Culinary Institute of America

Cooking for Healthy Kids

CIA Consulting
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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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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
- ☑ 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.

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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. This 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.

The CIA and the Healthy Kids Collaborative are grateful to the Mother Cabrini Health Foundation for their generous support of developing and launching the CHK culinary training pilot program in New York State during the summer of 2022. Additionally, the CIA appreciates HKC members, namely Rebecca Polson, Samantha Cowens-Gasbarro, Chela Cooper (among many others), and colleagues in the New York City Department of Education and Poughkeepsie City School District for their enthusiastic support and insightful contributions to the refinement of this curriculum which was created by Catharine Powers with title page graphics by Tami Petitto of Petitto Designs. For more information, please visit www.ciahealthykids.org.

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 cooking of whole, intact grains.
- apply techniques to increase efficiency and quality of sandwich preparation.
- demonstrate techniques for building main course salads.
- prepare salad dressings on-site.
- enhance flavors of foods using herbs, spices, culinary acids, and other ingredients.
- present school meals attractively and appealingly.

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 five 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
- Preparing Whole Grains
- Build a Better Sandwich
- Success with Salads and Salad Bars

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

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

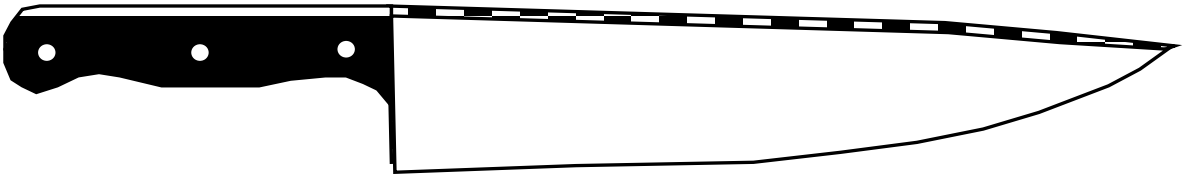
- Recipe
- Recipe ingredients
- Cutting board (set board on a wet paper towel or antiskid mat to prevent it from sliding)
- Chef knife and paring knife, peeler if needed
- Refuse pan
- Small equipment: utensils, pans, service pans
- Large equipment: ovens, steamers, steam jacketed kettles, tilt skillet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

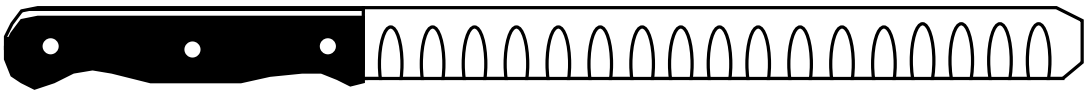
Chef Knife: An all-purpose knife used for chopping, dicing, and mashing. Chef knives are versatile tools that can be used for most tasks. They are available in sizes ranging from 6″ to 12″ (8″ is standard). Chef knives with forged blades can be used for heavy-duty tasks such as cracking and chopping,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



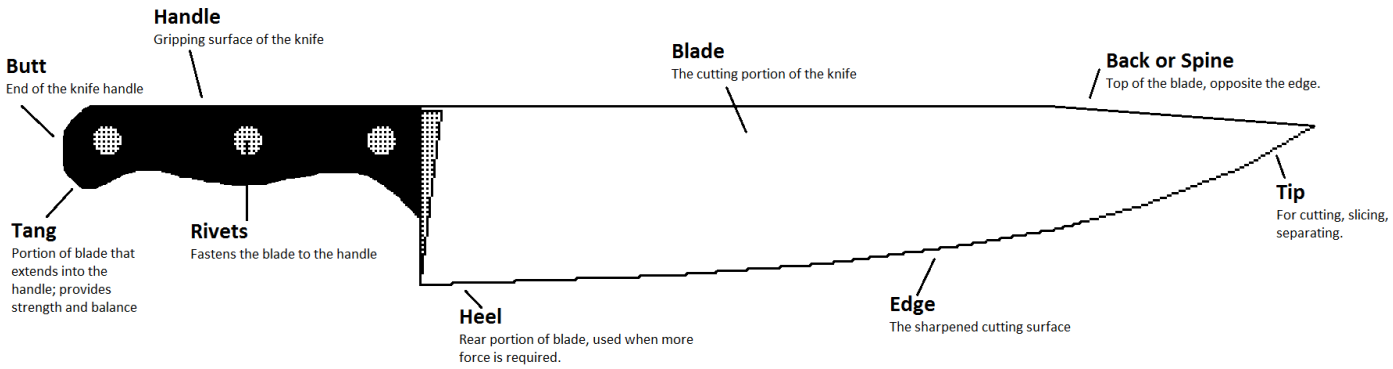
Boning Knife: A specialized knife with a narrow blade used for cutting meat away from bones during butchering.

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.

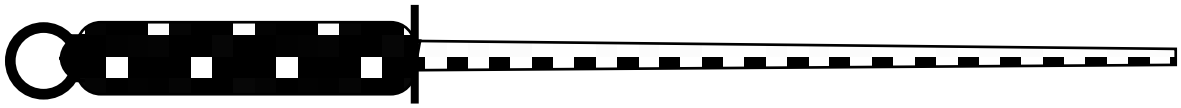
Rivets: connect the handle to the tang.

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.

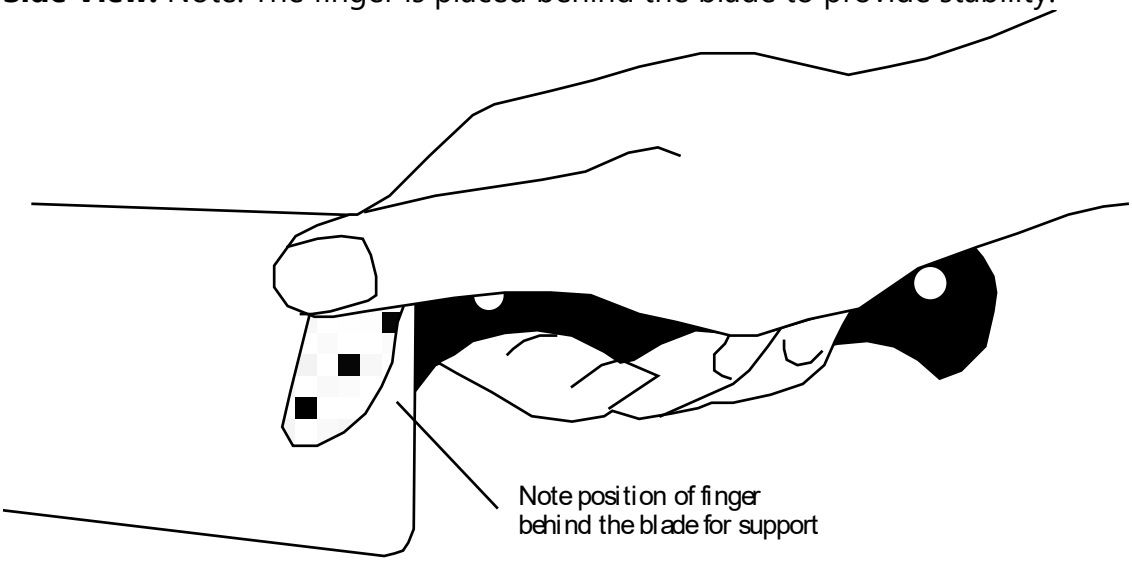
Cutting Board Type	Pros	Cons
Plastics (High-density polyethylene or PE)	Do not dull knives Can be washed in the dishwasher Can be bleached Can be resurfaced	Thinner boards (home-style) cannot be resurfaced
Plastic Chopping Mats	Cheaper than cutting boards Easy to transfer cut foods Can be bleached	Warp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

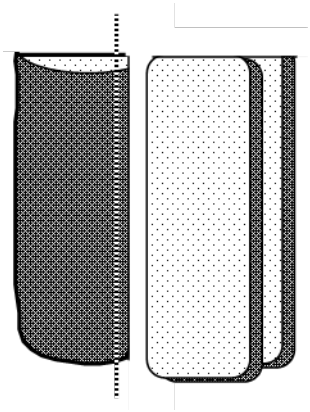
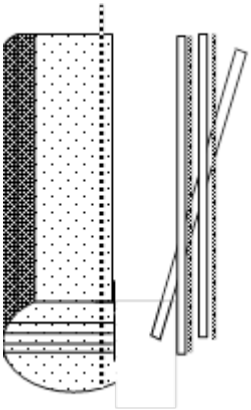
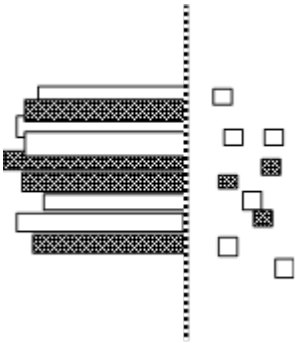
Cutting Foods

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.

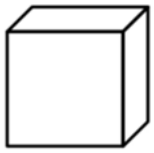
Cutting Onions

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!

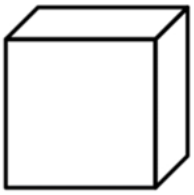
PLANKS, STICKS, DICE

	**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.

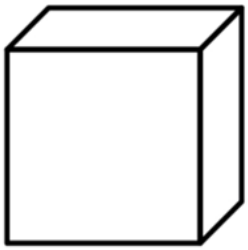
Basic Knife Cuts



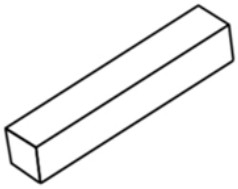
Small Dice
1/4" cube



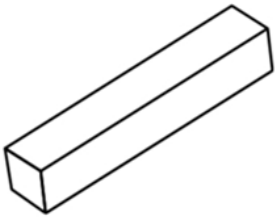
Medium Dice
1/2" cube



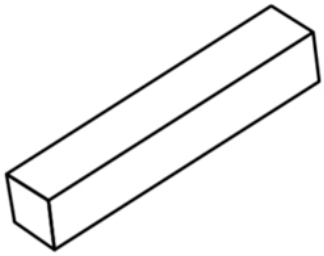
Large Dice
3/4" cube



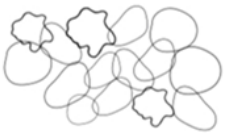
Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch

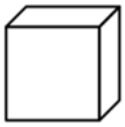


Batonnet
1/4" sq x 2 inch



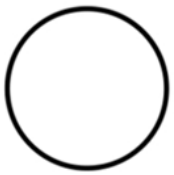
Mince
<1/16" cube

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 SERVINGS: 20 EACH 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. 1. Gently mix all ingredients. 2. Cover and refrigerate for 2 hours to allow the flavors to blend. **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 Pineapple, crushed	8 ounces 20 ounces	Watermelon Cantaloupe	20 ounces 8 ounces	Apples Peaches	12 ounces 12 ounces	Mandarin oranges Kiwi	15 ounces 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) 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. 1. Combine the fruit. 2. Toss with the Honey Mint Citrus Dressing. 3. Chill for service. **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. 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	1/8 teaspoon	
Salt, kosher	½ teaspoon	1/8 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. 5. Place in a single layer on parchment-lined sheet trays. 6. Bake for 12 to 15 minutes until tender and browned in spots. **CCP**: Cook until internal temp. reaches 135°F or above. **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 (One 3.7 oz. drumstick = 1.5 oz. cooked chicken meat) CN Labeled to provide 1.5 oz. eq m/ma	11 pounds 12 ounces	5 pounds 14 ounces	1. If needed, thaw the chicken in the refrigerator overnight. 2. Toss the chicken with a seasoning blend. 3. Line the chicken in a single layer on parchment-lined sheet trays. 4. Bake until internal temperature reaches 165°F: Conventional oven: 400°F for 45-55 minutes. Convection oven: 350°F for 30-35 minutes. **CCP**: Heat to 165°F for <1 second (instantaneous). **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** **Purchase Forms of Vegetables** **Cooking Methods** • Blanching • Steaming • Roasting • Sautéing • Stir-frying • Braising and Stewing • Glazing **Seasonings** **Kitchen Demonstrations** • Blanched Broccoli • Roasted Brussels Sprouts (2 ways) • Roasted Watermelon Rind • Steamed Edamame • Quick-Pickled Cucumbers • Honey Vanilla Yogurt • Garlic Processing	60 minutes
Hands-on Practice	**Vegetable Cooking Methods** • Blanch • Steam • Roast **Quick Pickling**	2 ½ hours
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 • Good texture • Product acceptability	• Limited shelf life • Quality varies • Requires preparation	• Broccoli • Carrots • Green beans
Frozen vegetables can be cooked by most methods used for fresh	• Always available • Less waste • Less labor • Practical for some vegetables	• Loss of texture • Quality variance between producers • Flavor loss	• Peas • Corn • Lima beans
Canned vegetables Reheat them in the liquid from the can, adjust seasonings	• Shelf life • Practical for some vegetables	• Poor color (green vegetables) • Mushy • Poor flavor	• Beet • Beans (kidney, pinto, black)
Dry vegetables must be reconstituted in a liquid.	• Shelf life • Convenient	• Takes time to reconstitute	• Dry beans • 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 vegetable: 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 vegetable 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 vegetable at once.

