Culinary Institute of America

# 3-Day Cooking for Healthy Kids

CIA Consulting
The Culinary Institute of America

Scan the QR code for the class survey and PDF files of the Course Guide and Chef Lectures:

**Cooking for Healthy Kids** and the **Healthy Kids Collaborative** are educational initiatives of the Culinary Institute of America.

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CIA Consulting
The Culinary Institute of America

Welcome to the CIA!

Education is a gift. Those of us in the food service industry have a chance to "pay it forward" by sharing our gifts with others. For over 75 years, the Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Providing our children with nourishing and healthy school meals is critical to their ability to learn, develop, and grow. We are excited to offer you this training and the tools to make better-tasting and healthier meals. The techniques and recipes you will learn this week have been field tested and kid approved.

We want you to have the best experience possible during your training. If you have any questions, please ask your instructors or contact me directly at the number below. Once your training is complete, please feel free to stay in touch—we always enjoy hearing your success stories.

Wishing you all the best,

David Kamen '88 MBA PC[III]

Director CIA Consulting

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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.

# EXPECTATIONS FOR PARTICIPANTS

- ☑ No cell phone use or text messaging during class
- ☑ Actively participate
- ☑ Return promptly from breaks
- ☑ Remain in attendance for the class duration
- ☑ Complete CIA course evaluation
- ☑ Complete TDA surveys
- ☑ 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 taken.
    - Wash hands before beginning work in the kitchen
    - Keep all perishable items refrigerated until needed
    - When handling "ready-to-eat" food items, if you don't cook them, glove them!
    - Wash hands, cutting boards, knives, etc., when switching between meats and vegetables
- ☑ Maintain proper 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.

# TABLE OF CONTENTS

**Course Overview** ..... **6**
**Course Information** ..... **8**
**Day One: Culinary Basics** ..... **11**
Lesson Overview ..... 11
Successful Kitchen Production ..... 12
Cooking Guidelines ..... 13
Mise en Place ..... 14
Knife Skills ..... 15
Culinary Lab Experience: ..... 25
Product Evaluation for Culinary Basics ..... 32
**Day Two: Cooking Vegetables for Greater Appeal** ..... **33**
Lesson Overview ..... 33
Vegetable Cookery ..... 34
Cooking Vegetables for Greater Appeal Team Assignments ..... 49
Product Evaluation for Cooking Vegetables for Greater Appeal ..... 87
**Day Three: Salads and Salad Bars** ..... **88**
Lesson Overview ..... 88
Salads ..... 89
Salads and Salad Bars: Team Assignments ..... 112
Product Evaluation for Salads and Salad Bars ..... 140
**Appendix** ..... **143**
Weights and Measures ..... 143
Encourage Healthy Food Choices in Schools ..... 149
Farm to School ..... 154
Reduce Inventory – Increase Menu Variety ..... 159
Enhancing Flavor in Foods ..... 161
Personal Reflection Notes ..... 174
Action Plan ..... 175

# COURSE OVERVIEW

Welcome to *Cooking for Healthy Kids*, a joint educational project of The Culinary Institute of America (CIA) and the CIA's Healthy Kids Collaborative membership. This training program was created to provide significantly enhanced culinary training to school nutrition professionals nationwide who serve school meals under the USDA program. This will jumpstart the critical culinary education that school nutrition professionals need and serve as a model for a successful national culinary training program and related professional development for the K-12 sector.

The overall goals of the *Cooking for Healthy Kids* training are to:

- Improve the culinary skill level of school nutrition professionals.
- Increase the quality and appeal of meals served to students.
- Increase the consumption of vegetables, fruits, whole grains, plant protein, and lean meats within the context of balanced menu planning for school-aged children.

*Cooking for Healthy Kids* is an outgrowth of the CIA's Healthy Kids Collaborative (HKC)—a network of thought-leading school nutrition professionals, chefs, suppliers, and other stakeholders who have been working together to advance culinary-driven, healthy, flavorful foods for kids since its inception in 2015. The original five-day curriculum is based on the model created and implemented within the Indiana Department of Education by previous HKC Chair Catharine Powers, MS, RDN, LD of Culinary Nutrition Associates, LLC.

Working with HKC members and other external program partners that were convened in 2019 as part of a Cooking for Healthy Kids Alliance, the long-term vision of is to create a national culinary training initiative that supports and accelerates the evolution of US

school foodservice into a sector of nutrition excellence and high culinary competency and one that is a significant driver of food system sustainability; a catalyst for overall student health, engagement, and performance; a contributor to reducing childhood hunger; and a cultivator of critical life preference and behaviors toward healthy, plant-forward dietary patterns.

# COURSE INFORMATION

This *Cooking for Healthy Kids* training will focus on basic culinary skills needed by school food service professionals to prepare and serve more fruits, vegetables, whole grains, and salads while enhancing flavors and meeting the demands of today's guests. These basic culinary skills will help schools offer delicious foods and meals that support the *Dietary Guidelines for Americans* and school nutrition standards that kids want to eat!

## LEARNING OBJECTIVES

**After completing the training, participants will be able to…**

- 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 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.

## COURSE SYLLABUS

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

- Culinary Lecture and Chef Demonstration
- Practical Kitchen Experience
- Technique/ Recipe Evaluation
- Kitchen Keys
- Nutrition Keys

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

- Culinary Basics (*mise en place* and knife skills)
- Preparing Vegetables for Greater Appeal
- Success with Salads and Salad Bars

Each laboratory involves preparing, presenting, tasting, and evaluating items. Throughout the original five-day training the class will prepare approximately 70 standardized 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.

## Lab Responsibilities

To ensure that you get the most out of the lab experience:

- Go into the lab with a positive attitude to contribute and have fun.
- Read the recipe carefully. Ask questions if anything is unclear.
- Select a Team Leader for each lab. Rotate among team members. The team leader will keep everyone on task and on time, much like a manager in a school.
- The Team Leader will coordinate responsibilities with each team member.
- The Team Leader will present the product to the class for evaluation and discussion.
- Each participant should taste the product as it is being prepared.
- Each person should evaluate the product.
- Each team member will help clean up and organize the station.
- Each team will "reset" 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 organizing you and your team, ensuring each member understands their laboratory assignment. The team should review the recipes before beginning any preparation and create a schedule of times and tasks 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:

- assembling all ingredients and equipment.
- weighing and measuring ingredients.
- understanding the cooking method.
- 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 served and how many it will serve.

## 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 it prepared and discuss any unique aspects of the preparation. The leader should also identify the nutrition principles involved in preparation, the cooking method, flavor-enhancing techniques, and any special culinary techniques.

# DAY ONE: CULINARY BASICS

## LESSON OVERVIEW

| | | |
|---|---|---|
| Orientation | **Introductions**<br>**Culinary Skills Orientation**<br>**Team Organization** | 30 minutes |
| Culinary Demonstration | **Successful Kitchen Production**<br>**Kitchen Organization** (*Mise en Place*)<br>**Knife Skills**<br>• Selection<br>• Parts<br>• Sharpening<br>• Usage<br>• Cutting Boards<br>• Holding a Knife<br>• Knife Cuts<br>• Cutting Vegetables<br>• Cutting Fruits<br>**Kitchen Demonstrations**<br>• Spice-rubbed Chicken<br>• Fruit Salad<br>• Fruit Salsa<br>• Roasted Potatoes<br>• Roasted Sweet Potatoes | 90 minutes |
| Hands-on Practice | **Preparing Fruits and Vegetables**<br>**Cutting Vegetables**<br>**Cutting Fruits** | 90 minutes |
| Evaluation/ Discussion | | 15 minutes |
| Clean up | | 15 minutes |

# Successful Kitchen Production

## Staff Readiness

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

## 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 cook/ prepare 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.
- Prevent cross-contamination with proper sanitation practices.

## Cooking

- Pre-preparation
  - Washing
  - Cutting: slicing, dicing, etc.
  - Seasoning
- Preparation
  - Start with the item with the longest cooking time.
  - Clean as you go.
- Finish items as close to service as possible.

## Serving

- Set up service line.
  - Trays, bowls, serving spoons, etc.
  - Hot food hot, cold food cold.
  - Food is arranged properly on the service line.

# COOKING GUIDELINES

## TASTE

The most important goal when cooking food is that it taste GREAT. Taste is affected by:

- Proper seasoning
- Execution of fundamentals
- Texture: consistency, crunchiness, smoothness, etc.
- Freshness and quality of ingredients

## PRESENTATION

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

- Serving size.
- Proper food placement or arrangement.
- 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

## SERVICE CHECKLIST

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

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

# MISE EN PLACE

*"Everything in its place and a place for everything"*

Organization of yourself and your workspace is an essential skill that will make kitchen work easier and more efficient. Mise en place, a French term used to express kitchen or workspace organization, requires planning and anticipation of the entire task.

## BENEFITS OF MISE EN PLACE

- Increased speed and efficiency (e.g., cooks not running around gathering ingredients and equipment throughout product production).
- Professional appearance of workstation--critical in open kitchens or other situations where customers can view production.
- Sanitary conditions are more easily maintained (e.g., products are held at the correct temperatures, which helps to avoid cross-contamination).

## KITCHEN ORGANIZATION

- The recipe(s) and ingredients needed to complete the task.
- Food safety and sanitation needs.
- Small and large equipment needed. Consider equipment needs throughout the process, including the final container holding the product.
- Planning the time allotted to the process.
- When working in teams, identify how team members divide the tasks.

## WORKSPACE ORGANIZATION

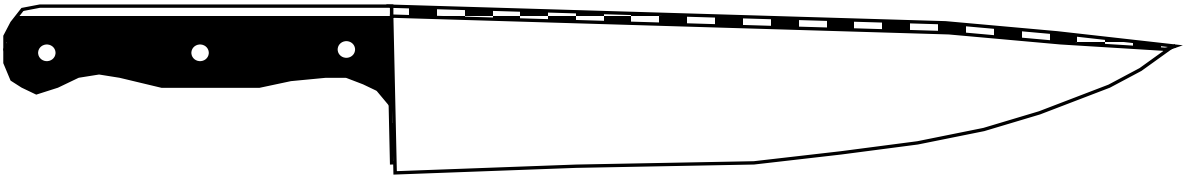
- Recipe
- Recipe ingredients
- Cutting board (set board on a wet paper towel or antiskid mat to prevent it from sliding)
- Chef knife and paring knife, peeler if needed
- Refuse pan
- Small equipment: utensils, pans, service pans
- Large equipment: ovens, steamers, steam jacketed kettles, tilt skillet
- Table height and cutting board at correct height for individual.
- Organization appropriate for individual preferences (e.g., right, or left-handed individuals).

# Knife Skills

## Knife Selection

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

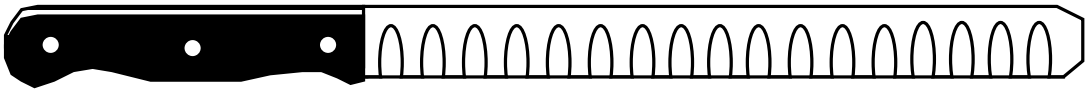
**Chef Knife:** An all-purpose knife used for chopping, dicing, and mashing. Chef knives are versatile tools that can be used for most tasks. They are available in sizes ranging from 6″ to 12″ (8″ is standard). Chef knives with forged blades can be used for heavy-duty tasks such as cracking and chopping, while thinner, more flexible stamped blades work best for delicate tasks such as removing melon rinds.



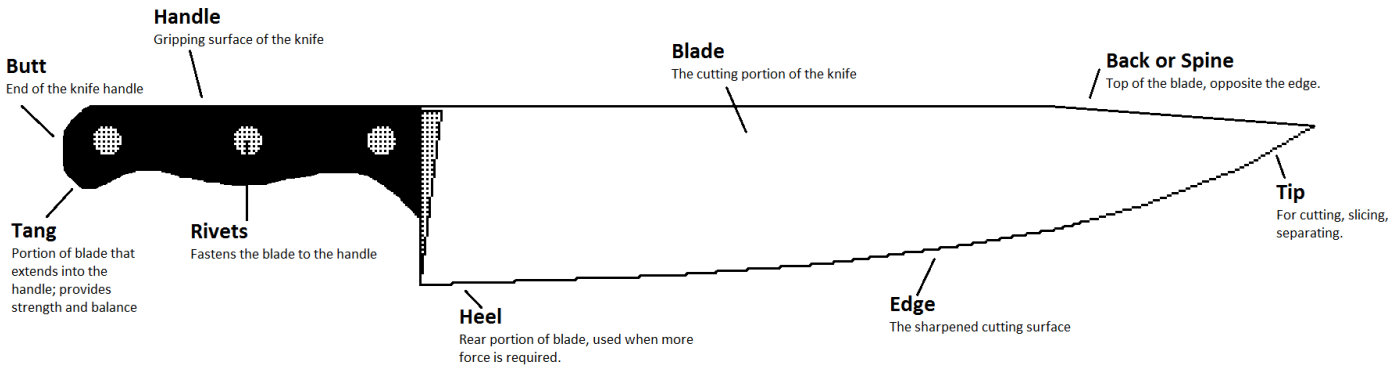
**Boning Knife:** A specialized knife with a narrow blade used for cutting meat away from bones during butchering.

**Paring Knife:** A small, short-bladed knife used for peeling, trimming, and shaping fruits and vegetables or slicing small soft foods such as olives and mushrooms.

**Serrated knives**: are not designed for cutting or chopping tasks. They are specialized knives designed for slicing through the crusts of breads and cakes.



## 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. Stamped blades are common on inexpensive, low-quality knives, but high-quality stamped blades can also be found. Stainless blades of both types are easily sharpened.

**Handle:** Wood has traditionally been used for knife handles but is replaced by plastics and laminated wood. Wood warps when wet and can harbor bacteria, making cleaning difficult. Plastic handles are often found 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. The handle is attached to the tang using three rivets.

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

**Back or spine:** gives the blade appropriate stability and flexibility. Its thickness varies depending on the knife's style 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. Found on higher-quality knives.

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

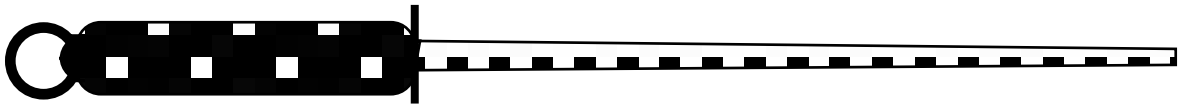
**Rivets:** connect the handle to the tang.

## Sharpening Knives

A sharp knife is safer than a dull one. Sharp knives glide evenly through food, while dull knives tug, requiring more force. A dull knife often leads to accidents due to how much pressure you are likely to exert when using it.

**Whetstones:** are used to sharpen the edges of steel tools such as knives. They do this by removing material from the blade's edge. They are made of various materials including natural or synthetic stone, diamond particle, and ceramic. They come in various grit sizes, ranging from around 100 to 10,000+. The lower the number, the coarser the grit, and the more material it will take off the knife. Most whetstones come with two sides: one for sharpening and the other for polishing.

**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.



**Honing steels** do not sharpen knives. Instead, they are used to keep a knife blade sharp in between sharpenings by realigning the microscopic burrs that make up the fine edge of your blade. 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 sharpening steel is to hold it point-down against a worktable, sweeping your blade against it.

## Storing Knives

Proper knife storage is essential for maintaining the longevity and performance of your blades in a busy commercial kitchen. Ultimately, knife storage relies on correct cleaning and drying procedures to prolong the longevity of your knives. Here are some practical tips to help you store knives safely and effectively:

- Thoroughly clean and dry knives before storing them to prevent rust and bacterial growth.
- Organize knives by size and streamline kitchen operations.
- Keep blades from rubbing against each other in storage to avoid nicks and dulling.
- Clean and maintain storage units regularly to ensure they remain hygienic and functional.
- Prioritize knife safety when choosing a storage option. Use edge guards for additional protection and keep knives out of high-traffic areas.
- Label specialty knife storage slots to avoid confusion and ensure proper use.

**Knife Rack:** Designed to hold multiple knives securely and within easy reach but keeps the blades covered to ensure safety and hygiene. Typically wall-mounted or freestanding, knife racks offer

designated slots or hooks for each knife and securely hold them in place. The clear visibility and orderly arrangement of knives on a rack streamline workflow, enhancing efficiency in busy commercial kitchens.

**Knife Block:** Made from wood, bamboo, or plastic, they feature openings where the blades are inserted, keeping the knives organized and within easy reach. Though it's a convenient storage option, it lacks the flexibility of a magnetic strip or knife roll. Additionally, knife blocks can dull the knives and create sanitation concerns if cleaned improperly.

**Magnetic Knife Strip:** Versatile and space-saving storage solution that mounts on the wall, using strong magnets to securely hold knives in place. These strips are typically made of stainless steel or wood and provide an efficient way to organize and display knives while keeping them easily accessible. Though they offer a practical and stylish way to store knives while maximizing available workspace, ensure they are regularly cleaned and checked for stability to ensure safety.

**Knife Roll:** Portable storage solution designed for chefs and culinary professionals who need to transport their knives and tools easily. Typically made from durable materials like canvas, leather, or nylon, knife rolls feature individual slots or pockets for each knife, allowing them to be rolled up and secured with straps or buckles.

**Drawer Knife Block:** is a storage solution designed to fit inside a kitchen drawer, keeping knives organized and out of sight. These blocks come in various configurations, often made from wood, bamboo, or plastic, with slots or compartments to securely hold each knife. This option combines convenience with safety, making it popular in many commercial kitchens.

**Edge Guards:** Protect your blades when stored alongside other utensils in a box or drawer. Made from durable plastic, silicone, or rubber, edge guards slide over the knife's blade, covering the sharp edge. Knife sheaths fully encase the blade and often part of the handle, while edge guards focus solely on the blade's cutting edge for a more compact solution. Both options offer practical, space-saving, and cost-effective ways to protect knife blades.

## KNIFE SAFETY

By adhering to the following safety rules, culinary professionals can minimize the risk of accidents and create a safer kitchen environment for everyone.

**Rules for Knife SAFETY**

- ✓ **S**ecurely hold your knife
- ✓ **A**nchor cutting boards
- ✓ **F**ingertips curled back
- ✓ **E**yes on the knife
- ✓ **T**ake your time
- ✓ **Y**ield to falling knives

- **Sharp Knives:** Always use sharp knives, as dull blades require more force to cut, increasing the risk of slipping and causing injury. Regularly sharpen your knives to maintain their effectiveness.
- **Grip:** Hold the knife correctly by pinching the blade with your thumb and forefinger while wrapping the other fingers around the handle. This provides better control.
- **Cutting Technique:** Always cut away from your body and keep your fingers curled in (the claw grip) to protect them from the blade.
- **Cutting Board:** Always cut on a stable cutting board, not on countertops or in your hand. This provides a flat, secure surface and helps prevent accidents.
- **Focus:** Pay full attention while using a knife. Avoid multitasking, and if you are interrupted, place the knife flat on the cutting board instead of trying to catch it.
- **Safe Storage:** Store knives safely in a knife block, magnetic strip, or sheath. Never toss knives into a drawer where they can cause injuries when reaching in.
- **Wash Knives Immediately:** Clean knives right after use and avoid leaving them in soapy water where they cannot be seen. This helps prevent accidental cuts when reaching into the sink.
- **Passing Knives:** When handing a knife to someone, lay it down on a flat surface for them to pick up instead of passing it directly.
- **Right Knife for the Job:** Different knives serve different purposes. Using the appropriate knife for each task not only makes the job easier but also enhances safety.

## CUTTING BOARDS

Choosing the correct cutting board is as important as choosing the correct knife. Characteristics you should look for when selecting a cutting board:

- It should be easy to clean and sanitize.
- It should protect the edge of your knife from becoming dull too quickly.
- It should be rough enough to keep your food from moving around as you chop.

It is also important to prevent the cutting board from moving around during use.

- Cutting boards with rubber feet can help secure the board to the work surface. However, it limits you to using only one side of the cutting board.
- Cutting boards with grippers in the corners allow both sides to be used.
- Non-slip mats can be used to secure any cutting board.
- If none of the above are available, a good substitute is a damp (not wet!) dishcloth. Place it under the cutting board, then try to slide the board around before you start cutting. If the cutting board slides, re-dampen the cloth.

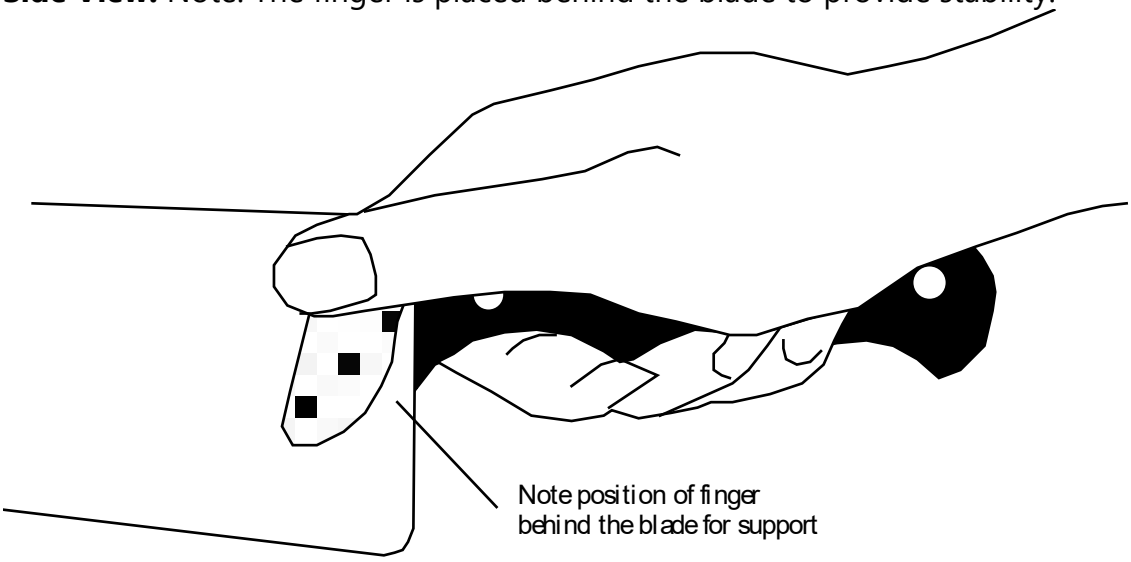
| Cutting Board Type | Pros | Cons |
|---|---|---|
| Plastics (High-density polyethylene or PE) | Do not dull knives<br>Can be washed in the dishwasher<br>Can be bleached<br>Can be resurfaced | Thinner boards (home-style) cannot be resurfaced |
| Plastic Chopping Mats | Cheaper than cutting boards<br>Easy to transfer cut foods<br>Can be bleached | Warp when washed in the dishwasher<br>Do not protect the knife blade as well as thicker cutting board |
| Hardwood | Do not dull knives | More porous (Hard rock maple or cherry hardwoods are less porous)<br>Cannot be washed in the dishwasher<br>Will not stand up to bleaching<br>Some cannot be resurfaced<br>Some warp and crack<br>Heavier |
| Bamboo | Harder and less porous than hardwoods<br>Absorbs little moisture<br>Resists scarring from knives | Gets worn after a lot of use.<br>Splinters eventually |

## 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 time, but it gives you maximum control over your knife and allows you to pivot from the wrist when chopping.

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

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



## CUTTING TECHNIQUES

Cutting items to specific sizes and shapes is essential. Consistently sized pieces cook evenly and at the same rate. Decorative cuts are pleasing to the eye and allow the food to serve as a garnish.

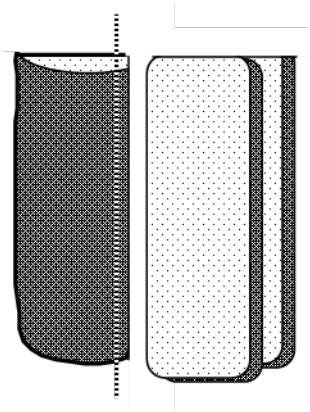
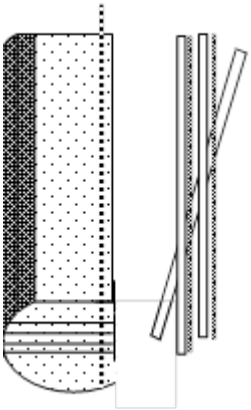
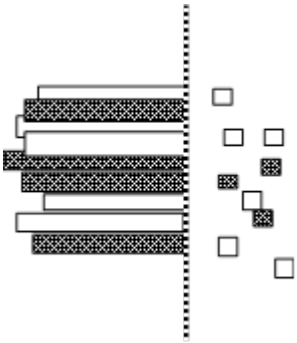
**Cutting Foods**

1. Squaring off is helpful for most types of food. Make straight cuts with your fingers curled back to create a flat surface on all four sides. This also eliminates the need to peel vegetables before cutting them.
2. Make a series of slices or planks straight down through the food.
3. These slices can be stacked or cut individually into sticks, batonnet, or julienne.
4. Sticks can then be cut into cubes or dice.
5. Cuts should be made by lifting the heel end of the knife off the cutting board, then slicing forward and down in a single smooth motion.

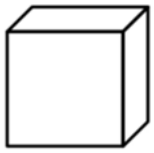
**Cutting Onions**

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

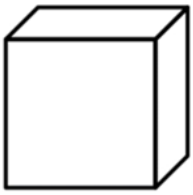
## PLANKS, STICKS, DICE

| | |
|---|---|
|  | **Planks:** Cut the vegetable lengthwise into the desired thickness |
|  | **Sticks:** Stack slices and cut again lengthwise into the desired thickness, yielding sticks. |
|  | **Dice:** Lay the sticks in a bundle cut crosswise into the desired thickness; this will yield dice. |

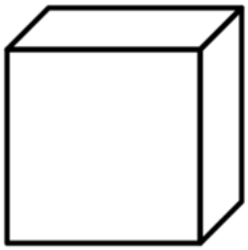
## Basic Knife Cuts



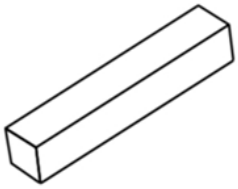
**Small Dice**
1/4" cube



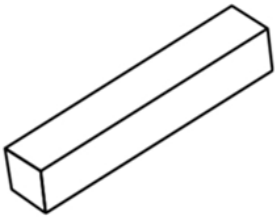
**Medium Dice**
1/2" cube



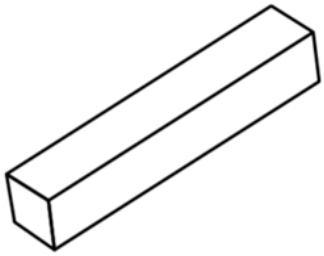
**Large Dice**
3/4" cube



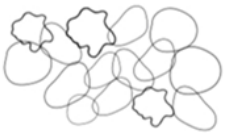
**Fine Julienne**
1/16" sq x 2 inch



**Julienne**
1/8" sq x 2 inch

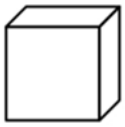


**Batonnet**
1/4" sq x 2 inch



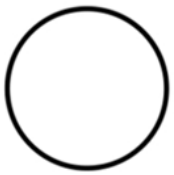
**Mince**
<1/16" cube

**Chop**
1/8"-1/4" cube



**Brunoise**
1/8" cube (fine dice)

**Bias**
diagonal cut



**Rondelle**
1-8"-1/2" round

**Chiffonade**
rolled, sliced thin

# CULINARY LAB EXPERIENCE:

## SET UP A WORKSTATION:

- Cutting board, anchored to prevent it from sliding
- Refuse container
- Container for potatoes (with water)
- Onions, carrots, additional vegetables and fruits (per team assignment)
- Chef's knife
- Vegetable peeler

## EACH PARTICIPANT:

- Potato: 1 each, large dice
- Sweet Potato: 1 each, large dice
- Onion: 1 each, small dice
- Carrot: 1 each
  - Teams 1-4: batonnet
  - Teams 5-8: coins
- Bell pepper, sweet: 1 each
  - Teams 1-4: small dice
  - Teams 5-8: batonnet
- Scallions: bias cut

## EACH TEAM:

| | Vegetable | Small fruit | Large fruit |
|---|---|---|---|
| **Team 1** | Broccoli: florets | Orange: wedges | Watermelon: large dice, small dice |
| **Team 2** | Cauliflower: florets | Apple: slice | Cantaloupe: large dice, small dice |
| **Team 3** | Butternut Squash: medium dice | Kiwi: slice | Honeydew: large dice, small dice |
| **Team 4** | Zucchini/ Summer Squash: half moons | Strawberries: small dice | Pineapple: large dice, small dice |
| **Team 5** | Broccoli: florets | Oranges: slice | Watermelon: large dice, small dice |
| **Team 6** | Cauliflower: florets | Apple: small dice | Cantaloupe: large dice, small dice |
| **Team 7** | Butternut squash: medium dice | Kiwi: small dice | Honeydew: large dice, small dice |
| **Team 8** | Zucchini /summer squash: batonnet | Strawberries: small dice | Pineapple: large dice, small dice |

From cut produce, prepare: fruit salad, fruit salsa, roasted potatoes with seasonings.

| # Seasonal Fruit Salsa | Yield: 5 cups<br>Servings: 20 each<br><br>One serving provides: ¼ cup fruit | |
|---|---|---|

| Ingredients | 20 Servings | Directions |
|---|---|---|
| Fruit, small diced (see chart) | varies | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Gently mix all ingredients.<br>2. Cover and refrigerate for 2 hours to allow the flavors to blend.<br>**CCP**: 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 | |

Yield: 5 cups

**Recipe Notes: Seasonal Fruit Salsa**

| | Spring | | Summer | | Fall | | Winter | |
|---|---|---|---|---|---|---|---|---|
| Fruit | Strawberries<br>Pineapple, crushed | 8 ounces<br>20 ounces | Watermelon<br>Cantaloupe | 20 ounces<br>8 ounces | Apples<br>Peaches | 12 ounces<br>12 ounces | Mandarin oranges<br>Kiwi | 15 ounces<br>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 | |

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

| **SEASONAL FRUIT SALAD** | CREDITING: ½ CUP (4 OUNCE SPOODLE OR NO. 8 SCOOP)<br><br>ONE SERVING PROVIDES: ½ CUP FRUIT | |
|---|---|---|

| **INGREDIENTS** | **20 SERVINGS** | **DIRECTIONS** |
|---|---|---|
| Seasonal fruit, large dice | 1 seasonal selection (see chart) | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Combine the fruit.<br>2. Toss with the Honey Mint Citrus Dressing.<br>3. Chill for service.<br>**CCP**: 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 |

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

# Honey Mint Citrus Dressing

Serving Size: 2 tablespoons

One serving provides: Does Not Credit

| Ingredients | 1 Gallon | 1 Cup |
|---|---|---|
| Orange juice, 100% juice | 3 quarts | ¾ cup |
| Lemon juice, 100% juice | 1 quart | ¼ cup |
| Honey | ½ cup | 1 ½ teaspoons |
| Salt, kosher | 4 teaspoons | ¼ teaspoon |
| Mint, fresh, finely chopped | 2 cups | 2 tablespoons |

## Directions

**CCP**: 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 whisk.
2. Add the chopped mint.

**CCP**: Hold and serve at 41°F or lower.

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 |

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

# Roasted Potatoes with Seasonings

Serving Size: ½ cup

One serving provides: ½ cup starchy vegetable

| Ingredients | 50 Servings | 10 Servings |
|---|---|---|
| Potatoes, russet | 12 pounds 8 ounces | 2 pounds 8 ounces |
| Salt, kosher | 1 tablespoon ¾ teaspoon | 1 teaspoon |
| Oil, olive, or canola | 2/3 cup 1 tablespoon | 1 tablespoon 1 ½ teaspoons |

**Directions**

1. Preheat the oven to 375°F.
2. Scrub the potatoes (peel them if desired) and cut them into large dice or wedges.
3. Toss the potatoes with salt, oil, and the seasoning blend of choice. Arrange the potatoes in a single layer on parchment-lined sheet pans.
4. Roast in the oven for about 40 minutes or until browned and tender.

