bowl.</li> <li>• Place a 2-ounce portion of the Kampachi/Kahala poke mixture on top of the quinoa to one side.</li> <li>• Add ¼ cup avocado next to the fish.</li> <li>• Pile ¼ cup each pickled cucumbers and red cabbage next to the fish.</li> <li>• Sprinkle with the Shichimi Togarashi.</li> </ul>
Shichimi Togarashi seasoning	½ cup	2 tablespoons	

**RECIPE NOTES:**

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

NUTRIENTS PER SERVING							
Calories	340	Total Fat (g)	13	Vitamin A (IU)	262.6	Calcium (mg)	70
Protein(g)	26	Saturated Fat (g)	2	Vitamin C (mg)	8.06	Sodium (mg)	770
Carbohydrate (g)	32	Cholesterol (mg)	40	Iron (mg)	2.6	Dietary Fiber (g)	86

Source: Garrett Berdan, School nutrition consultant

<b>TABBOULEH</b> (TAH-BUHL-LEE)	SERVING SIZE: ¾ CUP	ONE PORTION PROVIDES: 0.75 OZ. EQ. GRAIN
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water	2 quarts, 2 ½ cups	2 cups	<b>CCP:</b> No bare-hand contact with ready-to-eat food. 1. Add the salt to the water and bring to a boil.
Salt, kosher	2 tablespoons	1 teaspoon	
Bulgur, No. 3	2 quarts, 2 ½ cups	2 cups	2. In a bowl combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain. 3. Add the tomatoes, cucumbers, parsley, mint, onions, garlic, and cumin to the bulgur.
Tomatoes, fresh, unpeeled, finely diced	5 pounds	1 pound	
Cucumbers, fresh, peeled, seeded, finely diced	2 pounds, 8 ounces	8 ounces	
Parsley, fresh, chopped, packed	3 ounces	¼ 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	
Lemon juice	1 ⅓ cup	¼ cup	
Oil, canola	½ cup	1 ½ tablespoon	
			4. Add the lemon juice and vegetable oil to the salad mixture and toss to combine all ingredients. <b>CCP:</b> Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING							
Calories	141	Total Fat (g)	2.5	Vitamin A (UI)	391	Iron (mg)	1.13

Protein (g)	4.43	Saturated Fat (g)	.41	Vitamin C (mg)	13.4	Sodium (mg)	292
Carbohydrate (g)	29.96	Cholesterol (mg)	0	Calcium (mg)	22	Dietary Fiber (g)	6.5

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](http://www.theicn.org)

<b>SOUTHWEST CHICKEN AND WHEAT BERRY POWER BOWL</b>	SERVING SIZE: 1 BOWL	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN, 1 OZ. EQ. M/MA, 1/2 CUP STARCHY VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Wheat berries	4 pounds, 4 ounces	14 ounces	1. Cook wheat berries according to the course guide directions. 2. Drain well and chill. <b>CCP:</b> Chill to 70°F within 2 hours, then to 41°F in 4 hours.  3. Mix together the wheat berries, black beans, corn, and red peppers.
Black beans, canned, drained	1-#10 can	2 – No. 300 cans (2 1/2 cups)	
Corn, frozen, thawed	1 gallon, 2 quarts, 1 cup	1 quart, 1 cup	
Peppers, bell, red, small diced	1 pound	1/2 cup	
Cumin, ground	1/4 cup	1 tablespoon	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	3/4 cup	1 tablespoon, 1 1/2 teaspoons	
Oil, canola	3/4 cup	1 tablespoon, 1 1/2 teaspoons	
Salt, kosher	1 tablespoon	1/2 teaspoon	
Black pepper, ground	1 teaspoon	1/4 teaspoon	
Chicken meat, diced or shredded	6 pounds, 4 ounces	1 pound, 4 ounces	To assemble the bowl: <ul style="list-style-type: none"> <li>• Place 1 cup of wheat berry salad.</li> <li>• Top with 2 ounces chicken.</li> </ul>
Cilantro, fresh, chopped	3 cups	1/2 cup	

				• Garnish with chopped cilantro.
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NUTRIENTS PER SERVING							
Calories	410	Total Fat (g)	7	Vitamin A (mcg)	161.01	Iron (mg)	4.2
Protein (g)	31	Saturated Fat (g)	1	Vitamin C (mg)	15.86	Sodium (mg)	160
Carbohydrate (g)	59	Cholesterol (mg)	50	Calcium (mg)	60	Dietary Fiber (g)	13

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

<b>BLT PASTA SALAD</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN, ⅛ 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	⅓ cup	

NUTRIENTS PER SERVING							
Calories	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

<b>SWEET CHILI ASIAN NOODLE BOWL</b>	SERVING SIZE: 1 BOWL	ONE PORTION PROVIDES: 2 OZ. M/MA, 2 OZ. GRAIN, ½ CUP RED/ORANGE VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Spaghetti, whole grain	6 pounds	1 pound	1. Cook the spaghetti in boiling water until al dente. Drain immediately. 2. Toss the noodles with the sweet Thai chili sauce. 3. Lightly steam vegetables in batches until vegetables are hot and tender but not overcooked.
Sweet Thai Chili Sauce	6 ¼ cups	1 pound, 4 ounces	
Broccoli florets	1 pound	4 ounces	
Edamame, frozen, shelled	2 pounds, 8 ounces	8 ounces	
Carrots, matchstick (julienne)	1 pound, 4 ounces	4 ounces	
Red pepper, julienne	1 pound, 12 ounces	6 ounces	
Crispy Tofu (recipe attached)	13 pounds, 12 ounces	2 pounds, 12 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. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.

NUTRIENTS PER SERVING									
Calories	490	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	340
Total Fat (g)	13	Sodium (mg)	510	Added Sugars (g)	12	Iron (mg)	4.7	Vitamin A-RAE (mcg)	134.71
Saturated Fat (g)	1.5	Total Carbohydrate (g)	67	Protein (g)	23	Calcium (mg)	280	Vitamin C (mg)	33.07

<b>CRISPY TOFU</b>	SERVING SIZE: 4 ½ OUNCES	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Tofu, firm	13 pounds, 12 ounces	2 pounds, 12 ounces	<ol style="list-style-type: none"> <li>1. Place tofu in 2" perforated pan, over a 4"inch full pan. Place another 2" 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.</li> <li>2. Discard excess liquid. This step can be done overnight in the refrigerator.</li> <li>3. Once tofu has been pressed, cut into ¾-inch cubes.</li> <li>4. Combine sesame oil (or blend) and soy sauce. Pour over pressed tofu and toss.</li> <li>5. Add cornstarch and toss.</li> <li>6. Line a sheet pan with parchment paper. Place cornstarch-coated tofu on sheet pans. Do not overcrowd.</li> <li>7. Place in 400°F preheated oven and bake for 25 to 30 minutes. Halfway through shake tofu and rotate pan for even cooking. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.</li> </ol>
Sesame oil (or blended oil)	1 cup	¼ cup	
Soy sauce, low sodium	1 cup	¼ cup	
Corn starch	1 cup	¼ cup	

NUTRIENTS PER SERVING									
Calories	150	Cholesterol (mg)	0	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	20
Total Fat (g)	10	Sodium (mg)	210	Added Sugars (g)	0	Iron (mg)	1.7	Vitamin A-RAE (mcg)	0
Saturated Fat (g)	1	Total Carbohydrate (g)	5	Protein (g)	12	Calcium (mg)	230	Vitamin C (mg)	0

<b>Poi CORNBREAD</b>	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)	1. Combine flour, cornmeal, sugar, baking powder, and salt and mix with mixer for one minute with lowest speed. 2. If preparing a small batch, you can mix with a whisk.
Cornmeal, whole	1 pound (3 cups)	8 ounces (1 ½ cups)	
Sugar, granulated	6 ounces (1 cup)	3 ounces (½ cup)	
Baking powder	¼ cup	2 tablespoons	
Salt, kosher	1 ½ teaspoon	¾ teaspoon	
Poi, fresh	1 cup	½ cup	3. In a separate bowl, mix the poi, milk, and oil.
Milk, low fat, 1 %	3 ½ cups	1 ¾ cups	4. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened.
Oil, canola	½ cup	¼ cup	5. Add peppers and corn. Mix until combined. DO NOT OVERMIX. Batter will be lumpy. 6. Pour batter into a pan that has been coated with pan release spray. For 50 servings use 1 half-sheet pan (18x13x 1). 7. Bake until golden brown: <ul style="list-style-type: none"> <li>• Conventional oven at 400 °F for 30-35 minutes.</li> <li>• Convection oven at 350 °F for 20-25 minutes.</li> </ul>
Peppers, green and/or red, diced	8 ounces (1 ½ cup)	4 ounces (¾ cup)	
Corn, canned, low sodium, drained	8 ounces (1 ½ cup)	4 ounces (¾ cup)	

NUTRIENTS PER SERVING							
Calories	120	Saturated Fat (g)	0	Iron (mg)	.8	Vitamin A (UI)	351
Protein (g)	3	Cholesterol (mg)	0	Calcium (mg)	80	Vitamin C (mg)	10.7
Carbohydrates (g)	21	Total Fat (g)	0	Sodium (mg)	80	Dietary Fiber (g)	2

Source: 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/>

<b>BEEF OR PORK TAMALES PIE</b>	SERVING SIZE: 1 PIECE (2-IN. X 5-IN.)	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, 1 OZ. EQ. GRAIN

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Beef, ground, raw (no more than 15% fat) Or raw ground pork	7 pounds, 8 ounces	1 pound, 8 ounces	1. Brown the ground beef or ground pork. <b>CCP:</b> Hold for hot service at 135°F or higher  2. Add the onions, granulated garlic, pepper, tomato paste, tomatoes, water, and seasonings to the beef or pork. Mix well. Bring to a boil. Reduce heat and simmer for 20-25 minutes.  <b>CCP:</b> Heat to 155°F for 17 seconds. 3. Pour mixture into a hotel pan (12" x 10" x 2 1/2") – for 10 portions.
Onions, chopped	14 ounces	3 ounces	
Garlic, granulated	2 tablespoons	1 1/2 teaspoon	
Black pepper, ground	1 1/2 teaspoon	1/4 teaspoon	
Canned tomato paste	1 pound, 12 ounces	6 ounces	
Tomatoes, canned diced, with juice	3 pounds, 4 ounces	10 ounces	
Water	1 quart, 1 cup	1 cup	
Seasonings Chili powder	1/4 cup 3 tablespoons	1 tablespoon 1 teaspoon	
Cumin, ground	1 tablespoon	3/4 teaspoon	
Paprika Granulated onion	1 tablespoon	3/4 teaspoon	
Flour, all-purpose, enriched	1 pound	3 ounces	4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt in a mixer for 1 minute on low speed. If preparing a small batch, use a whisk.
Cornmeal, whole grain	1 pound	3 ounces	
Sugar, white, granulated	3 1/2 ounces	2 tablespoons	
Baking powder	2 tablespoons, 1 teaspoon	1 1/2 teaspoon	
Salt, kosher	3/4 teaspoon	1/4 teaspoon	
Eggs, large	4 each	1 each	

Milk, low-fat, 1 %	3 ¾ cups	¾ cups	5. In a separate bowl, mix the eggs, milk, and oil. Add to dry ingredients. Blend 2-3 minutes on medium speed until dry ingredients are moistened. The batter will be lumpy. 6. Pour batter over meat mixture in each pan and spread into corners of pan.
Oil, vegetable	½ cup	2 tablespoons	
Cheese, Cheddar, shredded	1 pound, 10 ounces	5 ounces	7. Bake: <ul style="list-style-type: none"> <li>• Conventional oven: 400°F for 30-35 minutes.</li> <li>• Convection oven: 350 °F for 25-30 minutes.</li> </ul> 8. Sprinkle cheese over the cornbread. 9. Cut into 2 x 5 portions. <b>CCP:</b> Hold for hot service at 135°F or higher.

NUTRIENTS PER SERVING									
Calories	340	Cholesterol (mg)	80	Dietary Fiber (g)	3	Vitamin D (mcg)	0.3	Potassium (mg)	470
Total Fat (g)	19	Sodium (mg)	350	Added Sugars (g)	3	Iron (mg)	2.6	Vitamin A-RAE (mcg)	77.31
Saturated Fat (g)	7	Total Carbohydrate (g)	25	Protein (g)	20	Calcium (mg)	190	Vitamin C (mg)	0.69

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](http://www.theicn.org/USDA_recipes/school_recipes/D-15.pdf)

<b>GRITS BOWL WITH POPCORN SHRIMP</b>	SERVING SIZE: 1 BOWL	ONE PORTION PROVIDES: 2 OZ. M/MA, 2
	1 ¼ CUPS CHEESY GRITS WITH 10 POPCORN SHRIMP.	OZ. EQ. GRAINS

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
<b>Cheesy Grits</b>			
Grits, cooked	50 cups	10 cups	<ol style="list-style-type: none"> <li>1. Cook grits according to manufacturer's instructions. Hot hold, covered.</li> <li>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.</li> <li>3. Bake at 350°F for 20 minutes.</li> <li>4. Sprinkle the chopped bacon on top and return to the oven for an additional 5-7 minutes. Hot hold, uncovered.</li> <li>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.</li> </ol> <p><b>NOTE:</b> Grits do not need to be batch cooked. They will hot hold well, covered, throughout service.</p>
Bell Pepper & Onions, frozen, thawed	5 cups	1 cup	
Bacon, cooked, chopped	25 slices	5 slices	
Granulated garlic	2 tablespoons	1 ½ teaspoons	
Onion powder	2 tablespoons	1 ½ teaspoons	
Salt	1 tablespoon	½ teaspoon	
Black pepper	½ tablespoon	¼ teaspoon	
Cayenne pepper sauce	⅓ cup	1 tablespoon	
Cheddar cheese, shredded	12 ½ cups	2 ½ cups	
<b>Cajun Shrimp</b>			
Popcorn Shrimp	6 ¼ pounds	20 ounces	<ol style="list-style-type: none"> <li>1. To cook Shrimp: Lay frozen Shrimp, in an even layer, on parchment lined baking sheets. Keep shrimp frozen until baked.</li> </ol>
Cajun seasoning	4 tablespoons	2 ½ teaspoons	

			<p><b>NOTE:</b> If the Shrimp are overlapping on the baking sheets the breading will not crisp well during baking.</p> <p>2. 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>3. Garnish with sliced scallions.</p>
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NUTRIENTS PER SERVING							
Calories	360	Total Fat (g)	19	Vitamin A (mg)	367	Iron (mg)	19
Protein (g)	23	Saturated Fat (g)	9	Vitamin C (mg)	1	Sodium (mg)	1100
Carbohydrate (g)	43	Cholesterol (mg)	118	Calcium (mg)	426	Dietary Fiber (g)	3

Source: Chef Rachel Petraglia

<b>APPLE PIE OVERNIGHT OATS</b>	SERVING SIZE: 10 FLUID OUNCES	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN, ½ CUP FRUIT, 1 MA

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Oats, rolled	3 quarts	2 ½ cups	1. In large mixer, combine the oats, low-fat vanilla yogurt, low-fat milk, and cinnamon. <b>NOTE:</b> 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 and garnish with a sprinkle of cinnamon.
Applesauce, unsweetened	2 # 10 cans	5 cups	

**Note:** Peaches N Cream Overnight Oats: Substitute diced, canned peaches

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

**VARIATIONS**

Oats	Milk	Yogurt	Fruit	Extras
¼ cup (credits as 1 grain)	⅛ cup	½ cup (credits as 1 /ma)	½ cup	
Quick oats	Low-fat white Fat-free white Fat-free chocolate	Flavored Plain Vanilla	Apples Bananas Berries	Brown sugar Chocolate chips Cinnamon, nutmeg

	Fat-free strawberry	Greek	Peaches Dried fruit (1/4 cup)	Nut/seed butter Cocoa powder
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Source: American Dairy Association Mideast

<b>HOMEMADE GRANOLA</b>	SERVING SIZE: ¼ cup	ONE PORTION PROVIDES: 0.5 OZ. EQ. OUNCE WHOLE GRAIN AND ⅛ 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 rest 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 ½ 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	½ teaspoon	
Dried fruit (Raisins, blueberries, and/or cherries)	1 pound (3 ¼ cups)	8 oz.	6. Mix in dried fruit and coconut.
Coconut, sweetened, shredded (optional)	4 ounces (1 ⅓ cups)	2 oz.	

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.

<b>HOMEMADE GRANOLA II</b>	SERVING SIZE: ¼ CUP	ONE PORTION PROVIDES: 0.5 OZ. EQ. OUNCE WHOLE GRAIN AND ⅙ CUP FRUIT
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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 (¾ 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: <ul style="list-style-type: none"> <li>• Conventional oven: 300° F for 45 minutes.</li> <li>• Convection oven: 250° F for 30 minutes.</li> </ul> (Stir granola every 15 minutes. Oats should be golden brown). 6. Remove from oven. Cool.
Oil, canola	5 tablespoons	2 tablespoons, 1 ½ teaspoons	
Honey	1 cup	½ cup	
Salt, kosher	1 teaspoon	½ teaspoon	
Cinnamon, ground	1 tablespoon	1 ½ teaspoons	
Vanilla	1 tablespoon	1 ½ teaspoons	
Fruit, dried (raisins, cranberries, etc.)	2 cups	1 cup	
			7. Mix in dried fruit. 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](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

<b>BLUEBERRY OAT BARS</b>	SERVING SIZE: 1 BAR	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN, ¼ CUP FRUIT
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INGREDIENTS	50 BARS	25 BARS	DIRECTIONS
Rolled oats, dry	3 quarts, ½ cup	1 quart, 2 cups	<ol style="list-style-type: none"> <li>Preheat oven to 350°F. Spray two 2-inch hotel pans (for 50 bars) or one 2-inch hotel pan with vegetable oil spray.</li> <li>In a mixer with a flat paddle attachment, mix the 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.</li> <li>Transfer ½ the mixture to a prepared pan and press down firmly to make the crust.</li> <li>For blueberry layer, in a large sauce pot, mix all ingredients together over medium-high heat, stirring constantly. Boil until thickened.</li> <li>Pour blueberry mixture over crust.</li> <li>Sprinkle the remaining crumb mixture on the blueberries and the crust.</li> <li>Bake in the preheated oven for 35-45 minutes. (checking at 20 minutes).</li> <li>Let cool completely before cutting into bars.</li> </ol>
Flour, all-purpose, enriched	1 quart 2 ¼ cups	3 cups	
Sugar, brown, packed	3 cups, 2 tablespoons	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	
Sugar, brown, packed	1 ½ cup	¾ cup	
Lemon juice	¾ cup	¼ cup, 2 tablespoons	
Cornstarch	¼ cup	2 tablespoons	

NUTRIENTS PER SERVING									
Calories	390	Cholesterol (mg)	45	Dietary Fiber (g)	5	Vitamin D (mcg)	0	Potassium (mg)	110
Total Fat (g)	19	Sodium (mg)	10	Added Sugars (g)	19	Iron (mg)	1.7	Vitamin A-RAE (mcg)	147.38
Saturated Fat (g)	11	Total Carbohydrate (g)	53	Protein (g)	4	Calcium (mg)	30	Vitamin C (mg)	1.42

