



# Culinary Institute of America

## **GRIDLEY UNIFIED SCHOOL DISTRICT CULINARY TRAINING**



The Culinary Institute of America, Copia, CA

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**The Culinary Institute of America**

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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,

David Kamen '88 MBA PC<sup>III</sup>  
Director CIA Consulting  
845-451-1386 [david.kamen@culinary.edu](mailto:david.kamen@culinary.edu)

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

## Daily Agenda

**Monday, August 4<sup>th</sup>, 2025**

Start Time	End Time	Topic	Facilitator	Location
1:30 PM	1:45 PM	Welcome: Arrival to CIA Copia, Campus Tour	CIA Chef Sky Hanka, MS, NBC-HWC, 12'	CIA Copia Lobby
1:45 PM	2:50 PM	Day 1 Lecture: Program Overview and Objectives Mise en Place, Knife Skills, Decoding a Recipe Hands-on Activity Review for Day 1	CIA Chef Sky Hanka, MS, NBC-HWC, 12'	TBD
2:50 PM	6:00 PM	Hands-on Kitchen Exercise	CIA Chef Sky Hanka, MS, NBC-HWC, 12'	Hestan Teaching Kitchen: Red
6:00 PM	6:30 PM	Dinner from Production	CIA Chef Sky Hanka, MS, NBC-HWC, 12'	Hestan Teaching Kitchen: Red
6:30 PM	7:00 PM	Review and Feedback of the Day Hands-on Activity Review for Day 2	CIA Chef Sky Hanka, MS, NBC-HWC, 12'	Hestan Teaching Kitchen: Red
7:00 PM		Departure		

**Tuesday, August 5th, 2025**

<b>Start Time</b>	<b>End Time</b>	<b>Topic</b>	<b>Facilitator</b>	<b>Location</b>
8:30 AM	9:30 AM	Day 2 Lecture Mise en Place (cont.'d) Recipe Decoding Vegetable/ Protein Cookery Basics Hands-on Activity Review	CIA Chef Sky Hanka, MS, NBC- HWC, 12'	
9:30 AM	1:45 PM	Hands-On Kitchen Exercise	CIA Chef Sky Hanka, MS, NBC- HWC, 12'	Hestan Teaching Kitchen: Red
1:45 PM	2:15 PM	Lunch from Production	CIA Chef Sky Hanka, MS, NBC- HWC, 12'	Hestan Teaching Kitchen: Red
2:15 PM	3:00 PM	Review and Feedback of the Day What's Next Discussion?	CIA Chef Sky Hanka, MS, NBC- HWC, 12'	
3:00 PM		Departure		

# SUCCESSFUL KITCHEN PRODUCTION

## STAFF READINESS

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

## GAME PLAN ORGANIZATION

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

## EQUIPMENT

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

## FOOD

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

## COOKING

### Pre-preparation:

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

### Preparation:

4. Start the item with the longest cooking times first
5. Clean as you go
6. Batch cooking when needed

**Finishing:** Finish items as close to service as possible.

## SERVING

Set up service line:

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

# **COOKING GUIDELINES**

## **PRIORITIES IN FOOD PREPARATION AND SERVICE**

### **TASTE**

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

Taste is affected by:

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

### **PRESENTATION**

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

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

### **DEGREE OF DONENESS / PROPER COOKING**

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

### **TEMPERATURE**

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

### **FINAL CHECKLIST**

Before serving any meals, we should be able to answer "YES" to the following questions:

- Does it taste good?
- Does it look good?
- Is it cooked properly?
- Is it the correct temperature?

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

# MISE EN PLACE

Everything in its place and a place for everything

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

## **BENEFITS OF MISE EN PLACE**

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

## **KITCHEN ORGANIZATION SHOULD INCLUDE:**

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

## **WORKSPACE ORGANIZATION**

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

## **ORGANIZATION AND WORKFLOW**

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

## KNIFE SELECTION

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

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



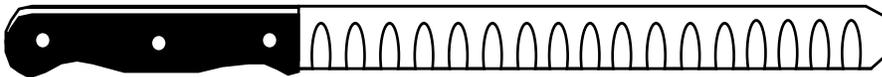
**Boning Knife:** A specialized knife with a narrow blade, used to de-bone meat such as poultry, smaller red meat cuts, and filleting fish.



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



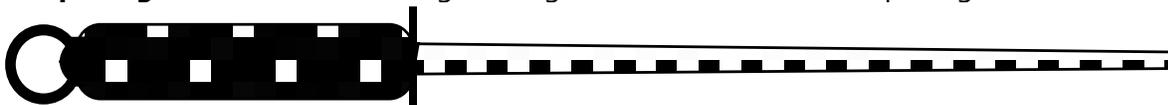
**Slicer:** Long knife used for carving meat.



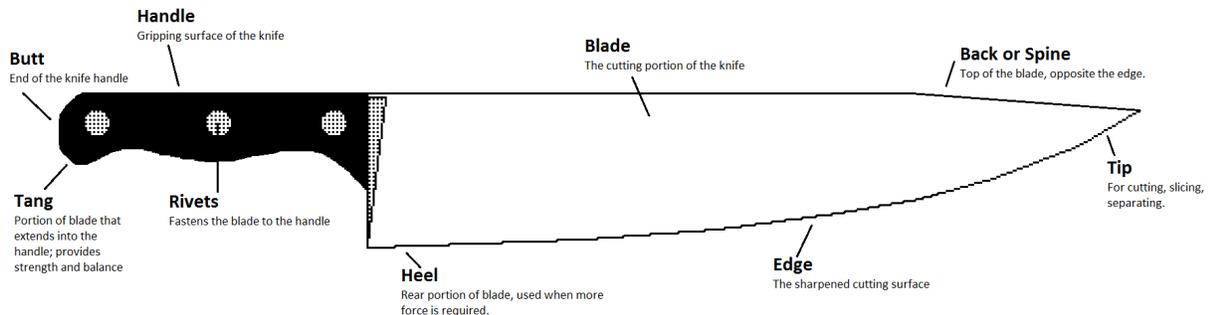
**Serrated Knives:** Highly specialized knives designed for slicing bread and cake. Serrated knives have defined teeth and are "saw like" compared to slicing knives. They are not designed for cutting or chopping tasks.

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

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



# KNIFE PARTS AND FUNCTIONS



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

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

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

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

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

**Edge:** primary cutting surface of the knife

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

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

**Rivets:** connects the handle to the tang

# SHARPENING KNIVES

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

## KNIFE SHARPENERS

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

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

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

## STORING KNIVES

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

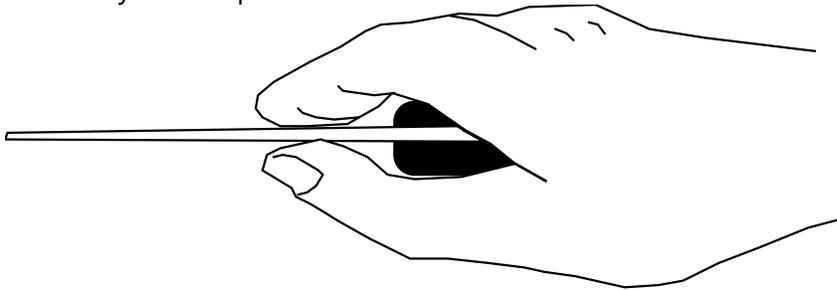
## KNIFE SAFETY RULES

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

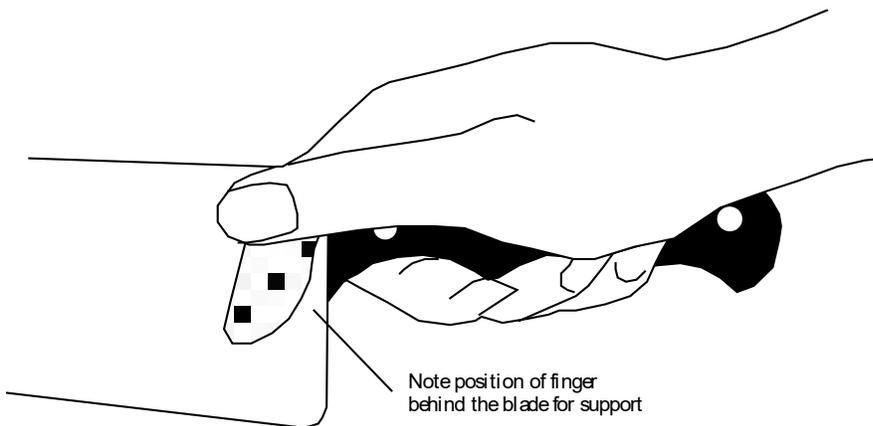
## HOLDING A KNIFE

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

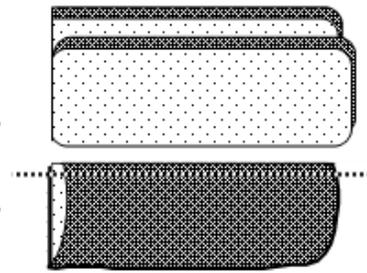
**Top View:** Some cooks prefer to grip the knife by the handle, allowing the thumb and index finger to rest on the blade for support. However, an individual's preference to hold the knife in other ways is acceptable.