**CCP**: Cook until internal temperature reaches 135°F.
**CCP**: Hold for hot service at 135°F or higher.

Nutrients Per Serving (without seasoning mix)

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 110 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 1 | Vitamin D (mcg) | 0 | Potassium (mg) | 450 |
| Total Fat (g) | 2.5 | Sodium (mg) | 120 | Added Sugars (g) | 0 | Iron (mg) | 0.9 | Vitamin A-RAE (mcg) | 0.05 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 20 | Protein (g) | 2 | Calcium (mg) | 10 | Vitamin C (mg) | 6 |

| **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 |

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

# Chili-Cinnamon Roasted Sweet Potatoes

Serving Size: ½ cup
One serving provides: ½ cup red/orange vegetable

| Ingredients | 50 Servings | 10 servings | Directions |
|---|---|---|---|
| Sweet potatoes | 15 pounds | 3 pounds | 1. Preheat the oven to 400°F.<br>2. Scrub the potatoes (peel them if desired) and cut them into large dice, wedges, or sticks. |
| Chili powder | 1 tablespoon ¾ teaspoon | ¾ teaspoon | 3. Combine the seasonings: chili powder through the salt. |
| Cinnamon, ground | 2 ½ teaspoons | ½ teaspoon | |
| Sugar, white granulated | 2 ½ teaspoons | ½ teaspoon | |
| Black pepper, ground | 1 ¼ teaspoons | ¼ teaspoon | |
| Garlic, granulated | ½ teaspoon | ⅛ teaspoon | |
| Salt, kosher | ½ teaspoon | ⅛ teaspoon | |
| Oil, olive, or canola | 1 cup | 3 tablespoons | 4. Drizzle the sweet potatoes with the oil, sprinkle with the seasoning mixture, and toss well to coat.<br>5. Place in a single layer on parchment-lined sheet trays.<br>6. Bake for 12 to 15 minutes until tender and browned in spots.<br>**CCP**: Cook until internal temp. reaches 135°F or above.<br>**CCP**: 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 |

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

# BAKED CHICKEN DRUMSTICK

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<br>(One 3.7 oz. drumstick = 1.5 oz. cooked chicken meat)<br>CN Labeled to provide 1.5 oz. eq m/ma | 11 pounds<br>12 ounces | 5 pounds<br>14 ounces | 1. If needed, thaw the chicken in the refrigerator overnight.<br>2. Toss the chicken with a seasoning blend.<br>3. Line the chicken in a single layer on parchment-lined sheet trays.<br>4. Bake until internal temperature reaches 165°F: Conventional oven: 400°F for 45-55 minutes. Convection oven: 350°F for 30-35 minutes.<br>**CCP**: Heat to 165°F for < 1 second (instantaneous).<br>**CCP**: Hold for hot service at 135°F or higher. |

| **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 |

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 |

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

# PRODUCT EVALUATION FOR CULINARY BASICS

Participants will 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 |
|---|---|---|---|---|---|
| Seasonal Fruit Salad | A or NA | A or NA | A or NA | A or NA | |
| Seasonal Fruit Salsa | A or NA | A or NA | A or NA | A or NA | |
| Roasted Potatoes with Seasonings | A or NA | A or NA | A or NA | A or NA | |
| Chili-Cinnamon Roasted Sweet Potatoes | A or NA | A or NA | A or NA | A or NA | |
| Baked Chicken Drumstick | A or NA | A or NA | A or NA | A or NA | |

# DAY TWO: COOKING VEGETABLES FOR GREATER APPEAL

## LESSON OVERVIEW

| | | |
|---|---|---|
| Culinary Demonstration | **Vegetable Cookery Principles**<br>**Purchase Forms of Vegetables**<br>**Cooking Methods**<br>• Blanching<br>• Steaming<br>• Roasting<br>• Sautéing<br>• Stir-frying<br>• Braising and Stewing<br>• Glazing<br>**Seasonings**<br><br>**Kitchen Demonstrations**<br>• Blanched Broccoli<br>• Roasted Brussels Sprouts (2 ways)<br>• Roasted Watermelon Rind<br>• Steamed Edamame<br>• Quick-Pickled Cucumbers<br>• Honey Vanilla Yogurt<br>• Garlic Processing | 60 minutes |
| Hands-on Practice | **Vegetable Cooking Methods**<br>• Blanch<br>• Steam<br>• Roast<br>**Quick Pickling** | 90 minutes |
| Evaluation/ Discussion | | 15 minutes |
| Clean-up | | 15 minutes |

# VEGETABLE COOKERY

Proper selection, purchasing, handling, and preparation of vegetables will enhance their taste, presentation, and nutritional value.

- Purchase quality raw product
- Cut only when ready to use
- Cuts should enhance natural shape
- Cook as quickly as possible
- Cook as close to service as possible
- Cook small batches at a time
- Cook until tender

## EFFECTS OF OVERCOOKING

- Color loss
- Texture (mushy)
- Vitamin loss

## NUTRIENTS IN VEGETABLES

- Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories, or cholesterol).
- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, vitamin E, and vitamin C.
- Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
- As part of a healthy diet, dietary fiber from vegetables helps reduce blood cholesterol levels and may lower the risk of heart disease. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.

## RETAINING NUTRIENTS

The way a vegetable is prepared can affect its nutrient content. Heat can destroy some nutrients, and some dissolve in water. The culinary techniques described in this lesson are based on principles designed to keep nutrients in vegetables. To keep the nutrients in vegetables:

- Keep the vegetables in big pieces.
- Cook in just a little water (if any).
- Cook only for a short time.

## VEGETABLE COOKERY TIPS

### Green Vegetables

- Use plenty of water; vegetables should be covered with water. Exception to the rule: tender spinach can be cooked using very little water in a covered pot.
- Do not cover during cooking.
- Acid (such as vinegar or citrus juice) destroys color.

### White Vegetables:

- Acid intensifies the color of white vegetables.
- Alkaline (baking soda) makes white vegetables turn yellow.

### Red/ Orange Vegetables:

- Do not peel beets before cooking.
- Acid intensifies the red color.
- Beets can also be baked in their skins and then peeled.
- Acid will brighten the color of carrots slightly.
- Most orange vegetables are good for glazing.

## PURCHASING FORMS OF VEGETABLES

| Form | Advantages | Disadvantages | Examples |
|---|---|---|---|
| **Fresh vegetables** | • Taste good<br>• Good texture<br>• Product acceptability | • Limited shelf life<br>• Quality varies<br>• Requires preparation | • Broccoli<br>• Carrots<br>• Green beans |
| **Frozen vegetables** can be cooked by most methods used for fresh | • Always available<br>• Less waste<br>• Less labor<br>• Practical for some vegetables | • Loss of texture<br>• Quality variance between producers<br>• Flavor loss | • Peas<br>• Corn<br>• Lima beans |
| **Canned vegetables** Reheat them in the liquid from the can, adjust seasonings | • Shelf life<br>• Practical for some vegetables | • Poor color (green vegetables)<br>• Mushy<br>• Poor flavor | • Beet<br>• Beans (kidney, pinto, black) |
| **Dry vegetables** must be reconstituted in a liquid. | • Shelf life<br>• Convenient | • Takes time to reconstitute | • Dry beans<br>• Freeze-dried peppers |

## BLANCHING VEGETABLES

Blanching means dipping food into boiling water for a very short time, only a minute or two. This method briefly and partially cooks food. Blanching is used to:

- Prepare vegetables for further cooking (for example, broccoli)
- Remove strong or bitter flavors (for example, kale)
- Soften firm foods (for example, carrots)
- Set colors of vegetables (for example, snow peas)
- Loosen skins for peeling (for example, ripe tomatoes)

### Mise en place

- Prepare the vegetables: wash, peel, trim, cut
- Liquid: usually water
- Equipment: steam-jacketed kettle or large stock pot
- Ice bath or freezer

### Method for Blanching

1. Bring a large pot of water to a boil.
2. Immerse vegetables in boiling water for 30 seconds to 1 minute, depending on ripeness or firmness desired.
3. Remove the vegetables from the boiling water.
4. Immediately immerse in ice water to chill.

**CCP:** Cool to 41°F or lower within 4 hours.

### Blanching Tips

- Use plenty of water. This prevents the water from cooling as you add the vegetables, so the vegetables cook quickly and evenly.
- Test for doneness by removing a vegetable with a pair of tongs. Rinse under cold water and take a bite. It should snap beneath your teeth but have lost some of its raw crunch.
- Drain immediately and then quick chill (a technique known as "shocking") by immersing in an ice bath or rinsing with ice-cold water. Shocking stops cooking and sets the color, keeping the vegetables vibrant.
- Once chilled, spread the vegetables out on a tray to dry.

## STEAMING

Nearly all vegetables can be cooked by steaming, and this basic cooking method is often used because it is easy and economical. It may require additional steps to prepare the product for service, such as adding sauces, seasonings, and flavorings. Steaming is

especially effective for vegetables that easily break down or become mushy when simmered, such as broccoli, carrots, peas, cauliflower, beans, and snow peas.

**Mise en place**

- Prepare the vegetables: wash, peel, trim, cut
- Liquid: usually water
- Equipment: steamer, steam-jacketed kettle, or large stock pot
- Optional components: aromatics: spices, herbs, citrus zest, sauces

**Steamer Method**

1. Place about 25 - ½ cup servings of the fresh or frozen vegetable in a PERFORATED 12 X 20 X 2-inch pan. Do not place too many vegetables in the pan; leave room for steam to circulate around them. Do not add any liquid.
2. Steam uncovered at 5 pounds pressure for a compartment steamer. Follow the manufacturer's instructions for steamers operating at other pressures, for convection steamers, or for combination ovens.
3. Season with herbs and spices. Limit salt to 1 teaspoon for 50 - ½ - cup servings.
4. Serve the hot vegetables at once.

**Oven Method**

1. Place approximately 50 - ½ cup servings of the fresh or frozen vegetables in a perforated 12 X 20 X 2-inch steam table pan. Then place the perforated pan in a 4-inch-deep steam table pan filled with 2 cups of water. Do not place too many vegetables in the pan to allow steam to circulate around them.
2. Cover both pans tightly with foil. This arrangement of pans creates a steamer effect in a perforated pan.
3. Place the covered pans in an oven at 350° F for approximately 20 minutes. Cook the vegetables until fork-tender, adjusting the cooking time as needed.
4. Drain the excess liquid from the cooked vegetable.
5. Season with herbs and spices. Do not add butter or margarine. Limit salt to 1 teaspoon for 50 servings.
6. Serve the hot vegetables at once.

**Steaming Tips**

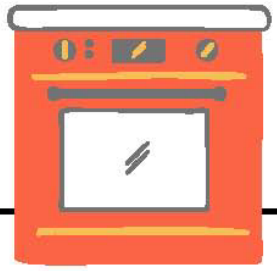
- Season the vegetables with herbs and spices.
- Garnish the vegetables with various nuts or seeds.
- Use freshly chopped herbs for additional garnish and flavor.

# How to
# Steam Vegetables

### *Steamer*

1.) Place 25, ½ - cup serving of the fresh or frozen veggies in a perforated 12x20x2-inch pan.

2.) Steam uncovered.



### *Oven*

1.) Place 50, ½ - cup servings of the fresh or frozen veggies in a perforated 12x20x2-inch counter pan. Place the pan in a 4-inch deep counter pan that contains 1 quart of water.

2.) Cover both pans tightly with foil and cook at 350° F for approximately 20 minutes.

### *After cooking*

3.) Season with herbs, spices, citrus zest, or light sauces. Optional - salt no more than ½ teaspoon per 25 portions.

4.) Serve the hot vegetables at once.

### *Tips*

- Steamed vegetables are best when batch cooked.
- If holding is necessary, do so in the warmer, not on the steamtable.

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## ROASTING/ BAKING

Roasting vegetables in the oven gives them a caramelized exterior and flavor but keeps the inside moist and tender.

### Examples

| | | |
|---|---|---|
| Asparagus | Mushrooms | Summer squash |
| Beets | Onions | Sweet potatoes |
| Brussels sprouts | Parsnips | Tomatoes |
| Carrots | Peppers | Turnips |
| Corn | Potatoes | Zucchini |
| Eggplant | Rutabagas | |

### Mise en place

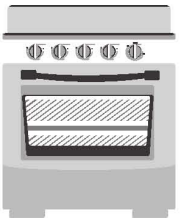
- Prepare the vegetables: wash, peel, trim, cut
- Equipment: oven
- Optional components: marinade, seasonings, or aromatics

### Method for Roasting and Baking

1. Preheat the oven to 375°F - 425°F. The longer the vegetable needs to cook, the lower the oven temperature. This will ensure that the vegetable is thoroughly cooked without burning the exterior.
2. Cut vegetables into uniform shapes and sizes.
3. Toss vegetables with oil. Season with pepper, garlic, spices, or herbs. Use no more than 1 teaspoon of salt per 50 servings.
4. Place vegetables in a single layer on a sheet pan. Do not crowd the vegetables, as this will cause them to steam.
5. Bake until vegetables are tender.

# How to
# Roast Vegetables

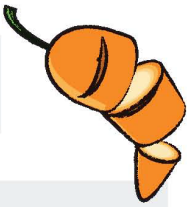
Roasting is a dry heat cooking method that is popular for vegetables. Nearly any vegetable can be roasted, and doing so will create a caramelized exterior with a tender interior.



**Step 1: Preheat the oven to 375 °- 425 °F .**

The longer the vegetable needs to cook, the lower the oven temperature. This will ensure that the vegetable is thoroughly cooked without the exterior burning.

**Step 2: Cut vegetables into uniform shape and size.**

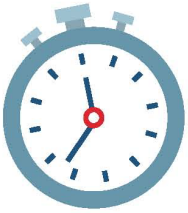


**Step 3: Toss vegetables in oil. Season with pepper, garlic, spices, or herbs.**

Use no more than 1 teaspoon of salt per 50 portions.

**Step 4: Place vegetables in a single layer on a sheet pan.**

Do not crowd the vegetables, as this will cause them to steam an not brown properly.



**Step 5: Bake until vegetables are tender.**

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## OVEN ROASTED POTATO FRIES

### Method for Better Oven-Baked Potatoes

1. Preheat the oven to 425°F - 450°F.
2. Remove only the number of French fries to be used within 1 hour from the freezer.
3. Place a single layer of fries on a sheet pan. For best results, use 2 ½ pounds per full sheet pan. Bake according to package instructions. Turn once for uniform cooking.
4. Season the fries. Limit the salt to 1 teaspoon for 50 servings of fries. This would add 45 mg of sodium. Try other seasonings instead of salt.

| Seasoning Variations | Seasonings | Amount per 10 lb. Potatoes |
|---|---|---|
| **Garlic and Herb** | Oregano leaves | 1 tablespoon 1 ½ teaspoons |
| | Paprika | 1 tablespoon 1 ½ teaspoons |
| | Thyme leaves | 1 tablespoon 1 ½ teaspoons |
| | Garlic, granulated | 1 tablespoon |
| | Granulated onion | 2 teaspoons |
| **Southwest** | Paprika | 1 tablespoon |
| | Granulated onion | 1 tablespoon 1 ½ teaspoons |
| | Garlic, granulated | 1 tablespoon 1 ½ teaspoons |
| | Adobo seasoning | 1 teaspoon |
| | Black pepper, ground | 1 teaspoon |
| **Buffalo** | Granulated onion | 1 tablespoon |
| | Garlic, granulated | 1 tablespoon 1 ½ teaspoons |
| | Chili pepper | 1 tablespoon 1 ½ teaspoons |
| | Cayenne pepper | 1 teaspoon |
| | Paprika | 1 teaspoon |
| **Parmesan-Rosemary** | Rosemary, crushed | 2 tablespoons |
| | Garlic, granulated | 1 tablespoon 1 ½ teaspoons |
| | Parmesan cheese | ½ cup |
| **Barbecue** | Cumin, ground | 2 tablespoons |
| | Smoked paprika | 2 tablespoons |
| | Garlic, granulated | 2 tablespoons |
| | Granulated onion | 2 tablespoons |
| | Black pepper, ground | 1 ½ teaspoon |
| **Ranch** | Garlic, granulated | 2 tablespoons |
| | Granulated onion | 2 tablespoons |
| | Dill weed | 2 tablespoons |
| | Black pepper, ground | 1 ½ teaspoon |

## QUICK PICKLES

Also called refrigerator pickles, these are vegetables or fruits pickled in a solution of vinegar, water, salt, and sugar. Quick pickles don't develop the deep flavor of fermented pickles but only require a few hours in the brine before they can be enjoyed. They also contain lower sodium than traditional pickles. They are a sweet-sour, flavor-packed addition to sandwiches or salad bars. Almost any vegetable can be quick pickled. They are stored in the refrigerator.

**Basic Quick Pickle Recipe (1 quart)**

1 quart of brine will pickle about 2 pounds of vegetables.

| INGREDIENTS | AMOUNTS | DIRECTIONS |
|---|---|---|
| Vinegar<br>Rice wine, red/ white wine, apple cider | 2 cups | 1. In a medium pot over high heat, bring vinegar, water, sugar, salt, and seasonings to a boil, stirring occasionally. Reduce heat to medium-low. Simmer for 10 minutes.<br>2. Place the vegetable in a heatproof container or jar. Pour the hot brining liquid over the vegetable. Cover and chill for at least 2 hours before serving. |
| Water | 2 cups | |
| Sugar | 2 tablespoons | |
| Salt, kosher | 1 tablespoon | |
| Seasonings | 1 tablespoon | |

**Flavoring Quick Pickles**

| | |
|---|---|
| Fresh herbs | dill, thyme, oregano, and rosemary hold up well |
| Dried herbs | thyme, dill, rosemary, oregano, or marjoram |
| Garlic cloves | smashed for mild garlic flavor, or sliced for stronger garlic flavor |
| Fresh ginger | peeled and thinly sliced |
| Whole spices | mustard seed, coriander, peppercorns, red pepper flakes |
| Ground spices | turmeric or smoked paprika are great for both color and flavor |

**Try these vegetables for pickling:**

| | | |
|---|---|---|
| Asparagus | Cucumbers | Snap peas |
| Beets | Eggplant | Summer squash |
| Brussels sprouts | Green beans | Turnips |
| Carrots | Onions | Zucchini |
| Corn | Peppers | Mushrooms |

**Try these fruits for pickling:**

| | | |
|---|---|---|
| Blueberries | Grapes | Plums |
| Strawberries | Rhubarb | Peaches |
| Cherries | Watermelon rind | |

Guide to

# Quick Pickling

Quick pickles are a lower-sodium version of a traditional pickle. While they don't develop the deep flavor of fermented pickles, they offer a sweet-sour, flavor-packed addition to sandwiches, salads, and bowls.

***2 cups*** **vinegar**

***2 cups*** **water**

***1 tablespoon*** **sugar**

***1 tablespoon*** **salt**

***1 tablespoon*** **seasoning**

**1 quart of brine will pickle about 2 pounds of vegetables**

## Directions

1. **Bring vinegar, water, sugar, salt, and seasonings to a boil in a medium pot over high heat, stirring occasionally.**
2. **Place vegetables in a heatproof container or jar. Pour hot brining liquid over vegetable. Cover and chill at least 2 hours before serving.**

## Tips

- Chill overnight
- Increase sugar for sweeter flavor
- Add chili flakes for spicy flavor

## Suggested Vegetables

- Carrots
- Red onion
- Zucchini
- Cauliflower
- Jalapeno
- Green Beans

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## MAKE YOUR OWN SUBSTITUTE!

Making honey vanilla yogurt in-house is an easy win for a healthier, student-approved option with a sweet, familiar flavor kids love. It's also a great way to cross-utilize ingredients you already use in other recipes, helping save money, reduce waste, and add a fresh touch to breakfasts and snacks.

| **HONEY VANILLA YOGURT** (48 SERVINGS) | | **SERVING SIZE:** ½ CUP<br>**ONE SERVING PROVIDES:** 1 OZ. M/MA |
|---|---|---|
| **INGREDIENTS** | **AMOUNTS** | **DIRECTIONS** |
| Yogurt, plain, lowfat | 6 quarts | 1. Combine yogurt, honey, and vanilla. Mix well.<br>2. To store, transfer to an airtight container, label and date it, and refrigerate for up to 7 days or expiration date, if before.<br>**CCP:** Hold cold foods at 41°F (5°C) or below. |
| Honey | 6 ounces | |
| Vanilla | 4 ounces | |

**Source:** https://healthyschoolrecipes.com/recipes/vanilla-yogurt

# Roasted Brussels Sprouts

Serving Size: ½ cup
One serving provides: ½ cup other vegetable

| Ingredients | 50 Servings | 10 Servings | Directions |
|---|---|---|---|
| Brussels sprouts, fresh, halved or quartered | 12 pounds 8 ounces | 2 pounds 8 ounces | 1. Preheat the oven to 400°F.<br>2. Trim the Brussels sprouts by cutting off the brown ends and removing yellow outer leaves. |
| Oil, olive | 1 cup | 3 tablespoons | 3. Toss the Brussels sprouts in a bowl with the olive oil, salt, and pepper. Spread them on a parchment-lined sheet pan in an even layer (do not overcrowd) and roast for 25 to 35 minutes until crisp outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. |
| Salt, kosher | 1 tablespoon ¾ teaspoon | ¾ teaspoon | |
| Black pepper, ground | 2 ½ teaspoons | ½ teaspoon | |
| Balsamic vinegar, optional | ¼ cup 1 tablespoon | 1 tablespoon | 4. Remove Brussels sprouts from the oven. Toss with the balsamic vinegar and honey, if desired. |
| Honey, optional | ¼ cup 1 tablespoon | 1 tablespoon | **CCP**: Cook to internal temperature of 135°F or above.<br>**CCP**: Hold for hot service at 135°F or higher. |
| **Note:** *This dish works wonderfully with fresh Brussels sprouts, but frozen is a good substitute in large 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 |

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

# Roasted Watermelon Rind

Serving Size: ½ cup

One serving provides: Does not credit

| Ingredients | 50 Servings | 10 Servings |
|---|---|---|
| Watermelon rind | 2 gal 3 ¼ qt | 2 quarts 2 cups |
| Oil, canola | 1 ¼ cup | ¼ cup |
| Salt, kosher | 2 ½ tsp. | ½ teaspoon |
| Black pepper, ground | 1 ¼ tsp. | ¼ teaspoon |
| Garlic, granulated | 1 ¼ tsp. | ¼ teaspoon |
| Rosemary, dried | 3 Tbsp. 1 tsp. | 2 teaspoons |
| Thyme, dried | 3 Tbsp. 1 tsp. | 2 teaspoons |
| Parmesan cheese, grated | 1 ¼ cup | ¼ cup |

**Directions**

1. Preheat the oven to 400°F.
2. In a large bowl, toss the watermelon rind with the oil, salt, pepper, granulated garlic, rosemary, and thyme.
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.
4. Place the roasted rind into a steam table pan and stir in the cheese.

**CCP**: Cook until internal temperature reaches 135°F or above.

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

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | | Cholesterol (mg) | | Dietary Fiber (g) | | Vitamin D (mcg) | | Potassium (mg) | |
| Total Fat (g) | | Sodium (mg) | | Added Sugars (g) | | Iron (mg) | | Vitamin A-RAE (mcg) | |
| Saturated Fat (g) | | Total Carbohydrate (g) | | Protein (g) | | Calcium (mg) | | Vitamin C (mg) | |

**Source:** Adapted from the National Watermelon Promotion Board

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

# STEAMED EDAMAME - IN POD

SERVING SIZE: ½ CUP
ONE SERVING PROVIDES: ½ CUP BEANS, PEAS, AND LENTILS

| | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Edamame, frozen in pod | 15 pounds | 3 pounds | 1. STEAMER: Arrange an entire bag of frozen edamame in a half-size hotel pan. Steam for 7 to 8 minutes.<br>2. STEAM JACKETED KETTLE: Bring 5 quarts of water to a 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 | ½ cup 2 tablespoons | 2 tablespoons | 3. Combine oil, salt, pepper and lemon zest. Toss cooked edamame with the seasoning mixture. |
| Salt, kosher | 1 ¼ teaspoons | ¼ teaspoon | |
| Black pepper, ground | 1 ¼ teaspoons | ¼ teaspoon | |
| Lemon zest | ¼ cup 1 tablespoon | 1 tablespoon | |
| Smoked paprika, optional | 2 ½ teaspoons | ½ teaspoon | 4. Garnish with smoked paprika.<br>**CCP**: Cook to internal temperature of 135°F or above.<br>**CCP**: 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 |

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

# QUICK PICKLED CUKES

SERVING SIZE: N/A – USED AS A GARNISH

ONE SERVING PROVIDES: DOES NOT CREDIT

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Cucumbers, thinly sliced | 6 pounds 4 ounces | 1 pound 4 ounces | 1. Place the cucumbers in a bowl or container. |
| Vinegar, cider | 1 quart 1 cup | 1 cup | 2. Combine the vinegar, water, sugar, and salt in a saucepan. Bring to a boil and stir until the sugar is dissolved.<br>3. Pour the hot liquid over the cucumbers.<br>4. Refrigerate for at least 3 hours before serving.<br>**CCP**: Hold and serve at 41°F or lower. |
| Water | 1 quart 1 cup | 1 cup | |
| Sugar, white granulated | ¼ cup 1 tablespoon | 1 tablespoon | |
| Salt, kosher | ¼ cup 1 tablespoon | 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 |

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

# Cooking Vegetables for Greater Appeal
# Team Assignments

| | Vegetable | Recipe 1 (Cold Vegetable Salad) | Recipe 2 (Roast) | Recipe 3 (Steam/Roast) | Quick Pickle |
|---|---|---|---|---|---|
| **Team 1** | **Broccoli** | Broccoli Salad (blanched broccoli) | Ranch-Roasted Broccoli | Lemon Zest Broccoli | Dilly Cukes |
| **Team 2** | **Cauliflower** | Cauliflower Salad | Roasted Cauliflower with Turmeric | Buffalo Cauliflower Bites | Banh Mi Pickled Veggies (see Bahn Mi Vietnamese Sandwich recipe) |
| **Team 3** | **Carrots** | Moroccan Carrot Salad | Roasted Carrot Fries | Honey Carrots Coins | Pickled Spicy Carrots |
| **Team 4** | **Butternut squash** | Butternut Squash Parfait | Roasted Butternut Squash | Mashed Butternut Squash | 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 beans with Bean Salad with Almonds (using blanched green beans) | 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.

# BLANCHED BROCCOLI

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES: ½ CUP DARK GREEN VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS |
|---|---|---|
| Broccoli florets | 7 pounds 8 ounces | 1 pound 8 ounces |
| Water, boiling | | |
| Ice water bath | | |

**DIRECTIONS**

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.
2. Immediately drain all the hot water.
3. To stop cooking, immerse the broccoli in an ice water bath and leave for about 1 minute or until completely cooled.
4. Drain the broccoli well and store it covered in the refrigerator until time to use.

**CCP**: Hold at 41°F or lower until ready to use.

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 |

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

# BROCCOLI SALAD

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES: ⅜ CUP DARK GREEN VEGETABLE AND ⅛ CUP FRUIT

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS |
|---|---|---|
| Broccoli florets, blanched | 7 pounds 8 ounces | 1 pound 8 ounces |
| Onion, red, small diced | 10 ounces | 2 ounces |
| Raisins | 1 pound 9 ounces | 5 ounces |
| Mayonnaise | 3 ¾ cup | ¾ cup |
| Vinegar, cider | ½ cup 2 tablespoons | 2 tablespoons |
| Sugar, white granulated | ¼ cup 1 tablespoon | 1 tablespoon |

**DIRECTIONS**

**CCP**: No bare-hand contact with ready-to-eat food.

1. Combine the broccoli, onions, and raisins in a large bowl.
2. Whisk the mayonnaise, vinegar, and sugar separately, then add to the broccoli mixture. Stir well to combine.