<b>SORGHUM AND CORN SALAD</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: 1OZ. EQ. GRAINS AND ¼ CUP VEGETABLE
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INGREDIENTS	10 SERVINGS	DIRECTIONS
Water	6 ½ cups	1. Bring water and salt to a boil.
Salt, kosher	½ teaspoon	
Sorghum, whole grain	12 ounces (1 ⅔ 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.
Corn, frozen	9 ounces (1 ½ cups)	
Scallions, sliced	½ cup	3. Combine cooled cooked sorghum, corn, scallions, tomato, cilantro, and jalapeno and toss well.
Tomato, chopped	½ cup	
Cilantro, chopped	¼ cup	
Jalapenos, canned, diced (optional)	1 teaspoon	
Garlic	1 clove	
Vinegar, apple cider	3 tablespoons	4. Blend garlic, vinegar, olive 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. <b>CCP:</b> Cool to 41° F or lower within 4 hours.
Oil, olive	2 tablespoons	
Cumin, ground	½ teaspoon	
Salt, kosher	½ teaspoon	
Black pepper, ground	¼ teaspoon	

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

Source: Adapted from St. Paul Public Schools Nutrition Services

<b>KALUA CHICKEN BURRITO BOWL</b>	SERVING SIZE: 1 BOWL	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN, 2 OZ. EQ. M/MA, ¼ CUP BEANS, PEAS, LENTILS, ¼ CUP RED/ORANGE VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Lime Cilantro Sorghum, cooked (recipe attached)	1 gallon, 2 quarts, 1 cup	5 cups	To assemble a burrito bowl (for 1 serving): <ul style="list-style-type: none"> <li>• ½ cup Lime Cilantro Sorghum</li> <li>• 2 oz. Chicken Carnitas</li> <li>• ¼ cup Seasoned Black Beans</li> <li>• ¼ cup roasted peppers (reheated according to package)</li> <li>• ⅛ cup avocado</li> <li>• ⅛ cup salsa</li> </ul>
Kalua Chicken (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	280	Cholesterol (mg)	50	Dietary Fiber (g)	6	Vitamin D (mcg)	0	Potassium (mg)	440
Total Fat (g)	10	Sodium (mg)	520	Added Sugars (g)	0	Iron (mg)	2.2	Vitamin A-RAE (mcg)	25.05
Saturated Fat (g)	2	Total Carbohydrate (g)	33	Protein (g)	17	Calcium (mg)	20	Vitamin C (mg)	4.19

<b>LIME CILANTRO SORGHUM</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Sorghum, whole grain, dry	3 pounds, 8 ounces	12 ounces (1 ⅔ cups)	1. Add sorghum to boiling salted water. Cook, uncovered, for 45 to 55 minutes until sorghum is tender.
Water	2 gallons, 1 cup	6 ½ cups	
Salt, kosher	1 tablespoon	1 teaspoon	
Lime juice	2 cups	½ cup	2. After sorghum 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, bias cut	1 cup	¼ cup	

NUTRIENTS PER SERVING									
Calories	110	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	160
Total Fat (g)	1	Sodium (mg)	125	Added Sugars (g)	0	Iron (mg)	10	Vitamin A-RAE (mcg)	7.90
Saturated Fat (g)	0	Total Carbohydrate (g)	24	Protein (g)	4	Calcium (mg)	1.1	Vitamin C (mg)	4.93

<b>KALUA CHICKEN</b>	SERVING SIZE: 2 OUNCES	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Chicken or turkey thigh, cooked	7 pounds	1 pound, 8 ounces	1. Shred chicken or turkey thigh meat.
Seasonings			2. In a large bowl, combine the seasonings. 3. Add the onion and liquid smoke. 4. Add the chicken or turkey meat. Mix until fully coated. 5. Spray 2-inch steamtable pans with pan release. 6. Place 6 pounds of meat in each pan. 7. Roast in a 350°F oven for 20 minutes until the top is golden brown and edges are crisp. 8. Stir halfway through roasting.
Salt, kosher	1 tablespoon	½ teaspoon	
Black pepper, ground	1 tablespoon	½ teaspoon	
Garlic, granulated	2 tablespoons	1 ¼ teaspoon	
Onions, small dice	1 pound	3 ounces	
Liquid Smoke	1 tablespoon	2 teaspoons	

NUTRIENTS PER SERVING									
Calories	100	Cholesterol (mg)	50	Dietary Fiber (g)	0	Vitamin D (mcg)	0.1	Potassium (mg)	20
Total Fat (g)	6	Sodium (mg)	160	Added Sugars (g)	0	Iron (mg)	.2	Vitamin A-RAE (mcg)	.4
Saturated Fat (g)	1.5	Total Carbohydrate (g)	1	Protein (g)	11	Calcium (mg)	0	Vitamin C (mg)	1.06

<b>SEASONED BLACK BEANS</b>	SERVING SIZE: ¼ CUP	ONE PORTION PROVIDES: ¼ CUP BEANS, PEAS, LENTILS
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Oil, canola	2 tablespoons	1 ½ teaspoons	1. Heat the oil and sauté onions until opaque.  2. Add drained beans, drained tomatoes, undrained peppers, cumin, and garlic, granulated. Simmer for 20 minutes, stirring often. Serve with a slotted spoon to remove juices.
Onions, diced	8 ounces	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, ground	¼ cup	1 tablespoon	
Garlic, granulated	2 tablespoons	1 ½ teaspoon	

NUTRIENTS PER SERVING									
Calories	110	Cholesterol (mg)	0	Dietary Fiber (g)	8	Vitamin D (mcg)	0	Potassium (mg)	400
Total Fat (g)	1	Sodium (mg)	230	Added Sugars (g)	0	Iron (mg)	2.1	Vitamin A-RAE (mcg)	0.71
Saturated Fat (g)	0	Total Carbohydrate (g)	19	Protein (g)	6	Calcium (mg)	40	Vitamin C (mg)	5.27

<b>WHOLE WHEAT COUSCOUS AND CITRUS SALAD</b>	SERVING SIZE: 1 CUP	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN, ¼ CUP FRUIT, ½ CUP BEANS, PEAS, LENTILS

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water	3 quarts	2 ½ cups	1. In a large saucepan, heat water to a boil. 2. Pour the boiling water over the couscous, turmeric, and pepper. Cover and let sit covered for 5 minutes. Fluff with a fork and let sit. <b>CCP:</b> Chill to 70°F within 2 hours, then to 41°F in 4 hours.
Couscous, whole wheat, dry	2 quarts, 2 cups	2 cups	
Turmeric, ground	2 tablespoons	1 ½ teaspoon	
Pepper, black, ground	2 teaspoons	½ teaspoon	
Chickpeas, canned, drained	6 pounds, 8 ounces	1 pound, 4 ounces	<b>CCP:</b> No bare-hand contact with ready-to-eat food. 3. Combine chickpeas, oranges, onion, and raisins in a large bowl.
Mandarin orange, canned, in juice, drained	3 pounds	10 ounces	
Onions, red, small dice	3 ½ cups	¾ cup	
Raisins	1 quart	¾ cup	
Orange zest	⅓ cup	1 tablespoon	4. Whisk together orange zest, lemon juice, olive oil, and chives in a separate bowl. 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. <b>CCP:</b> Hold and serve at 41°F or lower.
Lemon juice	1 ½ cups	¼ cup, 1 tablespoon	
Oil, olive	⅔ cup	2 tablespoons	
Chives, fresh	2 tablespoons	2 teaspoons	

NUTRIENTS PER SERVING									
Calories	280	Cholesterol (mg)	54	Dietary Fiber (g)	8	Vitamin D (mcg)	0	Potassium (mg)	370
Total Fat (g)	4.5	Sodium (mg)	135	Added Sugars (g)	0	Iron (mg)	1.4	Vitamin A-RAE (mcg)	19.72
Saturated Fat (g)	0.5	Total Carbohydrate (g)	54	Protein (g)	10	Calcium (mg)	50	Vitamin C (mg)	13.62

<b>WHOLE WHEAT PEARLED COUSCOUS WITH CHICKEN AND TOMATOES</b>	SERVING SIZE: 1 CUP (8 OUNCE SPOODLE)	ONE PORTION PROVIDES: 1 OZ. EQ. GRAIN, ¼ CUP RED/ORANGE VEGETABLE, 2 OZ. EQ. M/MA
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INGREDIENTS	24 SERVINGS	12 SERVINGS	DIRECTIONS
Oil, olive	1 tablespoon	½ tablespoon	<ol style="list-style-type: none"> <li>1. Heat oil over medium-high heat in sauté pan.</li> <li>2. Sauté the onions and garlic until translucent.</li> <li>3. Add the tomatoes, Italian seasoning, salt to the sautéed onions and garlic and cook, stirring, for 5 minutes.</li> <li>4. Add stock to the mixture.</li> <li>5. Into hotel pan, place the couscous, chicken, sautéed tomato mixture, and Parmesan cheese. Stir to combine.</li> <li>6. Cover tightly with parchment paper and foil.</li> <li>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.)</li> <li>8. Stir well using a rubber spatula before serving.</li> </ol>
Onions, medium diced	4 cups	2 cups	
Garlic clove, minced	¼ cup	2 tablespoons	
Tomatoes, petite diced	6 cups	3 cups	
Italian seasoning	¼ cup	2 tablespoons	
Salt, kosher	2 teaspoons	1 teaspoon	
Stock, chicken, low sodium	2 quarts	1 quart	
Whole wheat pearled couscous	1 ½ pounds	12 ounces	
Chicken meat, cooked, diced	3 pounds	1 ½ pounds	
Parmesan cheese, grated	1 cup	½ cup	

**RECIPE NOTES:**

- 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.

- 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	270	Total Fat (g)	4.5	Vitamin A (mcg)	84.09	Iron (mg)	1.2
Protein (g)	25	Saturated Fat (g)	1.5	Vitamin C (mg)	8.02	Sodium (g)	420
Carbohydrate (g)	30	Cholesterol (mg)	55	Calcium (mg)	50	Dietary Fiber (g)	2

Source: In Harvest: Whole Grains, RICE, and Legumes, [www.inharvest.com/who-we-serve/k-12-foodservice/](http://www.inharvest.com/who-we-serve/k-12-foodservice/)

## PRODUCT EVALUATION FOR GREAT GRAINS

Participants evaluate each food product 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
Brown Rice and 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	
Kanpachi/Kahala 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 and Wheat Berry Power Bowl	A or NA	A or NA	A or NA	A or NA	
BLT Pasta Salad	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	
Poi Cornbread	A or NA	A or NA	A or NA	A or NA	
Beef/Pork Tamale Pie	A or NA	A or NA	A or NA	A or NA	
Grits Bowl with Popcorn Shrimp	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 and Corn Salad	A or NA	A or NA	A or NA	A or NA	
Kalua Chicken Burrito Bowl	A or NA	A or NA	A or NA	A or NA	
Whole Wheat Couscous and Citrus 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 FOUR:

## BUILD A BETTER SANDWICH

### LESSON-AT-A-GLANCE

Culinary demonstration	<ul style="list-style-type: none"> <li>• Types of sandwiches</li> <li>• Elements of sandwiches               <ul style="list-style-type: none"> <li>○ Bread</li> <li>○ Spreads</li> <li>○ Body</li> <li>○ Garnishes</li> </ul> </li> <li>• Types of bread</li> <li>• Preparing sandwiches</li> </ul> <p>Demonstrations</p> <ul style="list-style-type: none"> <li>• Fruit on a Canoe</li> <li>• Korean Street Toast</li> <li>• White Bean Dip</li> <li>• Quick Pickled Red Onions</li> <li>• Hummus</li> <li>• Folding a wrap</li> </ul>	60 minutes
Hands on	<ul style="list-style-type: none"> <li>• Hot sandwiches</li> <li>• Cold sandwiches</li> <li>• Dips/spreads</li> </ul>	2 ½ hours
Evaluation and discussion		15 minutes
Clean-up		15 minutes

<b>WHITE BEAN DIP</b>	SERVING SIZE: ¼ CUP (#16 SCOOP)	ONE PORTION PROVIDES: 1 OZ. EQ. M/MA
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Beans, cannellini, canned, drained, rinsed	15 cups	3 cups	<b>CCP:</b> No bare-hand contact with ready-to-eat food. 1. Place all ingredients in a food processor and blend until smooth. 2. Serve with pita bread or chips, vegetable sticks, or as a sandwich spread. <b>CCP:</b> Hold and serve at 41°F or lower.
Garlic cloves, minced	10 each	2 each	
Lemon juice	10 tablespoons	2 tablespoons	
Oil, olive	1 ⅔ cups	⅓ cup	
Parsley, loosely packed	1 ¼ cups	¼ cup	
Salt, kosher	5 teaspoons	1 teaspoon	
<b>Note:</b> Add 'ulu for a Hawaiian twist!			

NUTRIENTS PER SERVING									
Calories	120	Cholesterol (mg)	0	Dietary Fiber (g)	5	Vitamin D (mcg)	0	Potassium (mg)	240
Total Fat (g)	7	Sodium (mg)	340	Added Sugars (g)	0	Iron (mg)	1.1	Vitamin A-RAE (mcg)	6.41
Saturated Fat (g)	1	Total Carbohydrate (g)	10	Protein (g)	4	Calcium (mg)	50	Vitamin C (mg)	3.39

## FRUIT ON A CANOE (WAFFLES WITH APPLES)

ONE PORTION PROVIDES:  
1 OZ. EQ. GRAIN, 1/2 CUP FRUIT

INGREDIENTS	50 SERVINGS	DIRECTIONS
Frozen waffles, whole-grain, Child Nutrition Program approved	50 each	1. Toast waffles until golden brown on both sides in 375°F oven for 15 minutes. 2. Wrap waffles with foil. Keep warm until ready to serve.
Unsweetened apples, canned, peeled and diced	2 # 10 cans	
Water	2 quarts	3. Heat apples in large tilt skillet, pot or steam kettle. 4. Add water and raisins to the heating apple mixture. Add dry spices to apple mixture and bring to a boil.
Raisins, seedless	2 pounds	
Cinnamon, ground	1 tablespoon	
Allspice, ground (optional)	1 tablespoon	
Cornstarch	2/3 cup	5. Whisk cornstarch into cold water to make a slurry. 6. Pour slurry into boiling apple mixture stirring constantly to blend well. When mixture thickens remove from heat. 7. To serve, unwrap waffles and re-crisp in 350° F oven for 5 minutes. Serve 3/4 cup (6 ounces) warm apple mixture over each toasted waffle.
Water, cold	2/3 cup	

NUTRIENTS PER SERVING							
Calories	210	Total Fat (g)	6	Vitamin A (mcg)	35.7	Iron (mg)	2.2
Protein (g)	15	Saturated Fat (g)	2	Vitamin C (mg)	2.18	Sodium (mg)	560
Carbohydrate (g)	23	Cholesterol (mg)	35	Calcium (mg)	190	Dietary Fiber (g)	3

Source: Fruit and Veggie Quantity Cookbook Revised Edition

<b>KOREAN STREET TOAST</b>	SERVING SIZE: ONE PIECE OF TOAST	ONE PORTION PROVIDES: 1 OZ. EQ. WHOLE GRAIN, 1 OZ. EQ. M/MA, ½ CUP OTHER VEGETABLE
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INGREDIENTS	48 SERVINGS	10 SERVINGS	DIRECTIONS
Eggs	2 quarts, 2 cups	8 eggs	1. Whisk the eggs, salt and pepper together.
Salt, kosher	1 teaspoon	¼ teaspoon	
Black pepper, ground	½ teaspoon	¼ teaspoon	
Cabbage slaw mix, shredded	3 pounds, 12 ounces	13 ounces	2. Add the shredded cabbage mixture. Gently mix until well combined. 3. Pour the mixture into a sheet tray sprayed with cooking spray. 24 portions per ½ sheet tray. 4. Bake in a 375°F oven for 18 to 22 minutes. 5. Cut the egg into 24 portions (3 inches by 3 inches).
Bread, sliced, whole wheat	48 slices	10 slices	6. Evenly coat the bottom of a sheet pan with the melted butter. Layer the bread over the butter, then flip the bread to coat the other side with the butter. 7. Lightly sprinkle the bread with sugar on top, then toast in the oven until golden brown. 8. Serve a 3-inch by 3-inch square of egg on top of a slice of toast.
Butter, unsalted, melted	2 cups	½ cup	
Sugar, white	½ cup	1 tablespoon, 2 teaspoons	
Ketchup	1 cup	¼ cup	11. Combine ketchup and mayonnaise. Serve 1 tablespoon of the sauce with each portion. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.
Mayonnaise, low-fat	2 cups	½ cup	

NUTRIENTS PER SERVING									
Calories	210	Cholesterol (mg)	25	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	200
Total Fat (g)	11	Sodium (mg)	390	Added Sugars (g)	4	Iron (mg)	0.9	Vitamin A-RAE (mcg)	79.59
Saturated Fat (g)	6	Total Carbohydrate (g)	20	Protein (g)	7	Calcium (mg)	60	Vitamin C (mg)	0.44

<b>QUICK PICKLED ONIONS</b>	SERVING SIZE: USED AS A GARNISH	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS		DIRECTIONS
Onion, red, julienne	1 each	<p><b>CCP:</b> No bare-hand contact with ready-to-eat food.</p> <ol style="list-style-type: none"> <li>1. Add onion and salt to a large bowl. Let it sit for 30 minutes to 1 hour to help drain water from the onion. Drain excess water.</li> <li>2. Add sugar and toss. Let it sit another 10-15 minutes.</li> <li>3. Add vinegar and let sit for 30 minutes.</li> </ol> <p><b>CCP:</b> Hold and serve at 41°F or lower.</p>
Salt, kosher	1 tablespoon	
Sugar, white, granulated	½ tablespoon	
Vinegar, apple cider	1 cup	

<b>HUMMUS</b>	SERVING SIZE: ¼ CUP	ONE PORTION PROVIDES: 1 OZ. EQ. M/MA, 2 OZ. EQ. M/MA
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INGREDIENTS	50 SERVINGS- (¼ cup servings)	10 SERVINGS (¼ cup servings)	DIRECTIONS
Beans, chickpeas, or garbanzo, canned, drained (reserve liquid)	8 ½ pounds (2-no. 10 cans)	1 pound 12 ounces (3 - 15-ounce cans)	<ol style="list-style-type: none"> <li>1. In a food processor combine all ingredients and puree to a smooth consistency.</li> <li>2. If the hummus is too thick, add a little of the liquid from the chickpeas – about a teaspoon at a time.</li> <li>3. Cover. Refrigerate until service.</li> </ol> <p><b>CCP:</b> Chill to 41 °F or lower within 4 hours.</p>
Lemon juice	1 ¼ cups	¼ cup	
Tahini OR Peanut butter OR Sunflower seed butter	1 ½ pounds (2 ½ cups)	5 ounces (½ cup)	
Garlic cloves, peeled	1 ½ - 2 tablespoons	1 to 2 cloves	
Water	3 cups	½ cup, 1 tablespoon	
Oil, olive	½ cup	2 tablespoons	
Salt, kosher	2 teaspoons	½ teaspoon	

NUTRIENTS PER SERVING							
Calories	91	Total Fat (g)	3.9	Vitamin A (UI)	11	Iron (mg)	.7
Protein (g)	3.7	Saturated Fat (g)	.75	Vitamin C (g)	3.8	Sodium (mg)	150
Carbohydrate (g)	11.2	Cholesterol (mg)	0	Calcium (mg)	18	Dietary Fiber (g)	2.2

Source: Adapted from Hummus, E-24, 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/E-24.pdf](http://130.74.124.194/USDA_recipes/school_recipes/E-24.pdf)

## BUILD A BETTER SANDWICH: TEAM ASSIGNMENTS

	Sandwich 1	Sandwich 2	Spread / Dip
Team 1	Thai Chicken and Hapa Rice Lettuce Wraps	Chicken Caprese Sandwich	Spinach Pesto
Team 2	Kalua Pork Cubano Sandwich	Banh Mi Vietnamese Sandwich	Black Bean Dip
Team 3	Chicken Salad Sandwich	Asian Style Sweet and Spicy Veggie Burger	Harissa Red Lentil Hummus
Team 4	Grilled Vegetable Panini	Buffalo Chicken Calzone	Buffalo Hummus Dip
Team 5	Spicy Ahi Sliders	Alaskan Pollock Rolls	'Uala Hummus
Team 6	Kalua Pork Sandwich	Chicken Shawarma	Spicy Lemon Hummus
Team 7	Paniolo Sloppy Joe	Spy Thai Beef	Green Pea Hummus (Hulk Hummus)
Team 8	Sheet Pan Denver Omelet Biscuit	Breakfast Lentil Quesadilla	Peanut Butter Vanilla Yogurt Dip

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

<b>THAI CHICKEN AND HAPA RICE LETTUCE WRAPS</b>	SERVING SIZE: 1 CUP FILLING + 2 LETTUCE LEAVES (2 WRAPS)	ONE PORTION PROVIDES: 1.25 OZ. EQ. M/MA, 1 OZ. EQ. GRAIN
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Chicken, cooked, shredded, or diced	6 pounds, 4 ounces	1 pound, 4 ounces	<p><b>CCP:</b> No bare-hand contact with ready-to-eat food.</p> <ol style="list-style-type: none"> <li>Combine the chicken, mango or pineapple, red bell pepper, hapa rice, and peanut sauce. Gently mix.</li> <li>Place ½ cup of the Thai Chicken and Rice mixture in each lettuce leaf. Garnish with cilantro.</li> </ol> <p><b>CCP:</b> Hold and serve at 41°F or lower.</p>
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)	
Rice, hapa, cooked	8 pounds (6 quarts, 1 cup)	1 pound, 10 ounces (1 quart, 1 cup)	
Peanut sauce (recipe attached)	1 quart, 2 ¼ cups	1 ¼ cup	
Cilantro, fresh, chopped	3 ounces (2 cups)	¾ ounces (½ cup)	
Lettuce, Boston or Bibb lettuce, large whole leaves	100 each	20 each	

**Note:** Whisk together 1 pint 2 ounces of sweet chili sauce and 1 pint 7 ounces of pineapple juice for peanut-free sauce.