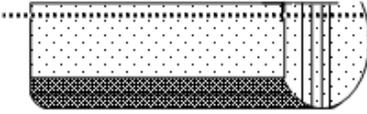
**Side View:** Note that the finger is placed behind the blade to provide stability.



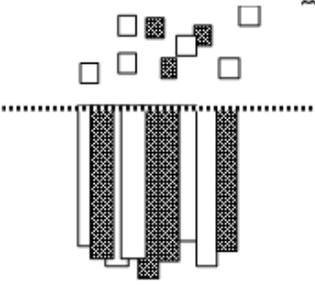
**Planks, Sticks, Dice**



**Planks:**  
Cut vegetable lengthwise into desired thickness



**Sticks:**  
Stack slices and cut again lengthwise into desired thickness; this will yield sticks



**Dice:**  
Lay sticks in a bundle, cut crosswise into desired thickness; this will yield dice

**BASIC KNIFE CUTS**

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

# SALADS AND SALAD BARS

There are four basic parts to a salad:

**Base:** Gives the definition to the salad's placement on the plate or platter. It can be whole leaves or shredded. Ex. The salad greens

**Body:** The main ingredient of the salad and the focal point of the presentation as it sets on top of the base. Ex. A piece of grilled tuna.

**Dressing:** Used to enhance the flavor, tossed with the body of the salad, or served on the side. Ex. Miso dressing.

**Garnish:** Adds texture, color, and form.

## SALAD TYPES

**Simple:** A variety of one or more greens tossed with a light dressing. Care must be taken so as not to mask or overshadow the delicate flavor of the greens.

**Mixed:** Composed of cooked or raw vegetables either marinated or served with a compatible dressing. May also be fruits, grains, legumes, potatoes, or protein items (chicken, tuna)

**Composed:** The ingredients are presented separately but on the same plate. They are arranged as opposed to tossed. A Cobb Salad is an example of a composed salad. Served with a variety of complimentary dressings, these salads are often used as an entree.

## CARE OF THE SALAD GREENS

### Trimming

- Remove outer tough leaves
- Trim discolored areas.
- Cut or break the leaves into bite size pieces or leave whole

### Washing

- Under running water
- Whole
- Cut into pieces

## Draining/ Drying

- Colander
- Lettuce Spinner
- Paper towels

## Crisping

- Store in refrigerator
- Cover with damp towels

## Salad Spinners



Home-style  
\$20 to \$30



5 gallons  
\$100 to \$150



20 gallons  
About \$3000

# How to build a Better Salad

Composed entrée salads are a great alternative to salad bars, making the perfect grab-and-go option.

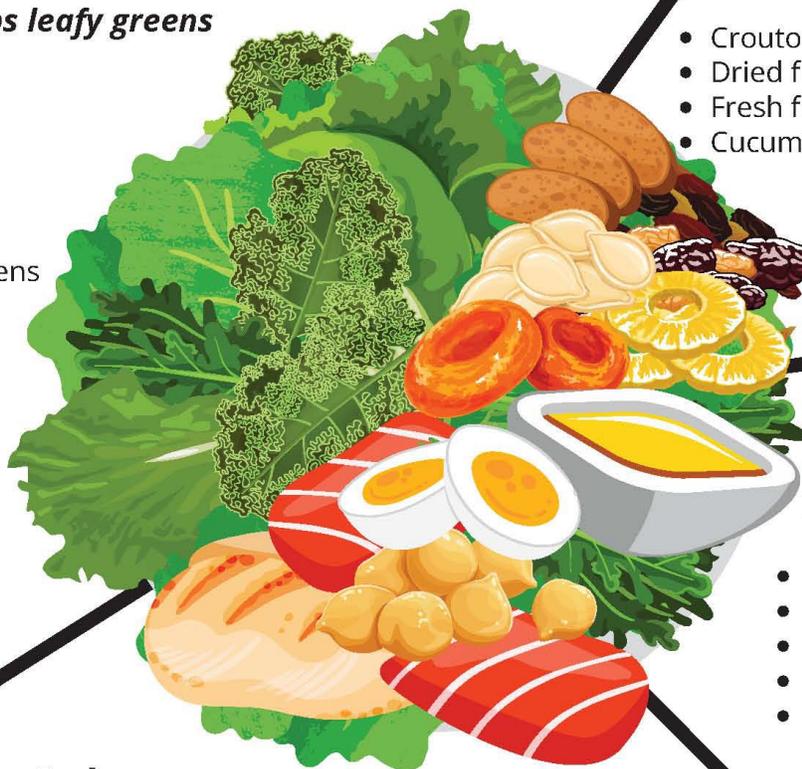
## Base

**1 to 2 cups leafy greens**

- Romaine
- Boston lettuce
- Kale
- Spinach
- Mixed greens

## Toppings

- Croutons
- Dried fruit
- Fresh fruit
- Cucumber
- Nuts
- Seeds
- Tomato
- Roasted chickpeas



## Dressing

**2+ tablespoons**

- Vinaigrette
- Ranch
- French
- Honey mustard
- Caesar

## Body

**2 oz. eq. meat/meat alternatives**

- Tuna
- Chicken
- Cheese
- Chickpeas or beans
- Hard-boiled eggs
- Chicken
- Deli meat
- Taco meat



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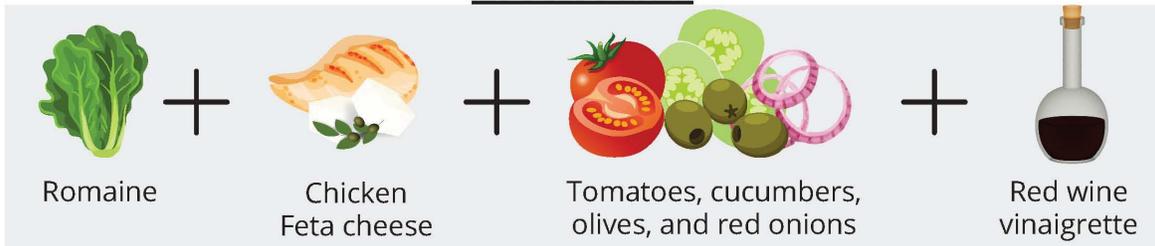
# Classic Salads

Start with a base of leafy greens, pick a protein, then add toppings and a dressing.

## Caesar Salad



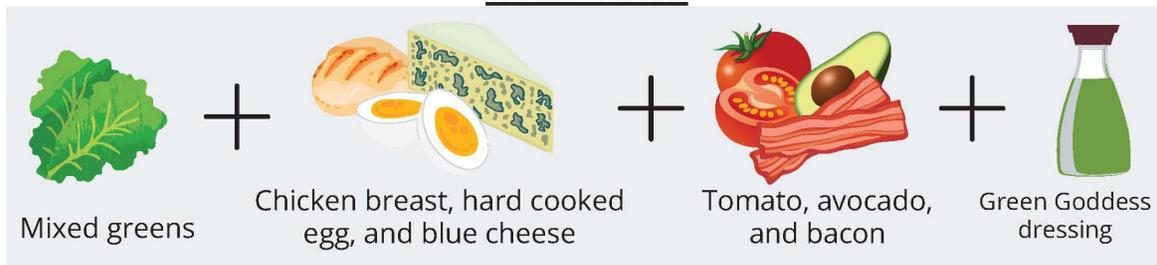
## Greek Salad



## Taco Salad



## Cobb Salad



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## COMPOSED SALAD

A salad arranged on a plate rather than tossed in a bowl

### Examples

Components		Chef	Chicken Caesar	Taco	Cobb	Greek	Niçoise
Main item or protein	2 ounces	Turkey Ham Cheese Hard cooked egg	Chicken Parmesan cheese	Taco filling meat Cheddar cheese	Chicken breast Hard cooked egg Blue cheese	Feta cheese	Tuna Hard cooked egg
Lettuces	1 cup	Romaine, varies	Romaine	Mixed greens	Mixed greens		Boston or Bibb lettuce
Vegetables or fruit	½ cup			Tomatoes	Tomato Avocado	Tomatoes Cucumber Red onion Olives	Potatoes, red skinned Green beans Tomatoes, cherry
Crunch			Croutons	Taco chips or tortilla strips	Bacon		Niçoise olives
Dressing	½ to 1 ounce		Caesar	Salsa	Red wine vinaigrette	Red wine vinaigrette	Vinaigrette
Seasonings			Black pepper		Chives	Oregano Parsley	

## SALAD DRESSINGS

- Oil and vinegar dressings
- Mayonnaise-based
- Dairy-based
- Vegetable coulis or purée

### Emulsions

An emulsion is a mixture of two substances that do not normally mix, such as oil and water. A vinaigrette is an example of an oil-and-water emulsion, meaning that the oil has been broken up into very small droplets suspended throughout the vinegar.