**CCP**: Hold and serve at 41°F or lower.

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 |

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

# Ranch-Roasted Broccoli

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES: ½ CUP DARK GREEN VEGETABLE

| Ingredients | 50 Servings | 10 Servings |
|---|---|---|
| Broccoli florets, fresh | 8 pounds 12 ounces | 1 pound 12 ounces |
| Oil, olive, or canola | 1/3 cup 2 tablespoons | 1 tablespoon 1 ½ teaspoons |
| Salt, kosher | 2 ½ teaspoons | ½ teaspoon |
| Ranch Seasoning | ¼ cup 1 tablespoon | 1 tablespoon |

**Directions**

1. Preheat the oven to 400°F.
2. In batches, toss the ingredients in a large bowl until combined.
3. Spread the broccoli on sheet pans lined with sprayed parchment paper.
4. Roast the broccoli for 15 to 20 minutes or until it is soft and golden brown.

**CCP**: Cook until internal temperature reaches 135°F or above.

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

**NOTE:** This dish works with farm-fresh broccoli, but 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 |

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

# LEMON ZEST BROCCOLI

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES: ½ CUP DARK GREEN VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Broccoli brunches | 10 pounds<br>10 ounces | 2 pounds<br>2 ounces | 1. Remove the broccoli crowns from the stems and chop.<br>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.<br>**CCP**: Cook until internal temperature reaches 135°F or above.<br>3. Drain thoroughly. |
| Lemons, fresh | 2 ½ each | ½ each | 4. Grate the outer yellow lemon skin with a zesting tool or on the small grating side of a cheese grater. |
| Parmesan cheese, grated | 1 cup | 3 tablespoons | 5. Mix the broccoli with the lemon zest, Parmesan cheese, salt, pepper, and olive oil in hotel pans.<br>**CCP**: Hold for hot service at 135°F or higher. |
| Salt, kosher | 2 ½ teaspoons | ½ teaspoon | |
| Black pepper, ground | 1 ¼ teaspoons | ¼ teaspoon | |
| Oil, olive | 1 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 |

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

# DILLY CUKES

SERVING SIZE: N/A
USED AS GARNISH
DOES NOT CREDIT QUANTITIES USED AS GARNISH

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Water | 3 cups 2 tablespoons | ½ cup 2 tablespoons | 1. Bring the water, vinegar, salt, and sugar to a boil in a small pot. |
| Vinegar, apple cider | 3 cups 2 tablespoons | ½ cup 2 tablespoons | |
| Salt, kosher | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Sugar, white | ¼ cup 1 tablespoon | 1 tablespoon | |
| Cucumbers | 2 quarts 2 cups | 2 cups | 2. Place the cucumbers and dill in a large bowl. Pour the pickling liquid over the vegetables. Marinate for 1-2 hours or refrigerate for up to 3 days.<br>**CCP**: Hold and serve at 41°F or lower. |
| Dill, fresh or dried | ¼ cup ½ teaspoon | 2 ½ teaspoons | |

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 10 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 0 | Vitamin D (mcg) | 0 | Potassium (mg) | 30 |
| Total Fat (g) | 0 | Sodium (mg) | 190 | Added Sugars (g) | 1 | Iron (mg) | 0.1 | Vitamin A-RAE (mcg) | 1.27 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 2 | Protein (g) | 0 | Calcium (mg) | 0 | Vitamin C (mg) | 0.62 |

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

# BLANCHED CAULIFLOWER

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES: ½ CUP OTHER VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Cauliflower florets, fresh | 7 pounds 8 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.<br>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.<br>5. Drain the vegetables well and store them covered in the refrigerator until time for use.<br>**CCP**: 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 |

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

# CAULIFLOWER SALAD

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES: ½ CUP OTHER VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Cauliflower florets, fresh blanched | 7 pounds 8 ounces | 1 pound 8 ounces | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Trim cauliflower and cut into bite-sized pieces—blanch cauliflower. |
| Mayonnaise, low fat | 2 ½ cups | ½ cup | 2. Combine mayonnaise, vinegar, mustard, and pepper. |
| Vinegar, apple cider | ¼ cup 1 tablespoon | 1 tablespoon | |
| Mustard, Dijon | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Black pepper, ground | 2 ½ teaspoons | ½ teaspoon | |
| Celery, sliced thinly | 1 quart 1 cup | 1 cup | 3. Gently combine celery, green onions, cauliflower, parsley, and dressing.<br>4. Chill.<br>**CCP**: Hold and serve at 41°F or lower. |
| Onion, green, sliced thinly | 1 ¼ cups | ¼ cup | |
| Parsley, flat leaf, chopped | ½ cup 2 tablespoons | 2 tablespoons | |

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 30 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 2 | Vitamin D (mcg) | 0 | Potassium (mg) | 240 |
| Total Fat (g) | 1 | Sodium (mg) | 150 | Added Sugars (g) | 1 | Iron (mg) | 0.4 | Vitamin A-RAE (mcg) | 6.75 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 5 | Protein (g) | 1 | Calcium (mg) | 20 | Vitamin C (mg) | 34.59 |

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

# Roasted Cauliflower with Turmeric

Serving size: ½ cup
One serving provides: ½ cup other vegetable

| Ingredients | 50 Servings | 10 Servings | Directions |
|---|---|---|---|
| Cauliflower, florets | 11 pounds 14 ounces | 2 pounds 6 ounces | 1. Preheat convection oven to 400°F. Line 3 sheet pans with parchment paper.<br>2. Trim cauliflower and cut or break into 2-inch florets. |
| Oil, olive | ½ cup 2 tablespoons | 2 tablespoons | 3. Whisk olive oil, sesame oil, turmeric, and salt in a large bowl. Add the cauliflower and toss to coat.<br>4. Divide the cauliflower among the prepared sheet pans and spread in a single layer. Roast until golden, 18 to 20 minutes.<br>**CCP**: Cook until internal temperature reaches 135°F or above.<br>**CCP**: Hold for hot service at 135°F or higher. |
| Oil, sesame | ½ cup 2 tablespoons | 2 tablespoons | |
| Turmeric, ground | 3 tablespoons 1 teaspoon | 2 teaspoons | |
| Salt, kosher | 1 tablespoon 2 teaspoons | 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 |

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

# BUFFALO CAULIFLOWER BITES

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES: ½ CUP OTHER VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Cauliflower, fresh<br>(1 medium head is about 6 cups) | 11 pounds 4 ounces | 2 pounds 4 ounces | 1. Preheat the oven to 400°F.<br>2. Prepare the cauliflower into florets. |
| Butter, melted | ½ cup 2 tablespoons | 2 tablespoons | 3. Whisk the butter, hot sauce, and lemon juice.<br>4. Toss the cauliflower in the hot sauce mixture until well coated.<br>5. Spread the cauliflower onto a sheet tray and roast until beginning to brown and tender, about 20 minutes.<br>**CCP**: Cook until internal temperature reaches 135°F or above.<br>**CCP**: Hold for hot service at 135°F or higher. |
| Hot sauce (such as Frank's) | 2 ½ cups | ½ cup | |
| Lemon juice | ¼ cup 1 tablespoon | 1 tablespoon | |

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 45 | Cholesterol (mg) | 5 | Dietary Fiber (g) | 2 | Vitamin D (mcg) | 0 | Potassium (mg) | 280 |
| Total Fat (g) | 2.5 | Sodium (mg) | 510 | Added Sugars (g) | 0 | Iron (mg) | 0.4 | Vitamin A-RAE (mcg) | 43.43 |
| Saturated Fat (g) | 1.5 | Total Carbohydrate (g) | 5 | Protein (g) | 2 | Calcium (mg) | 20 | Vitamin C (mg) | 62.44 |

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

# BLANCHED CARROTS

ONE SERVING: ½ CUP

ONE SERVING PROVIDES: ½ CUP RED/ORANGE VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Carrots, fresh, peeled and cut | 8 pounds 2 ounces | 1 pound 10 ounces | 1. Prepare the washed, cut carrots. |
| Water, boiling | | | 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.<br>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.<br>5. Drain the vegetables well and store them covered in the refrigerator until time for use.<br>**CCP**: 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) | -- | Potassium (mg) | -- |
| 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 |

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

# Moroccan Carrot Salad

Serving size: ⅝ cup
One serving provides: ½ cup Red/ Orange Vegetable and ¼ cup Fruit

| Ingredients | 50 Servings | 10 Servings |
|---|---|---|
| Carrots, matchsticks | 6 pounds 4 ounces | 1 pound 4 ounces |
| Raisins or dried cherries | 1 pound ½ ounces | 3 ½ ounces |
| **Dressing** | | |
| Orange juice, fresh | ¾ cup 1 tablespoon | 2 tablespoons 1 ½ teaspoons |
| Lemon juice, fresh | ⅓ cup 1 tablespoon | 1 tablespoon 1 ½ teaspoons |
| Orange zest | 2 tablespoons ½ teaspoon | 1 ½ teaspoons |
| Sugar, brown, packed | ¼ cup 1 tablespoon | 1 tablespoon |
| Salt, kosher | 1 ¼ teaspoons | ¼ teaspoon |
| Cinnamon, ground | 2 ½ teaspoons | ½ teaspoon |
| Oil, olive | 1 cup | 3 tablespoons |

**Directions**

**CCP**: No bare-hand contact with ready-to-eat food.

1. Combine matchstick carrots, dried raisins or cherries in large bowl and set aside.
2. Combine orange and lemon juice, orange zest, brown sugar, salt, and cinnamon in bowl of mixer. Mix on medium speed, using a wire whip until well blended. OR: Whisk by hand in a mixing bowl.
3. Slowly add the olive oil while mixing; whisk until well combined.
4. Pour the citrus cinnamon dressing over the carrot mixture and mix until carrots are well coated with dressing.

**CCP**: Hold and serve at 41°F or lower.

**Nutrients Per Serving**

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 90 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 3 | Vitamin D (mcg) | 0 | Potassium (mg) | 220 |
| Total Fat (g) | 4 | Sodium (mg) | 90 | Added Sugars (g) | 1 | Iron (mg) | 0.8 | Vitamin A-RAE (mcg) | 0.41 |
| Saturated Fat (g) | 0.5 | Total Carbohydrate (g) | 17 | Protein (g) | 1 | Calcium (mg) | 30 | Vitamin C (mg) | 2.24 |

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

# ROASTED CARROT FRIES

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES: ½ CUP RED/ORANGE VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS |
|---|---|---|
| Carrots, fresh, peeled, and cut into small sticks (battonet) | 10 pounds | 2 pounds |
| Oil, canola | ¼ cup ½ teaspoon | 2 ½ teaspoons |
| Garlic, granulated | 2 tablespoons ½ teaspoon | 1 ½ teaspoons |
| Salt, kosher | 2 ½ teaspoons | ½ teaspoon |

**DIRECTIONS**

1. Purchase fresh carrot sticks for this recipe or cut whole carrots into sticks.
2. Toss carrot sticks with the canola oil and seasonings until the carrots are lightly coated.
3. Spread the carrots in a single layer on sheet pans.
4. Roast in a preheated 375° F oven for approximately 30 minutes or until the carrots are softened and caramelized.

**CCP**: Cook until internal temperature reaches 135°F or above.

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

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) | 125 | Added Sugars (g) | 0 | Iron (mg) | 0 | Vitamin A-RAE (mcg) | 785.06 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 10 | Protein (g) | 1 | Calcium (mg) | 20 | Vitamin C (mg) | 7.04 |

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

# HONEY CARROT COINS

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES: ½ CUP RED/ORANGE VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS |
|---|---|---|
| Carrots, peeled and sliced | 12 pounds 8 ounces | 2 pounds 8 ounces |
| Honey | 1 cup ¼ cup | ¼ cup |
| Butter | 5 ounces | 1 ounce |
| Lemon juice, fresh | ⅓ cup 2 tablespoons | 1 tablespoon 1 ½ teaspoons |
| Salt, kosher | 1 tablespoon 2 teaspoons | 1 teaspoon |
| Black pepper, ground | ½ teaspoon 1/8 teaspoon | ⅛ teaspoon |

**DIRECTIONS**

1. Steam carrots until tender but still slightly firm, checking for doneness, if necessary, 5 to 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.

**CCP**: Cook until internal temperature reaches 135°F or above.

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

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 |

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

# PICKLED SPICY CARROTS

SERVING SIZE: N/A
USED AS GARNISH
DOES NOT CREDIT QUANTITIES USED AS GARNISH

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS |
|---|---|---|
| Water | 3 cups 2 tablespoons | ½ cup 2 tablespoons |
| Vinegar, apple cider | 3 cups 2 tablespoons | ½ cup 2 tablespoons |
| Salt, kosher | 2 tablespoons ½ teaspoon | 1 ½ teaspoons |
| Sugar, white granulated | ¼ cup 1 tablespoon | 1 tablespoon |
| Carrots | 2 quarts 2 cups | 2 cups |
| Jalapenos | 1 ¼ cups | ¼ cup |

**DIRECTIONS**

1. Bring water, vinegar, salt, and sugar to a boil in a small pot.
2. Place carrots and jalapenos in a large bowl. Pour pickling liquid over the vegetables. Marinate for 1-2 hours or refrigerate for up to 3 days.

**CCP**: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 15 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 1 | Vitamin D (mcg) | 0 | Potassium (mg) | 90 |
| Total Fat (g) | 0 | Sodium (mg) | 310 | Added Sugars (g) | 1 | Iron (mg) | 0.1 | Vitamin A-RAE (mcg) | 215.05 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 4 | Protein (g) | 0 | Calcium (mg) | 10 | Vitamin C (mg) | 4.18 |

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

# Butternut Squash Parfait

Serving size: 1 parfait
One serving provides: 1 oz. m/ma, ¼ cup red/ orange vegetable, ¼ cup fruit, 1 oz. grain equivalent

| Ingredients | 50 servings | 10 Servings | Directions |
|---|---|---|---|
| Butternut squash, frozen | 16 pounds 14 ounces | 3 pounds 6 ounces | 1. Preheat oven to 425° F.<br>2. Distribute squash evenly onto three baking sheets. Toss each sheet with two tablespoons olive oil and two tablespoons maple syrup. |
| Olive oil | ¼ cup 1 tablespoons | 1 tablespoon | |
| Maple syrup | ¼ cup 1 tablespoons | 1 tablespoon | |
| Salt, kosher | 2 ½ teaspoons | ½ teaspoon | 3. Sprinkle each sheet with salt and cinnamon. Toss to evenly coat the squash. Bake for 30 minutes. Set aside. |
| Cinnamon, ground | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Cranberries, dried | 1 quart 2 cups | 1 ¼ cup | **CCP**: No bare-hand contact with ready-to-eat food.<br>4. In a 8-fluid ounce cup, add 4 ounces (½ cup) yogurt.<br>5. Add 1 ounce of granola on top of yogurt.<br>6. Top with ½ cup squash and ⅛ cup dried cranberries.<br>**CCP**: Hold and serve at 41°F or lower. |
| Yogurt, vanilla, non-fat (Can be substituted with honey vanilla yogurt) | 12 pounds 8 ounces | 2 pounds 8 ounces | |
| Granola, whole-grain-rich | 3 pounds 7 ounces | 11 ounces | |

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 350 | Cholesterol (mg) | 5 | Dietary Fiber (g) | 4 | Vitamin D (mcg) | 1 | Potassium (mg) | 790 |
| Total Fat (g) | 4 | Sodium (mg) | 200 | Added Sugars (g) | 1 | Iron (mg) | 3.8 | Vitamin A-RAE (mcg) | 1105.22 |
| Saturated Fat (g) | 0.5 | Total Carbohydrate (g) | 76 | Protein (g) | 7 | Calcium (mg) | 220 | Vitamin C (mg) | 32.16 |

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

# Roasted Butternut Squash

Serving Size: ½ cup
One serving provides: ½ cup
Red/Orange Vegetable

| Ingredients | 50 Servings | 10 Servings | Directions |
|---|---|---|---|
| Butternut squash, peeled, seeded, cut into ½-inch cubes<br>Steam for 3 minutes for easier peeling | 13 pounds 8 ounces | 2 pounds 12 ounces | 1. Spray four full sheets lightly with food release. Distribute the squash evenly among pans in a single layer, carefully not to overcrowd the pans. |
| Butter, unsalted | 4 ounces | 2 tablespoons | 2. Mix the butter with olive oil, brown sugar, salt, cinnamon, and pepper. Mix thoroughly.<br>3. Divide the butter mixture equally among pans. Stir until the squash is well coated.<br>4. Roast, uncovered, until cooked through and lightly browned.<br>• Convection Oven: Bake at 350°F; 20-30 minutes.<br>• Conventional Oven: Bake at 375°F; 30-35 minutes.<br>**CCP**: Cook to internal temperature of 135°F or above.<br>**CCP**: Hold for hot service at 135°F or higher. |
| Oil, olive | ¾ cup | 1 tablespoon 1 ½ teaspoons | |
| Sugar, brown, packed | 2 ¼ cups | ½ cup | |
| Salt, kosher | 1 tablespoon 1 teaspoon | ¾ teaspoon | |
| Cinnamon, ground (Optional) | 1 tablespoon 1 ½ teaspoons | 1 teaspoon | |
| Black pepper, ground | 1 teaspoon | ¼ teaspoon | |

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 130 | Cholesterol (mg) | 5 | Dietary Fiber (g) | 2 | Vitamin D (mcg) | 0 | Potassium (mg) | 390 |
| Total Fat (g) | 4.5 | Sodium (mg) | 150 | Added Sugars (g) | 11 | Iron (mg) | 0.8 | Vitamin A-RAE (mcg) | 576.38 |
| Saturated Fat (g) | 2 | Total Carbohydrate (g) | 23 | Protein (g) | 1 | Calcium (mg) | 60 | Vitamin C (mg) | 22.01 |

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

# Mashed Butternut Squash

Serving Size: ½ cup

One serving provides: ½ cup red/orange vegetable

| Ingredients | 50 Servings | 10 Servings | Directions |
|---|---|---|---|
| Butternut squash | 16 pounds 4 ounces | 3 pounds 4 ounces | 1. Steam squash until soft. Time will depend on how small the pieces are and the type of steamer used, 10-30 minutes (check after 10 minutes). CCP: Heat to 135°F or higher.<br>2. Mash butternut in a food processor until smooth. |
| Butter | ½ cup 2 tablespoons | 2 tablespoons | 3. While the squash is hot, mix in butter, brown sugar, salt, cinnamon, and pepper.<br>**CCP**: Cook until internal temperature reaches 135°F or above.<br>**CCP**: Hold for hot service at 135°F or higher. |
| Salt, kosher | 2 ½ teaspoons | ½ teaspoon | |
| Sugar, brown, packed | ¼ cup 1 tablespoon | 1 tablespoon | |
| Cinnamon, ground | 2 ½ teaspoons | ½ teaspoon | |
| Black pepper, ground | ½ teaspoon ⅛ teaspoon | ⅛ teaspoon | |

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 80 | Cholesterol (mg) | 5 | Dietary Fiber (g) | 3 | Vitamin D (mcg) | 0 | Potassium (mg) | 440 |
| Total Fat (g) | 2.5 | Sodium (mg) | 120 | Added Sugars (g) | 1 | Iron (mg) | 0.9 | Vitamin A-RAE (mcg) | 677.61 |
| Saturated Fat (g) | 1.5 | Total Carbohydrate (g) | 160 | Protein (g) | 1 | Calcium (mg) | 60 | Vitamin C (mg) | 26.01 |

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

# GIARDINIERA

SERVING SIZE: N/A
USED AS GARNISH
DOES NOT CREDIT QUANTITIES USED AS GARNISH

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Vinegar, apple cider | 2 ½ cups | ½ cup | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Bring vinegar, water, salt, and sugar to a boil in a small pot. |
| Water | 2 ½ cups | ½ cup | |
| Salt, kosher | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Sugar, white, granulated | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Carrots, sliced | 2 ½ cups | ½ cup | 2. Place vegetables in a large bowl.<br>3. Pour pickling liquid over vegetables.<br>4. Marinate for 1 to 2 hours or refrigerate for up to 3 days.<br>**CCP**: Hold and serve at 41°F or lower. |
| Cauliflower, florets | 2 ½ cups | ½ cup | |
| Peppers, bell, red, batonnet | 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 |

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

# ZUCCHINI FRIES

SERVING SIZE: ½ CUP
ONE SERVING PROVIDES: ½ CUP OTHER VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Squash, summer, fresh | 10 pounds | 2 pounds | 1. Preheat oven to 400°F.<br>2. Wash and cut zucchini into 3 inches by 1-inch sticks. |
| Flour, all-purpose, enriched | 2 ½ cups | ½ cup | 3. Combine flour, salt, and pepper in the first bowl. |
| Salt, kosher | ½ teaspoon ⅛ teaspoon | ⅛ teaspoon | |
| Black pepper, ground | ½ teaspoon ⅛ teaspoon | ⅛ teaspoon | |
| Eggs, large | 10 large | 2 large | 4. Whisk eggs with 3 tablespoons water in second bowl. |
| Water | 1 cup | 3 tablespoons | |
| Breadcrumbs, panko | 1 quart 1 cup | 1 cup | 5. Combine breadcrumbs, cheese, and Italian seasoning in a third bowl. Mix well.<br>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.<br>7. Bake zucchini sticks for 15-20 minutes (rotating halfway through) until crispy and cooked through.<br>**CCP**: Cook to internal temperature of 135°F or above.<br>**CCP**: Hold for hot service at 135°F or higher. |
| Parmesan, cheese, grated | 2 ½ cups | ½ cup | |
| Italian seasoning | ¼ cup 1 tablespoon | 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 |

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

# ROASTED RATATOUILLE

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES: ½ CUP OTHER VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Squash, summer (zucchini) fresh, sliced into ¼ inch thick half-moons | 3 pounds 12 ounces | 12 ounces | 1. Pre-heat convection oven to 375°F (400°F for conventional oven).<br>2. Prepare vegetables. Place the vegetables on parchment-paper-lined sheet trays in a single layer. Do not overcrowd the sheet pans. |
| Squash, summer, (yellow) fresh, sliced into ¼-inch thick half-moons | 3 pounds 12 ounces | 12 ounces | |
| Onion, red, fresh, thinly sliced | 10 ounces | 2 ounces | |
| Peppers, sweet, green, fresh, thinly sliced | 10 ounces | 2 ounces | |
| Peppers, sweet, red, fresh, thinly sliced | 10 ounces | 2 ounces | |
| Tomatoes, cherry | 12 ½ ounces | 2 ½ ounces | |
| Oil, canola | ½ cup 2 tablespoons | 2 tablespoons | 3. Mix oil, salt, pepper, garlic, Italian seasoning, and red pepper flakes.<br>4. Pour the oil mixture over the vegetables and toss until evenly coated.<br>5. Roast until tomatoes pop and other vegetables caramelize, about 15 minutes. If necessary, continue roasting for 5-10 minutes until vegetables are tender.<br>**CCP**: Cook until internal temperature reaches 135°F or above.<br>**CCP**: Hold for hot service at 135°F or higher. |
| Salt, kosher | 2 ½ teaspoon | ½ teaspoon | |
| Black pepper, ground | 1 ¼ teaspoon | ¼ teaspoon | |
| Garlic, granulated | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Italian seasoning blend | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Red pepper flakes, optional | ½ teaspoon ⅛ 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 |

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

# ZUCCHINI PARMESAN

SERVING SIZE: ¾ CUP
ONE SERVING PROVIDES: ½ CUP OTHER VEGETABLE AND 0.25 OZ M/MA

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS |
|---|---|---|
| Squash, summer, fresh, sliced | 13 pounds 12 ounces | 2 pounds 12 ounces |
| Onions, peeled, sliced | 1 pound 14 ounces | 6 ounces |
| Garlic, peeled, sliced thin | 10 cloves | 2 cloves |
| Tomato sauce or marinara | 1 gallon 1 cup | 3 cups |
| Mozzarella, part-skim, shredded | 15 ounces | 3 ounces |
| Parmesan cheese, grated | 3 ¾ cup | ¾ cup |

**DIRECTIONS**

1. Preheat convection oven to 350°F.
   For 10 servings: Coat one 2-inch, half-hotel pan with cooking spray.
   For 50 servings: Coat two 2-inch hotel pans with cooking spray.
2. Prepare vegetables.
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.
4. Uncover and sprinkle with mozzarella and Parmesan cheeses. Bake, uncovered, until the cheese is melted and bubbly, 5 to 10 minutes.

**CCP**: Cook to internal temperature of 135°F or above.
**CCP**: Hold for hot service at 135°F or higher.

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 |

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

# TURMERIC ZUCCHINI

SERVING SIZE: N/A
USED AS GARNISH
DOES NOT CREDIT QUANTITIES USED AS GARNISH

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS |
|---|---|---|
| Water | 3 cups 2 tablespoons | ½ cup 2 tablespoons |
| Vinegar, apple cider | 3 cups 2 tablespoons | ½ cup 2 tablespoons |
| Salt, kosher | 1 tablespoon 2 teaspoons | 1 teaspoon |
| Sugar, white, granulated | ¼ cup 1 tablespoon | 1 tablespoon |
| Zucchini, sliced | 2 quarts 2 cups | 2 cups |
| Turmeric | 3 tablespoons 1 teaspoon | 2 teaspoons |

**DIRECTIONS**

1. Bring water, vinegar, salt, and sugar to a boil in a small pot.
2. Place turmeric and zucchini in a large bowl. Pour the pickling liquid over the vegetables. Marinate for 1-2 hours or refrigerate for up to 3 days.

**CCP**: 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) | 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 |

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

# Edamame and Corn Salad

Serving Size: ½ cup
One serving provides: ¼ cup starchy vegetable and ⅛ cup Beans, Peas, and Lentils

| Ingredients | 50 Servings | 10 Servings | Directions |
|---|---|---|---|
| *Dressing* | | | |
| Mayonnaise, low-fat | 10 ounces | 2 ounces | 1. Whisk together mayonnaise and lemon juice. |
| Lemon Juice, fresh | 7 ½ ounces | 1 ½ ounces | |
| Black pepper, ground | 1 ¼ teaspoons | ¼ teaspoon | 2. Add seasonings and stir until well combined. Let it stand in refrigerator overnight. |
| Ginger root, raw, grated | 2 ½ teaspoons | ½ teaspoon | |
| *Salad* | | | |
| Whole Kernel Sweet Corn | 3 quarts 1 ¾ cup | 2 ¾ cups | 3. Drain corn (thawed frozen corn may be substituted). |
| Edamame, blanched | 1 quart 2 ⅔ cups | 1 ⅓ cups | 4. Combine corn, edamame, onion, red pepper, and cilantro. Mix well. |
| Onions, chopped, raw | 1 ⅔ cups | ⅓ cups | |
| Peppers, bell, red, diced | 1 ⅔ cups | ⅓ cups | 5. Add dressing and mix until ingredients are well coated with dressing. |
| Cilantro leaves, raw, chopped | ½ cup 2 tablespoons | 2 tablespoons | **CCP**: Hold and serve at 41°F or lower. |

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 |

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

# ESQUITES

SERVING SIZE: ½ CUP
ONE SERVING PROVIDES: ½ CUP STARCHY VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Corn, yellow, whole kernel, frozen | 1 gallon 1 quart 3 ½ cups | 1 quart 2 cups | 1. Steam corn for 4 minutes or until at 135° F. |
| Yogurt, Greek, plain, whole milk | 1 pound 4 ounces | 4 ounces | 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).<br>3. Add the cooked corn and toss to coat well. |
| Mayonnaise, low-fat | 1 pound 4 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 | 4. Garnish with paprika, remaining Parmesan, and chopped cilantro.<br>**CCP**: Cook until internal temperature reaches 135°F or above.<br>**CCP**: Hold for hot service at 135°F or higher. |

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 |

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

# CORN PUDDING

SERVING SIZE: ½ CUP
ONE SERVING PROVIDES: ⅓ CUP STARCHY VEGETABLE

| INGREDIENTS | 48 SERVINGS | 24 SERVINGS |
|---|---|---|
| Milk, nonfat | 2 cups | 1 cup |
| 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 |
| Corn, cream style corn | 2 quarts | 1 quart |

**DIRECTIONS**

1. Combine milk, flour, eggs, oil, sugar, pepper, and nutmeg in the mixer bowl. Mix with a whisk on low speed for 2 minutes, then at medium speed for 1 minute, and at high speed for 1 minute. It may be mixed by hand.
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.
   48 Servings: 12″ x 20″ x 2″ steam table pan.
   24 servings: ½ - 2-inch steam table pan.
4. Bake until golden brown.
   Conventional oven at 375°F for 50-60 minutes.
   Convection oven at 325°F for 30-40 minutes.

**CCP**: Cook until internal temp. reaches 135°F or above.
**CCP**: Hold for hot service at 135°F or higher.

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 110 | Cholesterol (mg) | 10 | Dietary Fiber (g) | 1 | Vitamin D (mcg) | 0.2 | Potassium (mg) | 130 |
| Total Fat (g) | 3 | Sodium (mg) | 120 | Added Sugars (g) | 1 | Iron (mg) | 0.6 | Vitamin A-RAE (mcg) | 13.36 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 19 | Protein (g) | 3 | Calcium (mg) | 20 | Vitamin C (mg) | 343 |

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

# PICKLED JALAPENOS

SERVING SIZE: N/A
USED AS GARNISH
DOES NOT CREDIT IN QUANTITIES USED AS GARNISH

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Water | 3 cups 2 tablespoons | ½ cup 2 tablespoons | 1. Bring water, vinegar, salt, and sugar to a boil in a small pot. |
| Vinegar, apple cider | 3 cups 2 tablespoons | ½ cup 2 tablespoons | |
| Salt, kosher | 2 tablespoons ½ teaspoon | 1 ½ teaspoons | |
| Sugar, white, granulated | ¼ cup 1 tablespoon | 1 tablespoon | |
| Jalapenos, fresh, sliced | 2 quarts 2 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.<br>**CCP**: 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 |

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

# BLANCHED GREEN BEANS

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES: ½ CUP OTHER VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Green beans, fresh, trimmed, whole | 6 pounds 4 ounces | 1 pound 4 ounces | 1. Prepare the washed, cut green beans. |
| Water, boiling | | | 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.<br>3. Immediately drain all hot water. |
| Ice | | | 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.<br>**CCP**: 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 |

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

# Green Bean Salad with Almonds

Serving Size: ½ cup

One serving provides: ½ cup other vegetable

| Ingredients | 50 Servings | 10 Servings |
|---|---|---|
| Almonds, whole, roasted | 2 ½ cups | ½ cup |
| Tamari | ½ cup 2 tablespoons | 2 tablespoons |
| Green beans, trimmed | 6 pounds 4 ounces | 1 pound 4 ounces |
| Oil, sesame | ½ cup 2 tablespoons | 2 tablespoons |
| Vinegar, rice wine | 1 cup | 3 tablespoons |
| Garlic, minced | 3 tablespoons 1 teaspoon | 2 teaspoons |
| Ginger, fresh, peeled, grated | 3 tablespoons 1 teaspoon | 2 teaspoons |

**Directions**

**CCP**: No bare-hand contact with ready-to-eat food.

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.
2. Blanch the green beans.
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.