NUTRIENTS PER SERVING									
Calories	220	Cholesterol (mg)	50	Dietary Fiber (g)	2	Vitamin D (mcg)	0.1	Potassium (mg)	400
Total Fat (g)	2.5	Sodium (mg)	45	Added Sugars (g)	0	Iron (mg)	2	Vitamin A-RAE (IU)	966.1
Saturated Fat (g)	.5	Total Carbohydrate (g)	26	Protein (g)	20	Calcium (mg)	30	Vitamin C (mg)	17.6

<b>PEANUT SAUCE - MULTIPURPOSE</b>	SERVING SIZE: 1 OUNCE (2 TABLESPOONS)	ONE PORTION PROVIDES: 0.25 OZ. EQ. M/MA

INGREDIENTS	40 SERVINGS	10 SERVINGS	DIRECTIONS
Peanut butter	2 cups	½ cup	<b>CCP:</b> No bare-hand contact with ready-to-eat food. 1. Place the ingredients in a blender and blend on medium speed until smooth, about 30 seconds. <b>CCP:</b> Hold and serve at 41°F or lower.
Water	1 ⅓ cups	⅓ cup	
Soy sauce, low sodium	½ cup	2 tablespoons	
Sugar, brown, packed	½ cup	2 tablespoons	
Lime juice	½ cup	1 tablespoon, 1½ teaspoons	
Oil, sesame, toasted	¼ cup	1 tablespoon	
Ginger, ground	2 teaspoons	½ teaspoon	
Garlic, granulated	1 teaspoon	¼ teaspoon	
Cayenne pepper or red pepper flakes (optional)	½ teaspoon	⅛ teaspoon	

NUTRIENTS PER SERVING									
Calories	100	Cholesterol (mg)	0	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	90
Total Fat (g)	8	Sodium (mg)	170	Added Sugars (g)	3	Iron (mg)	0.3	Vitamin A-RAE (mcg)	0.53
Saturated Fat (g)	1.5	Total Carbohydrate (g)	6	Protein (g)	3	Calcium (mg)	10	Vitamin C (mg)	0.70

<b>CHICKEN CAPRESE SANDWICH</b>	SERVING SIZE: 1 EACH	ONE PORTION PROVIDES: 2 OZ. GRAIN, 2.5 OZ. M/MA, 1/8 CUP VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Chicken strips	9 pounds, 6 ounces	1 pound, 4 ounces	1. Thaw chicken. Add to large bowl.  2. Preheat oven to 350. Combine oil and spices. Pour over chicken. Toss to coat. 3. Place seasoned chicken on lined sheet pan in single layer and bake for 15-20 minutes, until chicken reaches 165 °F.
Oil, olive	1/2 cup	2 tablespoons	
Salt, kosher	1 teaspoon	1/4 teaspoon	
Pepper, black	1 teaspoon	1/4 teaspoon	
Garlic, granulated	1 teaspoon	1/4 teaspoon	4. Assemble sandwiches on lined, sprayed sheet tray: 5. Ciabatta Bottom 6. Tbsp. (#30 scoop) Pesto 7. 2.5 oz. Chicken 8. Tomato Slices 9. 1 Slice Cheese 10. Ciabatta Top 11. Hot hold at 135 °F until time of service.
Spinach pesto	6 1/4 cups	1 1/4 cup	
Tomatoes, sliced, 1/8 in. thick	3 pounds	10 ounces	
Cheese, provolone, 1 ounce each)	50 slices	10 slices	
Ciabatta Rolls, 2 ounce eq. each	50 each	10 each	

**SERVING NOTES:** These are best when batch heated. Do not leave in warmer for long time.

NUTRIENTS PER SERVING							
Calories	400	Total Fat (g)	10	Vitamin A (mcg)	553.71	Iron (mg)	2.2
Protein (g)	42	Saturated Fat (g)	2	Vitamin C (mg)	5.31	Sodium (mg)	760
Carbohydrate (g)	34	Cholesterol (mg)	75	Calcium (mg)	320	Dietary Fiber (g)	3

<b>SPINACH PESTO</b>	SERVING SIZE: 2 TABLESPOONS	ONE PORTION PROVIDES:
		1/8 CUP DARK GREEN VEGETABLE

INGREDIENTS	32 SERVINGS	10 SERVINGS	DIRECTIONS
Spinach	2 pounds	10 ounces (1 1/2 quarts)	1. Fit a food processor with a steel blade. Make pesto in batches by filling the food processor 1/2 full of spinach. Add a drizzle of oil. Process until smooth, adding a little more oil as needed.
Oil, olive	1 1/2 cups	1/2 cup	
Parmesan cheese, grated	1/2 cup	3 tablespoons	2. Transfer to a large bowl. Repeat with the remaining spinach and oil. When you get to the last batch, add cheese, lemon juice, garlic, salt, and pepper. Add to the bowl and stir well to blend flavors.
Lemon juice	2 tablespoons	2 teaspoons	
Garlic, fresh, chopped	1 tablespoon	1 teaspoon	
Salt, kosher	1 tablespoon	1 teaspoon	
Black pepper, ground	1/2 teaspoon	pinch	

NUTRIENTS PER SERVING							
Calories	62	Total Fat (g)	10.2	Vitamin A (UI)	3870	Iron (mg)	.5
Protein (g)	2	Saturated Fat (g)	1.6	Vitamin C (mg)	30	Sodium (mg)	192
Carbohydrate (g)	5	Cholesterol (mg)	0	Calcium (mg)	43	Dietary Fiber (g)	1

<b>KALUA PORK CUBANO SANDWICH</b>	SERVING SIZE: 1 SANDWICH	ONE PORTION PROVIDES: 2 OZ. GRAIN, 2 OZ. M/MA, 1/8 CUP VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Hoagie roll, whole grain 5 inch, 2 oz. grain	50 each	10 each	1. Preheat oven to 350 °F.
Mustard, yellow	3 1/8 cups	3 Tbsp. + 1 tsp.	2. Line sheet pan, and spray generously with non-stick spray.
Ham, sliced, .61 oz. slices	4 pounds 100 slices	13 ounces 20 slices	3. Lay out hoagie buns on sheet pan.
Kalua Pork, pulled, cooked	3 pounds 2 ounces	10 ounces	4. Spread 1 teaspoon mustard on the inside surface of the bottom of each roll.
Pickles, low sodium	1 gallon drained, 200 pickle slices	3 cups drained, 40 pickle slices	5. Place 2 slices of ham on each bottom bun.
Cheese, Swiss .5 oz. slice (cut in half)	1 pound, 9 ounces 50 slices	5 ounces 10 slices	6. Place 1 ounce of pork on top of ham.
			7. Place 4 pickle slices on top of pork.
			8. Add 2 half slices of cheese on top of pickles, covering the length of the sandwich.
			9. Fold over or place top bun on sandwich.
			10. Place another sheet of parchment on top of sandwiches and place 2-3 sheet pans on top of parchment paper to press down and compress sandwiches.
			11. Bake until lightly browned and filling reaches safe internal temperature (approximately 10-12 minutes).

			12. Cut sandwich in half diagonally and serve.
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NUTRIENTS PER SERVING							
Calories	210	Total Fat (g)	6	Vitamin A (mcg)	35.7	Iron (mg)	2.2
Protein (g)	15	Saturated Fat (g)	2	Vitamin C (mg)	2.18	Sodium (mg)	560
Carbohydrate (g)	23	Cholesterol (mg)	35	Calcium (mg)	190	Dietary Fiber (g)	3

<b>BAHN MI VIETNAMESE SANDWICH</b>	SERVING SIZE: 1 SANDWICH	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, 2 OZ. EQ. GRAINS, 1/8 CUP OTHER VEGETABLE, 1/8 CUP RED/ORANGE VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water	1/2 cup	1/4 cup	1. In a large bowl stir together the water, white vinegar, and sugar until the sugar dissolves.
White vinegar	1 cup	1/2 cup	
Sugar	1 cup	1/2 cup	
Carrots, matchstick	2 pounds (7 cups)	1 1/2 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 1/2 pound (5 1/2 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 1/4 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 1/4 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 1/2 cups	1/2 cup	
Fresh English cucumber, thinly sliced	2 pounds (6 1/4 cups)	6 ounces (1 1/4 cup)	
Fresh cilantro sprigs, leaves and tender stems	4 cups	3/4 cup	
Jalapeno, fresh, thinly sliced (optional)	About 3 each	About 1/2 each	

NUTRIENTS PER SERVING							
Calories	392	Total Fat (g)	20	Vitamin A (IU)	2607	Calcium (mg)	52
Protein(g)	18	Saturated Fat (g)	4	Vitamin C (mg)	5	Sodium (mg)	873
Carbohydrate (g)	36	Cholesterol (mg)	43	Iron (mg)	.25	Dietary Fiber (g)	4

Source: Garrett Berdan, School nutrition consultant

<b>BLACK BEAN DIP</b>	SERVING SIZE: ¼ CUP	ONE PORTION PROVIDES: ¼ CUP VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Beans, black, canned, drained and rinsed	8 pounds, 12 ounces	1 pound, 12 ounces	1. Combine black beans, garlic, cumin, salsa, lime juice and water in a food processor and puree until smooth.
Garlic, minced	5 teaspoons	1 teaspoon	
Cumin, ground	5 teaspoons	1 teaspoon	
Salsa, mild	2 ½ pounds	8 ounces	
Lime juice, fresh	3 tablespoons, 1 teaspoon	2 teaspoons	
Water	2 tablespoons	1 teaspoon	
Cilantro, chopped	1 ¼ cup	¼ cup	2. Stir in cilantro. 3. Serve with veggie sticks or chips. <b>NOTE:</b> This dip can be warmed in an oven with ¼ cup of cheese on top for a warm dip!

NUTRIENTS PER SERVING							
Calories	82	Total Fat (g)	.3	Vitamin A (IU)	73	Calcium (mg)	50
Protein(g)	5.2	Saturated Fat (g)	.07	Vitamin C (mg)	5	Sodium (mg)	458
Carbohydrate (g)	15.6	Cholesterol (mg)	0	Iron (mg)	1.6	Dietary Fiber (g)	5.7

Source: Windham Raymond School Department, Windham, Maine

<b>CHICKEN SALAD (BASE RECIPE)</b>	SERVING SIZE: 5 OUNCES	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
<b>Chicken</b>			
Chicken breast, boneless, skinless, raw	12 pounds	2 ½ pounds	<ol style="list-style-type: none"> <li>1. Pound the chicken breast to an even thickness to ensure that they all cook at the same rate.</li> <li>2. Place chicken, in an even layer, on sprayed-parchment lined baking sheets.</li> <li>3. Sprinkle with salt and pepper and cover pan tightly with foil.</li> <li>4. Bake at 350 degrees for 20 minutes; ensure internal temperature of 165 degrees for 15 seconds.</li> <li>5. Remove from the oven and allow to cool 5 minutes.</li> </ol> <p><b>NOTE:</b> Chicken should still be warm but cool enough to touch.</p> <ol style="list-style-type: none"> <li>6. To Shred Chicken: Place the warm chicken in your mixer. Using the paddle attachment, shred chicken.</li> </ol> <p><b>NOTE:</b> Begin on a slower speed. Once the chicken begins shredding, increase speed to desired shred.</p> <p>Chill the chicken to 41 degrees or below.</p>
Salt, kosher	2 tablespoons	1 teaspoon	
White pepper, ground	2 teaspoons	½ teaspoon	
<b>Chicken Salad Base</b>			
Mayonnaise	6 ¼ cups	1 ½ cup	

Onion, red, small dice	2 cups	½ cup	7. Using a large mixing bowl combine the mayonnaise, celery, onion, salt, and pepper. Gently mix in the shredded chicken. 8. Hold chicken salad base at 41 degrees or lower, labeled and dated, until needed.
Celery, small dice	2 cups	½ cup	
Salt, kosher	2 teaspoons	½ teaspoon	
Black pepper, ground	½ teaspoon	¼ teaspoon	

NUTRIENTS PER SERVING							
Calories	70	Total Fat (g)	7	Vitamin A (mcg)	12.81	Iron (mg)	.1
Protein (g)	0	Saturated Fat (g)	1	Vitamin C (mg)	41	Sodium (mg)	330
Carbohydrate (g)	3	Cholesterol (mg)	<5	Calcium (mg)	0	Dietary Fiber (g)	0

Source: Chef Rachel Petraglia, Gwinnett County Public Schools

<b>ASIAN STYLE SWEET AND SPICY VEGGIE BURGER</b>	SERVING SIZE: 1 BURGER	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, 1/2 CUP VEGETABLE, 2 OZ. EQ. WHOLE GRAIN
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
<b>Veggie Burger</b>			
Split pea, yellow, dry	4 1/2 pounds	1 pound	1. Wash and rinse split peas with cold water. Simmer the split peas in the water on the stove top for 30-40 minutes until done. Cool. <b>CCP:</b> hold cold for service, below 41 °F.
Water	5 quarts	1 quart	
Pala'ai (squash), fresh, peeled, deseeded, large diced	6 pounds	1 1/4 pounds	2. Cook the pala'ai in a perforated pan in a steamer for 15-20 minutes until fork tender. 3. In a large standing mixer, add the cooked pala'ai and chilled split peas. Mix until squash and split peas are blended, and pala'ai is mashed.
Soy sauce, less sodium	1 1/2 cups	1/3 cup	
Onion, granulated	2 tablespoons	1/2 tablespoon	4. Add soy sauce, granulated onion, granulated garlic, and ginger. Mix well.
Garlic, granulated	1/4 cup	1 tablespoon	
Ginger, ground	1/4 cup	1 tablespoon	
Cornmeal	4 cups	1/2 cup, 5 tablespoons	5. Mix in cornmeal. 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 sheet tray. Gently pat down top.

			<p>9. Bake for 35 minutes, until burgers are firm. Serve immediately or cool and freeze for later use.</p> <p><b>CCP:</b> Heat to 135 °F for at least 15 seconds.</p> <p><b>CCP:</b> Hold warm, above 135 °F for service.</p>
<b>Asian Slaw</b>			
Cabbage, shredded	22 ounces	a. ounces	1. Add cabbage, carrots, and pineapple to a large bowl.
Carrots, matchstick	1 pound	¼ pound	
Pineapple, tidbits, well drained	26 ounces	6 ounces	
Ginger, ground	1 teaspoon	¼ teaspoon	<p>2. In a small bowl, mix ginger, vinegar, oil, soy sauce, honey, lime juice and zest. Whisk to combine.</p> <p>3. Toss dressing with cabbage mixture 1 hour before service (or up to 3 hours before service).</p> <p>4. It is best to serve the slaw on the same day it is mixed.</p> <p><b>CCP:</b> hold cold for service, below 41 °F.</p>
Vinegar, apple cider	¼ cup	1 tablespoon	
Oil, sesame	2 tablespoons	½ tablespoon	
Soy sauce, less sodium	½ cup	2 tablespoons	
Honey	¼ cup	1 tablespoon	
Lime juice	2 tablespoons	½ tablespoon	
Lime zest	1 tablespoon	1 teaspoon	
<b>Sweet Chili Mayo</b>			
Mayonnaise, low fat, reduced sodium	32 ounces	7 ounces	<p>1. Mix mayonnaise with sweet chili sauce. Whisk to combine.</p> <p><b>CCP:</b> hold cold for service, below 41 °F.</p>
Sweet chili sauce	18 ounces	4 ounces	
<b>To Assemble:</b>			
Hamburger buns, whole grain rich	50 each	10 each	<p>To serve:</p> <ol style="list-style-type: none"> <li>Place ¼ cup slaw on the bottom of the bun.</li> <li>Top with veggie burger.</li> <li>Serve with 1 ounce of sweet chili mayonnaise.</li> </ol>

**RECIPE NOTES:** You can substitute 6  $\frac{3}{4}$  pounds of sweet potatoes for the butternut squash.

**SERVING NOTES:**

	Yield, Volume	Yield, Weight
Veggie Burger	8 $\frac{1}{2}$ quarts	288 ounces
Slaw	3 quarts	75 ounces

NUTRIENTS PER SERVING							
Calories	430	Total Fat (g)	7	Vitamin A (IU)	28.1	Calcium (mg)	130
Protein(g)	11	Saturated Fat (g)	1	Vitamin C (mg)	1	Sodium (mg)	890
Carbohydrate (g)	73	Cholesterol (mg)	4	Iron (mg)	4.1	Dietary Fiber (g)	16