Steaming Tips

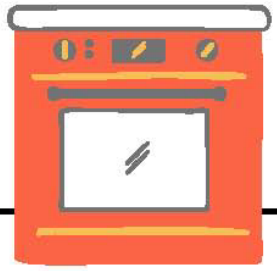
- Season the vegetables with herbs and spices.
- Garnish the vegetables with various nuts or seeds.
- Use freshly chopped herbs for additional garnish and flavor.

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

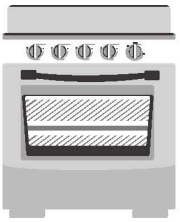
- Prepare the vegetables: wash, peel, trim, cut
- Equipment: oven
- Optional components: marinade, seasonings, or aromatics

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

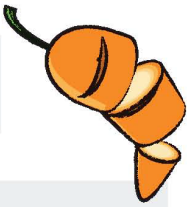
Roasting is a dry heat cooking method that is popular for vegetables. Nearly any vegetable can be roasted, and doing so will create a caramelized exterior with a tender interior.



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.

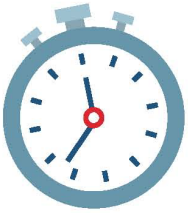


Step 3: Toss vegetables in oil. Season with pepper, garlic, spices, or herbs.

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 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. 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 **ONE SERVING PROVIDES:** 1 OZ. M/MA
INGREDIENTS	**AMOUNTS**	**DIRECTIONS**
Yogurt, plain, lowfat	6 quarts	1. Combine yogurt, honey, and vanilla. Mix well. 2. To store, transfer to an airtight container, label and date it, and refrigerate for up to 7 days or expiration date, if before. **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. 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. **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. 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. **CCP**: Cook to internal temperature of 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)	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. 3. Pour the hot liquid over the cucumbers. 4. Refrigerate for at least 3 hours before serving. **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: 3/8 CUP DARK GREEN VEGETABLE AND 1/8 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 10 ounces	2 pounds 2 ounces	1. Remove the broccoli crowns from the stems and chop. 2. Steam the broccoli in a steamer or a large pot with 2 inches of water, covered, over high heat, just until bright green, 2-7 minutes, depending on the method used. **CCP**: Cook until internal temperature reaches 135°F or above. 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. **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. **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. 3. Immediately drain all hot water.
Ice bath			4. Immerse the vegetables in an ice bath (water with ice), making sure all the vegetables are submerged. Leave for about 1 minute to stop the cooking process. 5. Drain the vegetables well and store them covered in the refrigerator until time for use. **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. 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. 4. Chill. **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. 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. 4. Divide the cauliflower among the prepared sheet pans and spread in a single layer. Roast until golden, 18 to 20 minutes. **CCP**: Cook until internal temperature reaches 135°F or above. **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 (1 medium head is about 6 cups)	11 pounds 4 ounces	2 pounds 4 ounces	1. Preheat the oven to 400°F. 2. Prepare the cauliflower into florets.
Butter, melted	½ cup 2 tablespoons	2 tablespoons	3. Whisk the butter, hot sauce, and lemon juice. 4. Toss the cauliflower in the hot sauce mixture until well coated. 5. Spread the cauliflower onto a sheet tray and roast until beginning to brown and tender, about 20 minutes. **CCP**: Cook until internal temperature reaches 135°F or above. **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. 3. Immediately drain all hot water.
Ice bath			4. Immerse the vegetables in an ice bath (water with ice), making sure all the vegetables are submerged. Leave for about 1 minute to stop the cooking process. 5. Drain the vegetables well and store them covered in the refrigerator until time for use. **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: 5/8 cup
One serving provides: ½ cup
Red/Orange Vegetable and 1/4 cup Fruit

Ingredients	50 Servings	10 Servings	Directions
Carrots, matchsticks	6 pounds 4 ounces	1 pound 4 ounces	**CCP**: No bare-hand contact with ready-to-eat food. 1. Combine matchstick carrots, dried raisins or cherries in large bowl and set aside.
Raisins or dried cherries	1 pound 1.5 ounces	3.5 ounces	
Dressing			
Orange juice, fresh	¾ cup 1 tablespoon	2 tablespoons 1 ½ teaspoons	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.
Lemon juice, fresh	1/3 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	

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	1/3 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, 1/4 cup red/orange vegetable, 1/4 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. 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. 4. In a 8-fluid ounce cup, add 4 ounces (½ cup) yogurt. 5. Add 1 ounce of granola on top of yogurt. 6. Top with ½ cup squash and 1/8 cup dried cranberries. **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 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. 3. Divide the butter mixture equally among pans. Stir until the squash is well coated. 4. Roast, uncovered, until cooked through and lightly browned. • Convection Oven: Bake at 350° F; 20-30 minutes. • Conventional Oven: Bake at 375° F; 30-35 minutes. **CCP**: Cook to internal temperature of 135°F or above. **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. 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. **CCP**: Cook until internal temperature reaches 135°F or above. **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 1/8 teaspoon	1/8 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. 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. 3. Pour pickling liquid over vegetables. 4. Marinate for 1 to 2 hours or refrigerate for up to 3 days. **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. 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 1/8 teaspoon	1/8 teaspoon	
Black pepper, ground	½ teaspoon 1/8 teaspoon	1/8 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. 6. Set up a breading station (flour, egg, breadcrumbs) with a parchment-lined sheet pan. Dip zucchini sticks in flour, then egg, then breadcrumbs, coating evenly. Place on the sheet pan, spacing ½ inch apart. Repeat. 7. Bake zucchini sticks for 15-20 minutes (rotating halfway through) until crispy and cooked through. **CCP**: Cook to internal temperature of 135°F or above. **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). 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	12.5 ounces	2.5 ounces	
Oil, canola	½ cup 2 tablespoons	2 tablespoons	3. Mix oil, salt, pepper, garlic, Italian seasoning, and red pepper flakes. 4. Pour the oil mixture over the vegetables and toss until evenly coated. 5. Roast until tomatoes pop and other vegetables caramelize, about 15 minutes. If necessary, continue roasting for 5-10 minutes until vegetables are tender. **CCP**: Cook until internal temperature reaches 135°F or above. **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 1/8 teaspoon	1/8 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 1/8 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	7.5 ounces	1.5 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 2/3 cups	1 1/3 cups	4. Combine corn, edamame, onion, red pepper, and cilantro. Mix well.
Onions, chopped, raw	1 2/3 cups	1/3 cups	
Peppers, bell, red, diced	1 2/3 cups	1/3 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). 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. **CCP**: Cook until internal temperature reaches 135°F or above. **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: 1/3 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: use a 12”x20”x2” steam table pan.
   24 servings: use a 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. **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. 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. **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. **CCP**: Cook until internal temperature reaches 135°F or above. **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. 4. Toss the green beans with the tomato mixture in a steam table pan and serve. **CCP**: Cook until internal temperature reaches 135°F or above. **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. **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. 1. Rinse all beans in cold water and drain well. 2. Combine all beans in a large bowl.
Beans, pinto, low sodium, canned, drained	7 pounds 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. 5. Pour yogurt mixture over beans and lightly toss to combine. **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 back in 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: GREAT GRAINS

LESSON OVERVIEW

Culinary Demonstration	**Uses of grains** **Defining a whole grain** **Variety of grains** **Simmering grains** **Cooking rice in the oven** **Steaming grains** **Cooking pasta** **Seasonings** **Kitchen Demonstrations:** • Pork shoulder • Brown rice pilaf • Quinoa & butternut squash • Cheesy oats/oat bowl • Cheese sauce (mac & cheese)	60 minutes
Hands on Practice	**Cooking grains:** • Rice • Quinoa • Wheat berries / bulgur • Pasta • Corn grits and corn meal • Oats • Sorghum • Couscous	2 ½ hours
Evaluation/ Discussion		15 minutes
Clean-up		15 minutes

GRAINS

Grains are the fruit of a grass. They have a pleasant taste, are inexpensive, readily available, and provide a concentrated source of nutrients and fiber. Common uses for gains include: soups, salads, stuffing, fillings for meats and vegetables, and thickeners.

COMMON WHOLE GRAINS

Name	Purchase Form	Examples
Wheat		
Wheat berries or kernels	Unrefined or minimally processed whole kernels	Wheat berry salad
Cracked	Coarsely crushed, minimally processed kernels	
Bulgur	Hulled, cracked hard or soft wheat; parboiled and dried	Tabbouleh
Whole wheat couscous	Semolina pellets, often par-cooked	Whole wheat citrus couscous salad
Whole wheat pasta	Fresh, dry, various shapes and sizes	Thai peanut noodle salad
Rice		
Brown	Hulled grains, bran intact; short, medium, or long grain;	Brown rice pilaf
Red Rice		
Wild	Long, dark-brown grain not related to regular rice	Wild rice soup
Grits, whole grain	Cracked hominy	Creamy grits
Cornmeal, whole grain	Medium-fine ground, hulled kernels; white or yellow	Corn muffin
Popcorn		
Oats		
Oat groats		
Steel-cut oats		
Oatmeal		Cinnamon apple oatmeal

OTHER WHOLE GRAINS

	Description	Flavor, Texture, Appearance	Major Uses
Amaranth	An important grain in the Aztec's diet. Amaranth provides a high-quality protein as it is rich in lysine and methionine.	Small, golden-colored grain. Can be boiled or popped (like corn). Best used in baked dishes	Flour: bread, pie crust, pancakes; baked dishes
Barley	Coarse, whole kernels; ground (barley meal)		Soup, salad
Buckwheat (kasha)	Technically, not a grain, but the fruit of a plant.	Kasha, roasted buckwheat, has a slightly nutty aroma and taste. When cooked, kasha is soft and fluffy.	Whole: side dish; flour: pancakes, baked goods
Job's Tears	Common in Japan and China. Appearance of large pearl barley.	Cooked grains are separate and not starchy. Pleasant, beanlike flavor.	stews, chili, side dish
Millet	In Africa, China, and India it is a dietary staple. Like mustard seed in appearance.	Small, round, and golden-yellow in color. Can be bitter.	Side dish, flat breads
Quinoa (Red, white, black)	An ancient grain used by the Incas of Peru. Very high in protein.	Creamy beige in color; small and round. Mild, nutty taste.	Side dish, flour: pasta,
Rye	Rye is a staple in Russia, Scandinavia, and Eastern Europe. In the US we are most familiar with it in the form of rye and pumpernickel bread.	Rye berries are plump and chewy with a faint sour aftertaste.	Cracked: side dish; flour: baked goods
Sorghum	Sorghum is a staple food in India and Africa yet is relatively unknown in many parts of the world. This gluten free grain is an excellent source of dietary fiber,	Sorghum has a hearty, chewy texture like wheat berries.	It holds well on a steam table and is excellent in both hot and cold dishes.
Teff	Teff is an ancient grain that has been used to make injera - the national bread of Ethiopia.	Tiny, reddish-brown seeds. Looks like poppy seed. Pleasant taste with a natural sweetness.	Stuffing, spoonbread. Flour- scones, waffles
Triticale	Triticale is a hybrid of wheat and rye	Rice-shaped and beige in color. Nutty and mild flavor.	Side dish, salad

SIMMERING GRAINS

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

Commonly Simmered Grains

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

Mise en place

- **Grain**
  - Check the grain carefully and remove any debris
  - Presoak as necessary
- **Liquid**
  - Water
  - Stock or broth
  - Juice
  - Any acid liquid (citrus juice) should be added during the final part of cooking to avoid toughening the grain
- **Optional components**
  - Spices or herbs
  - Aromatics
- **Equipment**
  - Steam jacketed kettle, tilt skillet, oven

Quick Steps for Boiling Grains and Legumes

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

STEAMING GRAINS

Few grains are truly cooked by steaming. Couscous and rice are a few of the grains steamed - a *couscoussiére* is customarily used for this purpose. Commonly steamed grains include couscous and short grain rice.

Mise en place

- **Main item**
- **Steaming Liquid**
  - Couscous is traditionally steamed over a stew
  - Water or stock (rice)
- **Optional components**
  - Salt and pepper
  - Cooking fat to provide flavor and keep grains from clumping
- **Equipment**
  - Steamer

Method for Steaming Grains

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

COOKING PASTA

1. Measure the water in a steam-jacketed kettle. The basic ratio for pasta is 1-pound pasta, 1-gallon water, and 1 teaspoon salt. Increase all ingredients based on the number of pounds of pasta to be cooked.
2. Bring the water to a rolling boil. Add pasta gradually. Stir to separate the pieces. When cooking filled pasta such as ravioli, add them to boiling water and gently simmer so that the filled pasta pieces are not broken.
3. Return water to a boil and begin timing. Cook uncovered until the pasta is al dente. Do not stir the pasta while it is cooking. Be careful not to overcook. If pasta is to be used in a recipe that will be cooked again, cooking can be reduced by about 2 minutes.
4. When pasta is done, drain immediately in a colander. Do not rinse pasta that is to be served hot. A small amount of oil can be tossed with the pasta to prevent sticking.
5. Serve hot pasta immediately. To cool pasta, cover it with cold water until it is chilled. Drain, cover, and refrigerate until needed.
6. Pre-cooked pasta can be reheated by quickly immersing in boiling water. Do not allow it to cook. Drain. Add sauce or seasonings and serve immediately.