**CCP**: Hold and serve at 41°F or lower.

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 |

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

# Sesame-Roasted Green Beans

Serving Size: ½ cup

One serving provides: ½ cup other vegetable

| Ingredients | 50 Servings | 10 Servings | Directions |
|---|---|---|---|
| Green Beans, trimmed | 11 pounds 14 ounces | 2 pounds 6 ounces | 1. Preheat convection oven to 300°F or conventional oven to 325°F. |
| Oil, canola | ¼ cup 1 tablespoon | 1 tablespoon | 2. Drizzle the green beans with the oil and sprinkle with salt and pepper. Divide green beans among four full sheet pans (for 50 servings) and spread in a single layer. Bake for 15 minutes. |
| Oil, sesame | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Salt, kosher | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Black pepper, ground | 2 ½ teaspoons | ½ teaspoon | |
| Sesame Seeds | ½ cup 2 tablespoons | 2 tablespoons | 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.<br>**CCP**: Cook until internal temperature reaches 135°F or above.<br>**CCP**: Hold for hot service at 135°F or higher. |

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 |

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

# PIZZA GREEN BEANS

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES: ½ CUP OTHER VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Green beans, ends snipped | 7 pounds 8 ounces | 1 pound 8 ounces | 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. |
| Oil, olive | ¼ cup 1 tablespoon | 1 tablespoon | 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). |
| Garlic, minced | ¼ cup 1 tablespoon | 1 tablespoon | |
| Tomatoes, canned, diced, drained | 2 ½ cups | ½ cup | 3. Add tomatoes, oregano, salt, and pepper. Heat.<br>4. Toss the green beans with the tomato mixture in a steam table pan and serve.<br>**CCP**: Cook until internal temperature reaches 135°F or above.<br>**CCP**: Hold for hot service at 135°F or higher. |
| Oregano, dried | ½ cup 2 tablespoons | 2 tablespoons | |
| Salt, kosher | 2 ½ teaspoons | ½ teaspoon | |
| Black pepper, ground | 1 ¼ teaspoons | 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 |

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

# DILLY GREEN BEANS

SERVING SIZE: N/A
USED AS GARNISH

DOES NOT CREDIT IN QUANTITIES USED AS GARNISH

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Water | 3 cups 2 tablespoons | ½ cup 2 tablespoons | 1. Bring water, vinegar, salt, and sugar to a boil in a small pot. |
| Vinegar, apple cider | 3 cups 2 tablespoons | ½ cup 2 tablespoons | |
| Salt, kosher | 2 tablespoons ½ teaspoon | 1 ½ teaspoons | |
| Sugar, white, granulated | ¼ cup 1 tablespoon | 1 tablespoon | |
| Green beans, trimmed | 2 quarts 2 cups | 2 cups | 2. Place green beans and dill in a large bowl. Pour pickling liquid over vegetables. |
| Dill, fresh | ¼ cup 1 tablespoon | 1 tablespoon | 3. Marinate for 1-2 hours or refrigerate for up to 3 days.<br>**CCP**: Hold and serve at 41°F or lower. |

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 |

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

# BBQ Three Bean Salad

Serving Size: ½ cup
One serving provides: 2 oz. M/MA Eq. or ½ cup Beans/Peas/Lentils

| Ingredients | 50 Servings | 10 Servings | Directions |
|---|---|---|---|
| Beans, black, low sodium, canned, drained | 7 pounds 8 ounces | 1 pound 8 ounces | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Rinse all beans in cold water and drain well.<br>2. Combine all beans in a large bowl. |
| Beans, pinto, low sodium, canned, drained | 7 pounds 8 ounces | 1 pound 8 ounces | |
| Beans, garbanzo, low sodium, canned, drained | 7 pounds 8 ounces | 1 pound 8 ounces | |
| Yogurt, Greek, plain, nonfat | 1 pound 14 ounces | 6 ounces | 3. Combine yogurt, BBQ sauce, and lime juice in a bowl. Mix well. |
| Barbecue sauce | 10 ounces | 2 ounces | |
| Juice, lime, fresh | 5 ounces | 1 ounce | |
| Black pepper, ground | 2 ½ teaspoons | ½ teaspoon | 4. In a small bowl, add onion, garlic, dill, chili powder, and cilantro and mix well to combine spices. Add to BBQ yogurt mixture. Stir well.<br>5. Pour yogurt mixture over beans and lightly toss to combine.<br>**CCP**: Hold and serve at 41°F or lower. |
| Onion, granulated | 2 ½ teaspoons | ½ teaspoon | |
| Garlic, granulated | 2 ½ teaspoons | ½ teaspoon | |
| Dill, dried | 2 ½ teaspoons | ½ teaspoon | |
| Chili powder | 2 ½ teaspoons | ½ teaspoon | |
| Cilantro, dried | 2 ½ teaspoons | ½ 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 |

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

# ROASTED CHICKPEAS

SERVING SIZE: ¼ CUP

ONE SERVING PROVIDES: ¼ CUP BEANS, PEAS, AND LENTILS

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS |
|---|---|---|
| Chickpeas, canned, drained, rinsed, dried well | 3 quarts 1 cup | 2 ½ cups |
| Oil, canola | ⅔ cup 1 tablespoon | 2 tablespoons 1 ½ teaspoons |
| Paprika | 1 tablespoon ¾ teaspoon | ¾ teaspoon |
| Garlic, granulated | 1 tablespoon ¾ teaspoon | ¾ teaspoon |
| Onion powder | 1 tablespoon 2 teaspoons | 1 teaspoon |
| Black pepper, ground | 2 ½ teaspoons | ½ teaspoon |
| Salt, kosher | 1 ¼ teaspoons | ¼ teaspoon |

**DIRECTIONS**

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.

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 |

Yield: about 25 cups

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

**RECIPE NOTES:**

- 1 #10 can fit perfectly on a sheet pan.
- Store at room temperature in an airtight container.
- Serve in soufflé cup, or use to top a salad, or serve as a healthy snack.

- If you bake ahead and they are not crisp at time of service, return them to the oven at 400° for 5 minutes to re-crisp.
- Can add cayenne pepper to make them spicy.
- Nutrients vary depending on the ingredients used.
- The outcome, allergen information, and nutrient data may vary depending on your location's specific ingredients and equipment.

# Maple Sriracha Baked Beans

Serving Size: ⅔ cup (#6 scoop)

One serving provides: ½ cup vegetable

| Ingredients | 50 Servings | 10 Servings |
|---|---|---|
| Chickpeas, canned, drained, and rinsed (10 pounds drained) | 10 pounds | 2 pounds |
| Onion, small diced | 1 pound 4 ounces | 4 ounces |
| Tomatoes, canned, crushed, no-added salt | 1 pound 9 ounces | 5 ounces |
| Maple syrup | 15 ounces | 3 ounces |
| Sugar, brown, packed | 10 ounces | 2 ounces |
| Sriracha sauce | ¼ cup 1 tablespoon | 1 tablespoon |
| Worcestershire sauce | ¼ cup 1 tablespoon | 1 tablespoon |
| Ginger, fresh | ¼ cup 1 tablespoon | 1 tablespoon |
| Stock, vegetable, low sodium | 1 quart 1 cup | 1 cup |

**Directions**

1. Preheat oven to 375°F.
2. Add chickpeas and onions to a 2-inch full-sized steam table pan.
3. In a separate bowl, whisk together the remaining ingredients. Pour over beans and onions and toss to coat.
4. Cover and place in the oven for 1 ½ to 2 hours. The liquid should be thickened around the beans. Add more water if needed.

**CCP**: Cook until internal temperature reaches 135°F or above.

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

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 |

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

# Pickled Watermelon Rind

Serving Size: N/A
USED AS GARNISH
DOES NOT CREDIT IN QUANTITIES USED AS GARNISH

| Ingredients | 50 Servings | 10 Servings | Directions |
|---|---|---|---|
| Water | 5 quarts | 1 quart | 1. Bring water and salt to boil over medium-high heat in a large pot. |
| Salt, kosher | ¼ cup 1 tablespoon | 1 tablespoon | |
| Peeled watermelon rind, cut into 1 x 1/2 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 cup | ¾ cup | 3. Combine the reserved liquid with the remaining ingredients in a saucepan. Bring to a boil over medium-high heat, stirring until sugar dissolves. Simmer for 15 minutes until slightly reduced. Pour over watermelon rinds in bowl. Place a plate over the top to keep the rinds submerged in liquid. Cover and refrigerate for one day. Transfer to a glass jar and keep sealed in the refrigerator for up to 1 week. **CCP**: Hold and serve at 41°F or lower. |
| Vinegar, apple cider | 2 ½ cups | ½ cup | |
| Peppercorns | 20 each | 4 each | |
| Fresh ginger root, long slice | 5 each | 1 each | |

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | * | Cholesterol (mg) | * | Dietary Fiber (g) | * | Vitamin D (mcg) | * | Potassium (mg) | * |
| Total Fat (g) | * | Sodium (mg) | * | Added Sugars (g) | * | Iron (mg) | * | Vitamin A-RAE (mcg) | * |
| Saturated Fat (g) | * | Total Carbohydrate (g) | * | Protein (g) | * | Calcium (mg) | * | Vitamin C (mg) | * |

*Specific USDA nutrition information on rind alone is not available.

# PRODUCT EVALUATION FOR COOKING VEGETABLES FOR GREATER APPEAL

Evaluate each product as part of the tasting. For each product, 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 | |
| Dilly Cukes* | A *or* NA | A *or* NA | A *or* NA | A *or* NA | |
| Cauliflower 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 | |
| Steamed Cauliflower/Buffalo Sauce | 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 | |
| Moroccan 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 | |
| Butternut Squash Parfait* | A *or* NA | A *or* NA | A *or* NA | A *or* NA | |
| Roasted Butternut Squash | A *or* NA | A *or* NA | A *or* NA | A *or* NA | |
| Mashed Butternut Squash | 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 Beans 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 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 | |

*Evaluated on Day Three **Evaluated on Day Four

# DAY THREE: SALADS AND SALAD BARS

## LESSON OVERVIEW

| | | |
|---|---|---|
| Culinary Demonstration | **Salads**<br>**Parts of a salad**<br>• Base<br>• Body<br>• Dressing<br>• Garnish<br>**Lettuces**<br>**Care of salad greens**<br>**Composed salads**<br>**Types of salad dressings**<br>**Themed salad bars**<br>**Kitchen Demonstration:**<br>• Ranch Dip<br>• French Dressing<br>• Croutons<br>• Composed Salad<br>• Veggie Cruncher Cup<br>• Hoosier Salad<br>• Blueberry Dip | 60 minutes |
| Hands on Practice | **Salad dressing**<br>**Composed salad**<br>**Side salad or salad bar component** | 90 minutes |
| Evaluation/ Discussion | | 15 minutes |
| Clean-up | | 15 minutes |

# SALADS

Salads are a refreshing component to a meal or may be served as a main course. The word "salad" comes from the Latin "sal," or "salt," because lettuce leaves were originally preserved in brine, then in salt and vinegar.

## BASIC PARTS OF A SALAD

- **Base:** Gives the definition to the salad's placement on the plate or platter. It can be whole leaves or shredded. Example: 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. Example: a piece of grilled tuna.
- **Dressing:** Used to enhance the flavor, tossed with the body of the salad, or served on the side. Example: 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 rather than 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.

## LETTUCE AND GREENS

| Lettuce or Green | Shape | Color | Texture | Flavor |
|---|---|---|---|---|
| Romaine | Oblong | Dark Green | Firm | Mild |
| Iceberg | Round | Pale green | Crisp | Bland, watery |
| Spinach | Arrow shaped leaf | Dark green | Firm | Mild |
| Bibb | Round | Medium green | Soft | Mild |
| Boston Lettuce | Round | Pale green | Soft | Mild |
| Belgian Endive | Spear shaped | White, pale green | Medium firm | Bitter |
| Parsley | Curly or flat leaf | Dark green | Tough leaf | Strong |
| Watercress | Round leaf | Bright green | Medium soft | Peppery |
| Scallion | Long stalk | Green leaf, white base | Tender leaf | Oniony |
| Chives | Thin stalks | Green | | Mild onion |
| Escarole | Loose leafed round head | Green leaf, white stem | Tough leaf | Strong |
| Napa Cabbage | Cylinder like | Pale green | Medium firm | Mild |
| Green Leaf | Loose leafed head | Green | Tender leaf | Mild |
| Red Leaf | Loose leafed head | Green with red leaf tips | Tender leaf | Mild |
| Chicory | Loose curly leaf | Dark green | Tough | Bitter |
| Oak Leaf | Oak shaped leaf | Green to bronze | Tender | Mild |
| Frisse | Loose curly leaf | Pale green | Crisp | Slightly bitter |
| Radicchio | Round head | Red leaf white veins | Firm | Bitter |
| Mache | Small leaves | Green | Tender | Mild |

## CARE OF 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

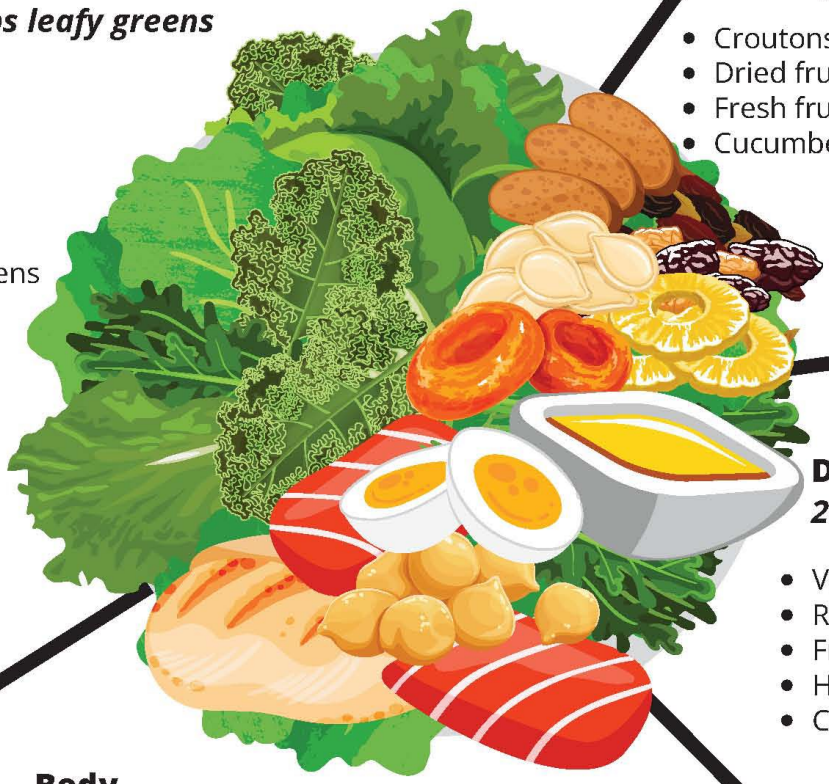
20 gallons
About $3000

# 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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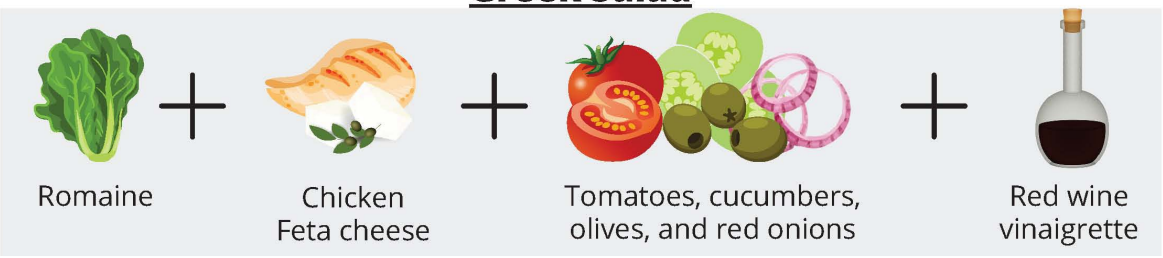
# Classic Salads

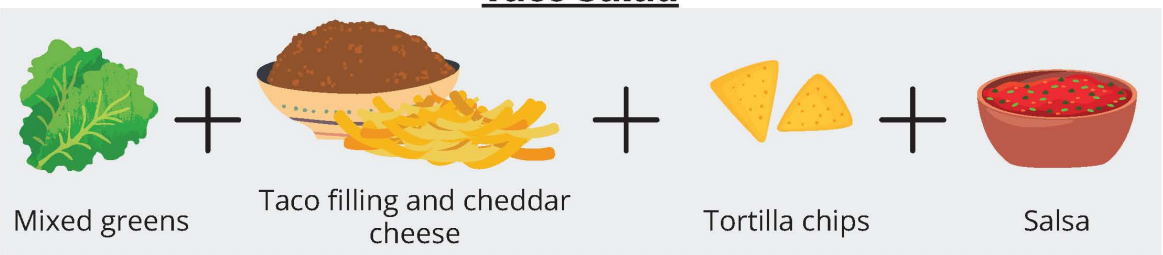
Start with a base of leafy greens, pick a protein, then add toppings and a dressing.

## Caesar Salad

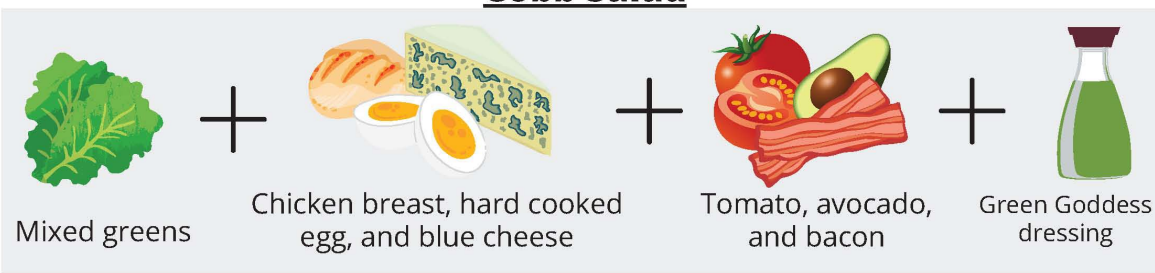
## Greek Salad




## Taco Salad




## Cobb Salad

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## COMPOSED SALAD

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

| Components | | Chef | Chicken Caesar | Taco | Cobb | Greek | Niçoise |
|---|---|---|---|---|---|---|---|
| Main item or protein | 2 ounces | Turkey<br>Ham<br>Cheese<br>Hard-cooked egg | Chicken<br>Parmesan cheese | Taco filling meat<br>Cheddar cheese | Chicken breast<br>Hard-cooked egg<br>Blue cheese | Feta cheese | Tuna<br>Hard-cooked egg |
| Lettuces | 1 cup | Romaine, varies | Romaine | Mixed greens | Mixed greens | | Boston or Bibb lettuce |
| Vegetables or fruit | ½ cup | | | Tomatoes | Tomato<br>Avocado | Tomatoes<br>Cucumber<br>Red onion<br>Olives | Potatoes, red-skinned<br>Green beans<br>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 | | | | | Chives | Oregano<br>Parsley | |

## TYPES OF SALAD DRESSINGS

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

### 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 from each other 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 to lightly thicken liquid | 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 |

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

## FUN WITH DIPS!

This blueberry dip is a vibrant, kid-friendly way to boost nutrition while adding a pop of color and natural sweetness to the menu. It transforms simple snacks into something fun and appealing, making healthy choices feel exciting, fresh, and anything but boring.

| **BLUEBERRY DIP (50 SERVINGS)** | | **SERVING SIZE:** ONE #10 SCOOP<br>**ONE SERVING PROVIDES:** ⅜ CUP FRUIT, 1 OZ. M/MA |
|---|---|---|
| **INGREDIENTS** | **AMOUNTS** | **DIRECTIONS** |
| Wild blueberries, frozen | 6 ¼ pounds | 1. Combine the blueberries and peanut butter in a food processor and blend until smooth and well combined. Alternatively, you can use an immersion blender.<br>2. Serve immediately for best quality. To store, transfer to an airtight container, label and date it, and refrigerate for up to 3 days.<br>**CCP:** Hold cold foods at 41°F (5°C) or below.<br>**Note:** Can be served with cinnamon pita. |
| Peanut butter, no sugar added, creamy | 3 ½ pounds | |

**Source:** https://healthyschoolrecipes.com/recipes/bento-box-wild-blueberry-dip/

## Safe Use of Salad Bars in Schools

Research and experience have shown that schoolchildren significantly increase their consumption of fruits and vegetables when offered a variety of choices at a school fruit-and-vegetable salad bar. This experience can lead to a lifetime of healthy food choices. Therefore, public and private agencies throughout the country are working together to expand the use of salad choice bars. The Food and Nutrition Service of the U.S. Department of Agriculture encourages schools to follow food safety standards and best practices with all foods served in school meal programs. The addition of salad bars to these programs raises new concerns. This fact sheet provides answers to frequently asked questions about regulatory and food safety matters related to salad bars in schools.

Texas Department of State Health Services – August 2021

Texas Administrative Code 25-1-228.html

## Part One: Regulatory Matters

### Can any school have a self-service salad bar?

Yes. There has been some confusion about whether salad bars are allowed in elementary schools only if the food is pre-wrapped or served by a school nutrition employee. This is not the case.

Elementary students may self serve from salad bars designed for small children. These salad bars must have a barrier (such as a plastic food shield) positioned at the appropriate height for small children and have a lower serving surface than full-sized salad bars. If a school serves meals to children in early and middle grades and only has a full-sized salad bar, food for the younger children can be pre-packaged or served by an adult.

### Will a new menu require additional requirements from the health inspector?

Any time you add a new food process, equipment, or a time and temperature sensitive food item, you should involve your state or local health inspector before and during the menu change. The health inspector can help assess food safety risks and identify practices to reduce those risks. They can also help you to decide if the changes you are planning will require plan review by your regulatory authority.

When time and temperature sensitive foods are added to the menu, you will need standard procedures to support your HACCP plan for safely handling these items. Such procedures might include guidelines for purchasing, receiving, storage, washing, processing, holding, temperature logging, serving, and re-serving of fresh produce.

**What kind of equipment will we need?**

First, a culinary sink for washing fruits and vegetables is advisable; if not available, the warewashing sinks must be sanitized in accordance with 410 IAC 7-24-293(b). (The sink in use cannot be used for any other purpose, such as washing dishes.

For the salad bar itself, you may use a mechanically cooled or a non-mechanically cooled unit. Equipment that meets ANSI standards, such as NSF-certified, is recommended. You may also use an existing refrigerated service line with cold wells and food shields. One-sided service will be slower, but it will make it easier to monitor the salad bar and to assist younger children. 410 IAC 7-24- 187 requires that potentially hazardous food (PHF) (e.g., cut fruits and vegetables, ready-to-eat meat, cottage cheese) be kept in mechanical refrigeration at 41°F or below, and hot foods at 135°F or above.

If we plan to use time rather than temperature at the salad bar, what steps must we take to use time as a public health control?

- First, submit prior written notification to the regulatory authority of your intention to use time as a public health control. The plan must be preapproved.
- Maintain a written copy of your detailed plan to use time as a public health control and educate employees on their responsibilities. The plan must include details about how you will:
  - Maintain food temperatures according to the Food Code.
  - Clearly mark food containers to indicate the time that the food will expire (no more than four hours after food is removed from temperature control)
  - Discard food that is unmarked or for which the time has expired, and
  - Discard food at the end of meal service, even if it has not been four hours since the food was placed on the salad bar. Exception: whole fruits can be re-washed and reused

### Can salad bar foods be part or all a reimbursable meal?

Salad bar offerings may be included in reimbursable meals for schools participating in the National School Lunch Program. Salad bars can be used to provide all meal components, or they can be limited to a selection of vegetables and fruits that augment the components of a reimbursable meal served elsewhere in the cafeteria line.

## PART TWO: HEALTH AND HYGIENE

*"Handwashing is the single most important means of preventing the spread of infection."*

*(Centers for Disease Control)*

### Kitchen staff

School nutrition staff already understand the importance of handwashing. Hand hygiene reminders must be reinforced when you introduce fresh fruit and vegetables to the kitchen and the menu.

Kitchen staff must continue to wash hands thoroughly with soap and water after using the toilet or changing tasks. Wash hands before handling or cutting fresh produce. Use gloves or a clean utensil to touch ready-to-eat produce. Wash hands before putting on disposable gloves and change gloves when they may have been contaminated or in-between tasks.

Re-train staff on the importance of illness reporting and the employee health policy. Make sure that food service workers do not work while ill and stay away from the kitchen for 72 hours after their last episode of vomiting or diarrhea. To *avoid* non-food related outbreaks, re-train maintenance staff on the correct way to clean-up after accidents involving feces or vomit.

We recommend a written plan for changing food service if the school has a very high number of colds, flu, or gastrointestinal illnesses. This plan could include prepackaging raw foods or discontinuing self-serve during that period.

### Students

You may prevent students from touching food at the salad bar, but you cannot prevent them from handling these foods while they eat. It is important that students come to lunch with properly cleaned hands. It is recommended that a universal handwashing policy be in place before your salad bar program begins.

Handwashing education must be included in the pre-salad bar education and information campaign for families, staff, and students. Handwashing education that includes family members will help reinforce good hygiene behaviors taught at school. Student

handwashing needs to be promoted, monitored, and reinforced by staff at all levels. Remember, hand sanitizers are NOT a substitute for handwashing with soap and water.

## PART THREE: FOOD SAFETY CONCERNS

- **Education:** A successful salad bar program will include education and training before the salad bar arrives, and continuing education as it is used in the school.
- **Before the salad bar arrives:** Send information home to families about the salad bar, including handwashing and salad bar etiquette. Discuss the salad bar and new menu at school meetings and conferences.
- **In the kitchen:** Provide fresh produce training for all food service staff. Discuss personal hygiene, salad bar maintenance, cleaning, monitoring, and other changes to the mealtime routine.
- **In the classroom:** Spend time in the classroom to discuss new menu items and teach children about salad bar manners. Teach them why they must use utensils when handling food and why they must stay behind the sneeze guard. Explain the importance of trying new foods and taking only as much as they will eat. Especially for the early grades (K-3), having classroom exercises incorporating the use of various styles of tongs would help build student confidence in their use.
- **At the salad bar:** Use signs with pictures to remind students about handwashing, salad bar manners, and serving sizes. Provide adequate monitoring for when they forget.

### Source, selection, and shipments

Good food safety practices begin when you select a vendor that not only provides quality food at a good price but also delivers fresh, unblemished fruits and vegetables that are properly dated, labeled, packaged, and transported. Kitchen staff must carefully inspect deliveries of fresh produce and be prepared to reject food that is old, overripe, bruised, or otherwise damaged. After receipt, store produce immediately in dry or cold storage. Keep in original packaging or label to identify source. Make sure to store produce away from chemical products in dry storage, and away from raw meat, poultry, and eggs in refrigerators or walk-in coolers. Store produce at least six inches off the floor, below the ceiling and away from the wall.

### "Shower, never bathe" fruits and veggies

All but pre-washed fresh fruits and vegetables must be washed before they are peeled, cut, processed, served, or eaten. Foodborne pathogens will spread easily from one fruit or vegetable to others if they are soaked in water, 410 IAC 7-24-175. Always wash fresh fruits and vegetables under a running tap.

- It is not necessary to rewash packaged produce labeled "ready-to-eat," or "washed".

- Wash all other produce - even those with skins and rinds that will not be eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while washing under a running tap.
- To wash tomatoes, the water temperature should be at least 10 ˚F warmer than the tomatoes. This prevents the absorption of bacteria into the tomato.
- Dry fruits and vegetables with a clean paper towel.
- Never use detergent, bleach, or the dishwashing machine to wash produce.
- Chemical washes, if used, must be approved for use on foods and used according to the manufacturer's directions.

**Avoid cross-contamination**

- **In the kitchen:** Always separate raw foods from ready-to-eat and cooked foods. Store and prepare each produce item separately. Document produce use on production record. Use a different, clean cutting board and utensils (e.g., knives) for each food item. Wash, rinse, sanitize and air-dry kitchen tools, utensils, cutting boards, other surfaces and containers that come into contact with produce immediately after using them.
- **At the salad bar:** Consider using longer-handed utensils, especially for younger students. Use separate utensils for each container. Be sure to change out utensils every four hours or sooner if the food contact area has been touched or the utensil has been dropped or placed in the wrong container, and whenever you change out the food container. If students return to the salad bar, be sure they use a clean plate. Consider changing utensils after each individual class or after each "run."
- Never add food to a partially full container on the salad bar. Replace food containers when they are getting low in product, empty or have been contaminated.
- Monitor salad bars to prevent students from ducking under sneeze guards, touching food with their hands, returning food, using utensils in more than one food container, or taking unmanageable servings.
- Use reminder signs – with more pictures than words – to help students remember their salad bar manners.
- **After meal service:** Clean and sanitize the entire salad bar at the end of each day's meal service.

**Saving leftovers and minimizing waste**

Keep time and temperature logs for all foods on any type of salad bar. All PHF foods from a non-mechanically cooled salad bar and cold foods that have been out of the refrigerator, or the mechanically cooled salad bar for four hours must be discarded. You must also discard food that has been mixed with other foods or touched with bare hands.