<b>HARISSA RED LENTIL HUMMUS</b>	SERVING SIZE: 1/3 CUP (#12 SCOOP)	ONE PORTION PROVIDES: 1 OZ. EQ M/MA

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Red lentils, cooked OR Red lentils, dry	12 1/2 cups OR 6 1/4 cups dry (2 pounds, 10 ounces)	2 1/2 cups OR 1 1/4 cup dry	<p>1. To cook lentils from dry: rinse lentils with cool running water in colander; no need to soak. <i>Steamer:</i> place lentils and water in a steamtable pan. Cover and steam for 20 minutes. Drain if needed. Cool properly. <i>Steam jacketed kettle or large pot:</i> combine lentils and water. Bring to a boil, then reduce temperature to simmer. Cook, stirring lentils gently and occasionally for 20 to 30 minutes until tender and cooked through. Take care to not overcook. Cool properly.</p> <p>2. When thin outer coat of lentil starts to separate, lentils are close to done. <b>CCP:</b> chill to below 41°F. <b>NOTE:</b> 12 1/2 cups of cooked lentils is needed for 50 servings.</p>
Water (for dry lentils)	3 1/2 quarts	2 3/4 cups	
Tahini	1/2 cup	1 1/2 tablespoon	<p>3. Place all cooked, chilled lentils, tahini, harissa paste, olive oil, garlic, cumin, and lime juice in a food processor and puree until smooth.</p> <p>Alternately, place cooked, chilled lentils and remaining ingredients into a large container. Puree with an immersion blender. <b>CCP:</b> hold cold for service, below 41 °F.</p>
Harissa paste	3 ounces	3/4 ounce	
Oil, olive	1 1/2 cups	5 tablespoons	
Garlic, granulated	2 tablespoons	1/2 tablespoon	
Cumin, ground	1 tablespoon	1/2 teaspoon	
Lime juice	1 1/4 cup	1/4 cup	

**RECIPE NOTES:**

- For a milder dip, use 3 tablespoons of Harissa paste.
- Check the yield of the lentils procured. You need 12 ½ cups cooked lentils for 50 portions
- To serve as a power pack or grab-and-go add 1 oz. cheese stick, flatbread, ½ cup fruit, and ½ cup vegetables

NUTRIENTS PER SERVING							
Calories	170	Total Fat (g)	9	Vitamin A (IU)	80.1	Calcium (mg)	20
Protein(g)	7	Saturated Fat (g)	20	Vitamin C (mg)	2.16	Sodium (mg)	20
Carbohydrate (g)	18	Cholesterol (mg)	0	Iron (mg)	2.2	Dietary Fiber (g)	7

Source: Chef Samantha Cowens Gasbarro

<b>GRILLED VEGETABLE PANINI</b>	SERVING SIZE: 1 SANDWICH	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, 2 SERVINGS OF GRAINS/BREADS, 1/4 CUP VEGETABLE
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INGREDIENTS	10 SERVINGS	DIRECTIONS
Zucchini, sliced	1 pound	1. Toss zucchini and red pepper in olive oil, spread in a single layer on a sheet pan, and bake in a 350 °F oven for 10 minutes until lightly browned.
Peppers, red, canned, strips	4 ounces	
Oil, olive	4 tablespoons	
Bread, whole wheat (at least 0.9 ounces each)	20 slices	2. Lightly brush or spray one side of each piece of bread with olive oil.
Cheese, provolone, reduced fat, sliced	20 ounces (1-ounce slices)	3. Place one slice of bread, oil side down, on the sheet pan (18" x 26" x 1"). Place 1 slice of cheese on top of bread. 4. Spread cheese with pesto and then layer with roasted zucchini and red pepper strips. Top with slice of cheese. 5. Cover with a second slice of bread, olive oil side out. 6. Cover with 3 sheet pans to press sandwiches. 7. Bake until lightly browned: <ul style="list-style-type: none"> <li>• Conventional oven: 400°F for 8-10 minutes.</li> <li>• Convection oven: 375°F for 8-10 minutes until golden brown.</li> </ul>
Pesto	3 tablespoons	
		8. Cut each sandwich in half.

NUTRIENTS PER SERVING							
Calories	378	Saturated Fat (g)	8.22	Iron (mg)	2.26	Dietary Fiber (g)	4.58
Protein (g)	23.42	Cholesterol (mg)	32	Calcium (mg)	536	Vitamin C (mg)	21.08
Carbohydrates (g)	27.26	Total Fat (g)	19.80	Sodium (mg)	953	Vitamin A (UI)	628

Source: Adapted from Toasted Cheese Sandwich, F-07, 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://www.theicn.org/USDA\\_recipes/school\\_recipes/F-07.pdf](http://www.theicn.org/USDA_recipes/school_recipes/F-07.pdf)

<b>BUFFALO CHICKEN CALZONE</b>	SERVING SIZE: 1 CALZONE	ONE PORTION PROVIDES: 2 OZ. EQ. WHOLE GRAIN, 3 OZ. EQ. M/MA.
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
5" whole grain rich sheeted pizza dough	50 each	10 each	<ol style="list-style-type: none"> <li>1. Remove 8 frozen doughs from the case and place doughs 2" to 3" apart on oiled parchment pan liners on sheet pans. It is VERY important to cover the pan of dough with plastic to prevent dough from drying out during thawing.</li> <li>2. Place the covered dough in the cooler to thaw 18-24 hours or overnight. The next morning, allow covered thawed dough to rise at room temperature 2-3 hours until it is light and fluffy.</li> <li>3. Thaw 1 ½ lb. chicken fajita strips and dice, then toss with Buffalo wing hot sauce.</li> <li>4. Spread 1 tablespoon of ranch dressing over the dough.</li> <li>5. Top with 3 ounces of the seasoned fajita strips and ½ ounce shredded pepper jack cheese.</li> </ol>
Chicken fajita strips, diced	9 ½ pounds	30 ounces	
Buffalo wing hot sauce	3 cups	5/8 cup	
Ranch dressing	3 cups	5/8 cup	
Pepper jack cheese	1 pound, 9 ounces	5 ounces	
Water			<ol style="list-style-type: none"> <li>6. Spray or brush the edges the dough round with water then fold the dough over the filling and crimp the edges with a fork.</li> <li>7. Brush the top of the dough with oil and vent with a fork. Add a little cheese to the top of the calzone.</li> <li>8. Place in a 325°F Convection Oven. Bake until center reaches 165°F, cheese is melted, and crust is golden brown. 12-15 min</li> </ol>

**NUTRIENTS PER SERVING**

Calories	350	Total Fat (g)	9.0	Vitamin A (IU)	1115	Iron (mg)	2.8
Protein (g)	37.4	Saturated Fat (g)	3.3	Vitamin C (mg)	10.8	Sodium (mg)	724
Carbohydrate (g)	32.1	Cholesterol (mg)	90	Calcium (mg)	133	Dietary Fiber (g)	3.1

Source: Rich's, <https://www.richsk12.com/pizzas-calzones>

<b>BUFFALO HUMMUS DIP</b>	SERVING SIZE: ¼ CUP	ONE PORTION PROVIDES: 1 OZ. EQ. M/MA
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INGREDIENTS	50 SERVINGS	3 CUPS	DIRECTIONS
Beans, chickpeas, or garbanzo, canned, rinsed	4 pounds 4 ounces (1 No. 10 can)	2 – 15-ounce cans (3 cups)	1. Combine chickpeas, water, tahini, hot sauce, olive oil, lemon juice, garlic, and salt in food processor. Cover; process until very smooth. <b>CCP:</b> Chill to 41°F or lower within 4 hours. 2. Cover. Refrigerate until service.
Water	1 ½ cups	⅓ cup	
Tahini	1 cup	⅓ cup	
Hot Sauce (Frank’s Red Hot)	1 cup	¼ cup	
Oil, olive	1 cup	¼ cup	
Lemon juice, fresh	1 cup	2 tablespoons	
Garlic, chopped	¼ cup	3 cloves	
Salt, kosher	2 teaspoons	½ teaspoon	

NUTRIENTS PER SERVING							
Calories	91	Total Fat (g)	3.9	Vitamin A (UI)	11	Iron (mg)	.7
Protein (g)	3.7	Saturated Fat (g)	.75	Vitamin C (g)	3.8	Sodium (mg)	150
Carbohydrate (g)	11.2	Cholesterol (mg)	0	Calcium (mg)	18	Dietary Fiber (g)	2.2

Source: Adapted from Hummus, E-24, 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/E-24.pdf](http://130.74.124.194/USDA_recipes/school_recipes/E-24.pdf)

<b>SPICY AHI SLIDERS</b>	SERVING SIZE: 2 SLIDERS	ONE PORTION PROVIDES: 2.25 OZ. EQ. M/MA, 2 OZ. EQ GRAIN
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Tuna, canned, chunk style, water-packed, drained	5 pounds, 6 ounces (2-43 oz. pouches)	1 pound, 2 ounces	<ol style="list-style-type: none"> <li>1. Preheat convection oven to 400°F (conventional oven to 425°F).</li> <li>2. Combine tuna, ½ of the breadcrumbs, cheese, and scallions in a large bowl. Reserve remaining ½ of the breadcrumbs.</li> </ol>
Breadcrumbs	2 quarts	1 ½ cups	
Cheese, Cheddar, shredded	2 pounds	6 ounces	
Scallions, sliced thinly	1 ½ cup	⅓ cup	
Mayonnaise	1 quart, 1 pint	1 cup 3 tablespoons	<ol style="list-style-type: none"> <li>3. Mix mayonnaise and peppers in a mid-size bowl; Add mayonnaise mixture to tuna mixture.</li> <li>4. Form into patties – portion using a No. 16 scoop; Coat each side of patties with reserved breadcrumbs.</li> <li>5. Spray baking sheets with cooking spray; place patties on baking sheets.</li> <li>6. Bake in preheated oven for 10 minutes; turn patties over and bake for an additional 10 minutes or until patties reach an internal temperature of 165°F for 15 seconds.</li> </ol>
Chipotle peppers, canned, drained, chopped	14 ounces	3 ounces	
Buns, whole-grain rich, slider (1 oz. eq each)	100 each	20 each	<ol style="list-style-type: none"> <li>7. If prepared for immediate service, warm hamburger buns.</li> <li>8. Place one tuna patty between each bun; Place sliders in 12" x 20" x 2 1/2" baking or steam table</li> </ol>

			<p>pans. If sliders are to be held in warming unit, cover pans with foil.</p> <p><b>CCP:</b> Hold above 135°F.</p>
Offer optional accompaniments and garnishes as desired. Lettuce and tomato are recommended.			

NUTRIENTS PER SERVING							
Calories	422	Total Fat (g)	15.5	Vitamin A (IU)	1296	Calcium (mg)	171
Protein(g)	25	Saturated Fat (g)	4.3	Vitamin C (mg)	9	Sodium (mg)	988
Carbohydrate (g)	47.5	Cholesterol (mg)	43	Iron (mg)	3.1	Dietary Fiber (g)	4

Source: Starkist Company, <http://starkistfoodservice.com/recipes/spicy-tuna-sliders-0>

<b>ALASKAN POLLOCK ROLLS</b>	SERVING SIZE: 1 SANDWICH	ONE PORTION PROVIDES: 2 OZ. EQ. LEAN M/MA, 1/8 CUP DARK GREEN VEGETABLE, 2 OZ. EQ. WHOLE GRAIN

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Pollock fish sticks, frozen, 1 ounce each	200 each	40 each	1. Cook Alaska Pollock fish sticks according to manufacturer's instructions and until internal temperature is 145°F and breading is crispy. COOK JUST BEFORE SERVICE. 2. Spread top and bottom of roll with the sauce. 3. Place fish sticks diagonally across the bottom of roll; top with spinach leaves and replace roll top.
Sauce (recipe below)	6 ¼ cup	1 ¼ cup	
Whole grain-rich sandwich roll, split	50 each	10 each	
Spinach, baby	12 ½ cups	2 ½ cups	
<b>Sauce</b>			
Mayonnaise	6 ¼ cups	1 ¼ cup	4. Mix all ingredients together. 5. Make at least 2 hours prior to serving and refrigerate. 6. May be made 1 day ahead.
Mustard, yellow	⅔ cup	2 tablespoons	
Mustard, Dijon	⅔ cup	2 tablespoons	
Sweet pickle relish	⅔ cup	2 tablespoons	
Worcestershire sauce	1 ¼ teaspoon	¼ teaspoon	

NUTRIENTS PER SERVING							
Calories	468	Total Fat (g)	24	Vitamin A (IU)	774.9	Calcium (mg)	122.6
Protein(g)	13.8	Saturated Fat (g)	3.5	Vitamin C (mg)	2.16	Sodium (mg)	868.6
Carbohydrate (g)	47	Cholesterol (mg)	46.1	Iron (mg)	9.3	Dietary Fiber (g)	8.1

Source: Genuine Alaska Pollock Producers, [http://www.greatfishforgreatkids.org/pdf-2017/GAPP-Recipe-Sheet\\_Alaska-Pollock-Po'Boy\\_2017\\_Pr1.pdf](http://www.greatfishforgreatkids.org/pdf-2017/GAPP-Recipe-Sheet_Alaska-Pollock-Po'Boy_2017_Pr1.pdf)

<b>'UALA HUMMUS</b>	SERVING SIZE: ½ cup	ONE PORTION PROVIDES: 1/8 CUP RED/ORANGE VEGETABLE, 1/8 CUP BEANS/LEGUMES
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INGREDIENTS	58 SERVINGS	10 SERVINGS	DIRECTIONS
'Uala (Hawaiian Sweet Potato)	9 pounds	1 ½ pounds	<ol style="list-style-type: none"> <li>1. Preheat convection oven to 400 °F or conventional oven to 425 °F. Line a full sheet pan with parchment paper.</li> <li>2. Cut the 'uala in half and place cut side down on the prepared sheet pan. Bake until tender, about 45 minutes. Let cool slightly and peel. Place in a large stand mixer bowl.</li> <li>3. Purée chickpeas in batches in a food processor fitted with a steel blade until they are the consistency of a thick paste. Add to the 'uala.</li> <li>4. Add tahini (or sunflower seed butter), orange juice, soy sauce, cumin, coriander, ginger, mustard, garlic powder and salt.</li> <li>5. Mix with a paddle attachment on medium speed until well blended, scraping down the sides of the bowl occasionally.</li> <li>6. Stir in parsley (if using).</li> </ol>
Chickpeas, canned, rinsed and drained	1 # 10 can (about 72 oz. drained)	12 ounces	
Tahini or sunflower seed butter	¾ cup	3 tablespoons	
Orange juice	1 ½ cups	¼ cup	
Soy sauce	⅓ cup	1 tablespoon	
Cumin, ground	3 tablespoons	½ tablespoon	
Coriander, ground	3 tablespoons	½ tablespoon	
Ginger, ground	3 tablespoons	½ tablespoon	
Mustard seed, ground	3 tablespoons	½ tablespoon	
Garlic powder	3 tablespoons	½ tablespoon	
Salt, table	1 tablespoon	½ teaspoon	
Parsley, fresh, chopped, optional	1 cup	3 tablespoons	

NUTRIENTS PER SERVING							
Calories	160	Total Fat (g)	3.5	Vitamin A (mcg)	3896	Iron (mg)	2.6
Protein (g)	6	Saturated Fat (g)	0	Vitamin C (mg)	16.45	Sodium (g)	210
Carbohydrate (g)	29	Cholesterol (mg)	0	Calcium (mg)	70	Dietary Fiber (g)	6

Source: Vermont FEED

<b>KALUA PORK SANDWICH</b>	SERVING SIZE: 1 SANDWICH	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, 2 OZ. EQ GRAIN
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INGREDIENTS	50 SERVINGS	20 SERVINGS	DIRECTIONS
Pork shoulder roast, boneless	10 ½ pounds	4 ¼ pounds	1. Season pork roast with salt, pepper, and cumin. Roast at 325°F for 3 to 4 hours or until tender and easily pulls apart. Remove from oven. Pull the pork. Chill and refrigerate.
Salt, kosher	2 teaspoons	1 teaspoon	
Black pepper, ground	2 teaspoons	1 teaspoon	
Cumin, ground	1 tablespoon	1 teaspoon	
Tomato puree, low sodium	4 cups	2 cups	2. Combine all ingredients. 3. Bring to a simmer. Continue to simmer 30 minutes. Stir occasionally. <b>CCP:</b> Heat to 155°F or higher for at least 15 seconds 4. Add sauce to pulled pork and combine. Heat for service.  <b>CCP:</b> Hold for hot service at 135°F or higher.
Brown sugar	½ cup	¼ cup	
Salt, kosher	1 teaspoon	½ teaspoon	
Vinegar, apple cider	2 tablespoons	1 tablespoon	
Worcestershire sauce	3 tablespoons	1 ½ tablespoon	
Garlic, granulated	1 tablespoon	1 ½ teaspoon	5. Portion the meat mixture onto bottom half of each roll. Top with other half of roll.
Whole-wheat hamburger rolls (at least 1.8 ounces each)	50 each	20 each	

**SERVING NOTES:** To reheat pork, place in steamer for 20 minutes then add BBQ sauce.

NUTRIENTS PER SERVING							
Calories	269	Total Fat (g)	9.8	Vitamin A (IU)	93	Calcium (mg)	72.6
Protein(g)	21.6	Saturated Fat (g)	2.98	Vitamin C (mg)	2.4	Sodium (mg)	475
Carbohydrate (g)	24.3	Cholesterol (mg)	58	Iron (mg)	2.2	Dietary Fiber (g)	3.6

Source: Adapted from Barbecued Pork on Roll, F-08, and Barbecue Sauce, C-06, 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://www.theicn.org/USDA\\_recipes/cc\\_recipes/F-08.pdf](http://www.theicn.org/USDA_recipes/cc_recipes/F-08.pdf)

<b>CHICKEN SHAWARMA</b>	SERVING SIZE: 2 OUNCES	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Oil, vegetable	1 ½ cup	¼ cup	1. Whisk olive oil, lemon juice, and all seasonings in a bowl.
Lemon juice, fresh	½ cup	2 tablespoons	
Paprika	3 tablespoons	1 ½ teaspoons	
Allspice, ground	1 ½ tablespoon	1 teaspoon	
Garlic, granulated	1 ½ tablespoon	1 teaspoon	
Cumin, ground	1 ½ tablespoon	1 teaspoon	
Cinnamon, ground	1 ½ tablespoon	1 teaspoon	
Salt, kosher	1 ½ tablespoon	1 teaspoon	
Chicken breast, boneless, skinless (raw) <b>OR</b> Chicken breast, boneless, skinless (cooked)	8 pounds, 8 ounces <b>OR</b> 6 pounds, 4 ounces	1 pound, 12 ounces <b>OR</b> 1 pound, 4 ounces	2. Place the chicken in a shallow pan. Pour the marinade over the chicken and coat it evenly. Cover the pan with plastic wrap and refrigerate for at least 30 minutes. 3. Preheat oven to 375°F. 4. Line a sheet pan with parchment paper. Place the chicken on the parchment and bake until it reaches 165°F for <1 second (instantaneous). Cut the chicken into thin strips to fill the pita pockets and serve with Tzatziki Sauce. <b>CCP:</b> Heat to 165°F for <1 second (instantaneous). <b>CCP:</b> Hold for hot service at 135°F or higher

NUTRIENTS PER SERVING									
Calories	150	Cholesterol (mg)	60	Dietary Fiber (g)	0	Vitamin D (mcg)	0	Potassium (mg)	280
Total Fat (g)	8	Sodium (mg)	230	Added Sugars (g)	0	Iron (mg)	0.5	Vitamin A-RAE (mcg)	15.78
Saturated Fat (g)	1.5	Total Carbohydrate (g)	1	Protein (g)	18	Calcium (mg)	10	Vitamin C (mg)	1.27

<b>FRESH BAKED PITA</b>	SERVING SIZE: 1 PITA	ONE PORTION PROVIDES: 2 OZ. EQ. GRAIN
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
5" Whole Grain Rich Proof & Bake Sheeted Pizza Dough – 2.5 oz. (Rich's)	50 each	10 each	<ol style="list-style-type: none"> <li>1. Remove frozen pizza piece from the freezer and place on parchment lined sheet pans.</li> <li>2. Cover the pan of frozen dough with a sheet of plastic sprayed with nonstick cooking spray and thaw in the refrigerator overnight.</li> <li>3. The next day, remove covered pan of dough from the refrigerator and set at room temperature for 45 minutes.</li> <li>4. Stretch the 5-inch dough into an 8-inch oval. Allow a second proof until the dough is puffy.</li> <li>5. Bake in a 325°F oven for 12-15 minutes or until light golden brown.</li> </ol>