RICE

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

Food Buying Guide

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

Yield per 1 pound

Dry Weight	Dry Volume	Cooked Yield	Weight per ½ Cup Cooked
1 pound	2 ¼ cups	6 ½ cups (2 pounds 3 ounces)	4 ounces

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

According to the USA Rice Federation:

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

Rice Cooking Methods

Preparing 2 pounds
Yield: 13 cups

Stovetop	Combine rice and liquid, in 2- to 3-quart saucepan. Heat to boiling; stir once or twice. Reduce heat to low; cover tightly and simmer (see cook times). Remove and fluff with a fork. If rice is not quite tender or liquid is not absorbed, replace lid, and cook 2 to 4 minutes longer.
Oven	Combine rice and boiling liquid, in a steam table pan; stir. Cover tightly and bake at 350°F (see cook times). Remove from oven carefully and fluff with a fork.
Rice Cooker	Generally, all ingredients are combined in the rice cooker. Turn the rice cooker on and indicate if the rice is white or whole grain. It will stop cooking automatically by sensing a rise in temperature and change in moisture content that occurs when rice has absorbed the liquid and is fully cooked.

Cooking Rice in the Oven

1. Measure or weigh the amount of rice to be cooked. Pour into 12 x 20 x 2-inch pans. Use no more than 3 pounds of rice per pan.
2. Bring the liquid to a boil in a separate container. If additional ingredients are to be used in the rice, add them to the liquid. Pour the boiling liquid over the rice.
3. For added ingredients such as sautéed onions, garlic, celery, carrots, or mushroom use a maximum of 3 cups of added ingredients for each 1 pound of rice. For each 1 pound of rice, use 1 quart of water or stock.
4. Cover tightly with aluminum foil and either steam or bake in the oven. Times will vary depending on the rice variety used.
5. The times shown below are for brown rice, long grain (regular or parboiled) or medium grain.
6. Compartment steamer – steam at 5 pounds of pressure for about 35 minutes
7. Conventional oven – bake at 350°F for about 35 minutes
8. Convection oven – bake at 350°F for about 30 minutes
9. Remove from heat. Let it sit covered for 5 to 10 minutes. Fluff rice with a fork before serving.
10. To hold rice before serving, cover tightly with aluminum foil and hold above 140 °F in the warmer.

QUINOA

An ancient grain used by the Incas of Peru. Very high in protein. It is small and round and may be white, red, or black. It has a mild, nutty taste. Some quinoa varieties require rinsing to remove a natural coating of saponins, a chemical compound found in many plant families. These saponins may function to protect the plant against microbes and fungi, as well as foraging animals, because their bitter taste deters other organisms from feeding on the plant.

Food Buying Guide

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

Yield per 1 pound

Dry Weight	Dry Volume	Cooked Yield	Weight per ½ Cup Cooked
1 pound	2 ½ cups	6 ½ cups (2.51 pounds)	3.09 ounces

Servings – ½ Cup	Yield - Volume	Dry Quinoa	Liquid
100	50 cups	7 pounds 10 ounces	7 quarts 2 cups
50	25 cups	3 pounds 13 ounces	3 quarts 3 cups
25	12 ½ cups	1 pound 14 ounces	1 quart, 1 ¾ pints
10	5 cups	12 ounces	3 cups

Cooking Instructions

Quinoa – 1 part
Liquid – 2 parts
12 to 15 minutes on the stovetop
NOTE: Reduce the ratio of grain to liquid to 1:1.5 when steaming quinoa

Preparing 2 pounds
Yield: 13 cups

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

WHEAT BERRIES / BULGUR

Wheat berries are wheat kernels that have had their outermost layer. This whole grain has a chewy texture and a nutty taste. Rich in fiber and protein, wheat berries provide nutritional value to soups, salads, and pilafs. Find them in several varieties such as hard or soft, winter or spring, and red or white. Because wheat berries are only stripped of their outermost layer, they can be held longer than other whole grains. Bulgur, on the other hand, is made from kernels that have been parboiled and then dried.

Food Buying Guide

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

Yield per 1 pound

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

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

Cooking Instructions

Wheat berries – 1 part
Liquid – 3 parts
Cook 45 to 60 minutes
NOTE: Reduce the ratio of grain to liquid to 1:1.5 when steaming wheat berries

Preparing 2 pounds
Yield: 12 cups

Stovetop	Bring 4 qt. water or stock to a boil. Stir in 2 lbs. wheat berries, reduce heat and simmer, covered, for 15-20 mins.
Steamer	In a full hotel pan, combine 1½ qt. hot water or stock with 2 lbs. wheat berries. Steam uncovered for 30 mins.
Combi Oven	In a full hotel pan, combine 1¾ qt. hot water or stock with 2 lbs. wheat berries. Cover and cook for 35 mins. at 350°F.
Convection Oven	In a full hotel pan, combine 1¾ qt. hot water or stock with 2 lbs. wheat berries. Cover and cook for 35 mins. at 350°F.

Couscous

Couscous is a form of pasta made of semolina and water. This grain is small and irregularly shaped and is often par cooked before purchase. With a mild flavor, couscous can incorporate a variety of additional ingredients and flavors.

Food Buying Guide

Food as Purchased, AP	Purchase Unit	Serving/ Purchase Unit, EP	Serving Size
Couscous, dry, whole wheat	Pound	13.50	½ cup

Yield per 1 pound

Dry Weight	Dry Volume	Cooked Yield
1 pound	2 ½ cups	6 ¾ cups

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

Cooking Instructions

Couscous - 1 part
Liquid - 1.5 parts
Cook 10 minutes (heat off)

Pearl Couscous

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

Cooking Instructions

Preparing 1 ½ pounds
Yield: 9 cups

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

PASTA

Food Buying Guide

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

Yield per 1 pound

Spaghetti

Dry Weight	Dry Volume	Cooked Yield
1 pound	4 ¾ cups	8 ½ cups

Spaghetti

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

Cooking Instructions

Pasta - 1 part
Liquid - 6 parts
Cook in 8 to 12 minutes (varies by size)

Preparing 50 servings

Steam jacketed kettle	Add 2 tablespoon + 2 teaspoons of salt to 5 gallons of boiling water. Slowly stir in pasta noodles until water boils again. Cook uncovered until tender firm, about 8-12 minutes, being careful not to overcook. Drain well. Pour into steam table pans (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. Serving with No. 8 scoop (½ cup).

OATS

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

Food Buying Guide

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

Yield per 1 pound

Dry Weight	Dry Volume	Cooked Yield
1 pound	5 ½ cups	11 ⅜ cups

Cooking Instructions

Oats - 1 part
Liquid - 2.25 parts
Cooking time varies

CORN GRITS, WHOLE GRAIN/ CORNMEAL

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

Food Buying Guide

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

Yield per 1 pound

Dry Weight	Dry Volume	Cooked Yield
1 pound	3 cups	10 ⅞ cups

Cooking Instructions

Corn grits - 1 part
Liquid - 4 parts
Cooks in 25 to 30 minutes

SORGHUM

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

Yield

Dry Weight	Dry Volume	Cooked Yield
1 pound	2 ⅓ cups	7 cups
7 ounces	1 cup	3 cups

Cooking Instructions

Sorghum - 1 part
Liquid - 3 to 4 parts
Cook in 45 to 55 minutes

GRAIN COOKERY

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

How to build a **Better Bowl**

Grain Base
2 oz

- Rice
- Pasta
- Quinoa
- Wheat berry
- Oatmeal

Toppings
1/2 cup

- Berries
- Orange sections
- Cranberries
- Pineapple

Meat/Meat Alternative
2 oz

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

Toppings
as desired

- Seeds
- Herbs
- Soy sauce
- Mayo

Vegetables
1/2 cup

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

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Brown Rice Pilaf

Serving Size: ½ cup
One serving provides: 1 oz. eq. grain

Ingredients	50 Servings	10 Servings	Directions
Rice, brown, parboiled	3 pounds 2 ounces	10 ounces	1. Preheat oven to 350°F. 2. Heat liquid. 3. Combine the rice, oil, onions, garlic, and salt in a hotel pan.
Oil, canola	½ cup 2 tablespoons	2 tablespoons	
Onions, fresh, small diced	3 ¾ cup	¾ cup	
Garlic, minced	1 tablespoon 2 teaspoon	1 teaspoon	
Salt, kosher	2 ½ teaspoons	½ teaspoon	
Water or chicken stock, low sodium	1 gallon 1 cup	3 cups	4. Add hot water or stock. 5. Cover the pan tightly with aluminum foil. 6. Bake for approximately 25 minutes. **CCP**: Cook until internal temperature reaches 135°F or above. **CCP**: Hold for hot service at 135°F or higher.

Long grain brown rice will cook in about 45 minutes.

Nutrients Per Serving

Calories	120	Cholesterol (mg)	0	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	80
Total Fat (g)	2	Sodium (mg)	65	Added Sugars (g)	0	Iron (mg)	0.3	Vitamin A-RAE (mcg)	0.01
Saturated Fat (g)	0	Total Carbohydrate (g)	23	Protein (g)	2	Calcium (mg)	10	Vitamin C (mg)	0.67

Serving Notes:

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

Quinoa and Butternut Squash

Serving Size: ½ cup

One serving provides: 1 oz. eq. grain, 1/8 cup red/orange vegetable

Ingredients	50 Servings	10 Servings	Directions
Butternut squash, cubed	2 quarts 2 cups	2 cups	1. Preheat oven to 375°F. 2. Place cubed butternut squash in a large bowl and toss with olive oil, salt and pepper until squash is well coated. 3. Place seasoned squash on a parchment-lined sheet tray and roast the squash for 15 to 20 minutes or until tender. **CCP**: Chill to 70°F within 2 hours, then to 41°F in 4 hours.
Oil, canola	3 tablespoons 1 teaspoon	2 teaspoons	
Salt, kosher	2 ½ teaspoons	½ teaspoon	
Black pepper, ground	2 ½ teaspoons	½ teaspoon	
Quinoa, dry	1 quart 2 cups	1 ¼ cups	4. In a steam-jacketed kettle or saucepan, add the quinoa and water and bring to a boil over medium heat. Turn the heat to low, cover and simmer for 15 minutes. 5. Turn off the heat and let it sit for 10 minutes untouched. Fluff with a fork. **CCP**: Chill to 70°F within 2 hours, then to 41°F in 4 hours.
Water	2 quarts 2 cups	2 cups	
Cranberries, dried, chopped	1 2/3 cup	1/3 cup	6. Combine the quinoa, squash, cranberries, scallion, and sunflower seeds. **CCP**: No bare-hand contact with ready-to-eat food.
Green onions, sliced thinly on bias	2/3 cup 1 tablespoon	2 tablespoons 1 ½ teaspoons	
Sunflower seed kernels, roasted, unsalted	1 2/3 cup	1/3 cup	
Oranges (for juice and zest)	5 each	1 each	

Oil, olive	2/3 cup 1 tablespoon	2 tablespoons 1 ½ teaspoons	7. Whisk together the zest of the orange, the juice of the orange, olive oil and honey. Drizzle over quinoa salad. Toss until ingredients are well dressed. **CCP**: Hold and serve at 41°F or lower.
Honey	3 tablespoons 1 teaspoon	2 teaspoons	

NUTRIENTS PER SERVING									
Calories	180	Cholesterol (mg)	0	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	260
Total Fat (g)	8	Sodium (mg)	85	Added Sugars (g)	1	Iron (mg)	1.5	Vitamin A-RAE (mcg)	149.74
Saturated Fat (g)	1	Total Carbohydrate (g)	23	Protein (g)	4	Calcium (mg)	30	Vitamin C (mg)	8.25

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.

CHEDDAR OATS

SERVING SIZE: ¾ CUP (ROUNDED)

ONE SERVING PROVIDES:
1 OZ. EQ. GRAIN

INGREDIENTS	25 SERVINGS	DIRECTIONS
Rolled oats (not instant)	1 pound 9 ounces	1. Preheat oven to 350°F. 2. Add the oats to a 4-inch-deep hotel pan.
Water, hot	4 quarts ⅔ cup	3. Add the hot water to the oats. Cover with foil and place in the oven for 20 minutes. 4. Uncover and stir, then re-cover and place back in the oven for 10-15 minutes.
Butter	2 tablespoons	5. Whisk in butter, cheese, salt, and pepper before serving. **CCP**: Cook until internal temperature reaches 135°F or above. **CCP**: Hold for hot service at 135°F or higher. **Note**: Recipe can be cut in half and cooked stove top.
Cheddar cheese, shredded	2 cups	
Salt, kosher	1 teaspoon	
Black pepper, ground	1 teaspoon	

NUTRIENTS PER SERVING

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

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.