You may choose to save leftover food from a mechanically cooled salad bar to reuse the next day if the proper temperature has been maintained and has been recorded on the time and temperature log.

However, given the high potential for contamination of food items on a salad bar, best practice is that leftovers only be saved to be used in a cooked product the next day. Check with your local food safety authority for specific guidance.

If you choose to save leftovers for any purpose, cover and store them immediately. Mark containers with the date they were prepared. The food can be held for seven days, including the day it was prepared, provided the PHF has been maintained at 41˚F or below, 410 IAC- 7-24-191.

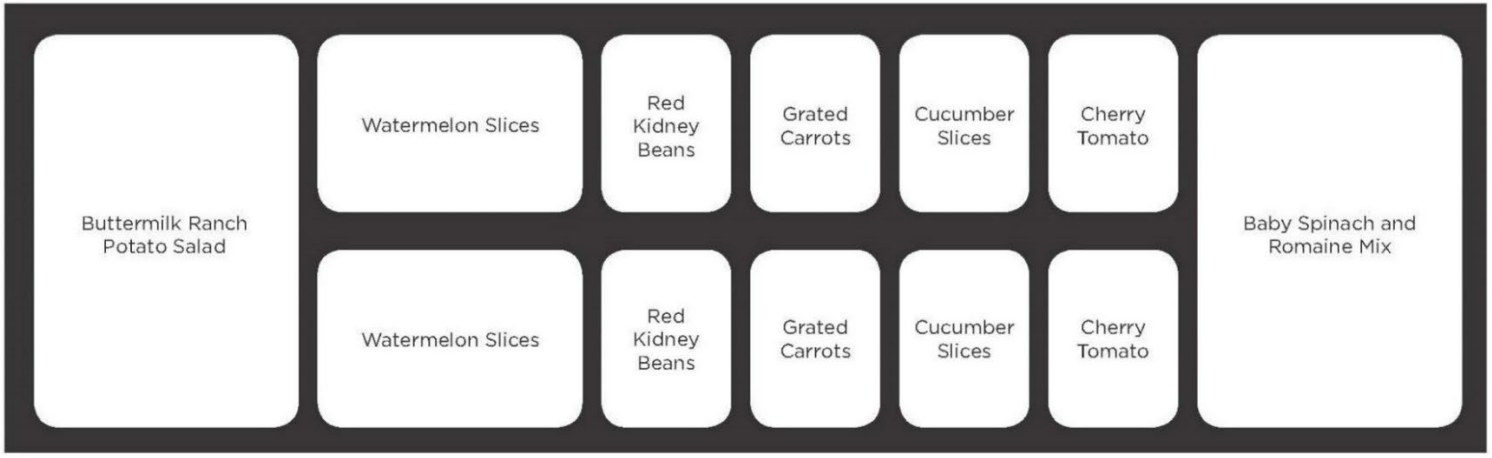
Never combine leftovers with a new batch of the same food. Leftover food must be put out alone and used up before any new product is introduced.

To avoid waste, monitor serving size, particularly with smaller children. Use half-size or half-full containers of less popular items and food items typically selected in smaller servings. Half-fill containers near the end of service.

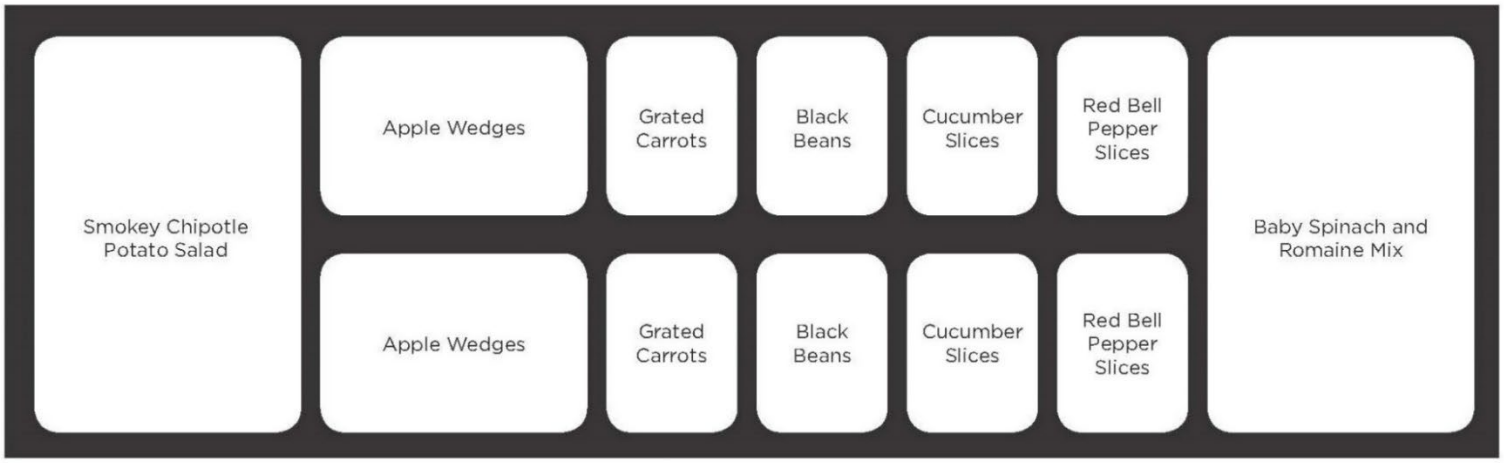
## THEMED SALAD BARS

### Mediterranean Salad Bar Schematic

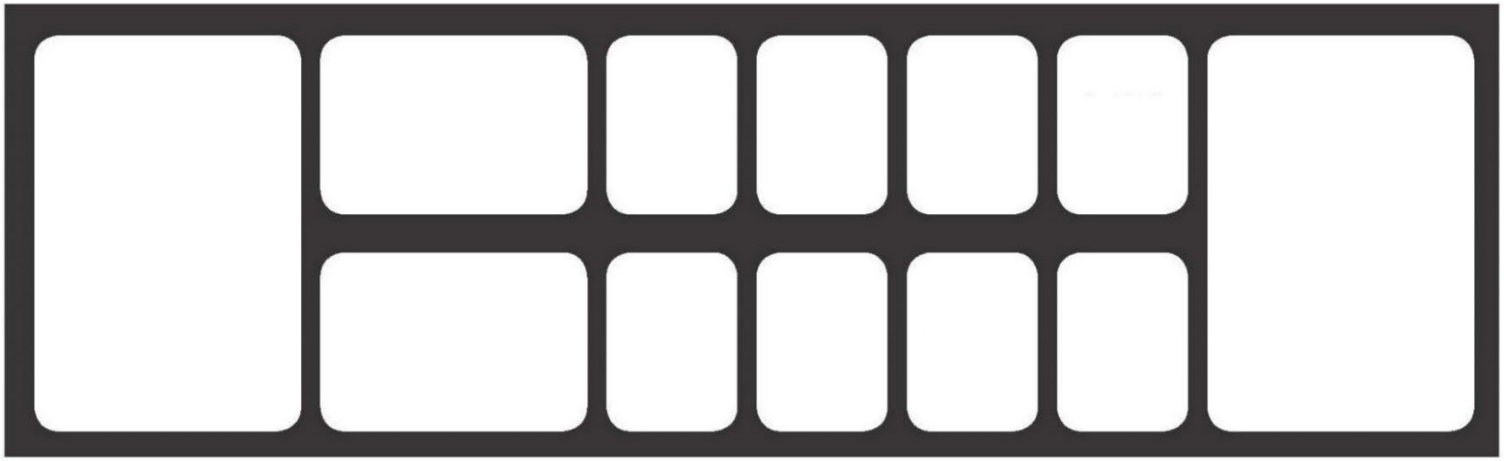
### BBQ Picnic Salad Bar Schematic



## Southwestern Salad Bar Schematic




## Create Your Own Themed Salad Bar_____



**Source:** United States Potato Board, http://www.potatogoodness.com

# Veggie Cruncher Cup or Bowl

Serving Size: 1 bowl

One serving provides ¾ cup vegetable: ¼ cup other, ¼ cup red/orange, ¼ cup dark green

| Ingredients | 50 Servings | 10 Servings | Directions |
|---|---|---|---|
| Cucumber, cut into sticks (3 in by ¾ inch) | 5 pounds | 1 pound | **CCP**: No bare-hand contact with ready-to-eat food.<br>**CCP**: Hold and serve at 41°F or lower. |
| Carrots sticks<br>(Ready to use – 4 inches by ½ inch)<br>OR<br>Baby carrots | 3 pounds 2 ounces<br>OR<br>4 pounds 1 ounce | 10 ounces<br>OR<br>13 ounces | |
| Broccoli, fresh, florets, ready-to-use | 1 pound 9 ounces | 5 ounces | |

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 20 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 1 | Vitamin D (mcg) | 0 | Potassium (mg) | 200 |
| Total Fat (g) | 0 | Sodium (mg) | 25 | Added Sugars (g) | 0 | Iron (mg) | 0.4 | Vitamin A-RAE (mcg) | 23.64 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 6 | Protein (g) | 1 | Calcium (mg) | 20 | Vitamin C (mg) | 14.48 |

| Ingredients | USDA Food Buying Guide Notes |
|---|---|
| Cucumber, pared, cut into sticks (3 in by ¾ inch) | 3 sticks per serving<br>1 lb. AP = about 2-3/8 cups ready-to-use raw, pared cucumber sticks |
| Carrots sticks<br>(Ready to use – 4 inches by ½ inch) | 3 sticks per serving<br>1 lb. AP = about 3- 3/4 cups carrot sticks |
| Broccoli, fresh, florets, ready-to-use | 1 lb. AP = about 7- 1/8 cups ready-to-use broccoli |

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

# HOOSIER SUPER SALAD

SERVING SIZE: 1 SALAD

ONE SERVING PROVIDES ¾ CUP VEGETABLE: ¼ CUP RED/ORANGE, ¼ CUP DARK GREEN, ⅛ CUP BEANS/PEAS, ⅛ CUP STARCHY

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Lettuce, Romaine (½ cup per person to credit as ¼ cup) | 3 pounds 2 ounces | 10 ounces | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Wash and thoroughly dry lettuce. Cut into bite-sized pieces. |
| Tomatoes, cherry (⅛ cup per person- 2 each) | 2 pounds 13 ounces | 9 ounces | 2. Wash and dry tomatoes. |
| Carrots, matchstick (⅛ cup per person) | 1 pound 4 ounces | 4 ounces | |
| Corn, frozen, thawed (⅛ cup per person) | 2 pounds 8 ounces | 8 ounces | |
| Beans, chickpeas, canned, drained, rinsed (⅛ cup per person) | 2 pounds 13 ounces | 9 ounces | 3. Drain and rinse. Can use roasted chickpeas if desired.<br>**CCP**: Hold and serve at 41°F or lower. |

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 70 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 3 | Vitamin D (mcg) | 0 | Potassium (mg) | 230 |
| Total Fat (g) | 1 | Sodium (mg) | 65 | Added Sugars (g) | 0 | Iron (mg) | 0.8 | Vitamin A-RAE (mcg) | 136.58 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 14 | Protein (g) | 3 | Calcium (mg) | 30 | Vitamin C (mg) | 6.11 |

| 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 = ¼ cup vegetable |

| | |
|---|---|
| Broccoli, fresh, florets, ready-to-use | 1 pound AP = about 7- 1/8 cups ready-to-use broccoli |
| Corn, frozen, whole kernel | 1 pound is about 2 ¾ cups ready-to-serve raw tempered corn |
| Garbanzo beans or chickpeas, canned | 1 No. 10 can = about 68.4 ounces (10-1/2 cups) unheated, drained beans |

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

# RANCH DIP

THIS RECIPE DOES NOT CREDIT

| INGREDIENTS | 48 SERVINGS | 24 SERVINGS |
|---|---|---|
| Yogurt, low-fat, plain | 1 quart | 2 cups |
| 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, granulated | 1 ½ teaspoons | ¾ teaspoon |
| Salt, kosher | 1 ½ teaspoons | ¾ teaspoon |

**DIRECTIONS**

**CCP**: No bare-hand contact with ready-to-eat food.

1. Mix all ingredients in a large bowl. Stir well.
2. Keep chilled until served.

**CCP**: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 25 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 0 | Vitamin D (mcg) | 0 | Potassium (mg) | 60 |
| Total Fat (g) | 1 | Sodium (mg) | 150 | Added Sugars (g) | 1 | Iron (mg) | 0.1 | Vitamin A-RAE (mcg) | 3.27 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 3 | Protein (g) | 1 | Calcium (mg) | 40 | Vitamin C (mg) | 0.32 |

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

# FRENCH DRESSING

SERVING SIZE: 1 OUNCE

ONE SERVING PROVIDES:
DOES NOT CREDIT

| INGREDIENTS | 48 SERVINGS | 24 SERVINGS |
|---|---|---|
| Sugar, brown, packed | 1 cup | ½ cup |
| Mustard powder, dry | 1 tablespoon 1 ½ teaspoons | 2 ½ teaspoons |
| Garlic powder | ½ teaspoon | ¼ teaspoons |
| Onion powder | ½ teaspoon | ¼ teaspoons |
| Salt, kosher | ½ teaspoon | ¼ teaspoons |
| Paprika | ¼ cup | 2 tablespoons |
| Mayonnaise, low-fat | ½ cup | ¼ cup |
| Ketchup | ½ cup | ¼ cup |
| Oil, vegetable | 3 cups | 1 ½ cups |
| Vinegar, white | 1 cup | ½ cup |

**DIRECTIONS**

**CCP**: No bare-hand contact with ready-to-eat food.

1. Combine sugar, mustard powder, garlic powder, onion powder, salt, and paprika and mix well.
2. Combine seasonings, mayo, ketchup, oil, and vinegar in a container. Mix thoroughly with immersion blender.

**CCP**: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 150 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 0 | Vitamin D (mcg) | 0 | Potassium (mg) | 30 |
| Total Fat (g) | 14 | Sodium (mg) | 65 | Added Sugars (g) | 5 | Iron (mg) | 0.3 | Vitamin A-RAE (mcg) | 14.91 |
| Saturated Fat (g) | 2 | Total Carbohydrate (g) | 6 | Protein (g) | 0 | Calcium (mg) | 10 | Vitamin C (mg) | 0.15 |

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

# CROUTONS

SERVING SIZE: ¼ CUP

ONE SERVING PROVIDES: 1 OZ. GRAIN

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS |
|---|---|---|
| Bread cubes | 3 pounds, 2 ounces | 10 ounces |
| Oil, olive | ½ cup, 2 tablespoons | 2 tablespoons |
| Seasonings (Italian Seasoning Blend, garlic powder, onion powder) | 1 tablespoon, 2 teaspoons | 1 teaspoon |

**DIRECTIONS**

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°F. Line a sheet pan with parchment paper and bake for 15-20 minutes, or until the croutons are crunchy and cooked through.

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 100 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 1 | Vitamin D (mcg) | 0 | Potassium (mg) | 40 |
| Total Fat (g) | 4 | Sodium (mg) | 140 | Added Sugars (g) | 0 | Iron (mg) | 1.1 | Vitamin A-RAE (mcg) | 0.21 |
| Saturated Fat (g) | 0.5 | Total Carbohydrate (g) | 14 | Protein (g) | 3 | Calcium (mg) | 40 | Vitamin C (mg) | 0.02 |

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

# PITA CHIPS

SERVING SIZE: 1 WHOLE PITA (4 QUARTERS)

ONE SERVING PROVIDES: 1 OZ. GRAIN

**NOTE:** CAN SERVE WITH BLUEBERRY DIP.

| INGREDIENTS | 48 SERVINGS | 16 SERVINGS |
|---|---|---|
| Bread, pita, whole wheat, 4" | 48 each | 16 each |
| Oil, olive | ½ cup, 2 tablespoons | 2 tablespoons |
| Seasonings (Italian Seasoning Blend, garlic powder, onion powder) | 1 tablespoon, 2 teaspoons | 1 teaspoon |

**DIRECTIONS**

1. Preheat oven to 350°F. Line a sheet pan with parchment paper.
2. Cut pita bread into quarters. Lay flat and evenly on sheet pan. Rub with olive oil and season with your choice of seasonings.
3. Bake for 10-15 minutes or until chips are crunchy and cooked through.

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 90 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 0 | Vitamin D (mcg) | 0 | Potassium (mg) | 50 |
| Total Fat (g) | 2 | Sodium (mg) | 120 | Added Sugars (g) | 0 | Iron (mg) | 0.9 | Vitamin A-RAE (mcg) | 0.21 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 16 | Protein (g) | 3 | Calcium (mg) | 10 | Vitamin C (mg) | 0.01 |

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

# SALADS AND SALAD BARS: TEAM ASSIGNMENTS

| | Salad Dressing | Composed Salad | Salad Bar Item |
|---|---|---|---|
| **Team 1** | Ranch Dressing | Chef's Salad | Three Sisters Salad |
| **Team 2** | Caesar Dressing | Chicken Caesar Salad | Black Bean, Corn & Tomato Fiesta Salad |
| **Team 3** | BBQ Ranch Dressing | Taco Salad<br>(ground beef and lentils) | Mexican Slaw |
| **Team 4** | Razzy Ranch Dressing | Berry Chicken Salad | Sweet Potato Salad with Citrus Vinaigrette |
| **Team 5** | Green Goddess Dressing | Cobb Salad | Tuscan White Bean Salad |
| **Team 6** | Balsamic-Maple Dressing | Strawberry, Spinach and Chicken Salad | Green Bean, Cranberry, & Sunflower Seed Salad |
| **Team 7** | Lemony Greek Vinaigrette | Mediterranean Chicken Salad | Melon, Citrus & Jicama Salad with Mint |
| **Team 8** | Sriracha Ranch (used for composed salad) | 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.

# RANCH DRESSING

SERVING SIZE: 2 tablespoons
ONE SERVING PROVIDES: Does not credit

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Buttermilk, reduced fat | 1 ⅔ cups | ⅓ cup | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to set for 10 minutes. |
| Lemon juice, fresh | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Yogurt, low-fat, plain | 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 | ½ cup 2 tablespoons | 2 tablespoons | |
| Mayonnaise, low-fat | 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.<br>4. Cover, label and refrigerate until served.<br>**CCP**: Hold and serve at 41°F or lower. |
| Onion powder | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Garlic, granulated | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Black pepper, ground | 1 ¼ teaspoons | ¼ teaspoon | |
| Chives, fresh | ¼ cup 1 tablespoon | 1 tablespoon | |
| Parsley, fresh | ¼ cup 1 tablespoon | 1 tablespoon | |
| Salt, kosher | 2 ½ teaspoons | ½ teaspoons | |

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 20 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 0 | Vitamin D (mcg) | 0 | Potassium (mg) | 40 |
| Total Fat (g) | 1 | Sodium (mg) | 160 | Added Sugars (g) | 1 | Iron (mg) | 0.1 | Vitamin A-RAE (mcg) | 4.47 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 2 | Protein (g) | 1 | Calcium (mg) | 30 | Vitamin C (mg) | 1.11 |

**SERVING NOTES:**

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

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

# CHEF'S SALAD

SERVING SIZE: 1 SALAD
ONE SERVING PROVIDES:
1 CUPS OF VEGETABLE, 2 ½ OZ. EQ. MEAT/MA, ½ OZ. EQ. GRAIN

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS |
|---|---|---|
| Lettuce, Romaine, or mixed dark greens | 6 pounds 4 ounces | 1 pound 4 ounces |
| Tomatoes, cherry, halved (¼ cup = about 3 cherry tomatoes) | 4 pounds 6 ounces | 14 ounces |
| Carrots, matchsticks | 2 pounds 8 ounces | 8 ounces |
| Cheese, Cheddar, shredded | 15 ounces | 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) | 1 quart 2 cups | 1 ¼ cup |

**DIRECTIONS**

**CCP**: No bare-hand contact with ready-to-eat food.

1. Wash and chop lettuce. Wash and prepare vegetables as needed.
2. Serving into serving bowl in the following order:
   - Romaine lettuce – 1 cup
   - Tomatoes, cherry – 3 each
   - Carrots, matchsticks – ¼ cup
   - Cheese, Cheddar, shredded – ¼ ounce
   - Turkey slice, rolled – ½ ounce
   - Ham slice, rolled – ½ ounce
   - Egg, hard cooked – ½ each
   - Croutons – 1 ounce
3. Serve with 2 tablespoons dressing.

**CCP**: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 240 | Cholesterol (mg) | 115 | Dietary Fiber (g) | 3 | Vitamin D (mcg) | 0.6 | Potassium (mg) | 430 |
| Total Fat (g) | 11 | Sodium (mg) | 680 | Added Sugars (g) | 1 | Iron (mg) | 2.4 | Vitamin A-RAE (mcg) | 333.43 |
| Saturated Fat (g) | 3.5 | Total Carbohydrate (g) | 22 | Protein (g) | 14 | Calcium (mg) | 180 | Vitamin C (mg) | 11.83 |

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

# THREE SISTERS SALAD

SERVING SIZE: ½ CUP
ONE SERVING PROVIDES: ½ CUP VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Zucchini, fresh, unpeeled, ¼" dice | 2 pounds 8 ounces | 8 ounces | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Combine all ingredients (except dressing) and mix until combined. |
| Beans, black, canned, drained, rinsed | 5 pounds 10 ounces | 1 pound 4 ounces | |
| Corn, frozen, thawed | 2 pounds 3 ounces | 7 ounces | |
| Tomatoes, cherry, halved | 10 ounces | 2 ounces | |
| Red onion, minced | 5 ounces | 1 ounce | |
| Bell pepper, red, diced | 5 ounces | 1 ounce | |
| Cilantro, fresh, chopped | 1 ¼ cups | ¼ cup | |
| **Cranberry vinaigrette** | | | |
| Cranberries, dried | 1 ¼ cups | ¼ cup | 1. Add all ingredients, except oil, into a blender or food processor.<br>**CCP**: Hold and serve at 41°F or lower. |
| Vinegar, rice wine | ⅔ cup 1 tablespoon | 2 tablespoons 1 ½ teaspoons | |
| Mustard, yellow | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Garlic, fresh | 2 ½ cloves | ½ clove | |
| Coriander, ground | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Salt, kosher | 2 ½ teaspoons | ½ teaspoon | |
| Oil, olive oil blend | 2 ½ cups | ½ cup | 2. With blender motor running, slowly add oil. |

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 180 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 5 | Vitamin D (mcg) | 0 | Potassium (mg) | 310 |
| Total Fat (g) | 12 | Sodium (mg) | 170 | Added Sugars (g) | 0 | Iron (mg) | 1.3 | Vitamin A-RAE (mcg) | 12.47 |
| Saturated Fat (g) | 1.5 | Total Carbohydrate (g) | 18 | Protein (g) | 4 | Calcium (mg) | 30 | Vitamin C (mg) | 11.72 |

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

# CAESAR DRESSING

SERVING SIZE: 2 TABLESPOONS.

ONE SERVING PROVIDES: DOES NOT CREDIT

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS |
|---|---|---|
| Mayonnaise, low-fat | 1 quart 1 ½ cups 2 tablespoons | 1 cup 2 tablespoons |
| Mustard, yellow | ¼ cup 1 tablespoon | 1 tablespoon |
| Garlic, minced | 2 ½ teaspoons | ½ teaspoon |
| Worcestershire sauce | 2 ½ teaspoons | ½ teaspoon |
| Vinegar, cider, or lemon juice | 2 ½ teaspoons | ½ teaspoon |
| Milk, low-fat | ½ cup 2 tablespoons | 2 tablespoons |
| Hot sauce | 1 ¼ teaspoon | ¼ teaspoon |
| Parmesan cheese, grated | ½ cup 2 tablespoons | 2 tablespoons |
| Salt, kosher | 1 ¼ teaspoons | ¼ teaspoon |

**DIRECTIONS**

**CCP**: No bare-hand contact with ready-to-eat food.

1. In a large bowl, whisk together the ingredients until smooth—salad dressing consistency.

**CCP**: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 35 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 0 | Vitamin D (mcg) | 0 | Potassium (mg) | 10 |
| Total Fat (g) | 2 | Sodium (mg) | 320 | Added Sugars (g) | 2 | Iron (mg) | 0 | Vitamin A-RAE (mcg) | 3.07 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 2 | Protein (g) | 0 | Calcium (mg) | 10 | Vitamin C (mg) | 0.12 |

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

# CHICKEN CAESAR SALAD

SERVING SIZE: 1 SALAD
ONE SERVING PROVIDES:
2 OZ. EQ. M/MA, 1 CUP VEGETABLE, 1 OZ. EQ. GRAIN

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Lettuce, Romaine | 3 gallons 2 cups | 2 quarts 2 cups | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Wash and chop lettuce. |
| Peppers, bell, red, fresh, dice | 3 quarts 1 cup | 2 ½ cups | 2. Wash and prepare vegetables as needed. |
| Cucumber, medium diced | 3 quarts 1 cup | 2 ½ cups | |
| Chicken breast, cooked, sliced or chicken fajita meat | 5 pounds | 1 pound | 3. Serving into serving bowl in the following order:<br>• Romaine lettuce – 1 cup<br>• Red pepper – ¼ cup<br>• Cucumber – ¼ cup<br>• Chicken breast – 1 ½ ounces<br>• Cheese, mozzarella, shredded – ½ ounce<br>• Croutons – 1 ounce<br>4. Serve with 2 tablespoons salad dressing.<br>**CCP**: Hold and serve at 41°F or lower. |
| Mozzarella cheese, shredded | 1 pound 9 ounces | 5 ounces | |
| Croutons, whole grain | 3 pounds 2 ounces | 10 ounces | |

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 230 | Cholesterol (mg) | 50 | Dietary Fiber (g) | 3 | Vitamin D (mcg) | 0.1 | Potassium (mg) | 410 |
| Total Fat (g) | 8 | Sodium (mg) | 260 | Added Sugars (g) | 0 | Iron (mg) | 2.2 | Vitamin A-RAE (mcg) | 298.89 |
| Saturated Fat (g) | 2.5 | Total Carbohydrate (g) | 18 | Protein (g) | 21 | Calcium (mg) | 170 | Vitamin C (mg) | 50.20 |

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

# Black Bean, Corn, and Tomato Fiesta Salad

Serving Size: 1 salad (½ cup)
One serving provides: ½ oz. eq. m/ma + ⅛ cup red/or + ¼ cup starchy veg **or** ⅛ cup Beans, Peas, Lentils and ⅛ cup red/or and ¼ cup starchy veg

| Ingredients | 50 Servings | 10 Servings |
|---|---|---|
| Beans, black, canned, drained | 1 gallon 1 cup | 3 cups |
| Corn, sweet, yellow, frozen, kernels, thawed | 5 pounds 10 ounces | 1 pound 2 ounces |
| Tomatoes, diced | 3 pounds 2 ounces | 10 ounces |
| Green onions, sliced thinly on bias | ½ cups 2 tablespoons | 2 tablespoons |
| Cilantro, fresh | 1 ¼ cups | ¼ cup |
| Oil, olive | 1 ¼ cups | ¼ cup |
| Lime juice, fresh | 1 ¼ cups | ¼ cup |
| Cumin, ground | ¼ cup ½ teaspoon | 2 ½ teaspoons |
| Salt, kosher | 2 ½ teaspoons | ½ teaspoon |
| Jalapeno peppers, fresh, diced | 5 each | 1 each |

**Directions**

**CCP**: No bare-hand contact with ready-to-eat food.

1. Drain beans. Thaw corn in a colander.
2. In a large bowl, add corn, beans, tomatoes and spring onion.
3. In a medium mixing bowl, add fresh cilantro leaves, olive oil, lime juice, Cumin, ground salt, 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.

**CCP**: Hold and serve at 41°F or lower.

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 170 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 7 | Vitamin D (mcg) | 0 | Potassium (mg) | 430 |
| Total Fat (g) | 6 | Sodium (mg) | 180 | Added Sugars (g) | 0 | Iron (mg) | 1.8 | Vitamin A-RAE (mcg) | 18.77 |
| Saturated Fat (g) | 1 | Total Carbohydrate (g) | 25 | Protein (g) | 6 | Calcium (mg) | 40 | Vitamin C (mg) | 11.62 |

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

# BBQ Ranch Dressing

SERVING SIZE: 2 TABLESPOONS (1 OUNCE)
ONE SERVING PROVIDES: DOES NOT CREDIT

| Ingredients | 50 Servings | 10 Servings |
|---|---|---|
| Buttermilk, low-fat | 3 ⅓ cup | ⅔ cup |
| Lemon juice, fresh | 1 tablespoon 2 teaspoons | 1 teaspoon |
| Yogurt, low-fat, plain | 1 ¼ cups | ¼ cup |
| Sour cream, low-fat | ½ cup 2 tablespoons | 2 tablespoons |
| Mayonnaise, low-fat | 1 ⅔ cup | ⅓ cup |
| Onion powder | 2 tablespoons 2 teaspoons | 1 teaspoon |
| Garlic, granulated | 2 tablespoons 2 teaspoons | 1 teaspoon |
| Black pepper, ground | 1 ¼ teaspoons | ¼ teaspoon |
| Chives, fresh | ¼ cup 1 tablespoon | 1 tablespoon |
| Parsley, fresh | ¼ cup 1 tablespoon | 1 tablespoon |
| Smoked paprika | 1 ¼ teaspoons | ¼ teaspoon |
| BBQ sauce | 1 ¼ cups | ¼ cup |

**Directions**

**CCP**: No bare-hand contact with ready-to-eat food.

1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to set for 10 minutes.
2. Blend yogurt and sour cream into the buttermilk mixture. Let the mixture set for 5 more minutes.
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.
4. Cover, label, and refrigerate until served.