NUTRIENTS PER SERVING									
Calories	160	Cholesterol (mg)	0	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	210
Total Fat (g)	1.5	Sodium (mg)	140	Added Sugars (g)	3	Iron (mg)	1.7	Vitamin A-RAE (mcg)	0
Saturated Fat (g)	0	Total Carbohydrate (g)	30	Protein (g)	7	Calcium (mg)	10	Vitamin C (mg)	0

Source: Rich's Food Service

<b>TZATZIKI SAUCE</b>	SERVING SIZE: 2 TABLESPOONS (#30 SCOOP)	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	100 SERVINGS	10 SERVINGS	DIRECTIONS
Cucumber fresh (seeds removed)	10 each	1 each	<p><b>CCP:</b> No bare-hand contact with ready-to-eat food.</p> <p>1. Grate the cucumber or cut in small dice. Salt lightly and let sit for 5 minutes, then squeeze between gloved hands to remove any extra juice and seeds.</p> <p>2. Mix all the ingredients until everything is well blended. Refrigerate for 4-6 hours before serving.</p> <p><b>CCP:</b> Hold and serve at 41°F or lower.</p>
Salt, kosher	5 teaspoons	½ teaspoon	
Yogurt, low-fat, plain	5 pounds	8 ounces	
Garlic, granulated	1 tablespoon	½ teaspoon	
Vinegar apple cider	5 tablespoons	1 ½ teaspoons	
Oil, canola	1 cup	1 tablespoon, 1 ½ teaspoons	
Dill weed, dried	1 tablespoon	½ teaspoon	

NUTRIENTS PER SERVING									
Calories	35	Cholesterol (mg)	0	Dietary Fiber (g)	0	Vitamin D (mcg)	0	Potassium (mg)	60
Total Fat (g)	2.5	Sodium (mg)	90	Added Sugars (g)	0	Iron (mg)	0.1	Vitamin A-RAE (mcg)	3.18
Saturated Fat (g)	0	Total Carbohydrate (g)	2	Protein (g)	1	Calcium (mg)	50	Vitamin C (mg)	1.85

<b>SPICY LEMON HUMMUS</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES:
		¾ CUP BEANS/LEGUMES VEGETABLE OR 1 ½ OZ. EQ M/MA

INGREDIENTS	15 SERVINGS	10 SERVINGS	DIRECTIONS
Chickpeas, drained and rinsed	4 pounds	2 ⅔ pounds	<ol style="list-style-type: none"> <li>Combine all ingredients in a food processor, or VCM and puree to a smooth consistency. For many servings, multiple batches may need to be prepared. As an option, an immersion blender may be used to puree ingredients.</li> <li>Spread the 5 pounds of mixture into a 12" x 20" x 2 ½ pan.</li> <li>Sprinkle with paprika or cayenne pepper for garnish.</li> </ol> <p><b>NOTE:</b> If tahini is available, please add the following amounts to the hummus recipe: Serving- 3 tablespoons</p> <ul style="list-style-type: none"> <li>25 servings- ¾ cup</li> <li>50 servings- 1 ½ cups</li> <li>100 servings- 3 cups</li> </ul>
Lemon juice	1 ½ cup	1 cup	
Oil, olive, or canola/olive blend	¾ cup	½ cup	
Garlic, minced	2 tablespoons	1 ⅓ tablespoons	
Cumin, ground	2 tablespoons	1 ⅓ tablespoons	
Cayenne pepper	1 ½ teaspoon	1 teaspoon	
Hawaiian chili pepper water	1 ½ tablespoons	1 tablespoon	
Peppers, bell, red	1 cup	⅔ cup	

NUTRIENTS PER SERVING							
Calories	80	Total Fat (g)	4.5	Vitamin A (mcg)	78.36	Added Sugar (g)	2
Protein (g)	3	Saturated Fat (g)	.5	Vitamin C (mg)	17.78	Sodium (mg)	90
Carbohydrate (g)	9	Cholesterol (mg)	0	Calcium (mg)	20	Dietary Fiber (g)	2

Source: Iowa Gold Star Recipes

<b>PANILO SLOPPY JOE</b>	SERVING SIZE: 1 SANDWICH	ONE PORTION PROVIDES: 2 OZ. M/MA, 2 OZ. EQ. GRAINS
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INGREDIENTS	100 SERVINGS	10 SERVINGS	DIRECTIONS
Lentil crumbles, GroundPro	9 ½ pounds	1 pound	1. Preheat to 325°F. 2. In a stainless steel 2" full pan, place dried lentil crumbles (2.85 pounds or 1 bag) and hot water (2 quarts). Mix well and level the mixture. Place lid on pan and place in oven. 3. Bake in 325°F. oven for 12 minutes until all water absorbed. Fluff with a fork. <b>CCP:</b> Minimum internal temperature should be 140°F or above. Hot Hold: Hold at ≥ 140 °F.
Water	6 quarts 2 ½ cups	3 cups	
Mushrooms, white, fresh	3 pounds	⅓ cup	4. To make mushroom duxelles: chop mushrooms in a food processor until a fine grind. 5. Toss with oil and spread on sheet pans. Bake at 375°F for 15 minutes.
Canola/olive oil blend	¼ cup	½ tablespoon	
Peppers, red, sweet, ¼-inch diced	3 pounds	⅓ cup	6. Sauté bell pepper in heated oil for 3 minutes 7. Add cooked lentil crumbles and mushroom duxelles and sauté <b>CCP:</b> Minimum internal temperature should be at least 165°F. (for 15 seconds).
Canola/olive oil blend	¼ cup	½ tablespoon	
Barbecue sauce, smoky, smokehouse	2 quarts	1 cup	8. Add BBQ sauce to mixture and simmer for 20 minutes.
Bun, hamburger, whole grain rich	100 rolls (3 oz. each)	10 rolls (3 oz. each)	9. Place #8 scoop filling on bottom of hamburger bun. Top with crown of bun. Serve Immediately.

NUTRIENTS PER SERVING

Calories	453	Total Fat (g)	6	Vitamin A (IU)	855	Iron (mg)	2.5
Protein (g)	13	Saturated Fat (g)	0	Vitamin C (mg)	30	Sodium (mg)	1063
Carbohydrate (g)	87	Cholesterol (m)	0	Calcium (mg)	14	Dietary Fiber (g)	8.5

Source: CIA Healthy Kids Collaborative

<b>SPY THAI BEEF</b>	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
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Beef, ground, raw, 80% lean	8 1/2 pounds	1 3/4 pounds	<ol style="list-style-type: none"> <li>1. Brown ground beef, breaking into 1/2-inch crumbles and stirring occasionally until internal temperature reaches 160°F. Remove drippings.</li> <li>2. Meanwhile, combine water, peanut butter, lime juice, soy sauce, garlic, granulated, ground ginger, and crushed red pepper. Set aside.</li> <li>3. Stir peanut butter mixture into ground beef mixture. Continue until heated through, stirring occasionally, and adding water as needed for desired consistency. <b>CCP:</b> Heat to 165°F for at least 15 seconds. <b>CCP:</b> Hold hot for service at 135°F for up to 2 hours.</li> <li>4. Warm flatbread. Portion 1/3 cup (#12 scoop) beef mixture onto flatbread and garnish with toppings, as desired.</li> </ol>
Water	1 pint	1/2 cup	
Peanut butter, creamy (optional sunflower butter)	1 1/2 cups	1/3 cup	
Lime juice	3/4 cup	2 tablespoons	
Soy sauce, reduced sodium	3/4 cup	2 tablespoons	
Garlic, granulated	2 tablespoons	1 teaspoon	
Ginger, ground	2 tablespoons	1 teaspoon	
Crushed red pepper	1 teaspoon	1/4 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 (g)	13	Vitamin A (UI)	2708	Iron (mg)	3
Protein (g)	22	Saturated Fat (g)	5	Vitamin C (mg)	2	Sodium (mg)	296
Carbohydrate (g)	25	Cholesterol (mg)	51	Calcium (mg)	44	Dietary Fiber (g)	4

Source: Beef for Foodservice Professionals, [http://www.beeffoodservice.com/CMDocs/BFS/K12/Spy\\_Thai\\_Beef.pdf](http://www.beeffoodservice.com/CMDocs/BFS/K12/Spy_Thai_Beef.pdf)

<b>GREEN PEA HUMMUS (HULK HUMMUS)</b>	SERVING SIZE: ¼ cup	ONE PORTION PROVIDES: ¼ CUP VEGETABLE (⅛ CUP STARCHY AND ⅛ CUP LEGUME)
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Chickpeas, drained and rinsed	4 pounds, 5 ounces	14 ounces	1. Drain and rinse the chickpeas.  2. Thaw green peas overnight in the refrigerator.  3. Combine all ingredients in a food processor. Process until smooth.  4. Keep cold, below 41°F until service.  5. Serve with fresh vegetables and pita chips.
Green peas, frozen, thawed	3 pounds, 2 ounces	10 ounces	
Tahini	6 tablespoons, 1 teaspoon	1 tablespoon, 1 teaspoon	
Lemon juice, fresh	7 ounces	2 ounces	
Lime juice, fresh	2 teaspoons	½ teaspoon	
Oil, canola, or olive	7 ounces	2 ounces	
Water	7 ounces	2 ounces	
Salt, kosher	1 teaspoon	¼ teaspoon	
Pepper	1 teaspoon	¼ teaspoon	
Garlic, granulated	2 tablespoons	1 ½ teaspoons	

NUTRIENTS PER SERVING							
Calories	210	Total Fat (g)	6	Vitamin A (mcg)	35.7	Iron (mg)	2.2
Protein (g)	15	Saturated Fat (g)	2	Vitamin C (mg)	2.18	Sodium (mg)	560
Carbohydrate (g)	23	Cholesterol (mg)	35	Calcium (mg)	190	Dietary Fiber (g)	3

Source: Culinary Nutrition Associates LLC

<b>SHEET PAN DENVER OMELET BISCUIT</b>	SERVING SIZE: 1 EACH	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, 2 OZ. EQ. GRAIN
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Onion, diced	1 cup	3 tablespoons	1. Preheat oven on 350°F with the fan on low. 2. Toss onions, peppers, and ham with oil. 3. Spread in even layer on 2 lined, sprayed ½ sheet pans. 4. Place in oven, for 5-10 minutes until vegetables have softened and ham starts to crisp. *This step could be done ahead of time, chilled, and ready to use in the morning.
Bell pepper, red, diced	1 cup	3 tablespoons	
Ham, diced, USDA Foods	½ cup	2 tablespoons	
Oil, canola	2 tablespoons	2 teaspoons	
Eggs, liquid	6 ¼ pounds (50 each)	20 ounces (10 each)	5. Whisk eggs, milk, salt and pepper together until well combined. 6. Pour egg mixture carefully into lined and sprayed ½ sheet pan. 7. Add the onion/pepper/ham mixture. <ul style="list-style-type: none"> <li>• For 50 portions: Split mixture between TWO ½ sheet pans.</li> <li>• For 10 portions: use one 2" half hotel pan.</li> </ul>
Milk, low fat	1 cup	3 tablespoons	
Salt, kosher	1 teaspoon	¼ teaspoon	
Pepper, black	1 teaspoon	¼ teaspoon	
Cheese, Cheddar, shredded	½ cup	2 tablespoons	8. Sprinkle with cheese. 9. Carefully, place in oven for 12-14 minutes and eggs reach 165 °F. May need to rotate pan halfway through cooking. 10. Take out of oven and hot hold at 135 until needed for service. 11. Cut each ½ sheet pan into 25 portions - 5x5. 12. Use a flat spatula to serve/portion on Biscuit/English muffin.
Non-stick spray	As needed	As needed	

Biscuits or English muffin	50 each	10 each	
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NUTRIENTS PER SERVING							
Calories	230	Total Fat (g)	8	Vitamin A (mcg)	127.47	Iron (mg)	2.7
Protein (g)	14	Saturated Fat (g)	2.5	Vitamin C (mg)	4.06	Sodium (mg)	390
Carbohydrate (g)	28	Cholesterol (mg)	215	Calcium (mg)	220	Dietary Fiber (g)	5

<b>BREAKFAST LENTIL QUESADILLA</b>	SERVING SIZE: 1 EACH	ONE PORTION PROVIDES: 1 ½ OZ. EQ. M/MA, ½ CUP VEGETABLE (¼ CUP LEGUME AND ¼ CUP RED/ORANGE), 2 OZ. EQ. GRAIN
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Lentils, green, cooked OR Lentils, green, uncooked	12 ½ cups  2 pounds, 10 ounces	2 ½ cups  8 ½ ounces	<p>1. To cook lentils from dry: rinse lentils with cool running water in colander; no need to soak. <i>Steamer:</i> place lentils and water in a steamtable pan. Steam for 20 minutes. Drain if needed. <i>Steam jacketed kettle or large pot:</i> combine lentils and water. Bring to a boil, then reduce temperature to simmer. Cook covered, stirring lentils gently and occasionally for 20 to 30 minutes until tender and cooked through. Take care to not overcook.</p> <p><b>NOTE:</b> When thin outer coat of lentil starts to separate, lentils are close to done. <b>NOTE:</b> 12 ½ cups of cooked lentils is needed for 50 servings.</p>
Water	3 ½ quarts	2 ¾ cups	
Salsa	108 ounces (12 ½ cups)	21 ½ ounces (2 ½ cups)	<p>Prepare other ingredients:</p> <p>2. Mix lentils and half of salsa (6 ¼ cups) in a steamtable pan. Heat to 165° F. <b>CCP:</b> Hold warm, above 135 °F for assembly.</p>
Eggs, scrambled	3 pounds (25 eggs)	9 ½ ounces (5 eggs)	<p>3. Scramble eggs according to package directions. <b>CCP:</b> Hold warm, above 135 °F for assembly.</p>
Cheese, cheddar, low-fat	25 ounces	5 ounces	<p>To assemble quesadillas:</p> <p>1. Line up tortillas on a clean and sanitized surface for assemble line production.</p>
Tortilla, flour, whole grain rich, 8 inches	50 each	10 each	

			<ol style="list-style-type: none"> <li>2. Place ½ ounce of cheese to each quesadilla.</li> <li>3. Top with ⅓ cup of lentil and salsa mixture.</li> <li>4. Top with 1 ounce of scrambled egg.</li> <li>5. Fold tortilla over.</li> <li>6. Preheat oven to 350° F. Place quesadillas in a shingle formation on a sheet pan and bake for 5 to 8 minutes, until cheese is melted and internal temperature of 165° F is reached.</li> </ol> <p><b>CCP:</b> Hold warm, above 135 °F for service.</p> <ol style="list-style-type: none"> <li>7. Cut quesadilla into 2 or 4 triangles. Serve with ⅛ cup salsa.</li> </ol>
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**RECIPE NOTES:** Lentils can be cooked ahead of time, chilled and frozen, to easily pull out for this dish

NUTRIENTS PER SERVING							
Calories	250	Total Fat (g)	5	Vitamin A	535.8	Iron (mg)	4
Protein (g)	16	Saturated Fat (g)	1.5	Vitamin C	1.97	Sodium (mg)	560
MCarbohydrate (g)	36	Cholesterol (mg)	80	Calcium (mg)	182	Dietary Fiber (mg)	5

Source: USA Pulses

<b>PEANUT BUTTER VANILLA YOGURT DIP</b>	SERVING SIZE: #10 SCOOP (ABOUT 6 ½ TABLESPOONS OR 2/5 CUP) PER PORTION	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Peanut butter, creamy	5 ¼ pounds	1 pound	1. Combine peanut butter and with one-half of yogurt and mix well. Add remaining yogurt and mix well. 2. Portion into ½ cup containers. 3. Keep cold for service.
Yogurt, vanilla	3 quarts, ½ cup	2 ½ cups	

**Note:** For larger batches, use a mixer.

**SERVING NOTES:**

Serve dip with a #10 scoop (about 6 ½ tablespoons or 2/5 cup) per portion

Serving size	#10 scoop	Yield, volume	20 ½ cups
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NUTRIENTS PER SERVING							
Calories	340	Total Fat (g)	25	Vitamin A (IU)	252	Iron (mg)	1
Protein (g)	12	Saturated Fat (g)	5	Vitamin C (mg)	0	Sodium (mg)	230
Carbohydrate (g)	21	Cholesterol (mg)	2.5	Calcium (mg)	74	Dietary Fiber (g)	2.3

**VARIATIONS:**

Chocolate:	Add cocoa powder (1 cup of cocoa powder to 50 portions) to dip mixture
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Source: National Peanut Board

## PRODUCT EVALUATION FOR BUILD A BETTER SANDWICH

Participants evaluate each food product 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
Thai Chicken and Hapa Rice Lettuce Wraps	A or NA	A or NA	A or NA	A or NA	
Chicken Caprese Sandwich	A or NA	A or NA	A or NA	A or NA	
Spinach Pesto	A or NA	A or NA	A or NA	A or NA	
Kalua Pork Cubano Sandwich	A or NA	A or NA	A or NA	A or NA	
Banh Mi Vietnamese Sandwich	A or NA	A or NA	A or NA	A or NA	
Black Bean Dip	A or NA	A or NA	A or NA	A or NA	
Chicken Salad Sandwich	A or NA	A or NA	A or NA	A or NA	
Asian Style Sweet and Spicy Veggie Burger	A or NA	A or NA	A or NA	A or NA	
Harissa Red Lentil Hummus	A or NA	A or NA	A or NA	A or NA	
Grilled Vegetable Panini	A or NA	A or NA	A or NA	A or NA	
Buffalo Chicken Calzone	A or NA	A or NA	A or NA	A or NA	
Buffalo Hummus Dip	A or NA	A or NA	A or NA	A or NA	
Spicy Ahi Sliders	A or NA	A or NA	A or NA	A or NA	
Alaskan Pollock Rolls	A or NA	A or NA	A or NA	A or NA	
'Uala Hummus	A or NA	A or NA	A or NA	A or NA	
Kalua Pork Sandwich	A or NA	A or NA	A or NA	A or NA	
Chicken Shawarma	A or NA	A or NA	A or NA	A or NA	
Spicy Lemon Hummus	A or NA	A or NA	A or NA	A or NA	
Paniolo Sloppy Joe	A or NA	A or NA	A or NA	A or NA	
Spy Thai Beef	A or NA	A or NA	A or NA	A or NA	
Green Pea Hummus (Hulk Hummus)	A or NA	A or NA	A or NA	A or NA	

Sheet Pan Denver Omelet Biscuit	A or NA	A or NA	A or NA	A or NA	
Breakfast Lentil Quesadilla	A or NA	A or NA	A or NA	A or NA	
Peanut Butter Vanilla Yogurt Dip	A or NA	A or NA	A or NA	A or NA	