Temporary emulsions are made by blending, shaking, or whisking ingredients together. The ingredients begin to separate as soon as you stop mixing them. The oil and vinegar separate quickly, but the emulsion can be re-formed by whipping again.

Permanent or stable emulsion, like mayonnaise, contain emulsifiers that attract and hold both oil and water in suspension. Some common emulsifiers used in the kitchen include egg yolks, mustard, and starches.

### Vinaigrette Salad Dressing

1-part oil	1 cup oil
1-part acid	1 cup acid
2 parts liquid	2 cups stock or juice
Cornstarch	2 tablespoons
Seasonings	fresh herbs and spices

Dressing	Acid	Oil	Liquid	Seasoning
Apple Walnut	Apple cider vinegar	Walnut oil	Apple Cider	
Italian	Red wine vinegar	Olive oil	Vegetable stock	Oregano, basil, garlic, onion, salt, pepper
Balsamic	Balsamic vinegar	Olive oil	Tomato juice	Garlic, parsley, chives
Citrus	Lemon juice	Olive oil	Orange juice	Mint
Mustard-herb	Cider vinegar	Olive oil	Vegetable stock	Mustard, parsley, garlic, pepper
Pesto	Red wine vinegar	Olive oil	Vegetable stock	Pesto
Curry	Cider vinegar	Olive oil	Vegetable stock	Curry, garlic, ginger, onion
Sesame	Cider vinegar	Canola oil/sesame oil	Stock	Sesame seeds, paprika, onion

<b>Oils</b>	<b>Vinegars</b>	<b>Condiments</b>	<b>Flavorings</b>
Olive oil Corn Soybean Safflower Canola Walnut Sesame Peanut Other	Red wine White wine Cider Herb Sherry wine Balsamic Raspberry Sherry wine vinegar	Mustards Worcestershire Soy sauce Horseradish Catsup Relish Other	Herbs and Spices Lemon Garlic Ginger Curry Other

# DAY ONE: TEAM PRODUCTION ASSIGNMENTS

## EACH STUDENT:

Prepare the following knife cuts to be used for production:

<b>2 yellow onions:</b> julienne and small dice	<b>1 bell pepper:</b> julienne, small dice
<b>1 orange:</b> supreme	<b>2 carrots:</b> matchsticks, oblique cut

## EACH TEAM:

English Muffins (start)

## TEAM ONE:

Wedge Salad with Thousand Island Dressing

BBQ Chicken Bowl with Jerk Roasted Sweet Potatoes and Red Beans

## TEAM TWO:

Three Sisters Salad with Cranberry Vinaigrette

Miso Baked Tofu with Oven "Fried" Rice

## TEAM THREE:

Apple Carrot Crunch Salad with Caesar and Seasoned Croutons

Grilled Chicken with Pumpkin Seed Pesto or Smoky Romesco Sauce

## TEAM FOUR:

Yum Yum Crunch Salad with Toasted Ramen and Sesame Soy Dressing

Gochujang Baked Salmon with Roasted Sesame Broccoli

# ENGLISH MUFFINS

*Yield: 36 muffins*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	10 oz.
Milk, hot (110°F)	12 fl. oz.
Honey	1 oz.
Yeast, instant	3 ½ g
Flour, all-purpose	10 oz.
Yeast, instant	3 ½ g
Butter, unsalted, softened	3 oz.
Salt, kosher	10 g
Cornmeal	as needed
Oil, canola	as needed

## **Method**

1. For the sponge starter, in a mixing bowl, place the flour, milk, honey, and yeast. Mix by hand to combine. Scrape the bowl down.
2. In a small mixing bowl, mix the flour and yeast. Sprinkle it over the top of the sponge starter to act as a flour blanket. The sponge will grow, consuming the flour blanket as a source of continuous food. Allow the mixture to ferment for 2 to 4 hours at room temperature.
3. Using a stand mixer with a dough hook, mix the flour blanket on the sponge into the dough with the softened butter until smooth.
4. Add the salt. Mix on medium speed for 8 minutes. The dough will be smooth and slightly tacky. Allow the dough to rise for 1 to 1 ½ hours.
5. Roll out the dough on a dusted surface until ½-inches thick. Cut the dough to the desired shape. Place the cut portions on a cornmeal dusted parchment-lined sheet pan.
6. Sprinkle the top of the dough with cornmeal. Cover it with parchment paper and refrigerate overnight. This will retard the fermentation process. Bring the dough to room temperature, about 2 hours.
7. Preheat oven to 350°F.
8. Heat a well-oiled griddle over medium-high heat. Sear the muffins until they are lightly golden on each side.
9. Place the seared muffins in the preheated oven for 4 to 5 minutes. Transfer the muffins to a rack and allow them to cool completely. (If eaten fresh off the griddle, the muffin will be very doughy.)

# WEDGE SALAD WITH THOUSAND ISLAND DRESSING

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lettuce, iceberg, head	2 ea.
Tomato, cherry, halved	24 ea.
Egg, whole, hard cooked, quartered	6 ea.
Onion, red, thin sliced	1 ea.
Chive, fresh, finely chopped	2 Tbsp.
Croutons (Recipe follows)	1 cup
Thousand Island Dressing (Recipe follows)	2 cups

## **Method**

1. Cut the lettuce into wedges (quartered or sixths, depending on size).
2. On each chilled plate, place a wedge of lettuce, 4 tomato halves, 4 wedges of eggs, 1 tablespoon of onion, and a sprinkling of chives and croutons.
3. Drizzle the dressing on top of each salad.
4. Serve immediately.

# CROUTONS

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	3 Tbsp.
Bread, pullman, whole wheat, sliced	1 cup
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Heat the butter in a large skillet over medium heat until melted.
2. Dice the bread and add it to the pan. Toss to lightly coat it in the butter.
3. Season with salt and pepper.
4. Arrange the bread in a single layer. Toast the bread until golden, 5 to 8 minutes. Stir once or twice so they brown evenly.
5. Reserve until ready for service.

# THOUSAND ISLAND DRESSING

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Mayonnaise	1 ½ cups
Chili sauce	3 fl. oz.
Ketchup	2 Tbsp.
Worcestershire sauce	¾ tsp.
Tabasco sauce	¾ tsp.
Onion, yellow, minced	¼ cup
Garlic, minced	1 tsp.
Relish, sweet pickle	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice, fresh	to taste

## **Method**

1. In a large bowl, combine all the ingredients. Mix well.
2. Refrigerate until needed for service.

# BBQ CHICKEN BOWL WITH JERK ROASTED SWEET POTATOES AND RED BEANS

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, thighs or breast, boneless	3 lb.
Oil, canola	2 Tbsp.
Salt, kosher	1 tsp.
Lime, juice, fresh	2 Tbsp.
Smokey Texas Style BBQ Sauce (Recipe follows) (Divided)	2 cups
Potato, sweet, medium, large diced	3 ea.
Tomato, plum (Roma), large diced	3 ea.
Jerk Seasoning (Recipe follows) (Divided)	6 Tbsp.
Lime, juice, fresh	2 Tbsp.
Oil, canola	2 Tbsp.
Beans, kidney, red, canned, drained	28 oz.
Stock, vegetable	$\frac{3}{4}$ cup
Lettuce, romaine, chopped	3 cups
Whole Wheat Couscous (Recipe follows)	1x recipe

## **Method**

1. Preheat oven to 400°F.
2. In a large bowl, place the chicken, canola oil, salt, and lime juice. Toss to combine
3. Transfer the chicken to a parchment-lined sheet pan. Roast in the preheated oven until the internal temperature reaches 165°F, 18 to 22 minutes
4. Remove the pan from the oven. Transfer the chicken to a large bowl. Add 1  $\frac{1}{2}$  cups of the BBQ sauce. Toss to combine. Reserve the remaining sauce.
5. In a large bowl, place the diced sweet potatoes, tomatoes, 4 tablespoons of the jerk seasoning, lime juice, and oil.
6. Spread in a single layer on a parchment-lined pan. Roast in the preheated oven until tender and lightly browned, 30 to 35 minutes.
7. In a small hotel pan or oven-safe dish, place the red beans, vegetable stock, and 2 tablespoons of the jerk seasoning. Cover and bake alongside the potatoes until warmed through, 20 to 25 minutes. Adjust the seasoning to taste.
8. Assemble each bowl with  $\frac{1}{2}$  cup Whole Wheat Couscous,  $\frac{1}{2}$  cup romaine,  $\frac{1}{2}$  cup sweet potatoes,  $\frac{1}{4}$  cup red beans, and  $\frac{1}{2}$  cup BBQ chicken. Drizzle with  $\frac{1}{2}$  cup BBQ sauce.