**CCP**: Hold and serve at 41°F or lower.

## 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 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 0 | Vitamin D (mcg) | 0 | Potassium (mg) | 70 |
| Total Fat (g) | 1 | Sodium (mg) | 150 | Added Sugars (g) | 3 | Iron (mg) | 0.1 | Vitamin A-RAE (mcg) | 6.84 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 5 | Protein (g) | 1 | Calcium (mg) | 50 | Vitamin C (mg) | 1.15 |

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

# TACO SALAD

SERVING SIZE: 1 SALAD
ONE SERVING PROVIDES:
2 OZ. EQ. M/MA; 1 ½ CUPS VEGETABLE (1 CUP DARK GREEN, ¼ CUP RED/ORANGE, ¼ CUP STARCHY)

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Lettuce, Romaine, shredded | 6 pounds 4 ounces | 1 pound 4 ounces | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Place 1 cup of lettuce on plate as base. Sprinkle ¼ cup tomato, ¼ cup corn, and 2 tablespoons shredded cheddar cheese on each plate. |
| Fresh tomatoes, chopped | 1 quart 2 cups | 1 ¼ cup | |
| Corn, sweet, yellow, frozen, kernels, thawed | 3 quarts 1 cup | 2 ½ cups | |
| Cheese, Cheddar, shredded | 1 quart 2 cups | 1 ¼ cups | |
| Corn tortilla chips | 3 pounds 2 ounces | 10 ounces | 2. Frame each plate with tortilla chips. |
| Beef, ground, raw, 80% lean | 6 pounds 4 ounces | 1 pound 4 ounces | 3. 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 | 5 ounces | 1 ounce | |
| Water | 3 ¾ cup | ¾ cup | |
| Salsa | 1 quart 2 cups | 1 ¼ cup | 4. Spoon prepared ¼ cup taco meat over vegetables and serve with 2 tablespoons salsa.<br>**CCP**: Hold and serve at 41°F or lower. |
| Serving size | ½ ounce cheese, 1 ½ ounce beef, 1 cup lettuce, 1/4 cup tomatoes and salsa, 1-ounce whole corn tortilla | | |

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 400 | Cholesterol (mg) | 65 | Dietary Fiber (g) | 3 | Vitamin D (mcg) | 0.1 | Potassium (mg) | 580 |
| Total Fat (g) | 21 | Sodium (mg) | 600 | Added Sugars (g) | 0 | Iron (mg) | 3.2 | Vitamin A-RAE (mcg) | 316.46 |
| Saturated Fat (g) | 7 | Total Carbohydrate (g) | 32 | Protein (g) | 22 | Calcium (mg) | 200 | Vitamin C (mg) | 9.41 |

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

# Lentil Taco Salad

Serving Size: 1 salad
One serving provides: 2 oz. eq. meat/meat alternative, 1 ½ cups vegetable (1 cup dark green, ¼ cup red/orange, ¼ cup starchy)

| Ingredients | 50 Servings | 10 Servings | Directions |
|---|---|---|---|
| Lentils, dry | 3 pounds 2 ounces | 10 ounces | 1. Preheat oven to 375°F.<br>2. Place the lentils and water in the hotel pan.<br>3. Cover with foil and cook for 30-40 minutes until water is absorbed and lentils are tender. |
| Water | 1 gallon 1 cup | 3 cups | |
| Enchilada sauce | 3 quarts 1 cup | 1 ½ cups | 4. Remove from oven, stir, and drain any excess water.<br>5. Stir enchilada sauce, lime juice and Cumin, ground into lentils.<br>6. Cover and bake for 10-12 minutes.<br>**CCP**: Cook until internal temperature reaches 135°F or above.<br>**CCP**: Hold for hot service at 135°F or higher. |
| Lime juice, fresh | ⅓ cup 1 tablespoon | 1 tablespoon 1 ½ teaspoons | |
| Cumin, ground | 2 ½ teaspoons | ½ teaspoon | |
| Lettuce, Romaine, shredded | 6 pounds 4 ounces | 1 pound 4 ounces | **CCP**: No bare-hand contact with ready-to-eat food.<br>7. Wash and prepare the lettuce and tomatoes. |
| Fresh tomatoes, chopped | 1 quart 2 cups | 1 ¼ cup | |
| Corn, frozen, thawed | 3 quarts 1 cup | 2 ½ cups | 8. To assemble salads, for one serving:<br>• 1 cup of lettuce on a plate as a base<br>• 1 #10 scoop of lentil filling<br>• ¼ cup tomato<br>• ¼ cup corn<br>• 2 tablespoons cheddar cheese<br>• 2 tablespoons cup salsa<br>**CCP**: Hold and serve at 41°F or lower. |
| Cheese, Cheddar, shredded | 1 quart 2 cups | 1 ¼ cups | |
| Salsa | 1 quart 2 cups | 1 ¼ cup | |

| Nutrients Per Serving | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 230 | Cholesterol (mg) | 15 | Dietary Fiber (g) | 9 | Vitamin D (mcg) | 0.1 | Potassium (mg) | 680 |
| Total Fat (g) | 5 | Sodium (mg) | 640 | Added Sugars (g) | 0 | Iron (mg) | 3 | Vitamin A-RAE (mcg) | 313.56 |
| Saturated Fat (g) | 2.5 | Total Carbohydrate (g) | 35 | Protein (g) | 12 | Calcium (mg) | 150 | Vitamin C (mg) | 9.27 |

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

# MEXICAN SLAW

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES:
½ CUP VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS |
|---|---|---|
| Cabbage, red, raw, shredded | 1 gallon 1 cup | 3 cups |
| Carrots, matchsticks | 3 ¾ cups | ¾ cup |
| Peppers, bell, red, thinly sliced | 3 ¾ cups | ¾ cup |
| Green onions, sliced thinly on bias | 1 ¼ cups | ¼ cup |
| Cilantro, chopped | 1 ¼ cups | ¼ cup |
| Oil, olive, salad or cooking | ⅓ cup 1 tablespoon | 1 tablespoon 1 ½ teaspoon |
| Honey | 3 tablespoons 1 teaspoon | 2 teaspoons |
| Limes, raw | 5 each | 1 each |
| Cumin, ground | 1 tablespoon 2 teaspoons | 1 teaspoon |
| Garlic, minced | 2 ½ teaspoons | ½ teaspoon |
| Salt, kosher | 2 ½ teaspoons | ½ teaspoon |
| Black pepper, ground | 1 ¼ teaspoons | ¼ teaspoon |

DIRECTIONS

**CCP**: No bare-hand contact with ready-to-eat food.

1. Add shredded cabbage, matchstick carrots, thinly sliced red bell pepper, chopped scallions, and chopped cilantro to a large bowl.
2. Whisk olive oil, honey, juice of the limes, cumin, garlic, salt, and pepper in a bowl until combined.
3. Pour dressing on slaw. Toss well to thoroughly coat vegetables with vinaigrette.
4. Serve chilled.

**CCP**: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 40 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 1 | Vitamin D (mcg) | 0 | Potassium (mg) | 130 |
| Total Fat (g) | 2.5 | Sodium (mg) | 95 | Added Sugars (g) | 1 | Iron (mg) | 0.5 | Vitamin A-RAE (mcg) | 110.89 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 6 | Protein (g) | 1 | Calcium (mg) | 20 | Vitamin C (mg) | 33.30 |

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

# RAZZY RANCH

SERVING SIZE: 2 TABLESPOONS
DOES NOT CREDIT

| INGREDIENTS | 2 QUARTS | 2 CUPS | DIRECTIONS |
|---|---|---|---|
| Raspberries, frozen | 1 quart | 1 cup | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Allow the bag of frozen red raspberries to sit on the countertop at room temperature for about 30 minutes.<br>2. Gently mash the raspberries (in the sealed bag) with a rolling pin. |
| Mayonnaise, low-fat | 2 cups | ½ cup | 3. Place crushed raspberries, mayonnaise, milk, yogurt, parsley, green onion, garlic, vinegar, salt, and pepper in a bowl. Combine.<br>4. Cover and refrigerate until ready to use.<br>**CCP**: Hold and serve at 41°F or lower. |
| Milk, low-fat | 1 cup | ¼ cup | |
| Yogurt, plain, low-fat | 1 cup | ¼ cup | |
| Parsley, fresh, chopped | ½ cup | 2 tablespoons | |
| Green onion, chopped with green | ½ cup | 2 tablespoons | |
| Garlic, finely minced | 4 each | 1 clove | |
| Vinegar, red wine | ¼ cup | 1 tablespoon | |
| Salt, kosher | 2 teaspoons | ½ teaspoon | |
| Black pepper, ground | 1 teaspoon | ¼ teaspoon | |

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 30 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 1 | Vitamin D (mcg) | 0 | Potassium (mg) | 30 |
| Total Fat (g) | 1 | Sodium (mg) | 190 | Added Sugars (g) | 1 | Iron (mg) | 0.2 | Vitamin A-RAE (mcg) | 5.19 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 4 | Protein (g) | 1 | Calcium (mg) | 30 | Vitamin C (mg) | 6.47 |

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

# Berry Chicken Salad

Serving Size: 1 salad
One serving provides:
2 oz. eq M/MAs, ¼ cup dark green, ¼ other vegetables, ¼ cup fruit

| Ingredients | 50 Servings | 10 Servings | Directions |
|---|---|---|---|
| Romaine blend | 5 pounds | 1 pound | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Serving into serving bowl in the following order:<br>• 1 ¼ ounces Romaine blend<br>• ¼ cup berries<br>• 2 slices red onion<br>• 2-3 sugar snap peas<br>• 2 ounces diced chicken<br>2. Dress with 2 tablespoons Razzy Ranch dressing over top just prior to serving. |
| Blueberries, raspberries, or strawberries | 1 gallon 1 cup | 3 cups | |
| Onions, red, raw, sliced | 1 ¼ cups | ¼ cup | |
| Sugar snap peas, raw | 6 pounds 4 ounces | 1 pound 4 ounces | |
| Chicken, cooked, sliced or chicken fajita meat | 6 pounds 4 ounces | 1 pound 4 ounces | |
| Razzy Ranch | 2 quarts 2 cups | 2 cups | **CCP**: Hold and serve at 41°F or lower. |

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 180 | Cholesterol (mg) | 50 | Dietary Fiber (g) | 6 | Vitamin D (mcg) | 0.1 | Potassium (mg) | 350 |
| Total Fat (g) | 3.5 | Sodium (mg) | 240 | Added Sugars (g) | 1 | Iron (mg) | 2.7 | Vitamin A-RAE (mcg) | 210.08 |
| Saturated Fat (g) | 0.5 | Total Carbohydrate (g) | 14 | Protein (g) | 21 | Calcium (mg) | 90 | Vitamin C (mg) | 30.25 |

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

# Sweet Potato Salad with Citrus Vinaigrette

Serving Size: ½ cup (#8 scoop)
One serving provides: ½ cup red/orange vegetable

| Ingredients | 50 Servings | 10 Servings | Directions |
|---|---|---|---|
| Sweet potatoes | 6 pounds 4 ounces | 1 pound 4 ounces | 1. Peel the sweet potatoes and medium dice; roast the sweet potatoes.<br>**CCP**: Cook until internal temperature reaches 135°F or above. |
| Orange juice | 3 ⅓ cups | ⅔ cup | 2. Heat the orange juice to a boil in a saucepan. Add the orange zest and lemon juice.<br>3. Dissolve the cornstarch in the water and add to the orange mixture. Continue to heat, stirring until thickened. |
| Orange zest | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Lemon juice | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Cornstarch | 1 tablespoon 2 teaspoons | 1 teaspoon | |
| Water | ¼ cup 1 tablespoon | 1 tablespoon | |
| Celery, small dice | 1 quart 1 cup | 1 cup | 4. Add the celery, pineapple tidbits, and mandarin oranges to the sweet potatoes. Toss with the warm vinaigrette.<br>**CCP**: Hold for hot service at 135°F or higher. |
| Pineapple tidbits, canned, in juice, drained | 1 quart 1 cup | 1 cup | |
| Mandarin orange, canned, in juice, drained | 1 quart 1 cup | 1 cup | |

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 60 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 2 | Vitamin D (mcg) | 0 | Potassium (mg) | 280 |
| Total Fat (g) | 0 | Sodium (mg) | 25 | Added Sugars (g) | 0 | Iron (mg) | 0.4 | Vitamin A-RAE (mcg) | 346.14 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 14 | Protein (g) | 1 | Calcium (mg) | 20 | Vitamin C (mg) | 21.47 |

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

# Green Goddess Dressing

Serving Size: 2 tablespoons
Does not credit

| Ingredients | 4 Cups | 2 Cups |
|---|---|---|
| Mayonnaise, low-fat | 2 cups | 1 cup |
| 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 | 3 tablespoons | 1 tablespoon 1 ½ teaspoons |
| Vinegar, white wine | 3 tablespoons | 1 tablespoon 1 ½ teaspoons |
| Worcestershire sauce | 2 tablespoons | 1 tablespoon |
| Avocado, fresh, peeled and seeded | 2 each | 1 each |
| Buttermilk, low-fat | ¼ cup | 2 tablespoons |

**Directions**

**CCP**: No bare-hand contact with ready-to-eat food.

1. Place all ingredients in the bowl of a food processor fitted with a metal blade.
2. Pulse for 6 to 8 seconds, 4 or 6 times or until well blended.
3. Taste and adjust seasonings as necessary.
4. Use immediately or cover and refrigerate.

**CCP**: Hold and serve at 41°F or lower.

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 100 | Cholesterol (mg) | 5 | Dietary Fiber (g) | 2 | Vitamin D (mcg) | 0 | Potassium (mg) | 170 |
| Total Fat (g) | 7 | Sodium (mg) | 310 | Added Sugars (g) | 2 | Iron (mg) | 0.3 | Vitamin A-RAE (mcg) | 14.58 |
| Saturated Fat (g) | 1.5 | Total Carbohydrate (g) | 7 | Protein (g) | 2 | Calcium (mg) | 40 | Vitamin C (mg) | 11.43 |

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

# COBB SALAD

SERVING SIZE: 1 SALAD

ONE SERVING PROVIDES:
2 OZ. EQ. M/MA, 1 ½ CUPS VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Mixed dark greens or romaine | 3 gallons 2 cups | 2 quarts 2 cups | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Wash greens. Dry thoroughly. |
| Chicken breast, cooked, diced | 3 pounds 2 ounces | 10 ounces | 2. Serving into serving bowl in the following order:<br>• Mixed greens – 1 cup<br>• Chicken breast, diced – 1 ounce<br>• Egg, hard cooked – ½ each<br>• Tomatoes, cherry – ¼ cup<br>• Avocado, diced – ¼ cup<br>• Bacon bits - sprinkle<br>3. Serve with 2 tablespoons salad dressing.<br>**CCP**: Hold and serve at 41°F or lower. |
| Eggs, hard-cooked | 25 each | 5 each | |
| Tomatoes, cherry | 3 quarts 1 cup | 2 ½ cups | |
| Avocado, diced | 6 pounds 4 ounces | 1 pound 4 ounces | |
| Bacon, cooked, cured, reduced sodium, diced | 5 ounces | 1 ounce | |
| Green Goddess Dressing | 1 quart 2 cups | 1 ¼ cup | |

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 270 | Cholesterol (mg) | 125 | Dietary Fiber (g) | 7 | Vitamin D (mcg) | 0.6 | Potassium (mg) | 700 |
| Total Fat (g) | 18 | Sodium (mg) | 280 | Added Sugars (g) | 1 | Iron (mg) | 1.7 | Vitamin A-RAE (mcg) | 272.35 |
| Saturated Fat (g) | 3.5 | Total Carbohydrate (g) | 13 | Protein (g) | 16 | Calcium (mg) | 70 | Vitamin C (mg) | 19.51 |

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

# Tuscan White Bean Salad

Serving size: ½ cup

One serving provides:
½ cup vegetable

| Ingredients | 50 Servings | 10 Servings |
|---|---|---|
| Beans, great northern, canned, drained | 13 pounds 2 ounces | 2 pounds 10 ounces |
| Tomatoes, plum, small diced | 3 pounds 2 ounces | 10 ounces |
| Parsley, flat leaf, fresh, chopped | 1 ⅔ cups | ⅓ cup |
| Salt, kosher | 2 ½ teaspoons | ½ teaspoon |
| Black pepper, ground | 1 ¼ teaspoons | ¼ teaspoon |
| Oil, olive | 1 ⅔ cup | ⅓ cup |
| Garlic, minced | ¼ cup 1 tablespoon | 1 tablespoon |
| Onions, red, small diced | 3 ⅓ cups | ⅔ cup |

## Directions

**CCP**: No bare-hand contact with ready-to-eat food.

1. Combine drained and rinsed beans, diced tomatoes, chopped parsley, salt and pepper.
2. 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 the onion, garlic, and olive oil mixture to the beans. Mix well.

**CCP**: Hold and serve at 41°F or lower.

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 210 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 6 | Vitamin D (mcg) | 0 | Potassium (mg) | 510 |
| Total Fat (g) | 8 | Sodium (mg) | 290 | Added Sugars (g) | 0 | Iron (mg) | 2.1 | Vitamin A-RAE (mcg) | 20.43 |
| Saturated Fat (g) | 1 | Total Carbohydrate (g) | 27 | Protein (g) | 9 | Calcium (mg) | 70 | Vitamin C (mg) | 8.92 |

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

# Balsamic-Maple Dressing

Serving size: 2 tablespoons

Does not Credit

| Ingredients | 50 Servings | 10 Servings |
|---|---|---|
| Vinegar, balsamic | ½ cup 2 tablespoons | 2 tablespoons |
| Maple syrup | ¼ cup 1 tablespoon | 1 tablespoon |
| Mustard, Dijon | 2 ½ teaspoons | ½ teaspoon |
| Garlic, granulated | 2 ½ teaspoons | ½ teaspoon |
| Salt, kosher | 1 ¼ teaspoon | ¼ teaspoon |
| Black pepper, ground | 1 ¼ teaspoon | ¼ teaspoon |
| Oil, olive | 1 ¼ cup | ¼ cup |

**Directions**

**CCP**: No bare-hand contact with ready-to-eat food.

1. Combine vinegar, syrup, mustard, garlic, salt, and pepper in a food processor or blender.
2. While the motor is running, drizzle in oil until combined.

**CCP**: Hold and serve at 41°F or lower.

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 60 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 0 | Vitamin D (mcg) | 0 | Potassium (mg) | 10 |
| Total Fat (g) | 6 | Sodium (mg) | 45 | Added Sugars (g) | 1 | Iron (mg) | 0 | Vitamin A-RAE (mcg) | 0.02 |
| Saturated Fat (g) | 1 | Total Carbohydrate (g) | 2 | Protein (g) | 0 | Calcium (mg) | 0 | Vitamin C (mg) | 0.00 |

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

# STRAWBERRY, SPINACH AND CHICKEN SALAD

SERVING SIZE: 1 SALAD (1 ¼ CUPS)

ONE SERVING PROVIDES:
½ CUP DARK GREEN VEGETABLE, ⅛ CUP OTHER VEGETABLE AND ⅛ CUP FRUIT AND 2 OZ. EQ MEAT/MA

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Sunflower or pumpkin seeds | 1 pound 4 ounces | 4 ounces | **CCP**: No bare-hand contact with ready-to-eat food.<br>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. |
| Cucumbers, fresh | 3 pounds 2 ounces | 10 ounces | 2. Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick. |
| Strawberries, fresh | 3 pounds 7 ounces | 11 ounces | 3. Hull strawberries and cut into ¼-inch thick slices. |
| Lettuce, Romaine | 2 pounds 8 ounces | 8 ounces | 4. Trim romaine and cut into 1-inch pieces. |
| Spinach, baby | 2 pounds 13 ounces | 9 ounces | 5. Mix spinach and romaine in a large bowl.<br>6. Add the strawberries, cucumbers, and the toasted seeds to the greens.<br>7. Serve with 2 ounces of chicken per serving.<br>8. Serve with Balsamic Maple Dressing.<br>**CCP**: Hold and serve at 41°F or lower. |
| Chicken, cooked, sliced, or shredded or chicken fajita meat | 6 pounds 4 ounces | 1 pound 4 ounces | |
| Balsamic-Maple Dressing | 50 servings | 10 servings | |

| Nutrients Per Serving | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 240 | Cholesterol (mg) | 50 | Dietary Fiber (g) | 3 | Vitamin D (mcg) | 0.1 | Potassium (mg) | 520 |
| Total Fat (g) | 14 | Sodium (mg) | 110 | Added Sugars (g) | 1 | Iron (mg) | 2.3 | Vitamin A-RAE (mcg) | 223.91 |
| Saturated Fat (g) | 2 | Total Carbohydrate (g) | 9 | Protein (g) | 21 | Calcium (mg) | 60 | Vitamin C (mg) | 27.40 |

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

# Green Bean, Cranberry & Sunflower Seed Salad

Serving Size: ½ cup
One serving provides:
¼ cup other vegetable, ⅛ cup fruit, and .25 oz. eq. m/ma

| Ingredients | 50 Servings | 10 Servings |
|---|---|---|
| Garlic, peeled | 5 cloves | 1 clove |
| Oil, canola | 3 ⅓ cup | ⅔ cup |
| Balsamic vinegar | ½ cup 2 tablespoons | 2 tablespoons |
| Mustard, Dijon | ¼ cup 1 tablespoon | 1 tablespoon |
| Salt, kosher | 1 ¼ teaspoon | ¼ teaspoon |
| Black pepper, ground | 1 ¼ teaspoon | ¼ teaspoon |
| Green beans, fresh | 5 pounds | 1 pound |
| Water | 5 gallons | 1 gallon |
| Dried cranberries | 1 pound 9 ounces | 5 ounces |
| Sunflower seeds, toasted | 15 ounces | 3 ounces |

**Directions**

**CCP**: No bare-hand contact with ready-to-eat food.

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.
2. Trim green beans and cut into 1-inch pieces.
3. Blanch the green beans.
4. Add cranberries, sunflower seeds, and the dressing to the green beans.

**CCP**: Hold and serve at 41°F or lower.

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 250 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 3 | Vitamin D (mcg) | 0 | Potassium (mg) | 160 |
| Total Fat (g) | 19 | Sodium (mg) | 95 | Added Sugars (g) | 0 | Iron (mg) | 0.9 | Vitamin A-RAE (mcg) | 31.76 |
| Saturated Fat (g) | 1.5 | Total Carbohydrate (g) | 17 | Protein (g) | 3 | Calcium (mg) | 40 | Vitamin C (mg) | 5.75 |

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

# Lemony Greek Vinaigrette

Servings Size: 2 tablespoons

Does not credit

| Ingredients | 7 ½ Cups | 1 ½ Cups |
|---|---|---|
| Lemon juice, fresh | 3 ⅓ cups | ⅔ cups |
| Basil, dried | ¼ cup ½ teaspoon | 2 ½ teaspoons |
| Oregano, dried | ¼ cup ½ teaspoon | 2 ½ teaspoons |
| Marjoram, dried | 3 tablespoons 1 teaspoon | 2 teaspoons |
| Thyme, dried | 2 ½ teaspoons | ½ teaspoon |
| Oil, olive | 3 ¾ cup | ¾ cup |

**Directions**

**CCP**: No bare-hand contact with ready-to-eat food.

1. Combine lemon juice and dried herbs.
2. Whisk until blended.
3. Slowly add the oil while whisking until combined.

**CCP**: Hold and serve at 41°F or lower.

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 150 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 0 | Vitamin D (mcg) | 0 | Potassium (mg) | 30 |
| Total Fat (g) | 17 | Sodium (mg) | 0 | Added Sugars (g) | 0 | Iron (mg) | 0.4 | Vitamin A-RAE (mcg) | 0.91 |
| Saturated Fat (g) | 2.5 | Total Carbohydrate (g) | 1 | Protein (g) | 0 | Calcium (mg) | 10 | Vitamin C (mg) | 6.39 |

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

# GREEK SALAD

SERVING SIZE: 1 SALAD
ONE SERVING PROVIDES:
1 OZ. EQ. M/MA, 1 CUP DARK GREEN VEGETABLES, ½ CUP OTHER VEGETABLES

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS | DIRECTIONS |
|---|---|---|---|
| Lettuce, Romaine, chopped | 3 gallons 2 cups | 2 quarts 2 cups | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Wash greens. Dry thoroughly. |
| Tomatoes, cherry, halved (1/4 cup = about 3 cherry tomatoes) | 3 quarts 1 cup | 2 ½ cups | 2. Mix tomatoes, red onion, red bell pepper, parsley, and black olives.<br>3. Toss tomato mixture with Lemony Greek Vinaigrette.<br>**CCP**: Hold and serve at 41°F or lower. |
| Onion, red, sliced thinly | 1 quart 2 cups | 1 ¼ cup | |
| Peppers, bell, red, medium dice | 1 quart 2 cups | 1 ¼ cup | |
| Parsley, fresh, chopped | 2 ½ cups | ½ cup | |
| Black olives, pitted, drained (1/8 cup = about 4 olives) | 15 ounces | 3 ounces | |
| Feta cheese, crumbled | 1 pound 9 ounces | 5 ounces | |
| Chicken breast, diced, sliced, or shredded | 5 pounds | 1 pound | |
| Lemony Greek Vinaigrette | 7 ½ cups | 1 ½ cups | |

NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 300 | Cholesterol (mg) | 50 | Dietary Fiber (g) | 3 | Vitamin D (mcg) | 0.1 | Potassium (mg) | 440 |
| Total Fat (g) | 23 | Sodium (mg) | 270 | Added Sugars (g) | 0 | Iron (mg) | 2.4 | Vitamin A-RAE (mcg) | 285.28 |
| Saturated Fat (g) | 5 | Total Carbohydrate (g) | 9 | Protein (g) | 18 | Calcium (mg) | 130 | Vitamin C (mg) | 42.76 |

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

# Melon, Citrus, and Jicama Salad with Mint

Serving Size: ½ cup

One serving provides:
⅛ cup other vegetables, ⅜ cup fruit

| Ingredients | 48 Servings | 12 Servings | Directions |
|---|---|---|---|
| Honeydew melon, fresh | 7 pounds | 1 pound 12 ounces | **CCP**: No bare-hand contact with ready-to-eat food.<br>1. Peel, seed, and cut melon into julienne sticks. |
| Oranges, fresh | 8 pounds | 2 pounds | 2. Segment oranges. |
| Jicama, fresh | 2 pounds 8 ounces | 10 ounces | 3. Peel and cut jicama into julienne sticks (1 ½ inch long). |
| Mint, fresh | 1 cup | 2 tablespoons | 4. Remove mint leaves from stems and mince. |
| Lime Juice, fresh | 1 cup | ¼ cup | 5. Combine the melon, oranges, jicama, mint, and lime juice in a large bowl. Chill for 30 minutes before serving.<br>**CCP**: Hold and serve at 41°F or lower. |

Nutrients Per Serving

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 70 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 4 | Vitamin D (mcg) | 0 | Potassium (mg) | 320 |
| Total Fat (g) | 0 | Sodium (mg) | 15 | Added Sugars (g) | 0 | Iron (mg) | 0.4 | Vitamin A-RAE (mcg) | 12.46 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 17 | Protein (g) | 1 | Calcium (mg) | 40 | Vitamin C (mg) | 52.34 |

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

| **SRIRACHA RANCH POTATO AND CHICKEN SALAD** | SERVING SIZE: 1 SALAD WITH 2 PACKAGES WHOLE GRAIN CRACKERS<br>ONE SERVING PROVIDES: 2 OZ. M/MA<br>2 OZ. GRAIN EQUIVALENT, 1 CUP DARK GREEN, ½ CUP STARCHY ¼ CUP R/O, ¼ CUP OTHER | | |
|---|---|---|---|
| **INGREDIENTS** | **50 SERVINGS** | **10 SERVINGS** | **DIRECTIONS** |
| Potatoes, russet, fresh, baked and chilled | 10 pounds | 2 pounds | **CCP**: No bare-hand contact with ready-to-eat food.<br>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 ¼ cup | 2. Combine the plain yogurt, mayonnaise, sriracha hot chili sauce, white vinegar, garlic powder, and onion powder, and mix well. Best if made 1 day in advance.<br>3. Add part of the dressing to the potatoes and green onions: For 50 servings, add 5 cups of the sriracha ranch dressing. For 10 servings, add 1 cup of the Sriracha Ranch Dressing. Stir to combine.<br>4. Portion the remaining sriracha ranch dressing into 1-ounce servings. |
| Mayonnaise, regular | 1 quart 2 cups | 1 ¼ cup | |
| Sriracha hot chili sauce | 1 ¼ cups | ¼ cup | |
| White vinegar | ¼ cup 1 tablespoons | 1 tablespoon | |
| Black pepper, ground | 2 ½ teaspoons | ½ teaspoon | |
| Garlic, powder | 2 ½ teaspoons | ½ teaspoon | |
| Onion, powder | 1 ¼ teaspoons | ¼ teaspoon | |
| Chicken breast fillets or tenders, shredded | 6 pounds 4 ounces | 1 pound 4 ounces | 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 10 ounces | 1 pound 2 ounces | 6. To assemble the salads, place 2 cups (3 ounces) of romaine lettuce into each serving container. Using a #8 scoop, serving ½ cup of the potato salad on top of the lettuce. Slice a 2-ounce equivalent serving of chilled chicken into 1-inch-wide slices, and place on the lettuce next to the potato salad. Add one tomato wedge and 4 slices of cucumber to the salad. Serve each salad with a 1-ounce serving of additional sriracha ranch dressing and 2 packages of whole-grain crackers.<br>**CCP**: Hold and serve at 41°F or lower. |
| Cucumbers, fresh, sliced 1/4 inch | 5 pounds | 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 | 450 | Cholesterol (mg) | 60 | Dietary Fiber (g) | 5 | Vitamin D (mcg) | 0.1 | Potassium (mg) | 1070 |
| Total Fat (g) | 25 | Sodium (mg) | 480 | Added Sugars (g) | 0 | Iron (mg) | 3.1 | Vitamin A-RAE (mcg) | 443.84 |
| Saturated Fat (g) | 4.5 | Total Carbohydrate (g) | 32 | Protein (g) | 24 | Calcium (mg) | 140 | Vitamin C (mg) | 20.46 |

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

# THREE BEAN SALAD

SERVING SIZE: ¼ CUP
ONE SERVING PROVIDES: ¼ CUP VEGETABLE

| INGREDIENTS | 50 SERVINGS | 10 SERVINGS |
|---|---|---|
| Kidney Beans, canned, drained, rinsed | 1 pound 1 ½ ounces | 3 ½ ounces |
| Chickpeas, canned, drained, rinsed | 15 ounces | 3 ounces |
| Black beans, canned, drained, rinsed | 2 pounds 5 ½ ounces | 7 ½ ounces |
| White or red onion, fresh, chopped | ½ cup 2 tablespoons | 2 tablespoons |
| Green pepper, fresh, chopped | 7 ½ ounces | 1 ½ ounces |
| Oil, vegetable | ½ cup 2 tablespoons | 2 tablespoons |
| Vinegar, white | ½ cup 2 tablespoons | 2 tablespoons |
| Sugar, white, granulated | ¼ cup 1 tablespoon | 1 tablespoon |
| Basil, dried | 1 tablespoon ¾ teaspoon | ¾ teaspoon |
| Black pepper, ground | 1 ¼ teaspoons | ¼ teaspoon |
| Garlic, granulated | 1 ¼ teaspoons | ¼ teaspoon |

## DIRECTIONS

**CCP**: No bare-hand contact with ready-to-eat food.

1. Combine kidney beans, chickpeas, black beans, onion, and green pepper.
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.
3. Pour dressing over beans. Toss lightly to combine and coat evenly.
4. Cover. Refrigerate until ready to serve.
5. Mix lightly before serving. Serving with No. 16 scoop (¼ cup).