SAVORY OATMEAL BOWL

SERVING SIZE: 1 BOWL

ONE SERVING PROVIDES:
1 OZ. EQ. GRAIN, 3 OZ. EQ. MEAT/MEAT ALTERNATIVE, ½ CUP STARCHY VEGETABLE

INGREDIENTS	1 SERVINGS	25 SERVINGS
Cheddar Oats, cooked	¾ cup	1 recipe
Scrambled eggs	¼ cup	25 eggs
Ham, diced or sausage crumbles	1 ounce	1 pound 9 ounces
Breakfast potatoes, frozen	½ cup	3 quarts ½ cup
Green onions, chopped, optional		

DIRECTIONS

1. Prepare ingredients per the recipes or package directions.
2. Assembly:
   - Place oats in the bottom of the bowl.
   - Place eggs on top of oats to one side.
   - Place meat of choice next to eggs.
   - Place potatoes next to meat and eggs.

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

NUTRIENTS PER SERVING

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

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.

CHEESE SAUCE

SERVING SIZE: 2 OZ. OR ¼ CUP
ONE SERVING PROVIDES: 1 OZ. EQ. M/MA

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water, cold	5 ½ cups 2 tablespoons	1 ⅛ cup	1. Combine cold water and sodium citrate. Whisk to dissolve. Bring to a simmer over medium heat.
Sodium citrate	55 grams or 2 ounces	11 grams (About 2 teaspoons	
Cheddar cheese, grated	3 pounds 2 ounces	10 ounces	2. Add cheese to the simmering liquid gradually, blending each addition with an immersion blender or whisk until melted and completely smooth. **CCP**: Hold for hot service at 135°F or higher.

NUTRIENTS PER SERVING

Calories	110	Cholesterol (mg)	30	Dietary Fiber (g)	0	Vitamin D (mcg)	0.2	Potassium (mg)	20
Total Fat (g)	9	Sodium (mg)	440	Added Sugars (g)	0	Iron (mg)	0	Vitamin A-RAE (mcg)	93.55
Saturated Fat (g)	5	Total Carbohydrate (g)	1	Protein (g)	6	Calcium (mg)	200	Vitamin C (mg)	0

SERVING NOTES:

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

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

GREAT GRAINS: TEAM ASSIGNMENTS

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

Brown Rice and Edamame Salad

Serving Size: ¾ cup
One serving provides: 1 oz. eq. grain

Ingredients	50 Servings	10 Servings	Directions
Water	1 gallon 1 cup	3 ½ cups	1. Bring the water or stock and rice to a boil. Turn the heat down to low and cover and cook for 40 minutes. Remove from the heat and let sit for 20 minutes before fluffing lightly. Chill. **CCP**: Chill to 70°F within 2 hours, then to 41°F in 4 hours.
Rice, Brown, dry, long grain	3 pounds 12 ounces	12 ounces	
Carrots, fresh, peeled, small dice	1 gallon 1 quart	1 quart	2. Add the carrots, scallions, almonds, edamame, and cranberries to the chilled rice. Mix to combine. **CCP**: No bare-hand contact with ready-to-eat food.
Green onions, fresh, chopped	20 each	4 each	
Almonds, blanched, sliced, toasted	1 ¼ cup	¼ cup	
Edamame (soybean), shelled	3 pounds 2 ounces	10 ounces	
Cranberries, dried	2 ½ cups	½ cup	
Oil, sesame	1 ⅔ cups	⅓ cup	3. Mix sesame oil, vinegar, honey, salt, and pepper in a large bowl. Mix until well combined. 4. Fold dressing into rice mixture. **CCP**: Hold and serve at 41°F or lower.
Vinegar, cider	1 ¼ cups	¼ cup	
Honey	¼ cup 1 tablespoon	1 tablespoon	
Salt, kosher	2 ½ teaspoons	½ teaspoon	
Black pepper, ground	1 ¼ teaspoons	¼ teaspoon	

Nutrients Per Serving

Calories	300	Cholesterol (mg)	0	Dietary Fiber (g)	5	Vitamin D (mcg)	0	Potassium (mg)	460
Total Fat (g)	12	Sodium (mg)	135	Added Sugars (g)	2	Iron (mg)	1.6	Vitamin A-RAE (mcg)	434.59
Saturated Fat (g)	1.5	Total Carbohydrate (g)	42	Protein (g)	7	Calcium (mg)	80	Vitamin C (mg)	9.51

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.

TERIYAKI CHICKEN WITH OVEN-FRIED RICE

SERVING SIZE: 2 ounces

ONE SERVING PROVIDES: 2 OZ. EQ. M/MA, 2 OZ. EQ. GRAIN

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Chicken, cooked, diced	6 pounds 14 ounces	1 pound 6 ounces	
Soy sauce, low sodium	1 ¼ cups	¼ cup	1. Mix the soy sauce, water, vinegar, brown sugar, garlic, and ginger in a sauce pot. Bring to a boil
Water, cold	½ cup 2 tablespoons	2 tablespoon	
Vinegar, cider	3 tablespoons 1 teaspoon	2 teaspoon	
Sugar, brown, packed	¼ cup 1 tablespoon	1 tablespoon	
Garlic, minced	2 ½ teaspoons	½ teaspoon	
Ginger, fresh	2 ½ teaspoons	½ teaspoon	
Cornstarch	1 tablespoon 2 teaspoons	1 teaspoon	2. In a bowl, mix the cornstarch and water to create a slurry. While whisking the soy sauce mixture, slowly add the slurry to the sauce pot and mix well. Simmer until thickened. Add more slurry to reach desired thickness. 3. In a mixing bowl, pour half of the sauce over the chicken. Mix well. 4. Place the chicken on a parchment lined sheet pan in an even layer. In a 400°F preheated oven, bake the chicken for 20 minutes or until the internal temperature reaches 165°F. **CCP**: Heat to 165°F for <1 second (instantaneous). 5. Reduce the remaining sauce to create a glaze. 6. Once the chicken is removed from oven drizzle the glaze over the chicken.
Water, cold	1 tablespoon 2 teaspoons	1 teaspoon	

Oven Fried-Rice (Recipe follows)	50 servings	10 servings	Serve 1 cup rice with 2 ounces of Teriyaki Chicken. **CCP**: Hold for hot service at 135°F or higher.

NUTRIENTS PER SERVING									
Calories	470	Cholesterol (mg)	55	Dietary Fiber (g)	4	Vitamin D (mcg)	0.1	Potassium (mg)	520
Total Fat (g)	12	Sodium (mg)	760	Added Sugars (g)	1	Iron (mg)	2.5	Vitamin A-RAE (mcg)	128.79
Saturated Fat (g)	2	Total Carbohydrate (g)	63	Protein (g)	27	Calcium (mg)	30	Vitamin C (mg)	31.88

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.

OVEN FRIED-RICE

SERVING SIZE: 1 CUP (#4 SCOOP)
ONE SERVING PROVIDES: 2 OZ. EQ. GRAIN

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Rice, brown, long-grain, dry	7 pounds 8 ounces	1 pound 8 ounces	1. Prepare the rice in the oven or steamer.
Peppers, bell, red, small diced	5 cups	1 cup	2. Preheat oven to 400°F.
Pineapple tidbits in juice, drained	2 quarts	1 ½ cup	3. Toss cooked rice (cooled), diced bell peppers, pineapple tidbits with juice, and peas and carrots together in a large bowl. Add sesame oil and soy sauce. Mix well to combine.
Peas and carrots, frozen	2 quarts	1 ½ cup	
Oil, sesame	1 2/3 cup	1/3 cup	
Soy sauce, low sodium	2 ½ cups	½ cup	4. Spread the rice mixture on parchment-lined sheet pans in a thin layer. 5. Bake for 45 minutes. Rotate and mix every 15-20 minutes to prevent the outer edges from burning.
Green onions, sliced thinly on bias	1 quart 1 cup	1 cup	6. Add the green onions. **CCP**: Cook until internal temperature reaches 135°F or above. **CCP**: Hold for hot service at 135°F or higher.

NUTRIENTS PER SERVING

Calories	360	Cholesterol (mg)	0	Dietary Fiber (g)	4	Vitamin D (mcg)	0	Potassium (mg)	330
Total Fat (g)	10	Sodium (mg)	480	Added Sugars (g)	0	Iron (mg)	1.8	Vitamin A-RAE (mcg)	125.04
Saturated Fat (g)	1.5	Total Carbohydrate (g)	61	Protein (g)	7	Calcium (mg)	20	Vitamin C (mg)	31.88

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.

SOUTHWEST QUINOA SALAD

SERVING SIZE: ¾ CUP
ONE SERVING PROVIDES: 1 OZ. EQ. GRAIN

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Quinoa, dry	3 pounds 12 ounces	12 ounces	**CCP**: No bare-hand contact with ready-to-eat food. 1. Cook the quinoa according to the directions in the course guide. **CCP**: Chill to 70°F within 2 hours, then to 41°F in 4 hours.
Beans, black, canned, drained, rinsed	2 quarts	1 ½ cups	2. Combine the black beans, red peppers, cilantro, and corn. 3. Whisk the vinegar, oil, cumin, chili powder, crushed red pepper, and salt. 4. Add the pepper mixture and dressing to the chilled quinoa. Toss well to coat. **CCP**: Hold and serve at 41°F or lower.
Peppers, bell, red, small diced	2 pounds 8 ounces	8 ounces	
Cilantro, chopped	5 ounces	1 ounce	
Corn, frozen, thawed	2 pounds 8 ounces	8 ounces	
Red wine vinegar	1 cup	3 tablespoons	
Oil, olive	¼ cup 1 tablespoon	1 tablespoon	
Cumin, ground	2 ½ teaspoons	½ teaspoon	
Chili powder	1 tablespoon 2 teaspoons	1 teaspoon	
Red pepper, crushed	2 ½ teaspoons	½ teaspoon	
Salt, kosher	1 tablespoon ¾ teaspoon	¾ teaspoon	

NUTRIENTS PER SERVING

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

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.

Alaska Pollock Poke Bowl

Serving Size: 1 bowl
One serving provides: 1 oz. eq. grain, 2 oz. eq. M/MA, ¾ cup other vegetable

Ingredients	50 Servings	10 Servings	Directions
Quinoa, dry	3 pounds 12 ounces	12 ounces	1. Cook the quinoa according to the directions in the course guide. **CCP**: Cook until internal temperature reaches 135°F or above. **CCP**: Chill to 70°F within 2 hours, then to 41°F in 4 hours.
Alaska Pollock, raw	8 pounds 12 ounces	1 pound 12 ounces	2. Cut the Pollock into 3-ounce servings. Cook according to the package directions, then chill. **CCP**: Heat to 145°F. **CCP**: Chill to 70°F within 2 hours, then to 41°F in 4 hours.
Poke Sauce (such as Kikkoman)	3 cups 2 tablespoons	½ cup 2 tablespoons	3. Combine the chilled Pollock, poke sauce, green onions, and sesame seeds. Stir gently until evenly combined. **CCP**: No bare-hand contact with ready-to-eat food.
Green onions, sliced thinly on bias	3 cups 2 tablespoons	½ cup 2 tablespoons	
Sesame seeds, toasted	3 tablespoons 1 teaspoon	2 teaspoons	
Rice vinegar	2 ½ cups	½ cup	4. Combine rice vinegar, sugar, and salt, and whisk until the sugar and salt have dissolved. Pour over the cucumbers and stir to combine. Let sit for 30 minutes.
Sugar, granulated	¼ cup 1 tablespoon	1 tablespoon	
Salt, kosher	2 ½ teaspoons	½ teaspoon	
Cucumbers, sliced thin	1 gallon 1 cup	1 quart 1 cup	
Avocado, medium, firm ripe, sliced	15 each	3 each	5. To assemble: • Place ½ cup of cooked quinoa in the bottom of a bowl.
Red cabbage, finely sliced	3 quarts 1 cup	2 ½ cups	

Shichimi Togarashi seasoning	½ cup 2 tablespoons	2 tablespoons	• Place a cooked serving (2 ounces) of the Pollock poke mixture on top of the quinoa to one side. • Add ¼ cup of avocado next to the fish. • Pile ¼ cup each of pickled cucumbers and red cabbage next to the fish. • Sprinkle with the Shichimi Togarashi. **CCP**: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING									
Calories	360	Cholesterol (mg)	35	Dietary Fiber (g)	8	Vitamin D (mcg)	0.2	Potassium (mg)	780
Total Fat (g)	13	Sodium (mg)	860	Added Sugars (g)	10	Iron (mg)	2.3	Vitamin A-RAE (mcg)	27.33
Saturated Fat (g)	2	Total Carbohydrate (g)	44	Protein (g)	18	Calcium (mg)	60	Vitamin C (mg)	31.23

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.