## CARIBBEAN INSPIRED JERK SEASONING

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Onion, powder	2 Tbsp.
Garlic, powder	2 Tbsp.
Paprika, smoked	2 Tbsp.
Allspice, ground	1 Tbsp.
Thyme, dried	1 Tbsp.
Ginger, fresh, ground	1 Tbsp.
Cinnamon, ground	½ Tbsp.
Pepper, black, ground	1 tsp.
Salt, kosher	1 tsp.

### **Method**

1. In a small bowl, place all ingredients. Mix thoroughly.
2. Store in an airtight container.

**Note:** This jerk seasoning is often used on roasted or grilled vegetables, legumes, and rice dishes. It can also be used to marinate proteins such as tofu, chicken, and beef.

# WHOLE WHEAT COUSCOUS SALAD

*Yield: 10 servings*

<b>Ingredients</b>	<b>Amounts</b>
Water	2 cups
Couscous, whole wheat, dry	2 cups
Turmeric, ground	1 ½ tsp.
Pepper, black ground	½ tsp.
Ginger, fresh, grated	1 tsp.
Orange, navel, sliced	1 ¼ cups
Onion, red, small diced	½ cup
Raisins	¾ cup
Orange, navel, zest	1 Tbsp.
Lemon, juice, fresh	5 Tbsp.
Oil, olive, extra virgin	2 Tbsp.
Chive, fresh, thinly sliced	2 tsp.
Salt, kosher	1 tsp.

## **Method**

1. In a large saucepan, bring the water to a boil.
2. In a large bowl, place the couscous, turmeric, pepper, and ginger. Add the boiling water. Cover and let it sit for 5 minutes.
3. Remove the cover and fluff with a fork. Refrigerate until it cools completely.
4. In a large bowl, whisk together the orange zest, lemon juice, salt, olive oil, and chives.
5. Gently mix in the orange slices, onion, and raisins.
6. Fold in the cooled couscous mixture.
7. Cover and refrigerate for at least 1 hour before serving.

# SMOKY TEXAS STYLE BBQ SAUCE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	1 Tbsp.
Garlic, minced	1 Tbsp.
Tomato, paste	¼ cup
Tomato, plum (Roma) canned, crushed	1 cup
Sugar, brown	2 Tbsp.
Vinegar, cider	2 Tbsp.
Mustard, Dijon	1 Tbsp.
Paprika, smoked	2 tsp.
Chili powder	1 tsp.
Worcestershire sauce	2 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.

## **Method**

1. Heat the oil in a small saucepan over medium heat. Add the garlic and sauté until fragrant.
2. Add the remaining ingredients. Simmer over low heat until thickened, 10–15 minutes
3. Adjust seasoning to taste. Cool slightly before using.

# THREE SISTERS SALAD WITH CRANBERRY CORIANDER

## VINAIGRETTE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cranberries, dried	¼ cup
Vinegar, wine, rice	2 ½ Tbsp.
Lime, juice, fresh	2 Tbsp.
Mustard, yellow	2 ½ Tbsp.
Garlic, clove	½ ea.
Coriander, ground	1 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Oil, olive, extra virgin	½ cup
Beans, black, canned, rinsed, drained	20 oz.
Corn, kernels, fresh or frozen	7 oz.
Zucchini, fresh, small diced	½ lb.
Tomato, cherry, halved	2 oz.
Onion, red, minced	1 oz.
Pepper, bell, red, small diced	1 oz.
Cilantro, fresh, chopped	¼ cup
Scallions (Green onions), sliced	¼ cup
Avocado, large, small diced	1 ea.
Pumpkin, seeds, toasted	¼ cup

### **Method**

1. Soak the dried cranberries in warm water for 10 minutes. Drain.
2. In a blender or food processor, combine the soaked cranberries, vinegar, lime juice, mustard, garlic, coriander, salt, and pepper. Blend until smooth.
3. Slowly stream in the olive oil until emulsified. Adjust the acidity/ seasoning to taste. Chill.
4. In a large bowl, combine the black beans, corn, zucchini, tomatoes, red onion, bell pepper, cilantro, and scallions. Gently fold in avocado.
5. Pour vinaigrette over salad and toss to coat. Sprinkle with toasted pumpkin seeds.
6. Serve chilled or at room temperature.

**Note:** Optional: Lightly roast or grill diced zucchini and corn until just tender and lightly charred. Cool before assembling

# MISO GLAZED TOFU WITH OVEN “FRIED” RICE

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tofu, firm	28 oz.
Vinegar, wine, rice	$\frac{3}{4}$ cup
Water	$\frac{1}{4}$ cup
Wine, rice, sweet, Japanese ( <i>Mirin</i> )	1 cup
Miso, white ( <i>Shiromiso</i> )	4 oz.
Soy sauce	3 Tbsp.
Sugar, brown, light	8 oz.
Scallion (Green onion), bunch, thin sliced	2 ea.
Sesame seeds, toasted	2 Tbsp.
Oven “Fried” Rice (Recipe follows)	1x recipe

## **Method**

1. Place the tofu on a plate lined with paper towels. Top with more paper towels and 2 plates. Allow the tofu to drain for 45 minutes.
2. For the marinade, in a medium pot, combine the rice wine vinegar, water, and mirin. Bring it to a simmer and cook for 10 minutes.
3. Whisk in the miso, soy sauce, and brown sugar. Simmer, stirring occasionally, for 5 minutes. Allow it to cool over an ice bath until cold.
4. Large dice the drained tofu.
5. In a zip-top bag, combine the marinade and the tofu. Allow it to marinate overnight.
6. Remove the tofu from marinade. Wipe off any excess marinade with a paper towel. Reserve the marinade.
7. Broil the tofu to golden brown. Brush the tofu with the marinade as they are cooking to create a glaze.
8. Top with the scallions and sesame seeds. Serve hot.

# OVEN "FRIED" RICE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Rice, brown, long-grain, dried	24 oz.
Peppers, bell, red, small diced	1 cup
Pineapple, tidbits, canned, in juice, drained	1 ½ cups
Peas and carrots, frozen	1 ½ cups
Oil, sesame	⅓ cup
Soy sauce, low sodium	½ cups
Scallion (Green onion), thinly sliced on bias	1 cup.

## **Method**

1. Prepare the rice in the oven or steamer. Let it cool.
2. Preheat oven to 400°F.
3. In a large bowl, place the cooked rice, bell peppers, pineapple tidbits with juice, and peas and carrots. Mix to combine.
4. Add the sesame oil and soy sauce. Mix well to combine.
5. Spread the rice mixture on parchment lined sheet pans in a thin layer.
6. Bake in the preheated oven for 45 minutes. Rotate and mix every 15-20 minutes to avoid burning the outer edges.
7. Add the sliced green onions.

# APPLE CARROT SALAD WITH CAESAR DRESSING AND SEASONED CROUTONS

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Apple, fresh, thinly sliced	2 cups
Lemon, juice, fresh	1 Tbsp.
Salt, kosher	1 pinch
Carrot, shredded	2 cups
Lettuce, romaine, head, sliced	3 ea.
Scallion (Green onion), thinly sliced	$\frac{3}{4}$ cup
Celery, thinly sliced	1 cup
Sunflower seeds	$\frac{1}{2}$ cup
Cranberries, dried	$\frac{1}{2}$ cup
Parsley, flat-leaf, fresh, chopped	$\frac{1}{4}$ cup
Caesar Dressing (Recipe follows)	1x recipe
Seasoned Croutons (Recipe follows)	1x recipe

## **Method**

1. Toss the sliced apples with lemon juice and salt to prevent browning.
2. In a large mixing bowl, combine the apples, carrots, lettuce, scallions, celery, sunflower seeds, cranberries, and parsley.
3. Just before serving, drizzle with Caesar Dressing and toss to coat. Top with Croutons and serve immediately.

**Note:** Raisins can be substituted for cranberries. Red or green apples can be used.

# CAESAR DRESSING

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Mayonnaise, low-fat	1 $\frac{1}{8}$ cups
Mustard, yellow	1 Tbsp.
Garlic, powdered	$\frac{1}{2}$ tsp.
Worcestershire sauce	$\frac{1}{2}$ tsp.
Vinegar, cider	$\frac{1}{2}$ tsp.
Milk, low-fat	2 Tbsp.
Hot sauce	$\frac{1}{8}$ tsp.
Salt, kosher	$\frac{1}{2}$ tsp.
Pepper, black, ground	$\frac{1}{2}$ tsp.

## **Method**

1. In a large bowl, whisk together all ingredients until smooth.
2. Chill before using.

**Note:** Lemon juice can be substituted for cider vinegar.

## SEASONED CROUTONS

*Yield: 10 portions*

Ingredients	Amounts
Bread, pullman, whole wheat, sliced	12 oz.
Oil, olive, pure	3 Tbsp.
Garlic powder	2 tsp.
Parsley, dried	2 tsp.
Thyme, dried	2 tsp.
Pepper, black, ground	to taste
Salt, kosher	to taste

### Method

1. Preheat oven to 350°F. Line a sheet pan with parchment paper.
2. Dice the bread. Transfer to a large bowl.
3. Drizzle with olive oil.
4. For the garlic-herb seasoning, in a small bowl, combine the garlic powder, parsley, and thyme. Sprinkle it over the bread. Season with salt and pepper to taste. Toss well to coat the bread evenly.
5. Spread the bread cubes in a single layer on the prepared sheet pan. Bake in the preheated oven for 10 minutes. Stir the bread in the pan. Continue to bake until the bread is golden brown and crunchy, 5 to 10 minutes.
6. Cool completely before serving.