**CCP**: Hold and serve at 41°F or lower.

## NUTRIENTS PER SERVING

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Calories | 70 | Cholesterol (mg) | 0 | Dietary Fiber (g) | 3 | Vitamin D (mcg) | 0 | Potassium (mg) | 120 |
| Total Fat (g) | 3 | Sodium (mg) | 60 | Added Sugars (g) | 1 | Iron (mg) | 0.7 | Vitamin A-RAE (mcg) | 0.96 |
| Saturated Fat (g) | 0 | Total Carbohydrate (g) | 9 | Protein (g) | 3 | Calcium (mg) | 20 | Vitamin C (mg) | 4.15 |

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

# 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 Sisters 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 & 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 | 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 | |
| Sweet Potato 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-Maple Dressing | A *or* NA | A *or* NA | A *or* NA | A *or* NA | |
| Strawberry, Spinach & Chicken Salad | A *or* NA | A *or* NA | A *or* NA | A *or* NA | |
| Green Bean, Cranberry & 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 | |
| Mediterranean Chicken Salad | A *or* NA | A *or* NA | A *or* NA | A *or* NA | |
| Melon, Citrus & Jicama Salad with Mint | A *or* NA | A *or* NA | A *or* NA | A *or* NA | |
| Sriracha Ranch Potato & 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 | |

# Recipe Index


Baked Chicken Drumstick ..... 31
Balsamic Maple Dressing ..... 130
BBQ Ranch Dressing ..... 119
BBQ Three Bean Salad ..... 82
Berry Chicken Salad ..... 125
Black Bean, Corn and Tomato Fiesta Salad 118
Blanched Broccoli ..... 50
Blanched Carrots ..... 59
Blanched Cauliflower ..... 55
Blanched Green Beans ..... 77
Broccoli Salad ..... 51
Buffalo Cauliflower Bites ..... 58
Butternut Squash Parfait ..... 64
Caesar Dressing ..... 116
Carrot Fries ..... 61
Cauliflower Salad ..... 56
Chef's Salad ..... 114
Chicken Caesar Salad ..... 117
Chili Roasted Sweet Potatoes ..... 30
Cobb Salad ..... 128
Corn Pudding ..... 75
Croutons ..... 110
Dilly Cukes ..... 54
Dilly Green Beans ..... 81
Edamame and Corn Salad ..... 73
Elotes / Mexican Street Corn ..... 74
Giardiniera ..... 67
Greek Salad ..... 135
Green bean Salad with Almonds ..... 78
Green Bean, Cranberry & Sunflower Seed Salad ..... 133
Green Goddess Dressing ..... 127
Honey Carrot Coins ..... 62
Honey Mint Citrus Dressing ..... 28
Hoosier Super Salad ..... 106
Lemon Zest Broccoli ..... 53
Lemony Greek Vinaigrette Dressing ..... 134
Lentil Taco Salad ..... 121
Maple Sriracha Baked Beans ..... 85
Mashed Butternut Squash ..... 66
Melon, Citrus, and Jicama Salad with Mint. 136
Mexican Slaw ..... 123
Moroccan Carrot Salad ..... 60
Pickled Jalapenos ..... 76
Pickled Spicy Carrots ..... 63
Pickled Watermelon Rind ..... 86
Pita Chips ..... 111
Pizza Green Beans ..... 80
Quick Pickled Cukes ..... 48
Ranch Dip ..... 108
Ranch Dressing ..... 113
Ranch-Roasted Broccoli ..... 52
Razzy Ranch Dressing ..... 124
Roasted Brussels Sprouts ..... 45
Roasted Butternut Squash ..... 65
Roasted Cauliflower with Turmeric ..... 57
Roasted Chick Peas ..... 83
Roasted Potatoes with Seasonings ..... 29
Roasted Ratatouille ..... 69
Seasonal Fruit Salad ..... 27
Seasonal Fruit Salsa ..... 26
Sesame-Roasted Green Beans ..... 79
Sriracha Ranch Potato and Chicken Salad .. 137
Steamed Edamame- in Shell ..... 47
Strawberry, Spinach and Chicken Salad ..... 131
Sweet Potato Salad with Citrus Vinaigrette 126
Taco Salad ..... 120
Three Bean Salad ..... 139
Turmeric Zucchini ..... 72
Tuscan White Bean Salad ..... 129
Veggie Cruncher Cup or Bowl ..... 105
Zucchini Fries ..... 68
Zucchini Parmesan ..... 71

# Kitchen Matters

# Nutrition Matters

# APPENDIX

## WEIGHTS AND MEASURES

In foodservice operations, weights and measures are essential components to producing high-quality meals. All recipes require a basic understanding of the different units, the purpose of measuring tools, and the right techniques for measurement. Sometimes, recipes also require conversions or alterations. Because of this, math skills are essential for working in the kitchen.

### WEIGHT VS. VOLUME

There are many forms of measurement, such as weight, time, speed, and volume. Each of these forms has a distinct purpose and unit of measure. Weight and volume are two types of measurements that are often confused.

**Weight** is the measure of an items mass. In foodservice, the most common units of weight are ounces and pounds.
**Volume** is the measure of the amount of space an item takes up. There are seven units of volume, including teaspoon, tablespoon, fluid ounce, cup, pint, quart, and gallon.

To highlight the difference between weight and volume, consider this age-old question; what weighs more, a pound of bricks or a pound of feathers?

Both the bricks and the feathers have an equal weight—one pound. However, the items have very different volumes because they take up different amounts of space. The amount of feathers needed to weigh one pound is much more than the amount of bricks needed.

For this reason, weight is regarded as the more accurate measurement for solid ingredients weighing more than 2 ounces. Liquid ingredients are usually best measured with volume.

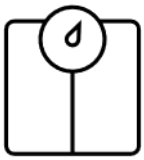
The importance of weight and volume can be further demonstrated by that 1 ¼ cups of flour mentioned earlier. Flour is a solid ingredient that's best measured by weight. If the flour is measured using a volume measuring cup, the quantity can vary greatly from person to person, even when the same cup is used. Factors that alter quantity include:

- If it was spooned in or scooped in with the measuring cup
- If it was packed down into the cup
- If it was leveled off with a straight edge

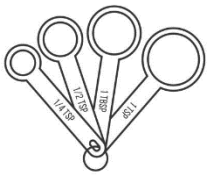
Even small differences in quantity can make a big difference in a recipe's result. Essentially, using the correct measuring tools and techniques matters. That's not to suggest that a small serving of flour must always be weighed on a scale. Nevertheless, ensuring that all ingredients are measured with the correct method will greatly improve the quality of food.

## MEASURING TOOLS AND TECHNIQUES

Measuring tools are created for different purposes. Here are the most common tools used within foodservice operations:



***Scales*** measure weight. They are the most accurate way to measure dry ingredients but can also be used for some liquid ingredients as well.




**Measuring cups** and **measuring spoons** measure volume. They are best used for liquid ingredients but can be used for small quantities of dry ingredients too.

**Scoops** measure volume. The scoop number equals the average number of scoops in a quart

For graduated dry and liquid ingredients, the standard sizes are:

1 quart 1 pint 2 quarts 1 gallon

Since weight is the best measure for dry ingredients, these units are generally not used for quantities greater than 1 quart. Nonetheless, tools vary based on their intended use, and it's important to understand these differences.

Liquid measures will have a curved lip above the spill line to prevent spilling.

Dry measures have a straight rim to level ingredients.

Another important distinction is between ounces and fluid ounces. An ounce is a measure of weight, while a fluid ounce is a measure of volume. Any ingredient labeled in ounces will not equal the same quantity in fluid ounces, as liquid weights may vary.

When measuring ingredients, the right technique is essential. Even if you use the correct tool for the job, using it improperly will result in inconsistent results when following a recipe. To ensure all ingredients are measured correctly:

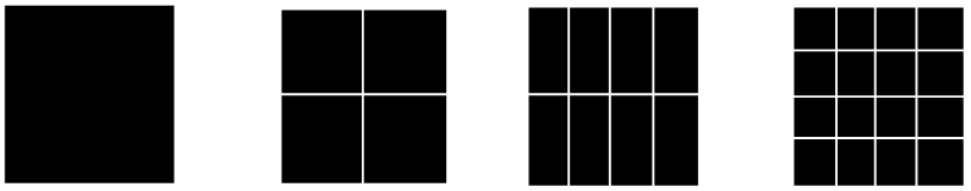
- Lightly spoon dry ingredients into a measuring cup. Level off the top by using a flat-edged utensil such as a knife or a metal spatula. Avoid tapping or shaking the measuring container; this will pack the ingredient and lead to inaccurate quantities. An exception to this rule is brown sugar. Typically, this ingredient should be firmly packed into a measuring cup, unless the recipe specifies otherwise.
- Use a scale whenever possible to measure dry ingredients. If one is not available, use the largest instrument possible to increase accuracy. For instance, measuring four cups of flour using a one-quart container is better than using a four-cup container four different times. Every time the flour is spooned into the cup, it increases the chance of human error.
- Check the amount of liquid in a measuring cup by setting it steady on the counter and looking at the meniscus. The meniscus is the natural upward or downward curve seen at the top of the liquid. To do this, hold the container at eye level and determine whether the meniscus is at the desired level. This will produce the most accurate results for your recipe.
- If possible, measure all ingredients before starting the recipe to increase efficiency and decrease the chance of error.

## SERVING

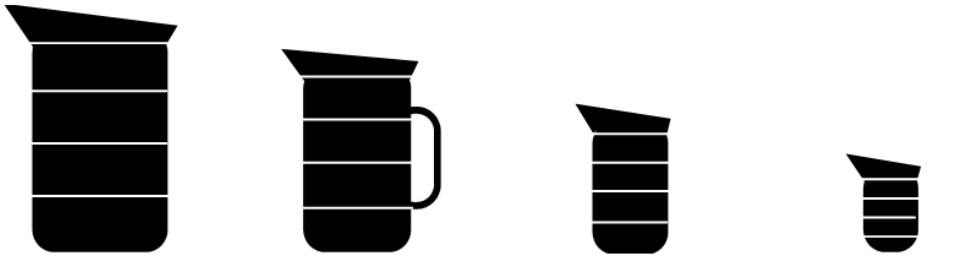
How food is served directly affects a recipe's yield. Most often, scoops are used for serving. Selecting the appropriate scoop size and using the correct technique are essential when serving food. If you over-serve, you will run out of food too quickly. If you under-serve, you'll end up with excess.

Incorrect serving doesn't only affect the operation's bottom line. It can also negatively impact consumers. If one kid gets a heaping serving of food while another gets a tiny serving, you will have very unsatisfied students on your hands. To avoid this issue, use instruments that measure both weight and volume, and remember the right techniques for accurate measurement.

## Volume Measures



1 gallon = 4 quarts = 8 pints = 16 cups



1 gallon=128 oz. 1 qt.=32 oz. 1 pt.=16 oz. 1 cup=8 oz.

## Weights and Measures Equivalencies

| | | |
|---|---|---|
| dash | = | less than ⅛ teaspoon |
| 3 teaspoons (tsp.) | = | 1 Tablespoon (½ fl. oz.) |
| 2 Tablespoons (Tbsp.) | = | ⅛ cup (1 fl. oz.) |
| 4 Tablespoons | = | ¼ cup (2 fl. oz.) |
| 8 Tablespoons | = | ½ cup (4 fl. oz.) |
| 16 Tablespoons | = | 1 cup (8 fl. oz.) |
| 1 gill | = | ½ cup |
| 2 cups | = | 1 pint |
| 2 pints | = | 1 quart (approx. 1 liter) |
| 4 quarts | = | 1 gallon |
| 8 quarts | = | 1 peck |
| 4 pecks | = | 1 bushel |

## SCOOPS

The number on the scoop indicates how many level scoops make one quart.

| Scoop Number | Measure | Weight in Fluid Ounces (fl. oz.) | Scoops per Cup |
|---|---|---|---|
| 4 | 1 cup | 8 fl. oz. | 1 |
| 5 | ¾ cup | 6.4 fl. oz. | 1.25 |
| 6 | ⅔ cup | 5.3 fl. oz. | 1.5 |
| 8 | ½ cup | 4 fl. oz. | 2 |
| 10 | ⅜ cup | 3.2 fl. oz. | 2.5 |
| 12 | ⅓ cup | 2.6 fl. oz. | 3 |
| 16 | ¼ cup | 2 fl. oz. | 4 |
| 20 | 3 ⅓ tablespoons | 1.6 fl. oz. | 5 |
| 24 | 8 teaspoons | 1.33 fl. oz. | 6 |
| 30 | 2 tablespoons | 1 fl. oz. | 7.5 |
| 40 | 1 ⅔ tablespoons | .75 fl. oz. | 10 |
| 50 | 3 ¾ teaspoons | .64 fl. oz. | 12.5 |
| 60 | 1 tablespoon | .5 fl. oz. | 15 |
| 70 | 2 ¾ teaspoons | .45 fl. oz. | 17.5 |
| 100 | 2 teaspoons | .32 fl. oz. | 25 |

## LADLES

Ladles are labeled "oz." but "fl. oz." or "fluid ounce" would be more accurate since they measure volume, not weight.

| Ladle (Fluid ounce) | Approximate measure |
|---|---|
| 1 oz. | ⅛ cup |
| 2 oz. | ¼ cup |
| 3 oz. | ⅜ cup |
| 4 oz. | ½ cup |
| 6 oz. | ¾ cup |
| 8 oz. | 1 cup |
| 12 oz. | 1 ½ cups |

## HOTEL OR STEAM TABLE PAN CAPACITY

| Pan Size | | Approximate Pan Capacity Full | | Approximate Pan Capacity 85 Percent | |
|---|---|---|---|---|---|
| | | Quarts | Cups | Quarts | Cups |
| **Full Size** | 12" x 20" x 2 ½" | 8 ¼ | 33 | 7 | 28 |
| | 4" | 14 | 56 | 12 | 48 |
| | 6" | 21 | 84 | 18 | 72 |
| **Half Pan** | 12" x 10" x 2 ½" | 4 | 16 | 3 ½ | 14 |
| | 4" | 6 ½ | 26 | 5 ½ | 22 |
| | 6" | 9 ½ | 38 | 8 | 32 |
| **Third size** | 12" x 6" x 2 ½" | 2 ⅖ | 9 ⅗ | 2 | 8 |
| | 4" | 3 ⅞ | 15 ½ | 3 ¼ | 13 |
| | 6" | 6 | 24 | 5 | 20 ½ |
| **Fourth size** | 10″ x 6" x 2 ½" | 1 ⅞ | 7 ½ | 1 ½ | 6 ⅜ |
| | 4" | 3 | 12 | 2 ½ | 10 |
| | 6" | 4 ½ | 18 ¼ | 3 ⅞ | 15 ½ |
| **Sixth size** | 6" x 6" x 2 ½" | 1 ¼ | 5 | 1 | 4 ¼ |
| | 4" | 1 ⅞ | 7 ½ | 1 ½ | 6 ⅜ |
| | 6" | 2 ¾ | 11 | 2 ⅓ | 9 ⅓ |

# ENCOURAGE HEALTHY FOOD CHOICES IN SCHOOLS

| **Product Placement** |
|---|
| • Display fruit in at least two locations.<br>• Offer vegetables on all service lines.<br>• Make grab-and-go (pre-packaged) healthy options easy to find.<br>• Display white milk in the front of the cooler. |
| **Improve Taste and Quality** |
| • Offer sliced or cut fruit daily.<br>• Display whole fruit in attractive bowls.<br>• Season vegetables.<br>• Serve cut, raw veggies with a dip like hummus. |
| **Increase Variety** |
| • Offer at least two fruit choices each day.<br>• Offer at least four vegetable choices each day.<br>  ○ Two hot vegetables<br>  ○ Two cold vegetables<br>• Offer pre-packaged main salads each day. |
| **Write an Appealing Menu** |
| • Menu Board<br>• Menu Item Descriptions<br>• Menu Promotions |
| **Use Positive Communication** |
| • Greeting<br>• Serving<br>• Cash Register<br>• Special Requests<br>• Manage Conflicts |
| **Maintain a Pleasant Environment** |
| • Attractive dining room.<br>• Branded dining room.<br>• Easy to read menu board.<br>• Cleaning supplies not visible during service.<br>• Recycling/trash bins are away from dining students.<br>• Clear traffic pattern. |

## CATCHY NAMES

K-5 grade students like imaginative, playful names. For example: X-ray Carrots, Big Bad Bean Burrito

### Match the adjective to the menu item:

| | |
|---|---|
| Green beans | Sweet Talking |
| Baked sweet potatoes | Fiesta |
| Baked apples | Snappy |
| Black bean soup | Green lantern |
| Peas | Power |
| Veggie pizza | Rainbow |

6-12 grade students like descriptive sensory words. For example: Spiced Butternut Squash, Fluffy Mashed Potatoes, Warm Baked Apples

### Match the adjective to the menu item:

| | |
|---|---|
| Green beans | Harvest |
| Baked sweet potatoes | Home-style |
| Baked apples | Spiced |
| Black bean soup | Fresh |
| Peas | Garden |
| Veggie pizza | New York |

### Add your own adjectives to these common menu items:

Baked chicken: _____
Turkey Sub: _____
Chef Salad: _____
Grilled Cheese Sandwich: _____
Hamburger: _____
Sides: _____
Corn: _____
Kale: _____
Kiwi: _____
Salad Bar: _____
Rice: _____
Squash: _____
Mixed/Steamed Veggies: _____

**Your Favorite Menu Items:**

_____ _____
_____ _____
_____ _____

## Food Naming Word Bank

| Food Properties | Sensory: Taste/Smell | Appeal | Silly |
|---|---|---|---|
| Bubbly | Aromatic | Bright | Cool |
| Cheesy | Bitter | Colorful | Crazy |
| Chewy | Delectable | Delightful | Dazzling |
| Chunky | Delicious | Fresh | Dynamite |
| Creamy | Fiery | Gorgeous | Extraordinary |
| Crisp(y) | Flavorful | Green/Red | Fabulous |
| Crunchy | Fruity | Intense | Famous |
| Flaky | Gingery | Luscious | Fantastic |
| Fluffy | Lemony | Mouth-Watering | Heavenly |
| Frosty | Mild | Pure | Hip |
| Glazed | Nutty | Refreshing | Jazzy |
| Gooey | Peppery (peppered) | Robust | Jolly |
| Hearty | Savory | Sunny | Lively |
| Hot | Scrumptious | Vivid | Snappy |
| Juicy | Spicy | Appetizing | Snazzy |
| Moist | Sugary | Delicious | Spectacular |
| Plump | Sweet | Local | Splashy |
| Rich | Tangy | Smothered | Superb |
| Ripe | Tart | Marvelous | Tantalizing |
| Saucy | Yummy | Wonderful | Wild |
| Seasoned | Zesty | Delectable | Wow |
| Silky | Zingy | Bubbling | Zippy |
| Sizzling | Chilled | Infused | Zesty |
| Sparkling | Cold | | Zingy |
| Sticky | Mellow | | |
| Toasty (toasted) | Icy | | |
| Velvety | Refreshing | | |
| Whipped | | | |

### Food Naming Examples

| Fruits | Veggies | Main Dishes |
|---|---|---|
| Berrilicious Fruit Smoothie | Crazy Carrot Sticks | Fiery Chicken Fajitas |
| Savory Cinnamon Apples | Wild Potato Wedges | Tasty Turkey Burger |
| Jazzy Juice | Zesty Zucchini Pasta | Dynamite Turkey Dog |
| Outstanding Oranges | Tangy Vegetable Stir-Fry | Intense Chicken Chili |
| Super Power Strawberries | Snazzy Sugar Snap Peas | Dynamite Deli Sandwich |
| Sun-Ripened Kiwi | Luscious Leafy Greens | Chillin' Chicken |
| Peppy Pears | Cool Corn on the Cob | Surfs Up Fish Sandwich |
| Pump Me Up Pineapple | Spectacular Spinach | Touchdown Turkey Wrap |
| | Energy Boosting Edamame | Super Salad |
| | Be Strong Beans | Sporty Spaghetti w/ Meatballs |
| | | Home Plate BBQ |
| | | Fiesta Nachos |
| | | Big Muscle Burger |
| | | Tasty Taco Salad |
| | | Strong Body Stir Fry |
| | | Big Brain Burrito |
| | | Top Score Tacos |

Adapted from Ohio Smarter Lunchroom Movement, https://ohiosmarterlunchrooms.files.wordpress.com/2015/11/food-naming-word-bank.pdf

## Cues for Positive Communication with Students and Staff

| Occasion | Goal | Examples |
|---|---|---|
| **Greeting** | • Create a welcoming atmosphere<br>• Take the first step to building rapport<br>• Promote a reimbursable meal and/or targeted food item | • "Good morning! What would you like to try today?"<br>• "Hello! Would you like to try the [entrée]?<br>• "Welcome to lunch! The [entrée] is popular today. Would you like to try it?"<br>• "Today is [entrée] day. Would you like some?"<br>• "Welcome to the lunchroom! What can I get for you today? The [targeted item] is a great choice." |
| **Serving** | • Create a reimbursable meal<br>• Promote healthy sides | • "The [vegetable] goes well with the [entrée]."<br>• "Which vegetable/side would you like with that?"<br>• "The [fruit] is perfectly ripe."<br>• "If you don't like [first side offered], how about trying the [other side]?"<br>• "You can make [the entree] a meal with some [fruit/vegetable sides]." |

| | | |
|---|---|---|
| | | • "Today we're serving [list items]. Can I get you come [target item]?"<br>• "We have a great new recipe: [list targeted item(s)]. Would you like to try it? Tell us what you think!" |
| **Cash Register** | • Create a reimbursable meal<br>• Prompt students to "fill out" an incomplete meal | • "I see you don't have all your items. Why not grab a [handheld fruit in nearby basket]?"<br>• "You get 3 sides with your meal. You can still take one – go ahead and pick."<br>• "Your meal is not complete! Don't forget to take a [fruit, vegetable, or juice] as a side."<br>• "You forgot milk! It's included with your lunch. How about getting some now?"<br>• "It's not too late, go back and get [missing item]."<br>• • "You can make that a meal with [missing item(s)]." |
| **Special Requests** | • Ensure all students can eat a complete meal<br>• Assist new readers (elementary, special needs, and ELL students) | • To staff (discretely): "I see that [student] has a special diet. I will try to set aside a [preferred item]; however, to ensure he/she gets the correct meal, please bring him/her to the front of the line."<br>• To students still mastering reading: "Today's specials are [read menu]."<br>• To students still mastering reading: "Here is a menu (show picture menu). What would you like today? What looks the best to you?"<br>• To students still mastering reading: "Today's specials are [list items]. Would you like to try [target item(s)]?" |
| **Managing Conflict** | • De-escalate situation<br>• Avoid creating or allowing lasting negative feelings on either side<br>• Keep serving line moving smoothly and quickly | • "I'm sorry you don't like [first item offered]; how about [other entrée option] instead?"<br>• "I'd be happy to explain what makes a reimbursable meal."<br>• "The USDA defines what counts as a reimbursable meal, we aren't allowed to make substitutions [ex. soda for milk, snack for fruit]." |

Adapted from Iowa Department of Education

# FARM TO SCHOOL

In 2010, the Healthy, Hunger-Free Kids Act formally established a farm to school program within the USDA. The program aims to improve the access to local foods in schools and to enrich the connection communities have with fresh, healthy foods and local food producers. It aspires to positively transform the food purchasing and education practices of schools.

Overall, this program provides grants, training, and technical assistance to any Child Nutrition Program operator interested in farm to school activities. While farm to school implementation differs by location, the program always includes one or more of the following:

- **Procurement:** Local foods are purchased, promoted, and served in the cafeteria or as a snack or taste test.
- **Education:** Students participate in educational activities related to agriculture, food, health, or nutrition.
- **School gardens:** Students engage in hands-on learning through gardening. Farm to school empowers children and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities.

## WHY CHOOSE FARM TO SCHOOL?

**Kids Win:** Farm to school gives kids access to nutritious, high-quality, local foods which help them to learn and grow. Activities enhance classroom learning by providing hands-on learning relating to food, health, and agriculture.

**Farmers Win:** Farm to school acts as a significant financial opportunity for farmers, fishers, ranchers, food processors, and food manufacturers. It opens the door to an institutional market worth billions of dollars.

**Communities Win:** Farm to school benefits everyone from students, teachers, and administrators to parents and farmers. It enhances family and community engagement, creates new jobs, and strengthens the local economy.

## SUMMARY OF FARM TO SCHOOL BENEFITS

| **Students** | |
|---|---|
| Fruit & vegetable consumption | Increased +0.99 to +1.3 servings/ day |
| Physical activity | Increased physical activity |
| Health | Minimized risk of childhood obesity and diet-related diseases such as diabetes |
| Food systems awareness | Increased knowledge about gardening, agriculture, healthy food, local food, seasonality |
| Food choices | Willingness to try new and healthy food, choosing healthier options in the cafeteria and at home |
| Academic achievement | Overall improvement in both grades and test scores (K-12) |
| Social-emotional wellbeing | Improved life skills, self-esteem, social skills, and other types of personal growth |
| Advancing equity | Reducing health and educational inequities among low-income communities and communities of color; leveraging community engagement in environmental issues |
| **Schools** | |
| Meal participation | Average increase of 9% (range 3% to 16%) |
| Meal cost | Lowers school meal program costs |
| School food environment | Increased offerings of fruits and vegetables; positive cafeteria atmosphere; school wellness policy adherence |
| Food service staff | Improved morale; increased knowledge of local food |
| Educators | Positive diet and lifestyle changes; greater intent to integrate farm to school activities in the classroom |
| Learning opportunities | Greater opportunity for hands-on, active, and experiential learning opportunities |
| **Farmers and Producers** | |
| Income | Average increase of 5% |
| Markets | Increased diversification and new opportunities |
| **Family and Community Members** | |
| Economy | $0.60-$2.16 economic activity generated for every $1 spent |
| Job creation | Each new farm to school job contributes to the creation of additional 1.67 jobs |
| Parents and families | Increased food security and positive diet changes; increased student participation in meals at home |
| Food waste and transportation | Decreased food waste; decreased air pollution |

## Areas of Benefits

| | |
|---|---|
| **Public Health** | Farm to school activities provide healthy food options and nutrition education to influence healthy eating behaviors in children and families. With school and community gardens, Farm to School can contribute to healthy neighborhoods where communities have a better understanding of how food is grown and how food affects their health and wellness. |
| **Economy** | Farm to school provides economic development opportunities to producers (e.g., farmers, ranchers, fishers) and laborers, distributors, processors, cooks, and foodservice staff, as well as others who support the local food system. |
| **Education** | Farm to school can support educational outcomes for students by increasing student access to healthy foods in schools and promoting food and agriculture-based learning activities to enhance educational experiences. Farm to school curriculum and experiential activities are a platform to teach core content areas such as science, math, and language arts. |
| **Environment** | Farm to school activities can support environmentally sound, sustainable, and socially-just approaches to food production, processing, packaging, transportation, and marketing. Farm to school activities may promote an ecological ethic among participants, develop infrastructure that supports healthy environments and promote agriculture and food distribution practices to mitigate climate change. |

## Getting Started

Farm to school offers multiple strategies to improve the health of children and communities yet getting started can be a daunting endeavor. Here are 5 simple steps to developing a lasting farm to school program in your community.

**Assess where you are and where you'd like to be:** Envision a positive future. Is this centered on…

- Procurement of local foods to be served in school?
- Establishing a school garden?
- Integration of farm to school within the curriculum?
- All the above?

**Form a team and collaborate:** Establishing a sustainable farm to school program takes many people. School food service staff, teachers, administrators, local farmers, students, parents, and community organizers can all play an important role.

**Establish one or two attainable goals:** Possible ideas include:

- Identify menu items that you would like to transition to local products.
- Find a farmer or distributor to connect you to local items.
- Plan a local meal event.
- Determine training needs to assist food service staff with incorporating farm-fresh items in meals.
- Bring a school garden planning team together.
- Identify curricular opportunities to connect to a school garden.

- Bring a chef into the classroom.
- Plan a farm field trip or host a tasting event featuring local produce.

**Learn from others:** Some places to connect to and learn from others include:

- USDA Farm to School (https://www.fns.usda.gov/cfs)
- The National Farm to School Network (www.farmtoschool.org).
- The Indiana Farm to School Network (https://www.farmtoschool.org/our-network/indiana)

**Promote farm to school in your school and community:** Areas to consider include:

- Signage in the cafeteria
- Bulletin boards throughout the school
- School newsletters (print and electronic)
- School website
- School events / PTA / etc.
- Local media

Adapted from the National Farm to School Network, Getting Started with Farm to School

## PROCURING LOCALLY

**Schools can procure local foods by:**

- Procuring local foods through vendors/distributors using an informal or formal bidding process.
- Procuring local foods directly from local farmers using an informal or formal bidding process.
- If utilizing the DOD Fresh program, working with the DOD Fresh vendor to procure local produce.