TABBOULEH
(TAH-BUHL-LEE)

SERVING SIZE: ¾ CUP
ONE SERVING PROVIDES: 0.75 OZ. EQ. GRAIN

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Water	2 quarts 2 cups	2 cups	**CCP**: No bare-hand contact with ready-to-eat food. 1. Add the salt to the water and bring to a boil.
Salt, kosher	1 tablespoon 2 teaspoons	1 teaspoon	
Bulgur, dry	2 quarts 2 cups	2 cups	2. In a bowl, combine bulgur and boiling water. Let stand until water is absorbed. Do not drain.
Tomatoes, fresh, unpeeled, finely diced	5 pounds	1 pound	3. Add the tomatoes, cucumbers, parsley, mint, onions, garlic, and cumin to the bulgur.
Cucumbers, fresh, peeled, seeded, finely diced	2 pounds 8 ounces	8 ounces	
Parsley, fresh, chopped, packed	1 ¼ cups	¼ cup	
Mint, fresh, chopped	½ cup 2 tablespoons	2 tablespoons	
Onions, finely diced	2 ½ cups	½ cup	
Garlic, finely chopped	1 tablespoon 2 teaspoons	1 teaspoon	
Cumin, ground, optional	1 teaspoon	¼ teaspoon	
Lemon juice	1 ¼ cups	¼ cup	4. Add the lemon juice and vegetable oil to the salad mixture and toss to combine. **CCP**: Hold and serve at 41°F or lower.
Oil, canola	⅔ cup 1 tablespoon	1 tablespoon 1 ½ teaspoons	

NUTRIENTS PER SERVING

Calories	170	Cholesterol (mg)	0	Dietary Fiber (g)	4	Vitamin D (mcg)	0	Potassium (mg)	290
Total Fat (g)	2.5	Sodium (mg)	240	Added Sugars (g)	0	Iron (mg)	1.4	Vitamin A-RAE (mcg)	30.60
Saturated Fat (g)	0	Total Carbohydrate (g)	36	Protein (g)	5	Calcium (mg)	30	Vitamin C (mg)	12.51

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.

SOUTHWEST CHICKEN & WHEAT BERRY POWER BOWL

SERVING SIZE: 1 BOWL

ONE SERVING PROVIDES: 1 OZ. EQ. GRAIN, 1 OZ. EQ. M/MA, ½ CUP STARCHY VEGETABLE

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Wheat berries	4 pounds 6 ounces	14 ounces	1. Cook wheat berries according to the course guide directions. 2. Drain well and chill. **CCP**: Chill to 70°F within 2 hours, then to 41°F in 4 hours.
Black beans, canned, drained	3 quarts 1 cup	2 ½ cups	3. Mix the wheat berries, black beans, corn, and red peppers.
Corn, frozen, thawed	1 gallon 2 quarts 1 cup	1 quart 1 cup	
Peppers, bell, red, small diced	2 ½ cups	½ cup	
Cumin, ground	¼ cup 1 tablespoon	1 tablespoon	4. Whisk together the Cumin, ground, lime juice, oil, salt, and pepper in a bowl large enough to hold all ingredients. 5. Pour dressing over wheat berry salad and mix well to combine using a rubber spatula. 6. Refrigerate salad for at least 2 hours to allow the flavors to develop and meld. Mix again before serving. **CCP**: Hold and serve at 41°F or lower.
Lime juice, fresh	1/3 cup 1 tablespoon	1 tablespoon 1 ½ teaspoons	
Oil, canola	1/3 cup 1 tablespoon	1 tablespoon 1 ½ teaspoons	
Salt, kosher	2 ½ teaspoons	½ teaspoon	
Black pepper, ground	1 ¼ teaspoons	¼ teaspoon	
Chicken meat, diced or shredded	6 pounds 4 ounces	1 pound 4 ounces	**CCP**: No bare-hand contact with ready-to-eat food. To assemble the bowl:
Cilantro, fresh, chopped	2 ½ cups	½ cup	

			• Place 1 cup of wheat berry salad. • Top with 2 ounces of chicken. • Garnish with chopped cilantro.

NUTRIENTS PER SERVING									
Calories	360	Cholesterol (mg)	50	Dietary Fiber (g)	11	Vitamin D (mcg)	0.1	Potassium (mg)	500
Total Fat (g)	5	Sodium (mg)	210	Added Sugars (g)	0	Iron (mg)	3.5	Vitamin A-RAE (mcg)	24.69
Saturated Fat (g)	1	Total Carbohydrate (g)	53	Protein (g)	29	Calcium (mg)	60	Vitamin C (mg)	16.39

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.

BLT Pasta Salad

Serving Size: ½ cup

One serving provides:
1 oz. eq. grain, 1/8 cup vegetable

Ingredients	50 Servings	10 Servings	Directions
Rotini, whole grain, dry	2 pounds 13 ounces	9 ounces	1. Cook pasta until done and chill immediately to stop cooking. Keep cold until ready to make salad. (Best if done the day before)
Spinach, raw	1 quart 1 cup	1 cup	2. Add remaining ingredients and mix well. Hold cold and serve chilled.
Tomato, cherry, quartered	1 quart 2 cups	1 ¼ cup	
Bacon, cooked, diced	7.5 ounces	1.5 ounces	
Ranch dressing	1 2/3 cups	1/3 cup	

Nutrients Per Serving

Calories	140	Cholesterol (mg)	5	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	130
Total Fat (g)	4	Sodium (mg)	160	Added Sugars (g)	0	Iron (mg)	1.3	Vitamin A-RAE (mcg)	21.96
Saturated Fat (g)	1	Total Carbohydrate (g)	23	Protein (g)	7	Calcium (mg)	20	Vitamin C (mg)	5.22

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 Chili Asian Noodle Bowl

Serving Size: 1 Bowl

ONE SERVING PROVIDES:
2 oz. meat/meat alternative, 2 oz. grain, ½ cup red/orange vegetable

Ingredients	50 Servings	10 Servings	Directions
Spaghetti, whole grain, dry	5 pounds	1 pound	1. Cook the spaghetti in boiling water until al dente. Drain immediately.
Sweet Thai Chili Sauce	1 quart 2 cups	1 ¼ cups	2. Toss the noodles with the sweet Thai chili sauce.
Broccoli florets	1 pound	4 ounces	3. Lightly steam vegetables in batches until vegetables are hot and tender but not overcooked.
Edamame, frozen, shelled	2 pounds 8 ounces	8 ounces	
Carrots, matchstick (julienne)	1 pound 4 ounces	4 ounces	
Red pepper, julienne	1 pound 14 ounces	6 ounces	
Crispy Tofu (recipe attached)	13 pounds 12 ounces	2 pounds 12 ounces	4. Place 1 cup of the dressed noodles into the center of the container. Place ¼ cup each of the blanched broccoli florets, edamame, matchstick carrots, and red pepper strips. Top with crispy tofu. **CCP**: Cook until internal temperature reaches 135°F or above. **CCP**: Hold for hot service at 135°F or higher.

Nutrients Per Serving

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

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.

CRISPY TOFU

SERVING SIZE: 4 ½ OUNCES
ONE SERVING PROVIDES: 2 OZ. EQ. MEAT/MEAT ALTERNATIVE

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Tofu, firm	13 pounds 12 ounces	2 pounds 12 ounces	1. Place tofu in 2" perforated pan, over a 4"inch full pan. Place another 2" full pan on top of tofu. Place a weight (1 #10 can) in the middle of the top full pan. This will press the tofu, drain off excess water, while the bottom pan will catch the excess liquid. 2. Discard excess liquid. (Can be done overnight in refrigerator.) 3. Once tofu has been pressed, cut into 3/4-inch cubes.
Sesame oil (or blended)	1 ¼ cups	¼ cup	4. Combine oil and soy sauce. Pour over pressed tofu and toss.
Soy sauce, low sodium	1 ¼ cups	¼ cup	
Corn starch	1 ¼ cups	¼ cup	5. Add cornstarch and toss.
			6. Line a sheet pan with parchment paper. Place cornstarch-coated tofu on sheet pans. Do not overcrowd. 7. Place in 400°F preheated oven and bake for 25 to 30 minutes. Halfway through shake tofu and rotate pan for even cooking. **CCP**: Cook until internal temperature reaches 135°F or above. **CCP**: Hold for hot service at 135°F or higher.

NUTRIENTS PER SERVING

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

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.

SOUTHWEST-STYLE CORNBREAD

SERVING SIZE: 1 PIECE
ONE SERVING PROVIDES:
1 OZ. EQ. GRAIN

INGREDIENTS	48 SERVINGS	24 SERVINGS	DIRECTIONS
Flour, whole-wheat	1 pound (3 cups)	8 ounces (1 ½ cups)	1. Combine flour, cornmeal, sugar, baking powder, and salt. Mix with a mixer for one minute at lowest speed. 2. If preparing a small batch, you can mix with a whisk.
Cornmeal, whole	1 pound (3 cups)	8 ounces (1 ½ cups)	
Sugar, granulated	6 ounces (1 cup)	3 ounces (½ cup)	
Baking powder	¼ cup	2 tablespoons	
Salt, kosher	1 ½ teaspoon	¾ teaspoon	
Eggs, large	4 ½ each	2 each	3. In a separate bowl, mix eggs, milk, and oil. 4. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened.
Milk, low fat, 1%	3 ½ cups	1 ¾ cups	
Oil, canola	½ cup	¼ cup	
Peppers, green/ red, diced	8 ounces (1 ½ cup)	4 ounces (¾ cup)	5. Add peppers and corn. Mix until combined. DO NOT OVERMIX. Batter will be lumpy. 6. Pour batter into a pan coated with pan release spray. For 50 servings, use 1 half-sheet pan (18x13x1). 7. Bake until golden brown: Conventional oven at 400°F for 30-35 minutes OR convection oven at 350°F for 20-25 minutes. **CCP**: Hold for hot service at 135°F or higher.
Corn, canned, low sodium, drained	8 ounces (1 ½ cup)	4 ounces (¾ cup)	

NUTRIENTS PER SERVING

Calories	120	Cholesterol (mg)	15	Dietary Fiber (g)	2	Vitamin D (mcg)	0.1	Potassium (mg)	110
Total Fat (g)	3.5	Sodium (mg)	190	Added Sugars (g)	4	Iron (mg)	0.9	Vitamin A-RAE (mcg)	17.62
Saturated Fat (g)	0.5	Total Carbohydrate (g)	20	Protein (g)	3	Calcium (mg)	100	Vitamin C (mg)	6.03

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.

Beef Tamale Pie or Pork Tamale Pie

Serving Size: 1 piece (2"x5")
One serving provides:
2 oz. eq. m/ma, 1 oz. eq. grain

Ingredients	50 Servings	10 Servings	Directions
Beef, ground, raw (no more than 15% fat) Or raw ground pork	7 pounds 8 ounces	1 pound 8 ounces	1. Brown the ground beef or ground pork. **CCP**: Hold for hot service at 135°F or higher
Onions, chopped	15 ounces	3 ounces	2. Add the onions, granulated garlic, pepper, tomato paste, tomatoes, water, and seasonings to the beef or pork. Mix well. Bring to a boil. Reduce the heat and simmer for 20-25 minutes. **CCP**: Heat to 155°F for 17 seconds. 3. Pour mixture into a hotel pan (12" x 10" x 2 ½") – for 10 servings.
Garlic, granulated	2 tablespoons ½ teaspoon	1 ½ teaspoon	
Black pepper, ground	1 ¼ teaspoon	¼ teaspoon	
Canned tomato paste	1 pound, 14 ounces	6 ounces	
Tomatoes, canned diced, with juice	3 pounds 2 ounces	10 ounces	
Water	1 quart 1 cup	1 cup	
Seasonings: Chili powder Cumin, ground Paprika Granulated onion	 ¼ cup 1 tablespoon 1 tablespoon 2 teaspoons 1 tablespoon ¾ teaspoon 1 tablespoon ¾ teaspoon	 1 tablespoon 1 teaspoon ¾ teaspoon ¾ teaspoon	
Flour, all-purpose, enriched	15 ounces	3 ounces	
Cornmeal, whole grain	15 ounces	3 ounces	

Sugar, white, granulated	½ cup 2 tablespoons	2 tablespoons	4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt in a mixer for 1 minute on low speed. If preparing a small batch, use a whisk.
Baking powder	2 tablespoons ½ teaspoon	1 ½ teaspoon	
Salt, kosher	1 ¼ teaspoon	¼ teaspoon	
Eggs, large	5 each	1 each	5. In a separate bowl, mix the eggs, milk, and oil. Add to dry ingredients. Blend 2-3 minutes on medium speed until dry ingredients are moistened. The batter will be lumpy. 6. Pour batter over meat mixture in each pan and spread into corners of pan.
Milk, low-fat, 1 %	3 ¾ cups	¾ cups	
Oil, vegetable	½ cup 2 tablespoons	2 tablespoons	
Cheese, Cheddar, shredded	1 pound 9 ounces	5 ounces	7. Bake: Conventional oven: 400°F for 30-35 minutes. Convection oven: 350 °F for 25-30 minutes. 8. Sprinkle cheese over the cornbread. 9. Cut into 2 x 5 servings. **CCP**: Hold for hot service at 135°F or higher.