**Note:** If preparing in advance, store in an airtight container, or the croutons will become stale.

Other seasoning ideas include:

**Zesty Italian:** Italian seasoning blend, onion powder, crushed red pepper flakes

**Smoky Paprika:** Smoked paprika, cumin, black pepper, sea salt

**Lemon Pepper:** Lemon zest or lemon pepper seasoning, black pepper, parsley

**Cheesy Herb:** Nutritional yeast or finely grated Parmesan, oregano, garlic powder

# GRILLED CHICKEN WITH PUMPKIN SEED PESTO OR SMOKY ROMESCO SAUCE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	3 Tbsp.
Paprika, smoked	2 Tbsp.
Lemon, zest	2 Tbsp.
Orange, zest	2 Tbsp.
Garlic, powder	2 tsp.
Onion, powder	2 tsp.
Salt, kosher	2 tsp.
Chicken, boneless, thighs	5 lb.
Lemon, cut into wedges	3 ea.
Pumpkin Seed Pesto (Recipe follows)	3 ½ cups
Smoky Romesco Sauce (Recipe follows)	1x recipe

## **Method**

1. Preheat oven to 400°F (conventional) or 375°F (convection). Line a sheet pan with parchment or foil.
2. In a large bowl, place the olive oil, smoked paprika, lemon zest, orange zest, garlic powder, onion powder and salt. Mix to combine.
3. Pat the chicken dry. Add it to the marinade and toss until well coated. Let it marinate for 30 minutes at room temperature or refrigerate for up to 8 hours for deeper flavor.
4. Arrange the chicken in a single layer on prepared pans.
5. Bake in the preheated oven until the internal temperature reaches 165°F, 35 to 45 minutes.
6. For added color and crispness, set the oven to broil on low and continue cooking for another 1 to 2 minutes. Rotate the chicken as needed to prevent burning.
7. Let the chicken rest for 5 minutes. Serve with the Pumpkin Seed Pesto or Smoky Romesco Sauce. Garnish with the lemon wedges.

## PUMPKIN SEED PESTO

*Yield: 3 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Pumpkin, seeds, toasted	¾ cup
Garlic, fresh, minced	1 Tbsp.
Basil, fresh, chopped	1 cup
Parsley, flat-leaf, fresh, chopped	1 cup
Cheese, Parmesan, grated	¼ cup
Lemon, juice, fresh	4 Tbsp.
Lemon, zest	1 tsp.
Oil, olive, pure	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed

### **Method**

1. In a food processor, place all the ingredients. Blend until smooth, scraping down the sides as needed.
2. Adjust the seasoning and consistency, as needed.

# SMOKY ROMESCO SAUCE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pepper, bell, red	5 ea.
Tomato, sun-dried, in oil, drained	¼ cup
Walnuts, toasted	½ cup
Garlic, clove	2 ea.
Paprika, smoked, ground	2 Tbsp.
Vinegar, sherry	2 Tbsp.
Oil, olive, pure	⅓ cup
Salt, kosher	½ tsp.

## **Method**

1. Place the whole red bell peppers directly over a gas flame or on a hot grill. Turn with tongs every few minutes until the skin is blackened and blistered on all sides, 8 to 10 minutes.
2. Transfer the peppers to a large bowl, cover with plastic wrap, and let them steam for 5 minutes. Peel off the skins and discard the seeds and stems.
3. In a food processor, place the roasted red peppers, drained sun-dried tomatoes, walnuts, garlic, paprika, vinegar, oil and salt. Blend until smooth.
4. Adjust the consistency with water, if needed.

# YUM YUM CRUNCH SALAD WITH TOASTED RAMEN AND SESAME SOY DRESSING

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Noodles, ramen, package	2 ea.
Sunflower seeds	2 Tbsp.
Oil, olive, pure	1 Tbsp.
Cabbage, green, shredded	2 cups
Cabbage, red, shredded	2 cups
Carrot, peeled, shredded	1 cup
Pepper, bell, yellow, thinly sliced	1 cup
Edamame (shelled), frozen, thawed	1 cup
Scallion (Green onion), thinly sliced	½ cup
Vinegar, rice, unseasoned	3 Tbsp.
Soy sauce, low sodium	2 Tbsp.
Oil, sesame	1 Tbsp.
Oil, olive, pure	3 Tbsp.
Honey	2 tsp.
Garlic, fresh, finely grated	1 tsp.
Pepper, black, ground	¼ tsp.
Sesame seeds, toasted	1 tsp.

## **Method**

1. Preheat oven to 375°F. Line a sheet tray with parchment paper.
2. For the crunch topping, crumble the ramen noodles into a medium bowl. Add the sunflower seeds and olive oil. Toss to coat.
3. Spread the mixture evenly on the prepared sheet tray. Bake, stirring halfway through, until golden brown and crisp, about 7 minutes. Reserve.
4. In a large bowl, place the shredded cabbage, carrots, bell pepper, edamame, and green onions. Toss to combine. Reserve.
5. For the dressing, in a small bowl, place the vinegar, soy sauce, sesame oil, olive oil, honey, garlic, pepper, and sesame seeds. Whisk it together until well combined. Reserve.
6. Just before serving, pour the dressing over the salad base and toss to coat.
7. Add the toasted crunch topping and toss lightly to combine.
8. Serve immediately for maximum crunch.

# GOCHUJANG BAKED SALMON

*Yield: 16 portions*

<b>Ingredients</b>	<b>Amounts</b>
Korean chili paste ( <i>Gochujang</i> )	½ cup
Sugar, brown, packed	¼ cup
Vinegar, wine, rice	4 Tbsp.
Soy sauce	3 Tbsp.
Garlic, minced	2 Tbsp.
Ginger, fresh, grated	2 Tbsp.
Lime, juice, fresh	¼ cup
Lime, zest	2 tsp.
Fish, salmon, raw, skin removed, large diced	2 lb.

## **Method**

1. Preheat oven to 400°F.
2. For the glaze, in a large bowl, whisk together the gochujang, brown sugar, vinegar, soy sauce, garlic, ginger, lime juice, and lime zest.
3. Add the diced salmon. Gently coat the salmon with the glaze.
4. Arrange the salmon on a parchment-lined sheet tray.
5. Bake in the preheated oven until the salmon is just cooked and slightly caramelized, 8 to 10 minutes. Reserve and keep warm.

# ROASTED SESAME BROCCOLI

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Broccoli, head	3 lb.
Oil, canola	3 Tbsp.
Garlic, minced	2 Tbsp.
Soy sauce	2 Tbsp.
Oil, sesame, toasted	1 ½ Tbsp.
Vinegar, rice	1 Tbsp.
Honey	1 Tbsp.
Sesame seeds, toasted	3 Tbsp.

## **Method**

1. Preheat oven to 400°F (conventional) or 375°F (convection).
2. Cut the broccoli into evenly sized florets. Rinse and dry well.
3. For the marinade, in a large bowl, place the oil, garlic, soy sauce, sesame oil, vinegar, and honey. Whisk well to combine.
4. Add the broccoli florets and toss until evenly coated with the marinade.
5. Spread the broccoli on a parchment-lined sheet pan in a single layer. Roast, flipping halfway through, until the broccoli is tender and the edges are crisp, 20 to 25 minutes.
6. Right before serving, sprinkle with the toasted sesame seeds.