# DAY FIVE:

## SALADS AND SALAD BARS

### LESSON-AT-A-GLANCE

Culinary demonstration	<ul style="list-style-type: none"> <li>• Salads</li> <li>• Parts of a salad             <ul style="list-style-type: none"> <li>○ Base</li> <li>○ Body</li> <li>○ Dressing</li> <li>○ Garnish</li> </ul> </li> <li>• Lettuces</li> <li>• Care of salad greens</li> <li>• Composed salads</li> <li>• Types of salad dressings</li> <li>• Themed salad bars</li> </ul> <p>Demonstrations</p> <ul style="list-style-type: none"> <li>• Veggie Cruncher Cup</li> <li>• Hoosier Salad</li> <li>• Ranch Dip</li> <li>• French Dressing</li> <li>• Croutons</li> <li>• Pita Chips</li> <li>• Composed Salad</li> <li>• Blueberry Dip</li> <li>•</li> </ul>	60 minutes
Hands on	<ul style="list-style-type: none"> <li>• Salad dressing</li> <li>• Composed salad</li> <li>• Side salad or salad bar component</li> </ul>	2 ½ hours
Evaluation and discussion		15 minutes
Clean-up		15 minutes

**DAY 5 / CHEF DEMO**

<b>VEGGIE CRUNCHER CUP OR BOWL</b>	SERVING SIZE: 1 BOWL	ONE PORTION PROVIDES $\frac{3}{4}$ CUP VEGETABLE: $\frac{1}{4}$ CUP OTHER, $\frac{1}{4}$ CUP RED/ORANGE, $\frac{1}{4}$ CUP DARK GREEN

INGREDIENTS	100 SERVINGS	10 SERVINGS	DIRECTIONS
Cucumber, pared, cut into sticks (3 in by $\frac{3}{4}$ inch)	10 pounds, 5 ounces	1 pound	1. Arrange veggies in a deli cup or bowl for service.
Carrots sticks (Ready to use – 4 inches by $\frac{1}{2}$ inch)  OR Baby carrots	6 pounds, 8 ounces  OR 7 pounds, 14 ounces	10 $\frac{1}{2}$ ounces  OR 13 ounces	
Broccoli, fresh, florets, ready-to-use	3 pounds, 8 ounces	5 $\frac{1}{5}$ ounces	

INGREDIENTS	USDA FOOD BUYING GUIDE NOTES
Cucumber, pared, cut into sticks (3 in by $\frac{3}{4}$ inch)	3 sticks per serving 1 lb. AP = about 2- $\frac{3}{8}$ cups ready-to-use raw, pared cucumber sticks
Carrots sticks (Ready to use – 4 inches by $\frac{1}{2}$ inch)	3 sticks per serving 1 lb. AP = about 3- $\frac{3}{4}$ cups carrot sticks
Broccoli, fresh, florets, ready-to-use	1 lb. AP = about 7- $\frac{1}{8}$ cups ready-to-use broccoli

Source: Culinary Nutrition Associates LLC

**DAY 5 / CHEF DEMO**

<b>HOOSIER SUPER SALAD</b>	SERVING SIZE: 1 SALAD	ONE PORTION PROVIDES $\frac{3}{4}$ CUP VEGETABLE: $\frac{1}{4}$ CUP RED/ORANGE, $\frac{1}{4}$ CUP DARK GREEN, $\frac{1}{8}$ CUP BEANS/PEAS, $\frac{1}{8}$ CUP STARCHY, VEGETABLE
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INGREDIENTS	100 SERVINGS	10 SERVINGS	DIRECTIONS
Lettuce, Romaine ( $\frac{1}{2}$ cup per person to credit as $\frac{1}{4}$ cup)	6 pounds, 8 ounces	10 $\frac{1}{4}$ ounces	1. Wash and thoroughly dry lettuce. Cut into bite-sized pieces.
Tomatoes, cherry ( $\frac{1}{8}$ cup per person- 2 each)	5 pounds, 8 ounces (12 $\frac{1}{2}$ cups)	9 ounces	2. Wash and dry tomatoes.
Carrots ( $\frac{1}{8}$ cup per person)	2 pounds, 8 ounces (12 $\frac{1}{2}$ cups)	4 ounces	3. Peel and cut carrots into matchsticks
Corn ( $\frac{1}{8}$ cup per person)	4 pounds, 9 ounces (12 $\frac{1}{2}$ cups)	8 ounces	4. Thaw.
Beans, chickpeas, or garbanzo, canned, ( $\frac{1}{8}$ cup per person)	5 pounds, 2 ounces (12 $\frac{1}{2}$ cups)	9 ounces 1- no. 300 can (15 ounces)	5. Drain and rinse. Can use roasted chickpeas if desired.

INGREDIENTS	USDA FOOD BUYING GUIDE NOTES
Romaine lettuce	1 pound AP = .64 pound ready to serve lettuce
Cherry tomatoes	1 pound AP = about 3 cups stemmed, whole cherry tomatoes (about 3 cherry tomatoes = $\frac{1}{4}$ cup vegetable)
Broccoli, fresh, florets, ready-to-use	1 pound AP = about 7- $\frac{1}{8}$ cups ready-to-use broccoli
Corn, frozen, whole kernel	1 pound is about 2 $\frac{3}{4}$ cups ready-to-serve raw tempered corn
Garbanzo beans or chickpeas, canned	1 No. 10 can = about 68.4 ounces (10 $\frac{1}{2}$ cups) unheated, drained beans

Source: Culinary Nutrition Associates LLC

<b>RANCH DIP</b>	SERVING SIZE: 2 TABLESPOONS	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	48 SERVINGS	24 SERVINGS	DIRECTIONS
Yogurt, low-fat, plain	1 quart	2 cups	1. Mix all ingredients in a large bowl. Stir well. 2. Keep chilled until served.
Mayonnaise, low-fat	2 cups	1 cup	
Onion, granulated	2 tablespoons	1 tablespoon	
Garlic, granulated	2 tablespoons	1 tablespoon	
Dill, dried	2 tablespoons	1 tablespoon	
Worcestershire sauce	1 ½ teaspoons	¾ teaspoon	
Sugar, white	1 ½ teaspoons	¾ teaspoon	
Salt, kosher	1 ½ teaspoons	¾ teaspoon	

NUTRIENTS PER SERVING							
Calories	35	Total Fat (g)	2	Total Sugars (g)	0	Iron (mg)	0
Protein (g)	1	Saturated Fat (g)	0.5	Vitamin D (UI)	0	Sodium (mg)	85
Carbohydrate (g)	3	Cholesterol (g)	5	Calcium (mg)	38	Dietary Fiber (g)	0

Source: Samantha Cowens Gasbarro

<b>FRENCH DRESSING</b>	SERVING SIZE: 1 OUNCE	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	48 SERVINGS	24 SERVINGS	DIRECTIONS
Sugar, brown	1 cup	1/2 cup	1. Combine sugar, mustard powder, garlic powder, onion powder, salt, and paprika and mix well.
Mustard powder, dry	1 1/2 tablespoon	2 1/2 teaspoons	
Garlic powder	1/2 teaspoon	1/4 teaspoons	
Onion powder	1/2 teaspoon	1/4 teaspoons	
Salt, kosher	1/2 teaspoon	1/4 teaspoons	
Paprika	4 tablespoons	2 tablespoons	
Mayonnaise	1/2 cup	1/4 cup	2. Combine seasonings, mayo, ketchup, oil, and vinegar in a container. Mix thoroughly with immersion blender.
Ketchup	1/2 cup	1/4 cup	
Oil, vegetable	3 cups	1 1/2 cups	
Vinegar, white	1 cup	1/2 cup	

NUTRIENTS PER SERVING							
Calories	150	Total Fat (g)	14	Vitamin A (IU)	280.9	Iron (mg)	.2
Protein (g)	0	Saturated Fat (g)	1	Vitamin C (mg)	.03	Sodium (mg)	45
Carbohydrate (g)	45	Cholesterol (mg)	0	Calcium (mg)	10	Dietary Fiber (g)	0

Source: Matt Poling, Greeley-Evans Weld County School District 6.

<b>CROUTONS</b>	SERVING SIZE: ¼ CUP	ONE PORTION PROVIDES: 1 OZ. GRAINS
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INGREDIENTS	10 SERVINGS	DIRECTIONS
Bread cubes	10 ounces	1. Place bread cubes in a bowl. Drizzle with olive oil and seasonings of your choice. Toss to combine. (If bread is more than a day old, you may need to a little ¼ cup of water-a little at a time to bring moisture back to bread). 2. Preheat oven to 350. Line a sheet pan with parchment paper and bake for 15-20 minutes or until croutons are crunchy and done!
Oil, olive	2 tablespoons	
Seasonings	1 teaspoon	

NUTRIENTS PER SERVING							
Calories	110	Total Fat (g)	4	Vitamin A (IU)	1.1	Iron (mg)	.9
Protein (g)	5	Saturated Fat (g)	.5	Vitamin C (mg)	0	Sodium (mg)	160
Carbohydrate (g)	160	Cholesterol (mg)	0	Calcium (mg)	40	Dietary Fiber (g)	5

<b>PITA CHIPS</b>	SERVING SIZE: 1 WHOLE PITA (4 QUARTERS)	ONE PORTION PROVIDES: 2 OZ. GRAIN
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<b>INGREDIENTS</b>	<b>16 SERVINGS</b>	<b>DIRECTIONS</b>
Pita bread (2 oz.)	16 each	1. Preheat oven to 350. Line a sheet pan with parchment paper. 2. Cut pita bread into quarters. Lay flat and evenly on sheet pan. Rub with olive oil or spray with pan spray, and season with your choice of seasonings. 3. Bake for 10-15 minutes or until chips are crunchy and ready!
Oil, olive or pan spray	As needed	
Seasonings (Suggested: Italian, granulated garlic, ranch, etc.)		

<b>NUTRIENTS PER SERVING</b>							
Calories	170	Total Fat (g)	1	Vitamin A (IU)	3.8	Iron (mg)	2
Protein (g)	6	Saturated Fat (g)	0	Vitamin C (mg)	0	Sodium (mg)	340
Carbohydrate (g)	36	Cholesterol (mg)	0	Calcium (mg)	10	Dietary Fiber (g)	4

## SALADS AND SALAD BARS: TEAM ASSIGNMENTS

	Salad Dressing	Composed Salad	Salad Bar Item
Team 1	Ranch Dressing	Chef's Salad	Three Sister Salad
Team 2	Caesar Dressing	Chicken Caesar Salad	Black Bean, Corn and Tomato Fiesta Salad
Team 3	BBQ Ranch Dressing	Taco Salad (Ground Beef and Lentils)	Mexican Slaw
Team 4	Razzy Ranch Dressing	Berry Chicken Salad	'Uala Salad with Citrus Vinaigrette
Team 5	Green Goddess Dressing	Cobb Salad	Tuscan White Bean Salad
Team 6	Balsamic-Liliko'i Dressing	Strawberry, Spinach, and Chicken Salad	Green Bean, Cranberry, and Sunflower Seed Salad
Team 7	Lemony Greek Vinaigrette	Greek Salad	Melon, Citrus, and Jicama Salad with Mint
Team 8		Sriracha Ranch Potato and Chicken Salad	Three Bean Salad

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

<b>RANCH DRESSING</b>	SERVING SIZE: 2 TABLESPOONS	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Buttermilk	1 ⅔ cups	⅓ cup	1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to set for 10 minutes.
Lemon juice	4 teaspoons	1 teaspoon	
Yogurt, low-fat, plain	10 ounces (1 ¼ cup)	¼ cup	2. Blend yogurt and sour cream into the buttermilk mixture. Let mixture set for 5 more minutes.
Sour cream, low-fat	4 ounces (½ cup)	2 tablespoons	
Mayonnaise, low-fat	13 ounces (1 ⅔ cup)	⅓ cup	3. Add mayonnaise, onion powder, garlic, granulated, pepper, chives, parsley, and salt. Mix with a wire whisk for 2-3 minutes until blended. 4. Cover, label and refrigerate until served.
Onion powder	2 tablespoons	1 teaspoon	
Garlic, granulated	2 tablespoons	1 teaspoon	
White pepper, ground	½ teaspoon	⅛ teaspoon	
Chives, fresh	¼ cup	1 tablespoon	
Parsley, fresh	¼ cup	1 tablespoon	
Salt, kosher	2 teaspoons	½ teaspoons	

**SERVING NOTES:**

Yield, weight	For 50- about 3 pounds 5 ounces
Yield, volume	For 50- about 1 quart 2 ¼ cups

NUTRIENTS PER SERVING							
Calories	35	Total Fat (g)	1.88	Vitamin A (IU)	26	Iron (mg)	.1
Protein (g)	1.05	Saturated Fat (g)	.52	Vitamin C (mg)	.5	Sodium (mg)	181
Carbohydrate (g)	3.50	Cholesterol (mg)	5	Calcium (mg)	35	Dietary Fiber (g)	.1

Source: Adapted from Ranch Dressing, E-19, 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/E-19.pdf](http://www.theicn.org/USDA_recipes/school_recipes/E-19.pdf)

<b>CHEF'S SALAD</b>	SERVING SIZE: 1 SALAD	ONE PORTION PROVIDES: 1 CUPS OF VEGETABLE, 2 ½ OZ. EQ. MEAT/MA, ½ OZ. EQ. GRAIN
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Lettuce, Romaine, or mixed dark greens	6 ½ pounds (3 gallons, 2 cups)	1 ¼ pounds (2 ½ quarts)	1. Wash and chop lettuce, if needed. Wash and prepare vegetables as needed.  2. Portion into serving bowl in the following order: <ul style="list-style-type: none"> <li>• Romaine lettuce – 1 cup</li> <li>• Tomatoes, cherry – 3 each</li> <li>• Carrots, matchsticks – ¼ cup</li> <li>• Cheese, Cheddar, shredded – ¼ ounce</li> <li>• Turkey slice, rolled – ½ ounce</li> <li>• Ham slice, rolled – ½ ounce</li> <li>• Egg, hard cooked – ½ each</li> <li>• Croutons – 1 ounce</li> <li>• Serve with 2 tablespoons salad dressing.</li> </ul> <b>CCP:</b> Hold at or below 41 °F.
Tomatoes, cherry, halved (¼cup = about 3 cherry tomatoes)	4 ¼ pound	14 ounces	
Carrots, matchsticks	2 ½ pounds	8 ounces	
Cheese, Cheddar, shredded	1 pound	3 ounces	
Turkey, deli, sliced	1 pound, 9 ounces	5 ounces	
Ham, deli, sliced	1 pound, 9 ounces	5 ounces	
Eggs, hard-cooked	25 each	5 each	
Croutons, whole grain	3 pounds, 2 ounces	10 ounces	
Salad dressing (Ranch)	6 ¼ cups	1 ¼ cup	

NUTRIENTS PER SERVING							
Calories	240	Total Fat (g)	6	Vitamin A	1860.42	Iron (mg)	2.6
Protein (g)	13	Saturated Fat (g)	2	Vitamin C (mg)	8.96	Sodium (mg)	670
Carbohydrate (g)	34	Cholesterol (mg)	65	Calcium (mg)	110	Dietary Fiber (g)	4

Source: Adapted from *Iowa Gold Star Cycle Menus*- Iowa Department of Education. [www.educateiowa.gov](http://www.educateiowa.gov)

<b>THREE SISTER SALAD</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Zucchini, fresh, unpeeled, ¼" dice	2 ¼ pound	½ pound	1. Combine all ingredients (except dressing) and mix together until combined.
Beans, black, canned, drained and rinsed	1 # 10 can	20 ounces	
Corn, frozen, thawed	2 pounds	7 ounces	
Cherry tomatoes, halved	8 ounces	2 ounces	
Red onion, minced	4 ounces	1 ounce	
Red bell pepper, diced	4 ounces	1 ounce	
Cilantro, fresh, chopped	1 cup	¼ cup	
<b>Cranberry vinaigrette</b>			
Cranberries, dried	1 cup	¼ cup	2. Add all ingredients, except oil, into a blender or food processor. <b>NOTE:</b> Soak cranberries in vinegar to soften.
Vinegar, rice wine	¾ cup	2 ½ tablespoons	
Mustard, yellow	1 tablespoon	1 teaspoon	
Garlic, fresh	2 cloves	½ clove	
Coriander, ground	1 tablespoon	1 teaspoon	
Salt, kosher	2 teaspoons	½ teaspoon	
Oil, olive oil blend	2 ¼ cups	½ cup	3. With blender motor running, slowly add olive oil.

NUTRIENTS PER SERVING							
Calories	200	Total Fat (g)	10	Vitamin A (mcg)	120.09	Iron (mg)	1.6
Protein (g)	6	Saturated Fat (g)	1.5	Vitamin C	7	Sodium (mg)	85
Carbohydrate (g)	22	Cholesterol	0	Calcium (mg)	20	Dietary Fiber (g)	6

<b>CAESAR DRESSING</b>	SERVING SIZE: 2 TABLESPOONS	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	100 SERVINGS	10 SERVINGS	DIRECTIONS
Mayonnaise, low-fat	10 $\frac{2}{3}$ cups	1 $\frac{1}{8}$ cup	1. In a large bowl, whisk together the ingredients until smooth—salad dressing consistency. 2. Chill.
Mustard, yellow	$\frac{1}{3}$ cup	1 tablespoon	
Garlic, fresh or garlic, powdered	4 teaspoons Or 2 teaspoons	$\frac{1}{3}$ teaspoon Or $\frac{1}{4}$ teaspoon	
Worcestershire sauce	4 teaspoons	$\frac{1}{3}$ teaspoon	
Vinegar, cider, or lemon juice	4 teaspoons	$\frac{1}{3}$ teaspoon	
Milk, low-fat	$\frac{2}{3}$ cup	$\frac{1}{8}$ cup	
Hot sauce	1 teaspoon	$\frac{1}{8}$ teaspoon	
Parmesan cheese, grated	$\frac{2}{3}$ cup	$\frac{1}{8}$ cup	
Salt, kosher	$\frac{2}{3}$ teaspoon	$\frac{1}{8}$ teaspoon	
Black pepper	$\frac{2}{3}$ teaspoon	$\frac{1}{8}$ teaspoon	

NUTRIENTS PER SERVING							
Calories	60	Total Fat (g)	6	Vitamin A (IU)	26.2	Iron (mg)	.1
Protein (g)	0	Saturated Fat (g)	1	Vitamin C (mg)	.07	Sodium (mg)	60
Carbohydrate (g)	3	Cholesterol (mg)	<5	Calcium (mg)	10	Dietary Fiber (g)	0

Source: By Chef Kirk H. Conrad, Chef in Residence, Let's Cook Healthy School Meals, Project Bread. <http://www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf>

<b>CHICKEN CAESAR SALAD</b>	SERVING SIZE: 1 SALAD	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, 1 CUP VEGETABLE, ½ OZ. EQ. GRAIN

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Lettuce, Romaine	10 pounds (3 gallons, 2 cups)	2 quarts, 2 cups	1. Wash and chop lettuce.  2. Wash and prepare vegetables as needed.
Peppers, bell, red, fresh, dice	3 quarts, ½ cup	2 ½ cups	
Cucumber, medium diced	3 quarts, ½ cup	2 ½ cups	3. Portion into serving bowl in the following order: <ul style="list-style-type: none"> <li>• Romaine lettuce – 1 cup</li> <li>• Red pepper – ¼ cup</li> <li>• Cucumber – ¼ cup</li> <li>• Chicken breast – 1 ½ ounces</li> <li>• Cheese, mozzarella, shredded – ½ ounce</li> <li>• Croutons – 1 ounce</li> </ul> 4. Serve with 2 tablespoons salad dressing. <b>CCP:</b> Hold at or below 41 °F. <b>CCP:</b> Serve chilled at 41° or below for cold service.
Chicken breast, cooked, sliced or chicken fajita meat	4 pounds, 11 ounces	1 pound	
Mozzarella cheese, shredded	1 pound, 9 ounces	5 ounces	
Croutons, whole grain	3 pounds	10 ounces	