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

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.

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

INGREDIENTS	**50 SERVINGS**	**10 SERVINGS**	**DIRECTIONS**
CHEESY GRITS			
Grits, cooked	3 gallons 2 cups	2 quarts 2 cups	1. Hot hold grits, covered.
Bell Pepper & Onions, frozen, thawed	1 quart 1 cup	1 cup	2. Arrange the thawed bell peppers and onions in a single layer in a hotel pan lined with parchment paper. Lightly spray with butter mist and sprinkle with salt and pepper. 3. Bake at 350°F for 20 minutes.
Bacon, cooked, chopped	25 slices	5 slices	4. Sprinkle the chopped bacon on top and return to the oven for an additional 5-7 minutes.
Granulated garlic	2 tablespoons ½ teaspoon	1 ½ teaspoons	5. In a large mixing bowl, combine the grits, bell pepper-bacon mixture, granulated garlic, onion powder, salt, pepper, cayenne pepper sauce and cheese.
Onion powder	2 tablespoons 1 ½ teaspoons	1 ½ teaspoons	
Salt, kosher	2 ½ teaspoons	½ teaspoon	
Black pepper, ground	1 ¼ teaspoons	¼ teaspoon	
Cayenne pepper sauce	¼ cup 1 tablespoon	1 tablespoon	
Cheddar cheese, shredded	3 quarts 1 cup	2 ½ cups	
CAJUN SHRIMP			
Popcorn Shrimp	6 pounds 4 ounces	1 pound 4 ounces	

Cajun seasoning	¼ cup ½ teaspoon	2 ½ teaspoons	1. To cook Shrimp: Lay frozen Shrimp, in an even layer, on parchment lined baking sheets. Keep shrimp frozen until baked. **CCP**: Hold for hot service at 135°F or higher. 2. To Serve: Using the two-cell black container, serving 1¼-cup Cheesy Grits on one side. On the other side, serving 1/5 ounces (10) breaded Cajun Shrimp. 3. Garnish with sliced scallions.

NUTRIENTS PER SERVING									
Calories	620	Cholesterol (mg)	80	Dietary Fiber (g)	5	Vitamin D (mcg)	0.2	Potassium (mg)	230
Total Fat (g)	15	Sodium (mg)	1950	Added Sugars (g)	0	Iron (mg)	44.7	Vitamin A-RAE (mcg)	139.58
Saturated Fat (g)	6	Total Carbohydrate (g)	103	Protein (g)	25	Calcium (mg)	650	Vitamin C (mg)	11.01

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.

APPLE PIE OVERNIGHT OATS

SERVING SIZE: 10 FLUID OUNCES
ONE SERVING PROVIDES:
1 OZ. EQ. GRAIN, ½ CUP FRUIT, 1 M/MA

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Oats, rolled, old-fashioned, dry (not instant)	3 quarts 1 cup	2 ½ cups	**CCP**: No bare-hand contact with ready-to-eat food. 1. In large mixer, combine the oats, low-fat vanilla yogurt, low-fat milk, and cinnamon. **NOTE**: If mixing a small batch, whisk by hand.
Yogurt, low-fat, vanilla	1 gallon 9 cups	1 quart 1 cup	
Milk, low-fat (1 or 2%)	1 quart 2 cups	1 ¼ cup	
Cinnamon, ground	2 tablespoons	1 ¼ teaspoon	
Applesauce, unsweetened	1 gallon 9 cups	1 quart 1 cup	2. Stir in unsweetened applesauce. 3. Using a measuring cup, serve overnight oats into cups (10 ounces). Place lids on cups and chill overnight. **CCP**: Hold and serve at 41°F or lower. 4. Serve chilled and sprinkle with cinnamon.

NUTRIENTS PER SERVING

Calories	240	Cholesterol (mg)	10	Dietary Fiber (g)	4	Vitamin D (mcg)	0	Potassium (mg)	480
Total Fat (g)	3.5	Sodium (mg)	95	Added Sugars (g)	0	Iron (mg)	1.2	Vitamin A-RAE (mcg)	20.99
Saturated Fat (g)	1.5	Total Carbohydrate (g)	46	Protein (g)	10	Calcium (mg)	270	Vitamin C (mg)	2.21

VARIATIONS

Oats **¼ cup (credits as 1 grain)**	**Milk** **1/8 cup**	**Yogurt** **½ cup (credits as 1 /ma)**	**Fruit** **½ cup**	**Extras**
Oats, rolled, old-fashioned, dry (not instant)	Low-fat white Fat-free white Fat-free chocolate Fat-free strawberry	Flavored Plain Vanilla Greek	Apples Bananas Berries Peaches Dried fruit (¼ cup)	Brown sugar Chocolate chips Cinnamon, nutmeg Nut/seed butter Cocoa powder

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.

HOMEMADE GRANOLA

SERVING SIZE: ¼ cup
ONE SERVING PROVIDES:
0.5 oz. eq. grain and 1/8 cup fruit

INGREDIENTS	50 SERVINGS	25 SERVINGS	DIRECTIONS
Oats, rolled, old-fashioned, dry (not instant)	2 pounds	1 pound	1. In a large bowl, combine oats, buttermilk, and melted butter. Let rest 20 minutes, covered.
Buttermilk	2 cups	1 cup	
Butter, unsalted	8 ounces	4 ounces	
Sugar, granulated	14 ounces	7 ounces	2. Add sugar and salt. Toss to combine. Rest covered another 20 minutes. 3. Transfer to a sheet pan that is lined with parchment. 4. Bake at 300°F for 1 ½ hours, stirring at 25-minute intervals. 5. Remove from oven and cool at room temperature. DO NOT refrigerate or package warm.
Salt, kosher	1 teaspoon	½ teaspoon	
Dried fruit (Raisins, blueberries, and/or cherries)	1 pound (3 ¼ cups)	8 ounces	6. Mix in dried fruit and coconut. Store in an airtight container in a dry storage area.
Coconut, sweetened, shredded (optional)	4 ounces (1 1/3 cups)	2 ounces	

NUTRIENTS PER SERVING

Calories	180	Cholesterol (mg)	10	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	160
Total Fat (g)	7	Sodium (mg)	45	Added Sugars (g)	8	Iron (mg)	1	Vitamin A-RAE (mcg)	33.09
Saturated Fat (g)	4	Total Carbohydrate (g)	29	Protein (g)	3	Calcium (mg)	30	Vitamin C (mg)	0.10

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.

HOMEMADE GRANOLA II

SERVING SIZE: ¼ CUP

ONE SERVING PROVIDES:
0.5 OZ. EQ. GRAIN AND 1/8 CUP FRUIT

INGREDIENTS	50 SERVINGS	25 SERVINGS	DIRECTIONS
Oats, rolled, old-fashioned, dry (not instant)	2 quarts 2 cups (1 pound 12 ounces)	1 quart 1 cup (14 ounces)	1. Combine the rolled oats, brown sugar, and coconut in a large bowl.
Walnuts, almonds, pecans, raw	8 ounces (1 ½ cups)	4 ounces (3/4 cup)	
Sugar, brown, packed	1 cup	½ cup	
Apple juice	1 cup	½ cup	2. Whisk apple juice, vegetable oil, honey, salt, cinnamon, and vanilla in a bowl. 3. Add the apple juice mixture to the oat mixture. Toss to evenly coat. 4. Spread mixture on sheet pan (18" x 26" x 1"). For 50 servings, use 1 pan. DO NOT OVERCROWD 5. Bake: Conventional oven: 300° F for 45 minutes. Convection oven: 250° F for 30 minutes. (Stir granola every 15 minutes. Oats should be golden brown.) 6. Remove from oven. Cool.
Oil, canola	¼ cup 1 tablespoon	2 tablespoons 1 ½ teaspoons	
Honey	1 cup	½ cup	
Salt, kosher	1 teaspoon	½ teaspoon	
Cinnamon, ground	1 tablespoon	1 ½ teaspoons	
Extract, vanilla	1 tablespoon	1 ½ teaspoons	
Fruit, dried (raisins, cranberries, etc.)	2 cups	1 cup	7. Mix in dried fruit. Store in an airtight container in a dry storage area. 8. Serving with No. 16 scoop (¼ cup).

Nutrients Per Serving									
Calories	160	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	140
Total Fat (g)	6	Sodium (mg)	35	Added Sugars (g)	10	Iron (mg)	0.9	Vitamin A-RAE (mcg)	0.07
Saturated Fat (g)	0.5	Total Carbohydrate (g)	27	Protein (g)	3	Calcium (mg)	20	Vitamin C (mg)	0.14

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.

Granola Variations

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

BLUEBERRY OAT BARS

SERVING SIZE: 1 BAR

ONE SERVING PROVIDES: 1 OZ. EQ. GRAIN, ¼ CUP FRUIT

INGREDIENTS	48 BARS	24 BARS	DIRECTIONS
Oats, rolled, old-fashioned, dry (not instant)	3 quarts	1 quart, 2 cups	1. Preheat oven to 350°F. Spray two 2-inch hotel pans (for 48 bars) or one 2-inch hotel pan with vegetable oil spray (for 24 bars). 2. In a mixer with a flat paddle attachment, mix the oats, flour, sugar, and cold butter until large clumps form. Clumps should be the size of peas with no big chunks of butter. If mixing a small batch, you can mix by hand. 3. Transfer 1/2 the mixture to a prepared pan and press down firmly to make the crust.
Flour, all-purpose, enriched	1 quart 2 cups	3 cups	
Sugar, brown, packed	3 cups	1 ½ cup	
Butter, unsalted, cold	2 pounds, 6 ounces	1 pound, 3 ounces	
Blueberries, frozen, not thawed	1 gallon 1 quart 1 cup	3 quarts, ½ cup	4. For blueberry layer, in a large sauce pot, mix all ingredients together over medium-high heat, stirring constantly. Boil until thickened. 5. Pour blueberry mixture over crust. 6. Sprinkle the remaining crumb mixture on the blueberries and the crust. 7. Bake in the preheated oven for 35-45 minutes. (checking at 20 minutes).
Sugar, brown, packed	3 cups	¾ cup	
Lemon juice	¾ cup	¼ cup, 2 tablespoons	
Cornstarch	¼ cup	2 tablespoons	

			8. Let cool completely before cutting into bars. **CCP**: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING									
Calories	410	Cholesterol (mg)	50	Dietary Fiber (g)	5	Vitamin D (mcg)	0	Potassium (mg)	110
Total Fat (g)	20	Sodium (mg)	10	Added Sugars (g)	20	Iron (mg)	1.8	Vitamin A-RAE (mcg)	153.52
Saturated Fat (g)	12	Total Carbohydrate (g)	55	Protein (g)	4	Calcium (mg)	30	Vitamin C (mg)	1.48

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.

Sorghum and Corn Salad

Serving Size: ½ cup

One serving provides:
1 oz. eq. grains and ¼ cup vegetable

Ingredients	50 Servings	10 Servings	Directions
Water	1 gal. 2 qt. 2 ½ cups	1 quart 2 ½ cups	1. Bring water and salt to a boil.
Salt, kosher	2 ½ teaspoon	½ teaspoon	
Sorghum, whole grain, dry	3 lb. 12 ounces (8 1/3 cups)	12 ounces (1 2/3 cup)	2. Add sorghum and stir gently. Reduce the heat to medium and let simmer for 45 to 55 minutes or until tender. Refrigerate to cool.
Corn, sweet, yellow, frozen, kernels	2 lb. 13 ounces (7 ½ cups)	9 ounces (1 ½ cups)	3. Combine cooled cooked sorghum, corn, scallions, tomato, cilantro, and jalapeno and toss well.
Scallions, sliced	2 ½ cup	½ cup	
Tomato, fresh, chopped	2 ½ cup	½ cup	
Cilantro, fresh, chopped	1 ¼ cup	¼ cup	
Jalapenos, canned, diced (optional)	1 tablespoon 2 teaspoons	1 teaspoon	
Garlic clove	5 each	1 each	4. Blend garlic, vinegar, olive oil, cumin, salt, and pepper until smooth. 5. Pour over salad and toss well to combine. Refrigerate for at least four hours to let flavors blend. **CCP**: Cool to 41° F or lower within 4 hours.
Vinegar, apple cider	¾ cup 3 tablespoons	3 tablespoons	
Oil, olive	½ cup 2 tablespoons	2 tablespoons	
Cumin, ground	2 ½ teaspoon	½ teaspoon	
Salt, kosher	2 ½ teaspoon	½ teaspoon	
Black pepper, ground	2 ¼ teaspoon	¼ teaspoon	
Nutrients Per Serving			

Calories	160	Cholesterol (mg)	0	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	220
Total Fat (g)	4	Sodium (mg)	170	Added Sugars (g)	0	Iron (mg)	1.4	Vitamin A-RAE (mcg)	10.11
Saturated Fat (g)	0.5	Total Carbohydrate (g)	31	Protein (g)	5	Calcium (mg)	20	Vitamin C (mg)	4.01

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.