# DAY TWO: TEAM PRODUCTION ASSIGNMENTS

## EACH TEAM:

English Muffins (shape, sear, and bake)

## TEAM ONE:

Banana Lentil Pancake with Citrus Compote

Korean Street Toast with Egg

Lemon Zucchini Loaf with Yogurt Glaze

Turkey Burger B.L.T. with Tomatillo-Avocado Salsa

## TEAM TWO:

Breakfast Lentil Quesadilla with Pico De Gallo

Mango Carrot Lassi

Blueberry Scones

Mexican Street Corn Salad with Cilantro-Lime Dressing

## TEAM THREE:

Breakfast Pizza with Oatmeal and Whole Wheat Flour Crust

Roasted Potato and Turkey Hash

Snickerdoodle Muffins

Fruit Salad with Ginger-Lime Dressing

## TEAM FOUR:

Cheesy Sheet Pan Vegetable Frittata

Cranberry Orange Scones

Green Bean Cranberry and Sunflower Salad

Chili Burgers

# BANANA LENTIL SHEET PANCAKE WITH CITRUS COMPOTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oats, old-fashioned	1 cup
Flour, whole wheat	1 cup
Sugar, brown, packed	¼ cup
Cinnamon, ground	1 tsp.
Baking powder	2 tsp.
Baking soda	½ tsp.
Salt, kosher	¼ tsp.
Yogurt, Greek, non-fat	¾ cup
Milk, whole	¾ cup
Oil, canola	¼ cup
Egg, whole	2 ea.
Vanilla, extract	1 tsp.
Banana, overripe, peeled, mashed	2 ea.
Lentils, red, cooked	⅔ cup
Citrus Compote (Recipe follows)	1x recipe

## **Method**

1. Preheat oven to 425°F. Line a half sheet pan with parchment paper. Spray lightly with nonstick spray.
2. In a small pot, combine lentils and water. Bring to a boil over high heat. Reduce heat to low and simmer, stirring occasionally, for 20 to 30 minutes, until lentils are tender. Drain. Chill and reserve.
3. In a large bowl, place the oats, flour, brown sugar, cinnamon, baking powder, baking soda, and salt. Mix well to combine.
4. In a small bowl, place the yogurt, milk, oil, eggs, and vanilla extract. Whisk until smooth.
5. Transfer the yogurt mixture to a large bowl. Add the mashed banana and cooked lentils. Stir until just combined, being careful not to overmix.
6. Spread out the batter evenly onto the prepared sheet pan. Bake in the preheated oven until golden and set in the center, 15 to 18 minutes. Let it cool slightly.
7. Cut the pancakes into squares and then triangles. Top with citrus compote.
8. Serve warm.

# CITRUS COMPOTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Orange, segmented	3 cups
Orange, juice, fresh	1 cup
Apple, small diced	1 ea.
Orange, zest	1 tsp.
Honey	2 Tbsp.
Ginger, fresh, grated	1 Tbsp.
Cinnamon, ground	¼ tsp.

## **Method**

1. In a saucepan, place the citrus segments, orange juice, diced apple, orange zest, honey, ginger, and cinnamon. Stir to combine. Bring it to a gentle boil over medium heat.
2. Add the apples. Lower the heat and simmer, stirring occasionally, for 8 to 10 minutes. The citrus should break down slightly and become juicy.
3. Transfer the mixture to a blender. Blend until smooth.
4. Serve warm or chilled over the Banana Lentil Sheet Pancakes.

# KOREAN STREET TOAST WITH EGG

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Egg, whole	16 ea.
Salt, kosher	¼ tsp.
Pepper, black, ground	¼ tsp.
Cabbage, green, shredded	8 oz.
Bread, whole wheat, sliced	10 ea.
Butter, unsalted, melted	½ cup
Sugar, granulated	5 tsp.
Ketchup (Divided)	¼ cup
Mayonnaise, low-fat (Divided)	½ cup

## **Method**

1. Preheat oven to 375°F.
2. In a large bowl, place the eggs, salt, and pepper. Whisk gently to combine.
3. Add the shredded cabbage. Mix gently until well combined.
4. Spray a sheet tray with pan release. Pour the mixture onto the tray.
5. Bake in the preheated oven until the eggs reach an internal temperature of 155°F, 18 to 22 minutes.
6. Cut the egg into twenty-four 3-inch x 3-inch portions.
7. Brush both sides of the bread slices with butter. Place them on a sheet tray. Bake in the preheated oven until the bread is toasted. Flip the bread and toast on the opposite side.
8. Lightly sprinkle sugar over one side of the bread. Place a square egg on top of each slice of toast.
9. In a small bowl, combine the ketchup and mayonnaise. Serve 1 tablespoon of ketchup-mayonnaise sauce with each portion.

# LEMON ZUCCHINI LOAF WITH YOGURT GLAZE

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	1 ½ cups
Salt, kosher	¼ tsp.
Baking powder	1 tsp.
Baking soda	½ tsp.
Sugar, granulated	¾ cup
Lemon, zest	1 ea.
Egg, whole	2 ea.
Oil, vegetable	½ cup
Lemon, juice, fresh	2 tsp.
Zucchini, grated	1 cup
Honey	2 Tbsp.
Yogurt, Greek	3 Tbsp.
Lemon, zest	1 Tbsp.
Milk, whole	1 Tbsp.

## **Method**

1. Preheat oven to 350°F. Grease and flour an 8 x 4-inch loaf pan.
2. In a medium bowl, whisk together the flour, salt, baking powder, and baking soda. Reserve.
3. In a large bowl, place the sugar and lemon zest. Stir well to combine.
4. Add the eggs, oil, and lemon juice. Stir until smooth.
5. Stir in the reserved dry ingredients until combined.
6. Fold in the zucchini. Pour the batter into the prepared loaf pan.
7. Bake in the preheated oven until a toothpick inserted in the center comes out clean, 45 to 50 minutes.
8. Allow the loaf to rest in the pan for 10 minutes. Remove the loaf and transfer it to a wire rack to cool completely.
9. For the glaze, in a small bowl, place the honey, yogurt, lemon zest, and whole milk. Mix until smooth. Drizzle the glaze over the bread.
10. Slice the bread and serve.

# TURKEY BURGER B.L.T. WITH TOMATILLO-AVOCADO SALSA

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tomatillo, husked, chopped	1 ½ cups
Avocado, peeled, diced	1 ea.
Lime, juice, fresh	2 Tbsp.
Scallion (Green onion)	¼ cup
Cilantro, fresh, chopped	½ cup
Chile, Jalapeño, minced	1 ea.
Salt, kosher	½ tsp.
Turkey, ground	2 ½ lb.
Garlic, powder	1 tsp.
Onion, powder	1 tsp.
Paprika, smoked	1 tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Bread, whole grain, sandwich bun	10 ea.
Lettuce, romaine, leaf	10 ea.
Tomato, beefsteak, medium, sliced	3 ea.

## **Method**

1. Preheat a grill.
2. For the salsa, in a food processor or blender, place the tomatillos, avocado, lime juice, onion, cilantro, jalapeño and salt. Pulse until mostly smooth, with a few chunks. Chill and reserve.
3. For the patty, in a large bowl, place the ground turkey, garlic powder, onion powder, smoked paprika, salt, and pepper.
4. Portion into ten 4-ounce patties and shape to fit sandwich buns.
5. Cook on the preheated grill or griddle until the internal temperature reaches 165°F, about 5–6 minutes per side.
6. Toast the buns, if desired.
7. To assemble the sandwiches, place one turkey patty on the bottom bun. Top with 1 ½ tablespoons of tomatillo-avocado salsa, a leaf of romaine, and 2 slices of tomato. Top with the other half of the bun.
8. Serve warm.

**Note:** The patties can also be baked in a 400°F oven for 15 to 18 minutes.

# BREAKFAST LENTIL QUESADILLA WITH PICO DE GALLO

*Yield: 10 quesadillas*

<b>Ingredients</b>	<b>Amounts</b>
Lentils, green, dried	2 ½ cups
Water	5 cups
Pico de Gallo (Divided) (Recipe follows)	20 oz.
Egg, whole, beaten	5 ea.
Tortilla, flour, whole grain, 8-in.	10 ea.
Cheese, Cheddar, low fat (Divided)	5 oz.

## **Method**

1. In a colander, rinse the lentils under cool, running water.
2. In a large pot, bring the water and lentils to a boil. Lower the temperature to a simmer and cook, stirring occasionally, until the lentils are tender, 20 to 30 minutes. Drain and reserve.
3. Preheat oven to 350°F.
4. In a steamtable pan, mix the lentils and half of the salsa. Heat to 165°F.
5. In a non-stick pan, scramble the eggs.
6. To assemble the quesadillas, line up the tortillas on a clean and sanitized surface. Place ½ ounce of cheese to each quesadilla. Top with ⅓ cup of lentil and salsa mixture. Top with 1 ounce of scrambled egg. Fold the tortilla over.
7. Place the quesadillas in a shingle formation on a sheet pan. Bake in the preheated oven until the cheese is melted and reaches an internal temperature of 155°F, 5 to 8 minutes.
8. Cut each quesadilla into 2 triangles. Serve each quesadilla with ⅛ cup of salsa.

# PICO DE GALLO

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Tomato, plum ( <i>Roma</i> ), small diced	8 ea.
Onion, white, small diced	1 ea.
Cilantro, fresh, rough chopped	1 cup
Chile, jalapeño, seeded, minced	2 ea.
Lime, juice, fresh	¼ cup
Salt, kosher	1 tsp.
Garlic, clove, minced	1 ea.
Coriander, ground	½ tsp.

## **Method**

1. In a strainer, place the tomatoes. Drain any excess liquid for 10 minutes.
2. In a mixing bowl, place the diced tomatoes, onion, cilantro, jalapeño, lime juice, salt, garlic, and coriander. Mix to combine.
3. Chill for 30 minutes before serving.

# MANGO CARROT LASSI

*Yield: 5 cups*

<b>Ingredients</b>	<b>Amounts</b>
Mango, frozen, diced	5 cups
Carrot, frozen, sliced	4 cups
Milk, whole	2 cups
Oats, old-fashioned	5 Tbsp.
Yogurt, plain, non-fat	2 cups
Banana, ripe	3 ea.
Honey	1 Tbsp.