NUTRIENTS PER SERVING							
Calories	230	Total Fat (g)	3.5	Vitamin A (mcg)	2370.5	Iron (mg)	2.7
Protein (g)	23	Saturated Fat (g)	1	Vitamin C (mg)	52.09	Sodium (mg)	340
Carbohydrate (g)	26	Cholesterol (mg)	40	Calcium (mg)	200	Dietary Fiber (g)	5

<b>BLACK BEAN, CORN, AND TOMATO FIESTA SALAD</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ OZ. EQ. M/MA + ⅛ CUP RED/OR + ¼ CUP STARCHY VEG <b>OR</b> ⅛ CUP LEGUMES AND ⅛ CUP RED/OR AND ¼ CUP STARCHY VEG
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INGREDIENTS	110 SERVINGS	10 SERVINGS	DIRECTIONS
Beans, black, canned, drained	2 #10 cans	2, 15 ½ ounce can	1. Drain black beans and thaw corn in a colander.
Corn, sweet yellow	12 pounds	1 pound, 2 ounces	
Tomatoes, diced	6 pounds, 8 ounces	10 ounces	2. In a large bowl, add drained corn, black beans, diced tomatoes and chopped spring onion.
Green onions, sliced thinly on bias	2 cups	2 tablespoons	
Cilantro, fresh	3 cups	¼ cup	3. In a medium mixing bowl, add fresh cilantro leaves, olive oil, lime juice, cumin, salt, black pepper, and diced jalapenos. Mix well.  4. Pour dressing over the bean, corn, tomato, and onion mixture. Blend well, cover and refrigerate overnight. Stir well before serving. <b>CCP:</b> Hold for cold service at 41° F or lower.
Oil, olive	3 cups	¼ cup	
Lime Juice	3 cups	¼ cup	
Cumin, ground	½ cup	2 ½ teaspoons	
Salt, kosher	1 ½ tablespoon	½ teaspoon	
Black pepper	2 tablespoons	½ teaspoon	
Jalapeno peppers, raw diced	8 Peppers	¾ pepper	

NUTRIENTS PER SERVING							
Calories	219	Total Fat (g)	6.2	Vitamin A (IU)	339	Added Sugar (g)	0
Protein (g)	6	Saturated Fat (g)	.9	Vitamin C (mg)	8	Sodium (mg)	295
Carbohydrate (g)	20	Cholesterol (mg)	0	Calcium (mg)	36	Dietary Fiber (g)	4

Source: Sartell-St. Stephen Public Schools, *Now We're Cooking! A collection of Simple Scratch Recipes Served in Minnesota Schools*, Minnesota Department of Healthy. [www.health.state.mn.us/divs/hpcd/chp/cdr/nutrition/greattrays/pdfs/NowCooking.pdf](http://www.health.state.mn.us/divs/hpcd/chp/cdr/nutrition/greattrays/pdfs/NowCooking.pdf)

<b>BBQ RANCH DRESSING</b>	SERVING SIZE: 2 TABLESPOONS (1 OUNCE)	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Buttermilk	3 ¼ cups	⅔ cup	<ol style="list-style-type: none"> <li>1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to set for 10 minutes.</li> <li>2. Blend yogurt and sour cream into the buttermilk mixture. Let mixture set for 5 more minutes.</li> <li>3. Add mayonnaise, onion powder, garlic, granulated, pepper, chives, parsley, smoked paprika and BBQ sauce. Mix with a wire whisk for 2-3 minutes until blended.</li> <li>4. Cover, label and refrigerate until served.</li> </ol>
Lemon juice	4 teaspoons	1 teaspoon	
Yogurt, low fat, plain	10 ounces (1 ¼ cup)	¼ cup	
Sour cream, low fat	4 ounces (½ cup)	2 tablespoons	
Mayonnaise, low fat	13 ounces (1 ⅔ cup)	⅓ cup	
Onion powder	2 tablespoons	1 teaspoon	
Garlic, granulated	2 tablespoons	1 teaspoon	
White pepper, ground	½ teaspoon	⅛ teaspoon	
Chives, fresh	¼ cup	1 tablespoon	
Parsley, fresh	¼ cup	1 tablespoon	
Smoked paprika	1 teaspoon	¼ teaspoons	
BBQ sauce	1 cup	¼ cup	

**SERVING NOTES:**

Yield, weight	For 50- about 3 pounds 5 ounces
Yield, volume	For 50- about 1 quart 2 ¼ cups

NUTRIENTS PER SERVING							
Calories	35	Total Fat (g)	1.88	Vitamin A (IU)	26	Iron (mg)	.1
Protein (g)	1.05	Saturated Fat (g)	.52	Vitamin C (mg)	.5	Sodium (mg)	181
Carbohydrate (g)	3.50	Cholesterol (mg)	5	Calcium (mg)	35	Dietary Fiber (g)	.1

Source: Adapted from Ranch Dressing, E-19, 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/E-19.pdf](http://www.theicn.org/USDA_recipes/school_recipes/E-19.pdf)

<b>BEEF TACO SALAD</b>	SERVING SIZE: 1 SALAD	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA; 1 ½ CUPS VEGETABLE (1 CUP DARK GREEN, ¼ CUP RED/ORANGE, ¼ CUP STARCHY)
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Lettuce, Romaine, shredded	6 ½ pounds (3 gallons, 2 cups)	1 pound, 5 ounces (2 quarts, 2 cups)	1. Wash and prepare the lettuce and tomatoes.
Fresh tomatoes, chopped	3 pounds (6 ¼) cups	1 ¼ cup	
Corn, thawed	12 ½ cups	2 ½ cups	2. Place 1 cup of lettuce on plate as a base. Sprinkle ¼ cup tomato, ¼ cup corn and ⅛ cup shredded cheddar cheese on each plate.
Cheese, Cheddar, shredded	6 ¼ cups	1 ⅛ cups	
Corn tortilla chips	3 pounds, 2 ounces	10 ounces	3. Frame each plate with tortilla chips.
Beef, ground, raw, 80% lean	6 ½ pounds	1 ¼ pound	4. Sauté the ground beef and drain excess fat. Add water and taco seasoning to the ground beef and bring to a boil. Reduce heat, and simmer for 20 to 30 minutes.
Taco seasoning	4 ounces	1 ounce	
Water	8 cups	¾ cup	
Salsa	6 ¼ cups	1 ¼ cup	5. Spoon prepared ¼ cup taco meat over vegetables and serve with ⅛ cup salsa on the side.

**SERVING NOTES:** ½ ounce cheese, 1 ½ ounce beef, 1 cup lettuce, ¼ cup tomatoes and salsa, 1-oz. whole corn tortilla chips

NUTRIENTS PER SERVING							
Calories	300	Total Fat (g)	16	Vitamin A (IU)	672	Iron (mg)	2.5
Protein (g)	18	Saturated Fat (g)	5.8	Vitamin C (mg)	8.4	Sodium (mg)	452
Carbohydrate (g)	20	Cholesterol (mg)	46	Calcium (mg)	200	Dietary Fiber (g)	3.2

Source: By Jeanne Irwin, Former Food Service Director, Somerville Public Schools, Let's Cook Healthy School Meals, Project Bread.

<b>LENTIL TACO SALAD</b>	SERVING SIZE: 1 SALAD	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, 1 ½ CUPS VEGETABLE (1 CUP DARK GREEN, ¼ CUP RED/ORANGE, ¼ CUP STARCHY)
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Lentils, dry	2 pounds, 12 ounces	10 ounces	1. Preheat oven to 375°F. 2. Place the lentils and water in the hotel pan. 3. Cover with foil and cook for 30-40 minutes until water is absorbed and lentils are tender. 4. Remove from oven, stir, and drain any excess water. 5. Stir enchilada sauce, lime juice and cumin into lentils. 6. Cover and bake for 10-12 minutes. <b>CCP:</b> Cook until internal temperature reaches 135°F or above. <b>CCP:</b> Hold for hot service at 135°F or higher.
Water	3 quarts, 2 cups	3 cups	
Enchilada sauce	8 cups	1 ½ cups	
Lime juice	½ cup	1 tablespoon, 1 ½ teaspoons	
Cumin	2 teaspoons	½ teaspoon	
Lettuce, Romaine, shredded	6 pounds, 8 ounces (3 gallons 2 cups)	1 pound, 5 ounces (2 quarts 2 cups)	
Fresh tomatoes, chopped	3 pounds (6 ¼ cups)	1 ¼ cup	<b>CCP:</b> No bare-hand contact with ready-to-eat food. 7. Wash and prepare the lettuce and tomatoes.  8. To assemble salads, for one serving: <ul style="list-style-type: none"> <li>• 1 cup of lettuce on a plate as a base</li> <li>• 1- #10 scoop of lentil filling</li> <li>• ¼ cup tomato</li> <li>• ¼ cup corn</li> <li>• 2 tablespoons cheddar cheese</li> </ul>
Corn, frozen, thawed	12 ½ cups	2 ½ cups	
Cheese, Cheddar, shredded	6 ¼ cups	1 cup, 2 tablespoons	
Salsa	6 ¼ cups	1 ¼ cup	

									• 2 tablespoons cup salsa
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NUTRIENTS PER SERVING									
Calories	220	Cholesterol (mg)	15	Dietary Fiber (g)	9	Vitamin D (mcg)	0.1	Potassium (mg)	680
Total Fat (g)	4.5	Sodium (mg)	630	Added Sugars (g)	0	Iron (mg)	3	Vitamin A-RAE (mcg)	321.24
Saturated Fat (g)	2.5	Total Carbohydrate (g)	35	Protein (g)	12	Calcium (mg)	140	Vitamin C (mg)	9.37

<b>MEXICAN SLAW</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Cabbage, red, raw, shredded	1 gallon	3 cups	1. Add shredded cabbage, matchstick carrots, thinly sliced red bell pepper, chopped scallions and chopped cilantro to a large bowl.
Carrots, matchsticks	3 ⅛ cups	¾ cup	
Peppers, bell, red, thinly sliced	3 ⅛ cups	¾ cup	
Green onions, sliced thinly on bias	1 ½ cups	¼ cup	
Cilantro, chopped	1 ½ cups	¼ cup	2. Whisk olive oil, honey, juice of the limes, cumin, garlic, salt, and pepper in bowl until combined. 3. Pour dressing on slaw and toss well so vinaigrette is thoroughly coating vegetables. 4. Serve chilled.
Oil, olive, salad or cooking	⅓ cup	4 teaspoons	
Honey	3 tablespoons	2 teaspoons	
Limes, raw	6	1	
Cumin, ground	1 tablespoon	1 teaspoon	
Garlic, minced	½ tablespoon	½ teaspoon	
Salt, kosher	½ tablespoon	½ teaspoon	
Black pepper, ground	¾ teaspoon	⅛ teaspoon	

NUTRIENTS PER SERVING							
Calories	34	Total Fat (g)	1.77	Vitamin A (RE)	353.4	Added Sugar	1
Protein (g)	.53	Saturated Fat (g)	.24	Vitamin C (mg)	23.9	Sodium (mg)	60
Carbohydrate (g)	5.05	Cholesterol	0	Calcium (mg)	17.22	Dietary Fiber (g)	1.03

Source: Windham Raymond School Department, Windham, Maine

<b>RAZZY RANCH DRESSING</b>	SERVING SIZE: 2 TABLESPOONS	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	2 QUARTS	2 CUPS	DIRECTIONS
Raspberries, frozen	1 quart	1 cup	<ol style="list-style-type: none"> <li>1. Allow the bag of frozen red raspberries to sit on the countertop at room temperature for about 30 minutes.</li> <li>2. Gently mash the raspberries (in the sealed bag) with a rolling pin.</li> <li>3. Place crushed raspberries, mayonnaise, milk, yogurt, parsley, green onion, garlic, vinegar, salt, and pepper in a bowl. Combine.</li> <li>4. Cover and refrigerate until ready to use.</li> </ol>
Mayonnaise	2 cups	½ cup	
Milk	1 cup	¼ cup	
Yogurt, plain	1 cup	¼ cup	
Parsley, fresh, chopped	½ cup	2 tablespoons	
Green onion, chopped with green	½ cup	2 tablespoons	
Garlic, finely minced	3 each	1 clove	
Vinegar, red wine	¼ cup	1 tablespoon	
Salt, kosher	1 teaspoon	½ teaspoon	
Black pepper, ground	½ teaspoon	¼ teaspoon	

NUTRIENTS PER SERVING							
Calories	35	Total Fat (g)	2.5	Vitamin A (IU)	110.1	Calcium (mg)	20
Protein(g)	1	Saturated Fat (g)	0	Vitamin C (mg)	3.98	Sodium (mg)	125
Carbohydrate (g)	3	Cholesterol (mg)	0	Iron (mg)	.1	Dietary Fiber (g)	<1

Source: National Processed Raspberry Council. [www.redrazz.com](http://www.redrazz.com)

<b>BERRY CHICKEN SALAD</b>	SERVING SIZE: 1 SALAD	ONE PORTION PROVIDES: 2 OZ. EQ M/MA, ¼ CUP DARK GREEN, ¼ OTHER VEGETABLES, ¼ CUP FRUIT

INGREDIENTS	40 SERVINGS	10 SERVINGS	DIRECTIONS
Romaine blend	3 ¾ pound	1 pound	1. Portion into serving bowl in the following order: <ul style="list-style-type: none"> <li>• 1 ¼ ounces Romaine blend</li> <li>• ¼ cup berries</li> <li>• 2 slices red onion</li> <li>• 2-3 sugar snap peas</li> <li>• 2 ounces diced chicken</li> </ul> 2. Dress with 2 tablespoons Razy Ranch dressing over top just prior to serving.
Blueberries, raspberries, or strawberries	3 quarts	¾ quart	
Onions, red, raw, sliced	1 cup	¼ cup	
Sugar snap peas, raw	5 pounds	1 ¼ pound	
Chicken, cooked, sliced or chicken fajita meat	5 pounds	1 ¼ pound	

NUTRIENTS PER SERVING							
Calories	150	Total Fat (g)	2.5	Vitamin A (mcg)	1286.52	Iron	2.4
Protein (g)	20	Saturated Fat (g)	.5	Vitamin C (mg)	39.1	Sodium (mg)	45
Carbohydrate (g)	12	Cholesterol (mg)	43	Calcium (mg)	43.75	Dietary Fiber (g)	4

Source: Sartell-St. Stephen Public Schools, *Now We're Cooking! A collection of Simple Scratch Recipes Served in Minnesota Schools*, Minnesota Department of Healthy. [www.health.state.mn.us/divs/hpcd/chp/cdr/nutrition/greattrays/pdfs/NowCooking.pdf](http://www.health.state.mn.us/divs/hpcd/chp/cdr/nutrition/greattrays/pdfs/NowCooking.pdf)

<b>'UALA SALAD WITH CITRUS VINAIGRETTE</b>	SERVING SIZE: ½ CUP (#8 SCOOP)	ONE PORTION PROVIDES: ½ CUP RED/ORANGE VEGETABLE

INGREDIENTS	100 SERVINGS	10 SERVINGS	DIRECTIONS
'Uala	12 pounds	1 pound, 3 ounces	1. Peel the 'uala and medium dice; roast the 'uala. <b>CCP:</b> Cook until internal temperature reaches 135°F or above.  2. Heat the orange juice to a boil in a saucepan. Add the orange zest and lemon juice.  3. Dissolve the cornstarch in the water and add to the orange mixture. Continue to heat, stirring until thickened.  4. Add the celery, pineapple tidbits and mandarin oranges to the 'uala. Toss with the warm vinaigrette. <b>CCP:</b> Hold for hot service at 135°F or higher.
Orange juice	6 ¼ cups	⅔ cup	
Orange zest	4 tablespoons	1 teaspoon	
Lemon juice	4 tablespoons	1 teaspoon	
Cornstarch	4 tablespoons	1 teaspoon	
Water	¾ cup	1 tablespoon	
Celery, small dice	2 pounds, 4 ounces (2 quarts 1 cup)	3 ½ ounces (1 cup)	
Pineapple tidbits, canned, in juice, drained	2 pounds, 13 ounces (2 quarts)	1 cup	
Mandarin orange, canned, in juice, drained	2 pounds, 13 ounces (2 quarts)	1 cup	

NUTRIENTS PER SERVING									
Calories	60	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	270
Total Fat (g)	0	Sodium (mg)	20	Added Sugars (g)	0	Iron (mg)	0.4	Vitamin A-RAE (mcg)	329.52
Saturated Fat (g)	0	Total Carbohydrate (g)	14	Protein (g)	1	Calcium (mg)	20	Vitamin C (mg)	21.13

<b>GREEN GODDESS DRESSING</b>	SERVING SIZE: 2 TABLESPOONS	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	4 CUPS	2 CUPS	DIRECTIONS
Mayonnaise, low-fat	2 cups	1 cup	<ol style="list-style-type: none"> <li>Place all ingredients in bowl of food processor fitted with metal blade.</li> <li>Pulse for 6 to 8 seconds, 4 or 6 times or until well blended.</li> <li>Taste and adjust seasonings as necessary.</li> <li>Use immediately or cover and refrigerate.</li> </ol>
Sour cream, low-fat	1 cup	½ cup	
Chives or scallions, fresh, minced	½ cup	¼ cup	
Parsley, fresh, minced	½ cup	¼ cup	
Lemon juice, fresh	1 ½ ounces	1 ½ tablespoons	
Vinegar, white wine	1 ½ ounces	1 ½ tablespoons	
Worcestershire sauce	1 ounce	1 tablespoon	
Avocado, fresh, peeled and seeded	2 each	1 each	
Buttermilk	2 ounces	2 tablespoons	

**SERVING NOTES:**

Yield, volume	4 cups
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NUTRIENTS PER SERVING					
Calories	70	Total Fat (g)	6	Sodium (mg)	95
Protein (g)	1	Saturated Fat (g)	1.5	Dietary Fiber (g)	1
Carbohydrate (g)	3	Cholesterol (mg)	5		

Source: Powers C, Hess MA, *Essentials of Nutrition for Chefs, 2nd edition*, Culinary Nutrition Publishing LLC. 2012

<b>COBB SALAD</b>	SERVING SIZE: 1 SALAD	ONE PORTION PROVIDES: 2 OZ. EQ. M/MA, 1 ½ CUPS VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Mixed dark greens or romaine	6 ½ pounds (3 gallons 2 cups)	2 quarts, 2 cups	1. Wash greens. Dry thoroughly.  2. Portion into serving bowl in the following order: <ul style="list-style-type: none"> <li>• Mixed greens – 1 cup</li> <li>• Chicken breast, diced – 1 ounce</li> <li>• Egg, hard cooked – ½ each</li> <li>• Tomatoes, cherry – ¼ cup</li> <li>• Avocado, diced – ¼ cup</li> <li>• Bacon bits - sprinkle</li> </ul> 3. Serve with 2 tablespoons salad dressing.
Chicken breast, cooked, diced	3 pounds, 2 ounces	10 ounces	
Eggs, hard-cooked	25 each	5 each	
Tomatoes, cherry	4 ¼ pounds	2 ½ cups	
Avocado, diced	6 pounds	1 ¼ pound	
Bacon bits	12 ounces	1 ounce	

NUTRIENTS PER SERVING							
Calories	210	Total Fat (g)	9	Vitamin A (IU)	1460.2	Iron (mg)	1.4
Protein (g)	14	Saturated Fat (g)	2	Vitamin C (mg)	14.75	Sodium (mg)	135
Carbohydrate (g)	6	Cholesterol (mg)	125	Calcium (mg)	40	Dietary Fiber (g)	3