Chicken Carnitas Sorghum Burrito Bowl

Serving Size: 1 bowl

One serving provides: 1 oz. eq. grain, 2 oz. eq. meat/meat alternative, ¼ cup beans, peas, lentils, ¼ cup red/orange vegetable

Ingredients	50 Servings	10 Servings
Lime Cilantro Sorghum, cooked (recipe attached)	1 gallon 2 quarts 1 cup	1 quart 1 cup
Chicken Carnitas (recipe below)	7 pounds 8 ounces	1 pound 8 ounces
Black Beans, Seasoned (recipe below)	3 quarts 1 cup	2 ½ cups
Roasted peppers, frozen	3 quarts 1 cup	2 ½ cups
Avocado, diced	1 quart 2 cups	1 ¼ cup
Salsa, canned	1 quart 2 cups	1 ¼ cup

Directions

To assemble a burrito bowl (for 1 serving):

- ½ cup Lime Cilantro Sorghum
- 2 oz. Chicken Carnitas
- ¼ cup Seasoned Black Beans
- ¼ cup roasted peppers (reheated according to package)
- 1/8 cup avocado
- 1/8 cup salsa

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

Nutrients Per Serving

Calories	400	Cholesterol (mg)	55	Dietary Fiber (g)	12	Vitamin D (mcg)	0.1	Potassium (mg)	840
Total Fat (g)	8	Sodium (mg)	900	Added Sugars (g)	0	Iron (mg)	4.3	Vitamin A-RAE (mcg)	192.10
Saturated Fat (g)	1.5	Total Carbohydrate (g)	53	Protein (g)	31	Calcium (mg)	80	Vitamin C (mg)	65.82

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.

LIME CILANTRO SORGHUM

SERVING SIZE: ½ CUP

ONE SERVING PROVIDES: 1 OZ. EQ. GRAIN

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Sorghum, whole grain, dry	3 pounds 12 ounces	12 ounces	1. Add sorghum to boiling salted water. Cook, uncovered, for 45 to 55 minutes until sorghum is tender.
Water	2 gallons ½ cup	1 quart 2 ½ cups	
Salt, kosher	1 tablespoon 2 teaspoons	1 teaspoon	
Lime juice	2 ½ cups	½ cup	2. After the sorghum is cooked, add lime juice, cilantro, tomatoes, and green onions. **CCP**: Hold for hot service at 135°F or higher.
Cilantro, fresh, chopped	2 ½ cups	½ cup	
Tomatoes, diced	3 ¾ cups	¾ cup	
Green onions, bias cut	1 ¼ cups	¼ cup	

NUTRIENTS PER SERVING

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

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 OR TURKEY CARNITAS

SERVING SIZE: 2 OUNCES

ONE SERVING PROVIDES: 2 OZ. EQ. MEAT/MEAT ALTERNATIVE

INGREDIENTS	50 SERVINGS	10 SERVINGS
Chicken or turkey thigh, cooked	7 pounds 8 ounces	1 pound 8 ounces
Seasonings: Chili powder	3 tablespoons 1 teaspoon	2 teaspoons
Cumin, ground	2 tablespoons	1 ¼ teaspoon
Oregano, dried	2 tablespoons	1 ¼ teaspoon
Salt, kosher	2 ½ teaspoons	½ teaspoon
Black pepper, ground	2 ½ teaspoons	½ teaspoon
Garlic, granulated	2 tablespoons	1 ¼ teaspoon
Onions, small dice	15 ounces	3 ounces
Lime juice	1 ¼ cup	¼ cup
Orange juice, 100% juice	1 ¼ cup	¼ cup
Mustard, yellow	¼ cup 1 tablespoon	1 tablespoon

DIRECTIONS

1. Shred chicken or turkey thigh meat
2. Combine seasonings.
3. Add onion, lime juice, orange juice, and mustard.
4. Combine seasonings, sauce, and chicken or turkey meat.
5. Spray 2 in steam table pans with pan release.
6. Place 6 pounds of meat in each pan.
7. Roast in a 350°F oven for 20 minutes until the top is golden brown and edges are crisp.
8. Stir halfway through roasting.

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

NUTRIENTS PER SERVING

Calories	120	Cholesterol (mg)	55	Dietary Fiber (g)	1	Vitamin D (mcg)	0.1	Potassium (mg)	210
Total Fat (g)	2.5	Sodium (mg)	190	Added Sugars (g)	0	Iron (mg)	0.9	Vitamin A-RAE (mcg)	11.82
Saturated Fat (g)	0.5	Total Carbohydrate (g)	3	Protein (g)	20	Calcium (mg)	20	Vitamin C (mg)	4.62

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.

SEASONED BLACK BEANS

SERVING SIZE: ¼ CUP

ONE SERVING PROVIDES:
¼ CUP BEANS, PEAS, LENTILS

INGREDIENTS	50 SERVINGS	10 SERVINGS
Oil, canola	2 tablespoons ½ teaspoon	1 ½ teaspoons
Onions, diced	10 ounces	2 ounces
Black beans, canned, drained	1 gallon 1 quart	1 quart
Tomatoes, diced, canned, drained	4 pounds 11 ounces	15 ounces
Green chili peppers, mild, canned	15 ounces	3 ounces
Cumin, ground	¼ cup 1 tablespoon	1 tablespoon
Garlic, granulated	2 tablespoons ½ teaspoon	1 ½ teaspoon

DIRECTIONS

1. Heat the oil and sauté onions until opaque.
2. Add drained beans, drained tomatoes, undrained peppers, cumin, and garlic. Simmer for 20 minutes, stirring often. Serve with a slotted spoon to remove juices.

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

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

NUTRIENTS PER SERVING

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

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.

Whole Wheat Couscous and Citrus Salad

Serving Size: 1 cup

One serving provides: 1 oz. eq. grain, ¼ cup fruit, ½ cup beans, peas, lentils

Ingredients	50 Servings	10 Servings	Directions
Water	3 quarts 1 cup	2 ½ cups	1. In a large saucepan, heat water to a boil.
Couscous, whole wheat, dry	2 quarts 2 cups	2 cups	2. Pour the boiling water over the couscous, turmeric, and pepper. Cover and let sit covered for 5 minutes. Fluff with a fork and let sit. **CCP**: Chill to 70°F within 2 hours, then to 41°F in 4 hours.
Turmeric, ground	2 tablespoons ½ teaspoon	1 ½ teaspoon	
Black pepper, ground	2 ½ teaspoons	½ teaspoon	
Chickpeas, canned, drained	6 pounds 4 ounces	1 pound 4 ounces	**CCP**: No bare-hand contact with ready-to-eat food. 3. Combine chickpeas, oranges, onion, and raisins in a large bowl.
Mandarin orange, canned, in juice, drained	3 pounds 2 ounces	10 ounces	
Onions, red, small dice	3 ¾ cups	3/4 cup	
Raisins	3 ¾ cups	3/4 cup	
Orange zest	¼ cup 1 tablespoon	1 tablespoon	4. Whisk together orange zest, lemon juice, olive oil, and chives in a separate bowl. 5. Pour dressing over chickpeas mixture in bowl. Once mixed, fold in the cooled couscous. 6. Cover and refrigerate at least 1 hour before serving. **CCP**: Hold and serve at 41°F or lower.
Lemon juice	1 ¼ cup 1 tablespoon	¼ cup 1 tablespoon	
Oil, olive	½ cup 2 tablespoons	2 tablespoons	
Chives, fresh	3 tablespoons 1 teaspoon	2 teaspoons	

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

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.

WHOLE WHEAT PEARLED COUSCOUS WITH CHICKEN AND TOMATOES

SERVING SIZE: 1 CUP (8 OUNCE SPOODLE)
ONE SERVING PROVIDES:
1 OZ. EQ. GRAIN, ¼ CUP RED/ORANGE VEGETABLE, 2 OZ. EQ. M/MA

INGREDIENTS	24 SERVINGS	12 SERVINGS	DIRECTIONS
Oil, olive	1 tablespoon	1 ½ teaspoons	1. Heat oil over medium-high heat in a sauté pan.
Onions, medium diced	1 quart	2 cups	2. Sauté the onions and garlic until translucent.
Garlic clove, minced	¼ cup	2 tablespoons	
Tomatoes, petite diced	1 quart 2 cups	3 cups	3. Add the tomatoes, Italian seasoning, and salt to the sautéed onions and garlic and cook, stirring, for 5 minutes.
Italian seasoning	¼ cup	2 tablespoons	
Salt, kosher	2 teaspoons	1 teaspoon	
Stock, chicken, low sodium	2 quarts	1 quart	4. Add stock to the mixture.
Whole wheat pearled couscous	1 pound 8 ounces	12 ounces	5. Into hotel pan, place couscous, chicken, sautéed tomato mixture, Parmesan cheese. Stir to combine. 6. Cover tightly with parchment paper and foil. 7. Cook in a 350°F convection oven for 25 minutes. (Couscous may still be slightly underdone and there may be some liquid remaining, but this will be absorbed during holding.) 8. Stir well using a rubber spatula before serving. **CCP**: Cook until internal temp. reaches 135°F or above. **CCP**: Hold for hot service at 135°F or higher.
Chicken meat, cooked, diced	3 pounds	1 pound 8 ounces	
Parmesan cheese, grated	1 cup	½ cup	

NUTRIENTS PER SERVING

Calories	270	Cholesterol (mg)	50	Dietary Fiber (g)	6	Vitamin D (mcg)	0.1	Potassium (mg)	490
Total Fat (g)	5	Sodium (mg)	390	Added Sugars (g)	0	Iron (mg)	2.4	Vitamin A-RAE (mcg)	13.15
Saturated Fat (g)	1.5	Total Carbohydrate (g)	29	Protein (g)	26	Calcium (mg)	70	Vitamin C (mg)	2.09

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 GREAT GRAINS

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

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

*EVALUATED ON DAY FOUR

REMEMBER TO REVISIT RECIPES FROM DAY TWO PRODUCTION!

DAY FOUR: BUILD A BETTER SANDWICH

LESSON OVERVIEW

Culinary Demonstration	**Types of sandwiches** **Elements of sandwiches** • Bread • Spreads • Body • Garnishes **Types of bread** **Preparing sandwiches** **Kitchen Demonstration:** • Fruit on a raft • Korean street toast • White bean dip • Quick-pickled onions • Folding a wrap	60 minutes
Hands on Practice	**Hot sandwiches** **Cold sandwiches** **Dips / spreads**	2 ½ hours
Evaluation/ Discussion		15 minutes
Clean-up		15 minutes

Building a Better Sandwich

Types of Sandwiches

- Cold sandwiches
- Hot sandwiches
- Wraps
- Pocket sandwiches
- Grilled sandwiches

Elements of a Sandwich

There are four basic parts to a sandwich. Once we know how a sandwich should properly be constructed, we can then add a variety of the basic components to make any combination imaginable.

Bread: The main function of bread in a sandwich is to encase the filling and create an edible casing. Breads give us an opportunity to vary the textures and flavors in our sandwiches. As with other ingredients, the choices are almost endless.

Spreads: The main purpose of spreads is to add moisture and flavor to the sandwich and create a moisture barrier between the filling and the bread.

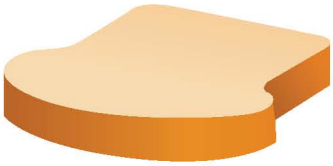
Body: The body of a sandwich can be comprised of any combination of meats, cheeses, vegetables, or grains. This is the heart of the sandwich. All the other components should complement the body and not overpower or take away from its flavor and texture.

Garnish: The garnish complements the body of the sandwich and adds both texture and flavor.

How to build a

Better Sandwich

Sandwiches are a school lunch staple. Made up of four parts — bread, spread, body, and garnish — you can create countless varieties.