**Steps to take when directly procuring from local farmers:**

- Determine if the local farm is registered with the State.
- Determine the type of procurement method.
- Reach out to three or more farmers.
- Make sure to document throughout the process. (Documentation is key and helps justify the reasons for selecting specific farmers.)

The dollar amount for purchase will determine the procurement method when buying from a vendor/distributor or directly from a farmer:

- Informal Procurement (Federal informal/small is above $15,000 through $350,000): For questions or concerns about informal and formal bidding, contact your State Ed representative.
- Formal Procurement (Federal formal is above $350,000): For questions or concerns about informal and formal bidding, contact your State Ed representative.
- Micro-purchases (Federal threshold is $15,000 or less).

### Five Basic Steps of a Micro-Purchase

1. Develop written specifications and required terms, conditions, and contract provisions
2. Conduct market research

3. Contact a vendor and make the purchase
4. Manage the contract
5. Distribute micro-purchases equitably among qualified suppliers

### Informal Procurement Process

Schools may use the informal process when the estimated amount of the purchase falls below the applicable small-purchase threshold (the lowest of the federal, state, and local thresholds. Federal threshold is less than $250,000).

Even though the informal procurement method is less rigorous, it is important to note that competition is still required, and the regulations must be followed. Schools must develop and provide written specifications to the vendor(s) and acquire bids from at least three vendors. Although bids might be received over the phone or face-to-face at a market, schools should document all bids. The award is made to the responsive and responsible bidder with the lowest price.

### Five Basic Steps of Informal Procurement

1. Draft specifications in writing
2. Identify and gather at least 2 quotes from suppliers that are eligible, able, and willing to provide product
3. Evaluate bidder's responses to your specifications
4. Determine most responsive and responsible bidder at lowest price and award contract
5. Manage the contract.

### Bid Documentation Chart example

| Vendor | Date Received | Responsive and Responsible | Price per Pound |
|---|---|---|---|
| Tom's Toms | July 1 | Yes | $2.20 |
| Vickie's Vines | July 1 | Yes | $2.05 |
| Fresh Network | July 10 | No, can only deliver 5 months of year | $2.75 |

# Reduce Inventory – Increase Menu Variety

## Inventory Control:

## Managing SKUs

A stock keeping unit (SKU) is the scannable bar code found on product labels. Each unique food item in your inventory has a SKU. Reducing the number of items in inventory will simplify receiving, speed up inventory, reduce inventory costs and make it easier to find products in the freezer. An efficient school food operation will work to minimize the number of SKUs while maximizing variety.

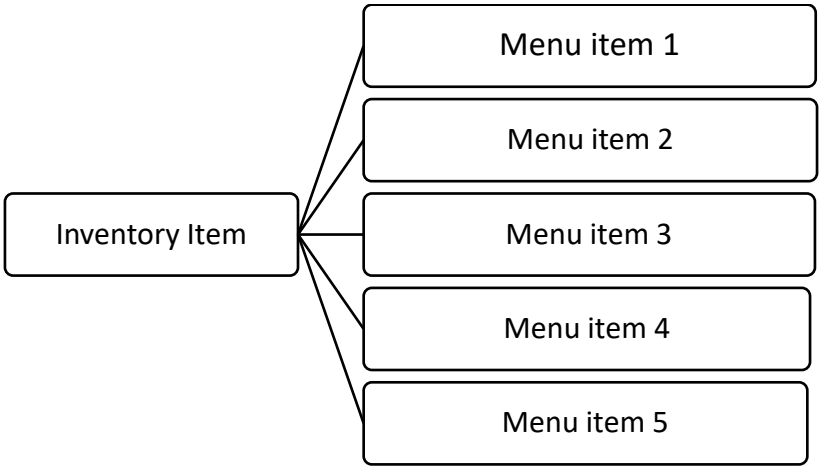
**Core Ingredients**

- Whole ingredients
- Less processed
- No seasonings

**and More**

- Menu item flexibility
- Customizable menu items
- Increase global flavors
- Work across grade levels

## Stretch the Menu Using Cross-Utilization



## Chicken Breast

| | |
|---|---|
| Shredded chicken | BBQ pulled chicken |
| | Chicken noodle soup |
| | Chicken tetrazzini |
| | Chicken chili with beans |
| | Chicken taco |
| Diced chicken | Kung pao chicken with sweet peppers |
| | Italian chicken with oregano and lemon |
| | Summer chicken stew |
| | Buffalo chicken tot bake |
| | Chicken pot pie |
| | Caribbean chicken sub |
| Chicken strips | Chicken fajita rice bowl |
| | Chicken stir-fry |
| | Cheesy chicken fajitas |
| | Chicken teriyaki |
| | Chicken curry casserole |
| Chicken tenders | Crispy chicken tenders with dipping sauce |
| | Fresh green salad with chicken tenders |
| | Teriyaki glazed chicken |
| Whole chicken breast | Kati-Kati baked chicken |
| | Honey-lemon chicken |
| | Baked rosemary balsamic chicken |
| | Sweet and sassy chicken |
| | Chicken slider with honey mustard aioli |

# Enhancing Flavor in Foods

The popping of corn, the crunch of a crusty bread, the sight of vibrant red strawberries, the aroma of cinnamon rolls, and the taste of juicy oranges. All five of our senses provide us with perceptions, when collected, become "flavor". It is this collective *flavor* that is the primary reason why we eat what we do. Taste is the most important influence on our food choices. Concern about food not tasting good is the most often mentioned obstacle to buying healthful foods. Your message to students should focus on flavor while delivering healthful food!

## The Five Senses

1. Hearing
2. Sight
3. Touch
4. Smell
5. Taste

## The Components of Flavor

**Taste:** Our sense of taste comes from the chemical receptors, or taste buds. The roughly 10,000 taste buds in our mouth record five basic tastes:

- sweet
- salty
- sour
- bitter
- umami

Additionally, the insides of our mouths feel such sensations as the burn of hot chilies, the cooling effect of mint, or the fizz of carbonated beverages.

**Smell:** Although the sense of taste is most often given credit for the appeal or dislike of a food, the sense of smell is most often the guilty party. Unlike our limited repertoire of tastes, the number of odors we can detect seems to be unlimited. When we put food in our mouth the chewing process releases volatile compounds that pass to the olfactory receptor cells at the top of our nasal passages. Our sense of smell is thought to be 10,000 times more sensitive than our sense of taste. Think about the last time you had a cold. Did you complain about foods having no taste?

**Sight:** When food is placed in front of us one of the first senses that gives you flavor clues is sight. We can anticipate the sweetness of strawberries by the intensity of red color. Steam rising off the vegetables indicates they are piping hot. The golden brown of toast hints at its crispness. It is certainly true that "we eat with our eyes" Just by looking at a tray your students can anticipate how the food will feel and taste, even before the first bite.

**Texture:** A piece of poached salmon that flakes away under the gentle prodding of a fork hints at the tenderness of the fish. On the contrary, when the blade of a knife refuses to penetrate a piece of meat it indicates that the meat will be tough and chewy. The velvet smoothness of a mousse, the

crunchy crust of a bread, and the snap of a sugar snap pea are all texture indicators that give us insight into the "taste" of a food.

**Temperature:** The temperature of our food affects our perception of its taste. Coldness suppresses sweetness. Bitterness is more intense with in cold solution. Sourness is more intense with a warm solution

**Sound:** The sizzle of onions when they hit the sauté pan is a sign that tells us the pan is just the right temperature. The snap of a carrot tells of its freshness. There are many sounds in our culinary world that add to the enhancement of the flavor of foods.

## WHAT CAN SCHOOL NUTRITION OPERATORS DO?

The first thing you can do as a food service operator is to take a moment and note the different ways in which all five of the senses are interacting in your operation and in the foods, you are serving. Look for ways to enhance all the aspects of flavor!

### The "Tastes"

- Sweet
- Sour (Acid)
- Salty
- Bitter (Alkaline)
- Umami

### Flavor in cooking is developed through…

- the selection of quality ingredients
- the appropriate use of seasonings and flavorings
- the application of processes that capture flavor
- the proper execution of cooking techniques

## FLAVOR ENHANCERS

| | |
|---|---|
| **Herbs** | Fresh, Dried, Pesto |
| **Spices** | Whole Black pepper, Ground, Toasted |
| **Aromatic ingredients** | Onions, Shallots, Garlic, Leeks, Ginger |
| **Peppers** | Hot:<br>ancho, chipotle, jalapeno, poblano, serrano, habanero, Scotch bonnets<br>Sweet<br>green, red, yellow, orange, purple |
| **Acidic Ingredients** | Vinegars:<br>malt, cider, balsamic, fruit, herb, garlic<br>Citrus:<br>zest or peel, juice |

| | |
|---|---|
| | Tomatoes:<br>Juice, fresh, canned |
| **Flavorful liquids** | Stocks:<br>vegetable, chicken, beef, fish<br>Juices:<br>fruit or vegetable |
| **Other Condiments** | Horseradish, Wasabi, Ginger, Mustards, Pickle Relishes, Olives, Salsas (Fruit & Vegetable), Ketchup, Infused Oils |
| **Cooking processes** | Extraction<br>Infusion<br>Marinating<br>Reductions |
| **Cooking methods** | Sautéing<br>Searing<br>Poaching<br>Roasting<br>Baking<br>Toasting<br>• Toast nuts and seeds to bring out the flavor.<br>• Roast vegetables for unique, robust flavors. |

## HERBS

| | |
|---|---|
| **Herbs:** | The leaves of annual and perennial low-growing shrubs |
| **Aromatic seeds:** | The seeds of graceful, lacy annual plants (anise, caraway, coriander) |

### Culinary Herbs

| Variety | Description | Peak Season | Uses/Affinities |
|---|---|---|---|
| **Basil** | leaves are pointed, green. Purple varieties, large or small-leafed varieties available, also specialty types with cinnamon, clove and other flavors | Summer/ year-round | Flavoring for sauces, pesto sauce, dressings, infusing oils, vinegars etc. Also available in dried-leaf form. Chicken, fish and pasta dishes |
| **Bay leaf** | Smooth, rigid leaf | Summer | Available dried year-round. Used to flavor soups, stews, stocks, sauces and grain dishes |
| **Chervil** | Similar in shape to parsley, with finer leaves, licorice flavor | Summer | Component of "fines herbes" often used in "pluches" to garnish dishes. Egg, chicken, shellfish, dishes. |

| | | | |
|---|---|---|---|
| **Cilantro** | Similar in shape to parsley, with pronounced, unique flavor | Mid to late summer | Component of Asian and South/Central American dishes; flavoring for salsas and other uncooked sauces. |
| **Dill** | Feathery shape with strong aroma | Late summer | Fresh is used to flavor sauces, stews, braises (especially Central and Eastern European dishes). Seeds used in pickles. |
| **Marjoram** | Small, rounded leaves with a flavor similar to oregano | Throughout summer | Used in Greek, Italian and Mexican dishes. Especially suitable for vegetable dishes. |
| **Mint** | Pointed, textured leaves. Size varies by type, as does particular flavor. | Throughout summer | Used to flavor sweet dishes, beverages, as a "tisane" and in some sauces. Mint jelly is traditional with lamb. |
| **Oregano** | Small, oval leaves | Throughout summer | Used with a variety of sauces, with poultry, beef, veal, lamb and vegetables |
| **Parsley** | Feathered leaves; may be curly or flat | Year-round | Component of "fines herbs" and of bouquet garni. Flavoring for sauces, soups, dressings, and other dishes. Garnish. |
| **Rosemary** | Leaves shaped like pine needles with a pine aroma and flavor | Year-round | Large branches used as skewers. Popular in Middle Eastern dishes, grilled foods and in marinades. Dried is nearly as intense in flavor as fresh. |
| **Sage** | Large leaves, may be furry or velvety. Sage-green color | Summer | Popular as flavoring in stuffings, sausages and some stews. Dried, rubbed sage also available. |
| **Savory** | Summary savory has flavor similar to thyme. Winter savory is more like rosemary | Summer and fall | Used in salads, stuffings, sauces. |
| **Tarragon** | Narrow leaves with pronounced licorice flavor | Summer | Another component of "fines herbs." Used with chicken, fish, veal and egg dishes. |
| **Thyme** | Very small leaves. Varieties available with special flavors (nutmeg, mint, lemon, etc.) | Summer | Part of bouquet garni. Dried leaves may occasionally be used in place of fresh. Used to flavor soups, stocks, stews and braises. |

**Source:** Adapted from *The Professional Chef* (Culinary Institute of America) and *On Cooking* (Labensky et al.).

## SPICES

Derived from the bark (ex: cinnamon), root (ex: ginger), fruit (ex: nutmeg), or berry (ex: pepper) of perennial plants.

| Name | Uses/Affinities |
|---|---|
| Allspice | Braises, forcemeats, fish, pickles, desserts |
| Anise | Desserts and other baked goods, liqueur |
| Caraway | Rye bread, pork, cabbage, soups, stews, some cheeses |
| Cardamom | Curries, some baked goods, pickling |
| Cayenne | Sauces, soups, most meats, some fish, poultry |
| Celery seed | Salads (including cole slaw), salad |
| Chili powder | Chili and other Mexican dishes, curries |
| Cinnamon | Desserts, some baked goods, sweet potatoes, hot beverages, curries, pickles, preserves |
| Cloves | Stocks, sauces, braises, marinades, curries, pickling, desserts, some baked goods |
| Coriander seeds | Curries, some forcemeats, pickling, some baked goods |
| Cumin, ground | Curries, chili, and other Mexican dishes |
| Dill seeds | Pickling, sauerkraut |
| Fennel seeds | Sausage, fish and shellfish, tomatoes, some baked goods, marinades |
| Fenugreek | Curries, meat, poultry, chutney |
| Ginger | Fresh: Asian dishes, curries, braises; Ground Dry: some desserts and baked goods |
| Horseradish | Sauces (for beef, chicken, fish), egg salad, potatoes, beets |
| Juniper | Marinades, braises (especially game), sauerkraut, gin, liqueurs |
| Mace | Some forcemeats, pork, fish, spinach, other vegetables, pickles, desserts, baked goods |
| Mustard | Pickling, meats, sauces, cheese and eggs, prepared mustard |
| Nutmeg | Sauces and soups (especially cream), veal, chicken, aspics, spinach, mushrooms, potatoes, other vegetables, desserts (especially custards), baked goods |
| Paprika | Braises and stews (including goulash), sauces, garnish |
| Pepper | Stocks, sauces, meats, vegetables, many other uses |
| Saffron | Poultry, seafood, rice pilafs, sauces, soups, some baked goods |
| Star anise | Asian dishes, especially pork and duck |
| Turmeric | Curries, sauces, pickling, rice |

## PEPPER

| Name | Uses/Affinities |
|---|---|
| Black peppercorns | Available as whole berries, cracked, or ground. The Telicherry peppercorn is one of the most prized. Mignonette or shot pepper is a combination of coarsely ground or crushed black and white peppercorns. |
| White peppercorns | Peppercorns are allowed to ripen and then husks are removed. May be preferred for pale or lightly colored sauces. Available in same form as corns. |
| Green peppercorns | Unripe peppercorns that are packed in vinegar or brine; also available freeze-dried (they must be reconstituted in water before use). |
| Cayenne | A special type of chili, originally grown in Cayeene in French Guiana. The chili is dried and ground into a fine powder. The same chili is used to make hot pepper sauces. |
| Chili flakes | Dried, whole red chili peppers that are crushed or coarsely ground. |
| Paprika | A powder made from dried sweet peppers (pimientos). available as mild, sweet, or hot. Hungarian paprikas are considered superior in flavor. |

**Source:** *The New Professional Chef* (6th edition). The Culinary Institute of America. New York: Van Nostrand Reinhold. 1996.

## SEASONINGS BLENDS

**Yield: 1 quart**

| | | |
|---|---|---|
| **Mexican** | Onion powder<br>Garlic, granulated<br>Paprika, smoked<br>Cumin, ground<br>Chili powder | ⅓ cup<br>⅓ cup<br>⅓ cup<br>1 ¼ cup<br>1 ¾ cup |
| **Buffalo** | Onion powder<br>Garlic, granulated<br>Paprika<br>Chili pepper<br>Cayenne pepper | 1 cup<br>1 ¼ cup<br>¼ cup<br>1 ¼ cup<br>¼ cup |
| **Italian** | Basil, dried<br>Oregano, dried<br>Marjoram, dried<br>Thyme, dried | 1 ⅓ cup<br>⅓ cup<br>1 cup<br>⅓ cup |
| **Caribbean Spice** | Ginger, ground<br>Black pepper, ground<br>Orange peel, dried<br>Mace, ground<br>Cloves, ground<br>Brown sugar | 1 cup<br>1 cup<br>¾ cup 2 tablespoons<br>1 tablespoon<br>1 tablespoon<br>1 cup |
| **Garlic & Herb** | Onion, granulated<br>Garlic, granulated<br>Paprika<br>Oregano leaves<br>Thyme leaves | ⅓ cup<br>⅔ cup<br>1 cup<br>1 cup<br>1 cup |

| | | |
|---|---|---|
| **Barbecue** | Onion powder<br>Garlic, granulated<br>Paprika, smoked<br>Cumin, ground<br>Black pepper, ground | 1 cup<br>1 cup<br>¾ cup 2 tablespoons<br>¾ cup 2 tablespoons<br>¼ cup |
| **Ranch** | Garlic, granulated<br>Onion powder<br>Dill weed<br>Black pepper, ground | 1 ¼ cup<br>1 ¼ cup<br>1 ¼ cup<br>¼ cup |
| **Parmesan-Rosemary** | Garlic, granulated<br>Rosemary, crushed<br>Parmesan cheese | ½ cup<br>¾ cup<br>2 ¾ cups |
| **Spice Rub** | Onion powder<br>Garlic, granulated<br>Paprika<br>Cumin, ground<br>Chili powder<br>Black pepper, ground<br>Brown sugar | ½ cup 2 tablespoons<br>½ cup 2 tablespoons<br>½ cup 2 tablespoons<br>½ cup 2 tablespoons<br>½ cup 2 tablespoons<br>2 tablespoons<br>¾ cup |
| **Tandoori** | Paprika<br>Cumin, ground<br>Coriander<br>Cayenne pepper<br>Ginger, ground<br>Turmeric | ⅔ cup<br>⅔ cup<br>⅔ cup<br>⅔ cup<br>⅔ cup<br>⅔ cup |

**Adding Salt** Salt may be added to these seasonings as needed. Using 1 teaspoon of salt for 50 servings adds about 45 mg of sodium per serving. 1 tablespoon of salt for 100 servings adds about 70 mg of sodium per serving.

## VINEGAR

The term "vinegar" comes from the French *vin aigre*, meaning "sour wine." Vinegar is an acidic liquid produced through fermentation. Souring is a natural process that occurs when an alcoholic liquid is exposed to the air. Bacteria present in the air convert the alcohol into a natural acetic acid, and it is this acid that gives vinegar its characteristic sharpness. Vinegar is an essential ingredient in the kitchen and a highly versatile flavoring. Keep vinegars in a cool place away from light; they do not need to be refrigerated. Most vinegars can be kept almost indefinitely if stored correctly.

### Types Of Vinegar

| Vinegar | Acetic Acid | Flavor | Uses |
|---|---|---|---|
| Wine vinegar<br>*France, Italy, Spain*<br><br>Champagne<br>Sherry<br>Balsamic | At least 6% acetic acid | Produced from both red and white wines, the vinegar's quality depends on the wine's quality. There are almost as many types of wine vinegar as there are wines. | Wine vinegars are ideal for mayonnaise and all kinds of salad dressings. They are also used in many classic butter sauces, such as béarnaise. |
| Malt vinegar<br>*England* | 4-8% | Malt vinegar is made from grain (malted barley) and is strongly flavored. | Often used as a pickling vinegar for onions and other vegetables. It is also used in the manufacture of sauces and chutneys. Best with straightforward food such as fish and chips, cold meats, or when preparing relishes and chutneys. |
| Cider vinegar<br>*North America* | 5-6% | It has a strong, sharp flavor and so should only be used where it complements the other ingredients. | Apple cider vinegar is best for salads, dressings, marinades, condiments, and most general vinegar needs. Cider vinegar is the best choice for deglazing pork chops accompanied by sautéed apples. Used in fruit pickling. |
| Rice wine vinegar<br>*Far East* | 2-4 % | Japanese rice vinegars are mellow and mild, while Chinese rice vinegar is sharp and sometimes slightly sour. | Rice vinegar is popular in Asian cooking and is great sprinkled on salads and stir-fry dishes. Its gentle flavor is perfect for fruits and tender vegetables. |

## CITRUS

- Lemon
- Lime
- Orange
- Grapefruit
- Kumquat
- Tangerine

| Zest | Use | Tool |
|---|---|---|
| Fine Zest | Dressings, sauces, cookies | Microplane |
| Coarse zest | Muffins or salads | Zester |
| Citrus peel | Flavoring soups, water<br>Lemon extract powder | Vegetable peeler |

### Zesting Citrus

- Wash and dry fruit thoroughly before zesting.
- Remove zest from the fruit BEFORE cutting or juicing the fruit.
- Remove ONLY the outer part of the peel; do not include the bitter white pith.

### Citrus Salt

| | |
|---|---|
| Kosher salt | ¼ cup |
| Lemon zest | 1 tablespoon finely grated |
| Lime zest | 1 tablespoon finely grated |
| Orange zest | 1 tablespoon finely grated |

### Citrus Sugar

| | |
|---|---|
| Lemon zest | 1 teaspoon |
| Lime zest | 1 teaspoon |
| Grapefruit zest | 1 teaspoon |
| Orange zest | 1 teaspoon |
| Granulated sugar | 1 cup |

## REDUCE THE SODIUM

### What is sodium?

Sodium is a mineral that everyone needs to regulate body fluids. Sodium also helps nerves and muscles to function properly. Sodium is naturally present in small amounts in foods and added as salt (sodium chloride) for preservation and flavor.

### Salt or sodium

- Sodium chloride is the chemical name for salt.

- 90% of the sodium we consume is in the form of salt. Most of this is found in processed food and food service operations.
- Salt (NaCl) is 40% sodium (Na) and 60% chloride (CL).

### The problem with too much sodium

- Too much sodium is the leading risk factor for high blood pressure.
- High blood pressure is the major risk factor for heart disease and stroke, both are leading causes of death in the U.S.
- Most persons in the U.S. exceed current recommendations for dietary sodium, in part due to consumption of highly processed and prepared/restaurant foods.

### Recommendations

- The *2025-2030 Dietary Guidelines for Americans* recommend that the general population, ages 14 and above, consume less than 2,300 mg of sodium per day (roughly equivalent to one teaspoon of table salt). Highly active individuals may benefit from increased sodium intake to offset sweat losses.
- For children, the recommendations vary by age:
- Ages 1 – 3: less than 1,200 mg per day
- Ages 4 – 8: less than 1,500 mg per day
- Ages 9 – 13: less than 1,800 mg per day
- Highly processed foods that are high in sodium should be avoided.

**Source:** https://cdn.realfood.gov/DGA.pdf.

### Final Rule for Sodium in School Meals

Limits apply to the average amount of sodium in lunch and breakfast menus offered during a school week.

| Age/ Grade Group | Current Sodium Limit: In place through June 30, 2027 | Sodium Limit: Must be implemented by July 1, 2027 (approximate 15% reduction for lunch and approximate 10% reduction for breakfast from current limits) |
|---|---|---|
| **School Breakfast Program** | | |
| K-5 | ≤ 540 mg | ≤ 485 mg |
| 6-8 | ≤ 600 mg | ≤ 535 mg |
| 9-12 | ≤ 640 mg | ≤ 570 mg |
| **National School Lunch Program** | | |
| K-5 | ≤ 1,110 mg | ≤ 935 mg |
| 6-8 | ≤ 1,225 mg | ≤ 1,035 mg |
| 9-12 | ≤ 1,280 mg | ≤ 1,080 mg |

**Source:** https://www.fns.usda.gov/cn/school-nutrition-standards-updates/sodium.

## Sodium-Rich Ingredients

Sodium is in a variety of compounds used as food ingredients. Sodium both preserves food and enhances flavor. Look for added sodium in ingredient lists. Check labels for sodium content.

| Ingredient | Function |
|---|---|
| Monosodium glutamate (MSG) | Flavor enhancer |
| Sodium benzoate | Preservative |
| Sodium caseinate | Thickener and binder |
| Sodium citrate | Buffer used to control acidity in soft drinks |
| Sodium nitrite | Curing agent in meat |
| Sodium phosphate | Emulsifier and stabilizer |
| Sodium propionate | Mold inhibitor |
| Sodium saccharin | Artificial sweetener |

## Sodium labeling

| Label term | Definition |
|---|---|
| Sodium free | Less than 5 mg per serving |
| Very low sodium | 35 mg or less per serving and, if the serving is 30 g or less or 2 tablespoons or less, per 50 g of the food |
| Low sodium | 140 mg or less per serving and, if the serving is 30 g or less or 2 tablespoons or less, per 50 g of the food |
| Reduced or Less sodium | At least 25% less per serving than the reference food |
| Unsalted or no salt added | no salt added during processing; however, the product may still contain sodium |

## Label Reading

**Nutrition Facts**
Serving Size 1 cup (228g)
Servings Per Container about 2

| Amount Per Serving | |
|---|---|
| **Calories** 250 | Calories from Fat 110 |
| | **% Daily Value*** |
| **Total Fat** 12g | **18%** |
| Saturated Fat 3g | **15%** |
| *Trans Fat* 3g | |
| **Cholesterol** 30mg | **10%** |
| **Sodium** 470mg | **20%** |
| **Total Carbohydrate** 31g | **10%** |
| Dietary Fiber 0g | **0%** |
| Sugars 5g | |
| **Proteins** 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

**Sodium**

## SALT IN COOKING

- Tastes good and is inexpensive.
- Our taste (sensory preferences) for salt can be decreased.
- Make gradual changes to lessen the amount of sodium over time.

### Functions of Salt

- Added salt improves the sensory properties of virtually every food. It makes the food "taste" better.
- Salt was found to improve the perception of product thickness.
- Salt will enhance other tastes, such as sweetness.
- Used in curing meat, brining products.
- Used in baking to control yeast.
- Retains moisture.
- In cheeses, salt removes excess water, creating a firmer texture and contributes to characteristics such as meltability, shredding, stretching, and flow.
- Enhancing raw poultry, beef, pork, and seafood products with sodium-containing (salt, sodium phosphates) solutions to improve the tenderness (juiciness) of leaner cuts of meat.
  - A regular serving of meat (4 ounces) without enhancement contains 68 mg of sodium.
  - Same serving of meat injected up to 10 percent of its weight with brine contains 384 mg sodium per serving.

### Strategies for sodium reduction

- Gradual reduction without students' knowledge
- Use of low-sodium foods
- Modification of the size and structure of salt particles
- Use of substitutes and enhancers

| Salt Products | Amount | Weight | Sodium (mg) |
|---|---|---|---|
| Table salt | 1 teaspoon | 6 grams | 2300 |
| Diamond Crystal kosher salt | 1 teaspoon | 2.8 grams | 1120 |
| Morton kosher salt | 1 teaspoon | 4.8 grams | 1920 |
| Morton sea salt | 1 teaspoon | 5.6 grams | 2240 |
| Diamond Crystal Salt Sense<br>*Ingredients: salt, silicon dioxide, tricalcium phosphate, sodium bicarbonate, dextrose, potassium iodine* | 1 teaspoon | 3.2 grams | 1560 |
| Morton Salt Substitute<br>*Ingredients: potassium chloride* | 1 teaspoon | 3.6 grams | 0 |

## Sodium in Condiments, Sauces, Salad Dressings

| Ingredients naturally low in sodium | |
|---|---|
| Vegetables, fresh, frozen | House-made stocks |
| Vegetable juices (freshly made) | Sun-dried tomatoes |
| Fruits and fruit juices | Herbs |
| Vinegars | Spices |
| Citrus juices | |

| Ingredients high in sodium | |
|---|---|
| Pre-prepared salad dressings | Spice salts (garlic salt, celery salt, etc.) |
| Pre-prepared sauces | Pre-prepared mayonnaise |
| Food bases (chicken, beef, vegetable, etc.) | Canned vegetable juices |

| High-Sodium Condiments | |
|---|---|
| Onion salt | Soy sauce |
| Celery salt | Steak sauce |
| Garlic salt | Barbeque sauce |
| Seasoned salt | Catsup |
| Meat tenderizer | Mustard |
| Bouillon Salad dressings | Worcestershire sauce Chili sauce |
| Pickles | Relish |

## Mean Sodium Content of Condiments, Sauces and Salad Dressings

| Packaged food category | mg sodium (mean value) |
|---|---|
| Barbecue sauce, ketchup, steak sauce, marinades | 1081 mg / 100 gm |
| Salsa, dips, dipping sauces, tartar sauces, mustard sauce, sweet and sour sauce | 712 mg / 100 gm |
| Asian-style condiments | 706 mg / tbsp. |
| Salad dressing | 1019 mg / 100 gm |
| Mayonnaise and mayonnaise-type dressing | 713 mg / 100 gm |
| Entree sauces (tomato-based pasta sauces) | 442 mg / 100 gm |
| Entree sauces (gravy, cheese, pizza, Alfredo) | 550 mg / 100 gm |
| Dry seasoning mixes | 415 mg / serving |

# PERSONAL REFLECTION NOTES

| Topic | What did I learn? | How am I going to use this information? |
|---|---|---|
| Culinary Basics | | |
| Vegetable Cooking | | |
| 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<br>Resources needed | Date to accomplish |
|---|---|---|---|
| **Priority One** | | | |
| **Priority Two** | | | |
| **Priority Three** | | | |

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