<b>TUSCAN WHITE BEAN SALAD</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ½ CUP VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Beans, great northern, canned, drained	13 pounds, 4 ounces <i>OR 3 # 10 cans</i>	2 pounds, 10 ounces <i>OR 5 #300 cans (14 oz.)</i>	<ol style="list-style-type: none"> <li>Combine drained and rinsed beans, diced tomatoes, chopped parsley, salt and pepper.</li> <li>In a skillet over medium heat, heat olive oil. Once hot, add onions and garlic and sauté until onions are translucent (3 to 5 minutes). Stir frequently. Add onion, garlic, and olive oil mixture to beans. Mix well.</li> <li>Chill until ready for service.</li> </ol>
Tomatoes, plum, small diced	3 pounds, 2 ounces	10 ounces	
Parsley, flat leaf, fresh, chopped	1 ½ cups	⅓ cup	
Salt, kosher	1 tablespoon	½ teaspoon	
Black pepper, ground	½ tablespoon	¼ teaspoon	
Oil, olive	1 ½ cups	5 tablespoons	
Garlic, minced	⅓ cup	1 tablespoon	
Onions, red, small diced	3 cups	⅔ cup	

NUTRIENTS PER SERVING							
Calories	222	Total Fat (g)	7.4	Vitamin A (IU)	376	Calcium (mg)	80
Protein(g)	10.4	Saturated Fat (g)	1.1	Vitamin C (mg)	6.5	Sodium (mg)	297
Carbohydrate (g)	31.8	Cholesterol (mg)	0	Iron (mg)	2.3	Dietary Fiber (g)	7.1

Source: Adapted from Windham Raymond School Department, Windham, Maine

<b>BALSAMIC-LILIKO’I DRESSING</b>	SERVING SIZE: 2 TABLESPOONS	ONE PORTION PROVIDES: DOES NOT CREDIT
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Vinegar, balsamic	½ cup	2 tablespoons	1. Combine vinegar, liliko’i purée, mustard, garlic, salt, and pepper in a food processor or blender. 2. While motor is running, drizzle in oil until combined. <b>CCP:</b> hold for cold service at 41°F or lower.
Liliko’i, purée	6 tablespoons	4 teaspoons	
Mustard, Dijon	1 tablespoon	½ teaspoon	
Garlic, granulated	½ tablespoon	½ teaspoon	
Salt, kosher	1 teaspoon	¼ teaspoon	
Black pepper, ground	1 teaspoon	¼ teaspoon	
Oil, olive	1 cup	¼ cup	

NUTRIENTS PER SERVING							
Calories	40	Total Fat (g)	4.5	Vitamin A (IU)	2.7	Iron (mg)	.1
Protein (g)	0	Saturated Fat (g)	.5	Vitamin C (mg)	.13	Sodium (mg)	85
Carbohydrate (g)	<1	Cholesterol (mg)	0	Calcium (mg)	0	Dietary Fiber (g)	0

Source: adapted from *New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks*, Vermont Agency of Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. <http://vtfeed.org/resource-library>

<b>STRAWBERRY, SPINACH, AND CHICKEN SALAD</b>	SERVING SIZE: 1 SALAD (1 ¼ CUPS)	ONE PORTION PROVIDES: ½ CUP DARK GREEN VEGETABLE, ⅛ CUP OTHER VEGETABLE AND ⅛ CUP FRUIT AND 2 OZ. EQ MEAT/MA
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Sunflower or pumpkin seeds	1 ¼ pound	4 ounces	<ol style="list-style-type: none"> <li>1. Toast sunflower (or pumpkin) seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4 to 5 minutes. Transfer to a bowl and let cool.</li> <li>2. Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick.</li> <li>3. Hull strawberries and cut into ¼-inch thick slices.</li> <li>4. Trim romaine and cut into 1-inch pieces.</li> <li>5. Mix spinach and romaine in a large bowl.</li> <li>6. Add the strawberries, cucumbers, and the toasted seeds to the greens.</li> <li>7. Serve with 2 ounces chicken per serving.</li> <li>8. Serve with balsamic maple dressing</li> </ol>
Cucumbers	3 pounds	10 ounces	
Strawberries, fresh	3 pounds, 4 ounces	10 ½ ounces	
Lettuce, Romaine	2 pounds, 4 ounces	8 ounces	
Spinach, baby	2 pounds, 12 ounces	9 ounces	
Chicken, cooked, sliced, or shredded or chicken fajita meat	5 pounds	1 ¼ pound	

NUTRIENTS PER SERVING							
Calories	130	Total Fat (g)	7	Vitamin A (IU)	3795	Calcium (mg)	140
Protein(g)	9	Saturated Fat (g)	1	Vitamin C (mg)	57.02	Sodium (mg)	100
Carbohydrate (g)	11	Cholesterol (mg)	10	Iron (mg)	4.1	Dietary Fiber (g)	5

Source: Adapted from *New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks*, Vermont Agency of Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. <http://vtfeed.org/resource-library>

<b>GREEN BEAN, CRANBERRY, AND SUNFLOWER SEED SALAD</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: ¼ CUP OTHER VEGETABLE, ⅛ CUP FRUIT, AND .25 OZ. EQ. M/MA
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Garlic, peeled	3 cloves	1 clove	1. For the dressing: process the garlic, oil, vinegar, mustard, 1 teaspoon salt and pepper in a food processor or with an immersion blender until smooth and creamy. Set aside.
Oil, canola	2 cups	⅔ cup	
Balsamic vinegar	½ cup	2 tablespoons	
Mustard, Dijon	¼ cup	1 tablespoon	
Salt, kosher	1 teaspoon	¼ teaspoon	
Black pepper, ground	1 teaspoon	¼ teaspoon	
Green beans, fresh	5 pounds	1 pound	2. Trim green beans and cut into 1-inch pieces.
Water	3 gallons	1 gallon	3. Blanch the green beans.
Dried cranberries	1 pounds, 9 ounces (1 quart, 1 cup)	5 ounces (1 cup)	4. Add cranberries, sunflower seeds, and the dressing to the green beans.
Sunflower Seeds, toasted	15 ounces (2 ½ cups)	3 ounces (½ cup)	

**RECIPE NOTES:**

- Use another type of vinegar if you wish.
- Trimming green beans can take some time so enlist student helpers and make it a teachable farm to school moment.
- Use kitchen shears to trim the stem ends of the green beans.

NUTRIENTS PER SERVING							
Calories	180	Total Fat (g)	13.08	Vitamin A (UI)	251.81	Iron (mg)	.86
Protein (g)	2.39	Saturated Fat (g)	1.79	Vitamin C (mg)	2.04	Sodium (mg)	447.55

Carbohydrate (g)	14.74	Cholesterol (mg)	0	Calcium (mg)	34.26	Dietary Fiber (g)	2.70
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Source: *New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks*, Vermont Agency of Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. <http://vtfeed.org/resource-library>

<b>LEMONY GREEK VINAIGRETTE</b>	SERVINGS SIZE: 2 TABLESPOONS	ONE PORTION PROVIDES: DOES NOT CREDIT

INGREDIENTS	7 ½ CUPS	1 ½ CUPS	DIRECTIONS
Lemon juice	3 cups	⅔ cups	1. Combine lemon juice and dried herbs. 2. Whisk until blended. 3. Slowly add the oil while whisking until combined.
Basil, dried	4 tablespoons	2 ½ teaspoons	
Oregano, dried	4 tablespoons	2 ½ teaspoons	
Marjoram, dried	3 tablespoons	2 teaspoons	
Thyme, dried	2 teaspoons	½ teaspoon	
Oil, olive	4 ½ cups	¾ cup	

NUTRIENTS PER SERVING							
Calories	150	Total Fat (g)	16	Vitamin A (IU)	13.8	Iron (mg)	.4
Protein (g)	0	Saturated Fat (g)	2	Vitamin C (mg)	4.79	Sodium (mg)	0
Carbohydrate (g)	1	Cholesterol (mg)	0	Calcium (mg)	10	Dietary Fiber (g)	0

<b>GREEK SALAD</b>	SERVING SIZE: 1 SALAD	ONE PORTION PROVIDES: 1 OZ. EQ. M/MA, 1 CUP DARK GREEN VEGETABLES, 1/2 CUP OTHER VEGETABLES
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Lettuce, Romaine, chopped	6 1/2 pound (3 gallons 2 cups)	2 quarts, 2 cups	1. Wash greens. Dry thoroughly.  2. Mix tomatoes, red onion, red bell pepper, parsley, and black olives. 3. Toss tomato mixture with lemony Greek vinaigrette dressing.  4. Assemble the salad: <ul style="list-style-type: none"> <li>• Portion 1 cup of romaine lettuce into salad container.</li> <li>• Top with tomato salad mixture.</li> <li>• Add feta cheese and chicken</li> </ul>
Tomatoes, cherry, halved (1/4 cup = about 3 cherry tomatoes)	4 1/4 pound	2 1/2 cups	
Onion, red, sliced thinly	2 pounds	1 1/4 cup	
Peppers, bell, red, medium dice	2 3/4 pounds	1 1/4 cup	
Parsley, fresh, chopped	2 cups	1/2 cup	
Black olives, pitted, drained (1/8 cup = about 4 olives)	1 3/4 pounds	3 ounces	
Feta cheese, crumbled	25 ounces	5 ounces	
Chicken breast, diced, sliced, or shredded	4 3/4 pounds	1 pound	

NUTRIENTS PER SERVING							
Calories (g)	150	Total Fat (g)	4.5	Vitamin A mcg)	1972.44	Iron (mg)	1.4
Protein (g)	18	Saturated Fat (g)	0	Vitamin C (mg)	43.52	Sodium (mg)	300
Carbohydrate (g)	8	Cholesterol (mg)	40	Calcium (mg)	90	Dietary Fiber (g)	3

<b>MELON, CITRUS, AND JICAMA SALAD WITH MINT</b>	SERVING SIZE: ½ CUP	ONE PORTION PROVIDES: 1/8 CUP OTHER VEGETABLES, 1/4 CUP FRUITS
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INGREDIENTS	48 SERVINGS	12 SERVINGS	DIRECTIONS
Honeydew melon	7 pounds (2 each)	1 ¾ pound	1. Peel, seed, and cut melon into julienne sticks.
Oranges	8 pounds, 2 ounces (24 each)	2 pounds (About 2 cups)	2. Segment oranges.
Jicama	2 pounds, 8 ounces (2 to 3 medium)	10 ounces	3. Peel and cut jicama into julienne sticks (1 ½ inch long).
Mint, fresh	1 small bunch	2 tablespoons	4. Remove mint leaves from stems and mince.
Lime Juice	8 ounces (1 cup)	¼ cup	5. Combine the melon, oranges, jicama, mint, lime juice in a large bowl. Chill for 30 minutes before serving.

**RECIPE NOTES:**

- Any variety of melon will work in this salad.
- Try peeled diced kohlrabi in place of the jicama.

NUTRIENTS PER SERVING							
Calories	57	Total Fat (g)	.2	Vitamin A (UI)	326	Iron (mg)	.34
Protein (g)	1	Saturated Fat (g)	.03	Vitamin C (mg)	44	Sodium (mg)	6.31
Carbohydrate (g)	14	Cholesterol (mg)	0	Calcium (mg)	31	Dietary Fiber (g)	2.13

Source: *New School Cuisine Cookbook: Nutritious and Seasonal Recipes for School Cooks by School Cooks*, Vermont Agency of Education, School Nutrition Association of Vermont, USDA, Team Nutrition, and Vermont FEED. <http://vtfeed.org/resource-library>

<b>SRIRACHA RANCH POTATO AND CHICKEN SALAD</b>	SERVING SIZE: 1 SALAD WITH 2 PACKAGES WHOLE GRAIN CRACKERS	ONE PORTION PROVIDES: 2 OZ. M/MA, 2 OZ. GRAIN EQ., 1 CUP DARK GREEN, 1/2 CUP STARCHY, 1/4 CUP RED/ORANGE, 1/4 CUP OTHER
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Potatoes, russet, fresh, baked and chilled	10 pounds	2 pounds	1. In a large mixing bowl combine the diced chilled baked potatoes and sliced green onions. Hold cold while preparing the Sriracha Ranch.
Green onions, fresh, sliced	10 ounces	2 ounces	
Yogurt, low-fat, plain	1 quart, 2 cups	1 1/4 cup	2. Combine the plain yogurt, mayonnaise, sriracha hot chili sauce, white vinegar, black pepper, garlic powder, and onion powder, and mix well. Best if made 1 day in advance. 3. 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. 4. Portion the remaining sriracha ranch dressing into 1-ounce portions.
Mayonnaise, regular	1 quart, 1/2 cup	1 1/4 cup	
Sriracha hot chili sauce	1 cup, 2 tablespoons	1/4 cup	
Vinegar, white	1/4 cup, 2 tablespoons	1 tablespoon	
Pepper, black, ground	1 tablespoon	1/2 teaspoon	
Garlic, powder	1 tablespoon	1/2 teaspoon	
Onion, powder	1 1/2 teaspoons	1/4 teaspoon	
Chicken breast fillets or tenders, shredded	6 1/4 pounds	1 1/4 pounds	5. Bake the breaded chicken fillets or tenders as directed. This step ensures that the breading will be crispy. Chill the baked chicken immediately.

Tomatoes, Roma, fresh	5 pounds, 12 ounces	1 pound, 2 ounces	<p>6. To assemble the salads, place 2 cups (3 ounces) of romaine lettuce into each serving container.</p> <p>7. 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.</p> <p>8. Add one tomato wedge and 4 slices of cucumber to the salad.</p> <p>9. Serve each salad with a 1-ounce portion of additional sriracha ranch dressing and 2 packages of whole-grain crackers.</p>
Cucumbers, fresh, sliced ¼ 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	

NUTRIENTS PER SERVING							
Calories	400	Total Fat (g)	11	Vitamin A	2594.64	Iron	3.8
Protein (g)	25	Saturated Fat (g)	1.5	Vitamin C	24.15	Sodium (mg)	690
Carbohydrate (g)	50	Cholesterol	55	Calcium (mg)	110	Dietary Fiber (g)	7

Source: Chef Rachel Petraglia

<b>THREE BEAN SALAD</b>	SERVING SIZE: ¼ CUP	ONE PORTION PROVIDES: ¼ CUP VEGETABLE
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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Kidney Beans, canned, drained, rinsed	1 pound, 2 ounces	3 ½ ounces	<ol style="list-style-type: none"> <li>1. Combine kidney beans, chickpeas, black beans, onion, and green pepper.</li> <li>2. Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic in a mixing bowl or jar. Mix or shake in a jar until well blended.</li> <li>3. Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 2 lb. 14 ¼ oz. (approximately 1 qt. 2 ½ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.</li> </ol> <p><b>CCP:</b> Refrigerate within 1 hour. Hold at 40° F or colder.</p> <ol style="list-style-type: none"> <li>5. Cover. Refrigerate until ready to serve.</li> <li>6. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).</li> </ol>
Chickpeas, canned, drained, rinsed	15 ounces	3 ounces	
Black beans, canned, drained, rinsed	2 pounds, 5 ½ ounces	7.5 ounces	
White or red onion, fresh, chopped	½ cup	1 tablespoon, 2 teaspoons	
Green pepper, fresh, chopped	6 ½ ounces	1 ½ ounces	
Oil, vegetable	⅔ cup	⅛ cup	
Vinegar, white	⅔ cup	⅛ cup	
Sugar	⅓ cup	1 tablespoon	
Basil, dried	1 tablespoon	¾ teaspoon	
Pepper, black	1 teaspoon	¼ teaspoon	
Garlic, granulated	1 teaspoon	¼ teaspoon	

NUTRIENTS PER SERVING							
Calories	90	Total Fat (g)	3.5	Vitamin A (UI)	17.8	Iron	1.1
Protein (g)	4	Saturated Fat (g)	0	Vitamin C (mg)	3.32	Sodium (mg)	0
Carbohydrate (g)	11	Cholesterol	0	Calcium (mg)	10	Dietary Fiber (g)	3

## PRODUCT EVALUATION FOR SALADS AND SALAD BARS

Participants evaluate each food product 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
Ranch Dressing	A or NA	A or NA	A or NA	A or NA	
Chef's Salad	A or NA	A or NA	A or NA	A or NA	
Three Sister Salad	A or NA	A or NA	A or NA	A or NA	
Caesar Dressing	A or NA	A or NA	A or NA	A or NA	
Chicken Caesar Salad	A or NA	A or NA	A or NA	A or NA	
Black Bean, Corn, and Tomato Fiesta Salad	A or NA	A or NA	A or NA	A or NA	
BBQ Ranch Dressing	A or NA	A or NA	A or NA	A or NA	
Taco Salad	A or NA	A or NA	A or NA	A or NA	
Mexican Slaw	A or NA	A or NA	A or NA	A or NA	
Razzy Ranch Dressing	A or NA	A or NA	A or NA	A or NA	
Berry Chicken Salad	A or NA	A or NA	A or NA	A or NA	
'Uala Salad with Citrus Vinaigrette	A or NA	A or NA	A or NA	A or NA	
Green Goddess Dressing	A or NA	A or NA	A or NA	A or NA	
Cobb Salad	A or NA	A or NA	A or NA	A or NA	
Tuscan White Bean Salad	A or NA	A or NA	A or NA	A or NA	
Balsamic-Liliko'i Dressing	A or NA	A or NA	A or NA	A or NA	
Strawberry, Spinach, and Chicken Salad	A or NA	A or NA	A or NA	A or NA	
Green Bean, Cranberry, and Sunflower Seed Salad	A or NA	A or NA	A or NA	A or NA	
Lemony Greek Vinaigrette	A or NA	A or NA	A or NA	A or NA	
Greek Salad	A or NA	A or NA	A or NA	A or NA	

Melon, Citrus, and Jicama Salad with Mint	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	
Three Bean Salad	A or NA	A or NA	A or NA	A or NA	

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# COOKING FOR HEALTHY KIDS

## PERSONAL REFLECTION

Topic	What did I learn?	How am I going to use this information?
Culinary Basics		
Vegetable Cooking		
Great Grains		
Build a Better Sandwich		
Salads and Salad Bars		

**ACTION PLAN**

From your Personal Reflection notes, identify your top 3 priorities that you want to address when you return to your school. Develop an action plan for accomplishing each one.

Goal	Action Steps	People who can help me Resources needed	Date to accomplish
Priority One			
Priority Two			
Priority Three			

# CONVERSION TABLES

## METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	8 oz. (or 0.035 oz.)
½ ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter	=	35 fl. oz. (1 ¾ pt.)

## METRIC CONVERSION TABLE

To Change	To	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

\*Example: 9°F above boiling equals 5°C above boiling.

## TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

## US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

## US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	½	1/16	---	14
6	2	1	⅛	1/16	28
12	4	2	¼	⅛	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	227
96	32	16	2	1	454

## VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

## RECIPE YIELD

Original	Cut in Half	Cut in Third
1 cup	½ cup	⅓ cup
¾ cup	6 Tbsp.	¼ cup
⅔ cup	⅓ cup	3 Tbsp. + 1 ½ tsp.
½ cup	¼ cup	2 Tbsp. + 2 tsp.
⅓ cup	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
¼ cup	2 Tbsp.	1 Tbsp. + 1 tsp.
1 Tbsp.	1 + ½ tsp.	1 tsp.
1 tsp.	½ tsp.	⅓ tsp.
½ tsp.	¼ tsp.	⅛ tsp.
¼ tsp.	⅛ tsp.	dash

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