## **Method**

1. Thaw the frozen mangoes and carrots in the refrigerator for at least 2 hours or overnight.
2. In a blender, place the mango, carrots, milk, oats, yogurt, banana, and honey. Blend until smooth.
3. Adjust the sweetness with more honey to taste.
4. Before serving, stir if separated. Pour into serving glasses. Garnish with a few rolled oats, if desired. Serve immediately.

**Note:** Several ice cubes can be added if the carrots or mangoes are fully thawed. Sugar can be substituted for the honey. This can also be made the day before and held.

# BLUEBERRY SCONES

*Yield: 10 servings*

<b>Ingredients</b>	<b>Amounts</b>
Flour, whole wheat	2 cups
Flour, all purpose	1 cup
Baking powder	1 Tbsp.
Baking soda	½ tsp.
Salt, kosher	½ tsp.
Sugar, granulated	⅓ cup
Butter, unsalted, cold, diced	½ cup
Buttermilk	¾ cup
Milk, low-fat	¾ cup
Vanilla, extract	1 tsp.
Blueberries, frozen, not thawed	1 ½ cups
 Sugar, turbinado	 2 Tbsp.

## **Method**

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. In a large bowl, place the whole wheat flour, all-purpose flour, baking powder, baking soda, salt, and sugar. Mix to combine.
3. Using a pastry cutter or your fingers, incorporate the butter into the dry ingredients until the mixture resembles coarse crumbs.
4. In a separate bowl, whisk together the buttermilk, milk, and vanilla. Add it to the flour mixture. Stir until just combined. Do not overmix.
5. Gently fold in the blueberries.
6. Turn dough out onto a lightly floured surface. Pat the dough into a circle about ¾–1 inch thick. Cut it into 10 wedges (or 20 minis). Transfer them to a baking sheet.
7. Sprinkle with turbinado sugar. Bake in the preheated oven until golden brown, about 12 minutes.
8. Serve slightly cooled or at room temp.

# MEXICAN STREET CORN SALAD WITH CILANTRO-LIME DRESSING

*Yield: 10 servings*

<b>Ingredients</b>	<b>Amounts</b>
Yogurt, low-fat, plain	1 cup
Cilantro, fresh, chopped	½ cup
Lime, juice, fresh	2 Tbsp.
Lime, zest	1 tsp.
Oil, vegetable	2 Tbsp.
Honey	2 tsps.
Garlic, powder	½ tsp.
Onion, powder	½ tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	⅛ tsp.
Corn, kernels, fresh	6 cups
Scallion (Green onion), finely sliced	½ cup
Onion, red, finely sliced	½ cup
Cabbage, napa, finely sliced	½ cup
Lettuce, romaine, chopped	2 cups
Cheese, cotija	½ cup
Chile, jalapeño, small, minced	1 ea.
Cilantro, fresh, chopped	¼ cup

## **Method**

1. Preheat a grill.
2. For the dressing, in a blender or food processor, place the yogurt, cilantro, lime juice and zest, oil, honey, garlic powder, onion powder, salt, and pepper. Blend until smooth and creamy. Chill and reserve.
3. Grill the corn until slightly charred. Cut the kernels from the cob.
4. In a large bowl, place the grilled corn kernels, scallions, red onion, cabbage, romaine lettuce, cotija cheese, jalapeño, and cilantro. Mix to combine.
5. Add ¾ cup of the dressing and fold it in to coat the vegetables. Reserve the extra dressing.
6. Refrigerate the salad for 30 minutes. Serve cold or room temperature with extra dressing on the side.

**Note:** Frozen or canned corn can be substituted for fresh. For frozen corn, thaw and sauté in a dry pan or with 1 tsp oil until lightly browned. For canned corn, drain well and pat dry before lightly toasting in a skillet.

# BREAKFAST PIZZA WITH OATMEAL AND WHOLE WHEAT FLOUR CRUST

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Yogurt, non-fat, plain	1 cup.
Cheese, cream, low fat	1 cup
Vanilla, extract	½ Tbsp.
Honey	2 Tbsp.
Ginger, ground	½ tsp.
Lemon, zest	1 tsp.
Oil, canola	⅓ cup
Sugar, brown	¾ cup
Applesauce, unsweetened	½ cup
Egg, whole	1 ea.
Vanilla, extract	2 tsp.
Flour, whole wheat	1 ½ cups
Baking powder	1 Tbsp.
Cinnamon, ground	1 tsp.
Nutmeg, fresh, grated	½ tsp.
Oats, old-fashioned	1 ½ cups
Strawberries, fresh, sliced	1 ½ cups
Banana, sliced	1 ½ cups
Blueberries	1 ½ cups

## **Method**

1. Preheat oven to 350°F.
2. In the bowl of a stand mixer fitted with a paddle attachment, place the yogurt, cream cheese, vanilla extract, honey, ginger, and lemon zest. Mix on medium speed until smooth. Do not overmix. Refrigerate and reserve.
3. In a different bowl of a stand mixer fitted with a paddle attachment, place the oil and sugar. Mix on medium speed until the mixture reaches a crumbly texture.
4. Add the applesauce, eggs, and vanilla extract. Mix on medium speed until just combined.
5. Gradually add the flour, baking powder, cinnamon, and nutmeg. Mix again until just combine, being careful not to overmix.
6. Remove the bowl from the mixer and gently fold in the rolled oats by hand.
7. Prepare a ½ sheet pan (18" x 13" x 1") by lightly coating it with pan spray. Press 1 quart (about 3 lb.) of the crust mixture evenly into the pan.

8. Bake in the preheated oven until the top is golden and set, 25 to 30 minutes.
9. Remove the pizza from the oven and allow the crust to cool completely to room temperature.
10. To assemble the pizza, spread the chilled yogurt mixture evenly over the cooled crust. Arrange the sliced fruit decoratively on top. Cut into 5 x 5 squares.

# ROASTED POTATO AND TURKEY HASH

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, sweet, med. diced	½ lb.
Potato, Yukon Gold, med. diced	½ lb.
Oil, canola	2 Tbsp.
Garlic, minced	1 Tbsp.
Rosemary, dried	½ tsp.
Thyme, dried	½ tsp.
Salt, kosher	1 tsp.
Pepper, white, ground	½ tsp.
Turkey, ground	½ lb.
Pepper, bell, red, small diced	¾ cup
Pepper, bell, green, small diced	¾ cup
Onion, yellow, small diced	½ cup
Garlic, minced	1 Tbsp.
Corn, kernels	1 cup
Sage, ground	½ tsp.
Coriander, ground	½ tsp.
Paprika, smoked	2 tsp.
Lemon, juice, fresh	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	½ cup

## **Method**

1. Preheat oven to 400°F.
2. In a large bowl, place the sweet potatoes, Yukon potatoes, canola oil, garlic, rosemary, thyme, salt, and pepper. Toss well to combine.
3. Spread the potatoes evenly on 2 parchment-lined sheet trays. Roast in the preheated oven for 15 minutes. Stir. Continue roasting until the potatoes are golden brown and fork tender, 10 to 15 minutes.
4. For the hash, in a large skillet or tilt skillet, brown the ground turkey until it is fully cooked (165°F), breaking it into small crumbles.
5. Add the bell peppers, onion, garlic, and corn. Cook over medium heat until the vegetables soften, 5 to 7 minutes.
6. Stir in the sage, coriander, and smoked paprika. Cook for 1 to 2 minutes to bloom the spices.
7. Add the lemon juice. Season with salt and pepper to taste.

8. Gently fold the roasted potatoes into the turkey-vegetable mixture until well combined and heated through.
9. Garnish with the chopped parsley. Serve warm.

# SNICKERDOODLE MUFFINS

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted, softened	½ cup
Sugar, granulated	⅔ cup
Egg, whole	1 ea.
Vanilla, extract	1 ½ tsp.
Milk, whole	½ cup
Yogurt, Greek, non-fat	¼ cup
Flour, all-purpose	1 ⅔ cups
Baking powder	1 ½ tsp.
Baking soda	¼ tsp.
Cinnamon, ground	1 tsp.
Salt, kosher	¼ tsp.
Butter, unsalted	4 Tbsp.
Sugar, granulated	4 Tbsp.
Cinnamon, ground	2 tsp.
Oats, old fashioned	3 Tbsp.

## **Method**

1. Preheat oven to 375°F. Spray a standard muffin pan generously with cooking spray.
2. In the bowl of a stand mixer with the paddle attachment, place the butter and granulated sugar. Cream it together until it is smooth and well combined, about 2 minutes.
3. Add the egg. Mix until combined.
4. Add the vanilla, milk, and yogurt. Mix until combined. Transfer to a large bowl. Reserve.
5. In a small bowl, combine the flour, baking powder, baking soda, cinnamon, and salt.
6. Add the flour mixture to the large bowl. Stir just until combined. Portion the batter evenly between the prepared muffin cups, filling each about 2/3 full.
7. Bake in the preheated oven until a toothpick inserted in the center comes out clean or with just a few moist crumbs, 15 to 20 minutes.
8. Allow the muffins to cool in the tin for 2 minutes. Remove the muffins from the tin and transfer to a wire cooling rack.
9. In a small saucepan over low heat, melt the butter. Brush each muffin with a thin layer of butter.
10. For the cinnamon-sugar, in a small bowl, mix the granulated sugar, cinnamon, and oats. Sprinkle the muffins generously with cinnamon sugar.

# FRUIT SALAD WITH GINGER-LIME DRESSING

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lime, juice, fresh	3 Tbsp.
Honey	2 Tbsp.
Oil, olive, pure	1 Tbsp.
Ginger, fresh, finely grated	2 tsp.
Lime, zest	½ tsp.
Salt, kosher	½ tsp.
Pineapple, fresh, diced	2 cups
Orange, sùpreme	2 cups
Kiwi, sliced	1 cup
Grapes, halved	1 cup
Mint, fresh, chopped	¼ cup

## **Method**

1. For the dressing, in a small bowl, whisk together the lime juice, honey, oil, ginger, lime zest and salt. Reserve.
2. In a large bowl, gently combine the pineapple, oranges, kiwi, grapes, and mint.
3. Drizzle the dressing over the fruit salad and gently toss to coat.
4. Serve chilled.

**Note:** Canned pineapple can be substituted for fresh. Three tablespoons of toasted unsweetened coconut flakes can be added on top of the salad as a garnish.

# CHEESY SHEET PAN VEGETABLE FRITTATA

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, sweet, med. diced	1 ½ lb.
Oil, olive, pure	3 Tbsp.
Paprika, smoked	1 ½ tsp.
Turmeric, ground	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.
Oil, olive, pure	2 Tbsp.
Pepper, bell, red	1 cup
Garlic, clove, minced	2 ea.
Chard, bunch, stemmed, ½-in. chopped	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, whole	15 ea.
Milk, whole	2 cups
Yogurt, Greek, non-fat	1 ½ cups
Paprika, smoked	1 ½ tsp.
Turmeric, ground	1 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Cheese, Cheddar, grated	2 cups
Cheese, Jack, grated	1 ½ cups
Thyme, fresh, chopped	2 Tbsp.
Chive, fresh, sliced	¼ cup

## **Method**

1. Preheat oven to 425°F.
2. In a large bowl, place the sweet potatoes, olive oil, paprika, turmeric, salt, and pepper.
3. Spread in a single layer on a parchment-lined baking sheet. Roast in the preheated oven until golden brown and tender, 20 to 25 minutes. Let it cool slightly. Reserve.
4. Preheat oven to 375°F.
5. Place the whole red bell peppers directly over a gas flame or on a hot grill. Turn with tongs every few minutes until the skin is blackened and blistered on all sides, 8 to 10 minutes.
6. Transfer the peppers to a large bowl, cover with plastic wrap, and let them steam for 5 minutes. Peel off the skins and discard the seeds and stems. Medium dice.

7. Heat the oil in a large sauté pan over medium heat. Add the roasted red peppers and sauté for 1 minute.
8. Add the minced garlic. Cook until fragrant.
9. Add the chard. Sauté until wilted. Season with salt and pepper to taste. Remove from heat. Reserve.
10. In a large bowl, whisk together the eggs, milk, Greek yogurt, paprika, and turmeric. Season lightly with salt and pepper.
11. Stir in the cheddar, jack cheese, thyme, and chives.
12. Add the reserved roasted sweet potatoes and sautéed vegetables. Stir well to combine.
13. Pour the mixture into a prepared sheet pan. Bake in preheated oven until the internal temperature reaches 155°F, 10 to 15 minutes. Let it cool for 5 minutes. Slice into 12 equal portions.

# CRANBERRY ORANGE SCONES

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	2 ½ cups
Baking powder	1 Tbsp.
Baking soda	½ tsp.
Salt, kosher	½ tsp.
Sugar, granulated	⅓ cup
Orange, zest	1 Tbsp.
Butter, unsalted, cold, diced	4 Tbsp.
Cranberries, dried	¾ cup
Yogurt, Greek, low-fat	½ cup
Milk, whole	⅓ cup
Orange, juice, fresh	2 Tbsp.
Egg, whole	1 ea.
Vanilla, extract	1 tsp.
Sugar, confectioner's (Optional)	½ cup
Orange, juice (Optional)	1 ½ Tbsp.

## **Method**

1. Preheat oven to 400°F. Line a sheet pan with parchment paper.
2. In a large bowl, whisk together flour, baking powder, baking soda, salt, sugar, and orange zest.
3. Using fingers or a pastry cutter, work in the cold butter until the mixture resembles coarse crumbs.
4. Add cranberries and toss to coat.
5. In a separate bowl, whisk together yogurt, milk, orange juice, egg, and vanilla.
6. Add the wet mixture to the flour mix. Gently fold the mixture just until a dough forms. Do not overmix.
7. On a floured surface, pat dough into a ¾-inch thick circle. Cut into 10 wedges. Transfer to sheet pan.
8. Bake for 14–16 minutes, or until golden and firm to touch.
9. For an optional glaze, in a small bowl, mix the powdered sugar and orange juice. Drizzle it over the cooled scones.

# GREEN BEAN CRANBERRY AND SUNFLOWER SALAD

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove, peeled	1 ea.
Oil, canola	$\frac{2}{3}$ cup
Vinegar, balsamic	2 Tbsp.
Mustard, Dijon	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	$\frac{1}{4}$ tsp.
Beans, green, fresh, trimmed, cut into bite-size pieces	1 lb.
Pepper, bell, red, diced	1 cup
Chive, fresh, sliced	$\frac{1}{2}$ cup
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Dill, fresh, chopped	2 Tbsp.
Basil, fresh, chopped	2 Tbsp.
Cranberries dried	1 cup
Beans, white, drained, rinsed	1 $\frac{1}{2}$ cups
Sunflower seed, toasted	3 oz.

## **Method**

1. For the dressing, in a blender or food processor, place the garlic, oil, vinegar, mustard, salt, and pepper. Blend until smooth and emulsified. Chill until ready to use.
2. Bring a large pot of salted water to a boil. Add the green beans and blanch until bright green and just tender, 2 to 3 minutes. Immediately transfer to an ice bath to cool.
3. Drain well and pat dry.
4. In a large bowl, place the cooled green beans, bell peppers, chives, parsley, dill, basil, cranberries, beans, and sunflower seeds. Mix gently to combine.
5. Add the dressing and toss gently until the vegetables are evenly coated.
6. Refrigerate for at least 30 minutes to let the flavors combine.
7. Before serving, toss gently.

# CHILI BURGERS

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beef, ground	2 ½ lb.
Onion, yellow, minced	½ cup
Garlic, minced	2 tsp.
Paprika, smoked	2 tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Oil, olive, pure	1 Tbsp.
Onion, yellow, diced	1 cup
Pepper, bell, red, diced	1 cup
Cumin, ground	1 tsp.
Coriander, ground	1 tsp.
Ginger, fresh, ground	1 tsp.
Chili powder	2 Tbsp.
Tomato, plum (Roma), crushed, canned	15 oz.
Beans, kidney, canned, drained	1 ½ cups
Orange, juice, fresh	1 Tbsp.
Salt, kosher	1 tsp.
Bread, buns, whole wheat	10 ea.
Cheese, Cheddar, shredded (Optional)	12 oz.
Scallion (Green onion), sm. diced (Optional)	1 ea.
Pickle, hamburger (Optional)	12 ea.

## **Method**

1. For the chili topping, in a large saucepan, heat the oil over medium heat. Add the diced onion and bell pepper. Sauté until soft, 5 to 6 minutes.
2. Stir in the cumin, coriander, ginger, and chili powder. Cook for 1 minute to bloom the spices.
3. Add the tomatoes, kidney beans, orange juice, and salt. Stir well and bring it to a simmer. Lower the heat and simmer uncovered for 10 to 15 minutes, or until thickened slightly. Keep warm and reserve.
4. Preheat a grill to 400°F.
5. In a large bowl, place the ground beef, onion, garlic, smoked paprika, salt, and pepper. Mix until just combined. Do not overmix. Form the mixture into 12 even patties.

6. Grill the patties until the internal temperature reaches 160°F, 4 to 5 minutes per side. Let them rest for 5 minutes.
7. Toast the buns, if desired.
8. To assemble the burgers, place one patty on each bun. Spoon ¼ cup of warm chili over each patty.
9. If desired, top with shredded cheddar, green onions, and pickles. Serve hot.

**Note:** the patties can also be placed on a parchment-lined sheet tray and baked in a 400°F oven until the internal temperature reaches 160°F, 18 to 20 minutes.

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**From:** Office of the Registrar  
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