Garnish

Up to 1/2 cup vegetable

- Herbs
- Slaws
- Tomatoes
- Lettuce

Body

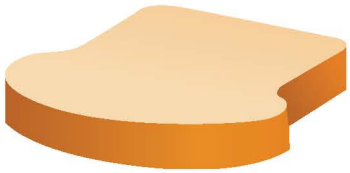
2 oz. eq. meat/meat alternative

- Beef
- Chicken
- Fish
- Lowfat cheese
- Bean puree
- Nut butter
- Roasted Vegetables with cheese or hummus

Spread

1 tablespoon

- Mustard
- Mayonnaise
- Ranch or BBQ
- Cream cheese
- Pesto
- Jelly



Bread

Whole grain rich

- Sliced bread
- Buns/rolls
- English muffin
- Flatbread
- Whole grain waffle
- Biscuit

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Types of Bread

Loaf bread

- French loaves
- Herb breads
- Rye
- Pumpernickel

Quick Breads

- Fruit breads - banana
- Nut breads
- Vegetable breads – zucchini, carrot

Flatbreads

- Corn tortillas
- Flatbreads
- Flavored flatbreads
- Flour tortillas
- Focaccia
- Lavash
- Naan
- Pitas
- Sandwich wraps

Buns and rolls

- Buns
- English muffins
- Hamburger bun
- Hoagie rolls
- Hotdog bun
- Pretzel rolls

Specialty bread

- Bagels
- Biscuits
- Scones
- Waffles

Other sandwich holders

- Lettuce leaves
- Cones
- Sandwiches
- Egg Rolls

Spreads

The main purpose of spreads is to add moisture and flavor to the sandwich and create a moisture barrier between the filling and the bread.

- Almond butter
- Bean purees (such as white bean spread)
- Butter
- Cashew butter
- Cheese spreads
- Chutneys
- Cream cheese
- Dressings
- Flavored butters
- Flavored cream cheeses
- Flavored mayonnaise
- Ketchup
- Low fat cream cheese
- Mayonnaise
- Mustards
- Olive spreads
- Pepper spreads
- Pesto
- Salad dressing
- Vegetable purees (such as roasted pepper spread)

Body

The body of a sandwich can be comprised of any combination of meats, cheeses, vegetables, or grains. This is the heart of the sandwich. All the other components should complement the body without overpowering or detracting from its flavor and texture.

Beans	Fish	Meatballs
Beef	Chicken salad	Nut butters
Pork	Eggs	Peanut butter
Chicken	Grilled vegetables	Tuna salad
Turkey	Low fat cheese	

Garnish

The garnish complements the body of the sandwich and adds both texture and flavor.

Bell peppers	Onions
Cabbage	Peppers
Cucumber	Pickled salads
Grated carrot	Pickles
Greens	Radish
Grilled or roasted vegetables	Relishes
Herbs	Salad mix
Lettuces	Salsas
Marinated vegetables	Slaws
Mushrooms	Sprouts
Olive salads	Tomatoes

Preparing Sandwiches

Mise en place

- All sandwich breads, spreads, and filling ingredients should be prepared.
- Meat, poultry, or fish should be cooked, chilled, and sliced or chopped. Vegetables should be washed, dried, and sliced.
- Spreads should be prepared and chilled.
- Breads should be sliced.

Method for Cold Sandwiches

1. Arrange the preparation area. All sandwich ingredients should be within easy reach of the work area.
2. Arrange sandwich bread on the work area. Four rows of 12 slices are a manageable number.
3. Spread all bread slices to the edge with the desired spread.
4. Serving filling with a dipper or spoon onto alternate rows of bread. Spread to the edges.
5. Arrange lettuce or other vegetable accompaniments on top of the filling.
6. Place bread on top of the sandwich.
7. Cut sandwiches as desired, being careful not to mash the bread.
8. Place sandwiches in sandwich bags or wrap in plastic wrap to maintain freshness.
9. Refrigerate until service.

Quick Steps for Grilled Sandwiches

1. Place sandwich bread on a sheet pan.
2. A full sheet pan (18" x 26") will accommodate 24 sandwiches in a 4 x 6 array.
3. Brush the outside with melted margarine, butter, or vegetable oil.
4. A brush, roller, or spray may be used. Turn the bread over.
5. Add filling to all slices in the pan. Spread evenly.
6. Top with slices of bread. Brush the top with melted margarine, butter, or vegetable oil.
7. Brown the sandwich on a griddle, in a hot oven, or under a broiler.
8. Serve immediately.

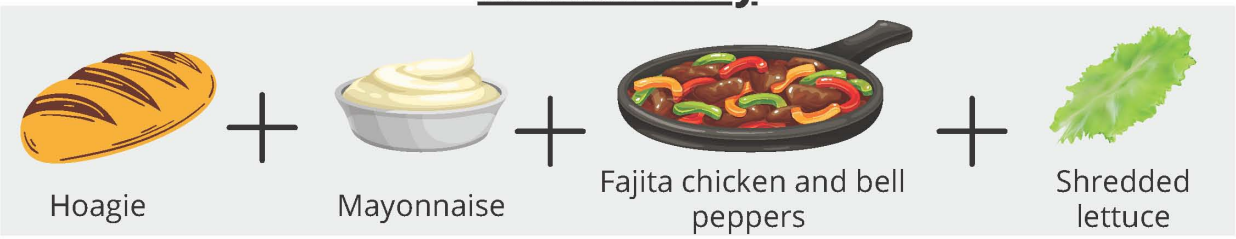
Quick Steps for Wraps

1. Arrange the preparation area. All sandwich ingredients should be within easy reach of the work area.
2. Lay wraps or tortillas on a clean work surface.
3. Evenly distribute dressing or spread on tortilla wrap.
4. Toppings are placed in the lower half of the tortilla.
5. Evenly distribute your ingredients. Use meat, poultry, fish, beans, grains, vegetables, or fruits. Hard-to-bite ingredients need to be cut small, but most ingredients should be kept in bigger pieces for easiest rolling and eating.
6. Roll the wrap tightly and securely. Fold in the sides and bottom, roll up tightly, and seal the edges with a dab of cream cheese or other spread.
7. Place wraps in sandwich bags or wrap in plastic to maintain freshness.
8. Refrigerate until service.

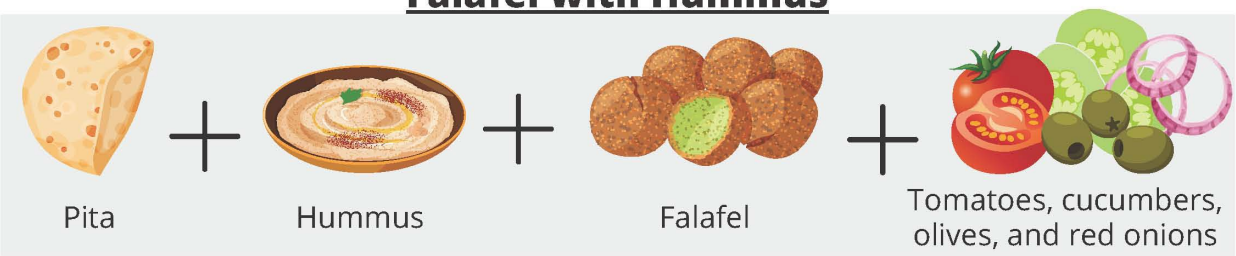
Sandwich Ideas

Start with a bread, add a spread, a body, then top with a garnish

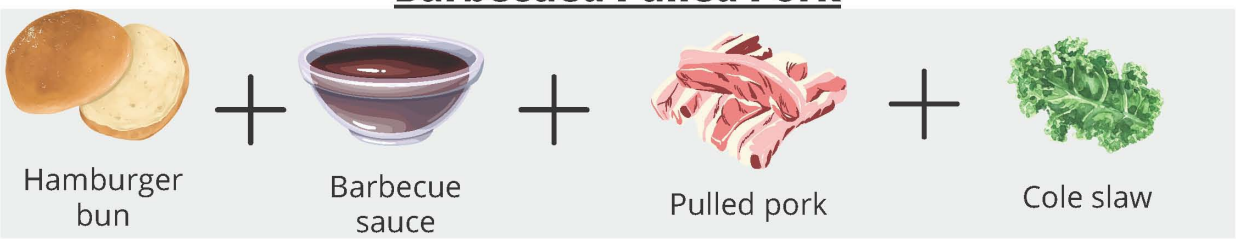
Chicken Philly



Falafel with Hummus



Barbecued Pulled Pork



Turkey Deli Sub

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WHITE BEAN DIP

SERVING SIZE: ¼ CUP (#16 SCOOP)

ONE SERVING PROVIDES: 1 OZ. EQ. MEAT/MEAT ALTERNATIVE

INGREDIENTS	50 SERVINGS	10 SERVINGS
Beans, cannellini, canned, drained, rinsed	3 quarts 3 cups	3 cups
Garlic cloves, minced	10 each	2 each
Lemon juice	½ cup 2 tablespoons	2 tablespoons
Oil, olive	1 2/3 cups	⅓ cup
Parsley, loosely packed	1 ¼ cups	¼ cup
Salt, kosher	1 tablespoon 2 teaspoons	1 teaspoon

DIRECTIONS

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

1. Place all ingredients in a food processor and blend until smooth.
2. Serve with pita bread or chips, vegetable sticks, or as a sandwich spread.

CCP: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING

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

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.

Fruit on a Raft (Waffles with Apples)

Serving size:
1 waffle, 3/4 cup topping
One serving provides:
1 oz. eq. grain, ½ cup fruit

Ingredients	50 Servings	10 Servings	Directions
Frozen waffles, whole grain	50 each	10 each	1. Toast until golden on both sides in 375°F oven for 15 minutes. 2. Wrap waffles with foil. Keep warm until ready to serve.
Unsweetened apples, canned, peeled, diced	2 #10 cans	2.75 lbs.	3. Heat apples in a large tilt skillet, pot, or steam kettle.
Water	1 quart, 3 ½ cups	1 ½ cups	4. Add water and raisins to the heated apple mixture. Add dry spices to the apple mixture and bring to a boil.
Raisins, seedless	1 pound, 14 ounces	6 ounces	
Cinnamon, ground	1 tablespoon	½ tsp.	
Allspice, ground (optional)	1 tablespoon	½ tsp.	
Cornstarch	⅔ cup	1 ¼ tsp.	5. Whisk cornstarch into cold water to make a slurry. 6. Pour slurry into boiling apple mixture, stirring constantly to blend well. When the mixture thickens, remove from the heat. 7. Unwrap waffles. Re-crisp in 350°F oven for 5 minutes. Serve 3⁄4 cup (6 ounces) warm apple mixture over each toasted waffle. **CCP**: Cook until internal temp. reaches 135°F or above. **CCP**: Hold for hot service at 135°F or higher. **Note:** Canned apples can be replaced with fresh diced apples.
Water, cold	⅔ cup	1 ¼ tsp.	

Nutrients Per Serving

Calories	230	Cholesterol (mg)	5	Dietary Fiber (g)	4	Vitamin D (mcg)	0	Potassium (mg)	260
Total Fat (g)	3.5	Sodium (mg)	200	Added Sugars (g)	1	Iron (mg)	2.4	Vitamin A-RAE (mcg)	93.12
Saturated Fat (g)	1	Total Carbohydrate (g)	49	Protein (g)	3	Calcium (mg)	150	Vitamin C (mg)	0.53

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.

KOREAN STREET TOAST

SERVING SIZE: ONE PIECE OF TOAST
ONE SERVING PROVIDES:
1 OZ. EQ. WHOLE GRAIN, 1 OZ. EQ. M/MA, ½ CUP OTHER VEGETABLE

INGREDIENTS	48 SERVINGS	24 SERVINGS	DIRECTIONS
Eggs, large	24 each or 1 quart 2 cups liquid egg	12 each or 3 cups liquid egg	1. Whisk the eggs, salt, and pepper together.
Salt, kosher	1 teaspoon	½ teaspoon	
Black pepper, ground	1 teaspoon	½ teaspoon	
Cabbage slaw mix, shredded	3 pounds 4 ounces	1 pound 10 ounces	2. Add the shredded cabbage mixture. Gently mix until well combined. 3. Pour the mixture into a sheet tray sprayed with cooking spray. 24 servings per ½ sheet tray. 4. Bake in a 375°F oven for 18 to 22 minutes. 5. Cut the egg into 24 servings (3 inches by 3 inches).
Bread, sliced, whole wheat	48 slices	24 slices	6. Evenly coat the bottom of a sheet pan with the melted butter. Layer the bread with the butter, then flip it to coat the other side. 7. Lightly sprinkle the bread with sugar on top, then toast in the oven until golden brown. 8. Serve a 3-inch by 3-inch square of egg on top of a slice of toast.
Butter, unsalted, melted	2 cups	1 cup	
Sugar, white, granulated	½ cup	1 tablespoon 2 teaspoons	
Ketchup	1 cup	½ cup	9. Combine ketchup and mayonnaise. Serve 1 tablespoon of the sauce with each serving. **CCP**: Cook until internal temperature reaches 135°F or above. **CCP**: Hold for hot service at 135°F or higher.
Mayonnaise, low-fat	2 cups	1 cup	

Nutrients Per Serving									
Calories	180	Cholesterol (mg)	20	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	170
Total Fat (g)	9	Sodium (mg)	340	Added Sugars (g)	4	Iron (mg)	0.9	Vitamin A-RAE (mcg)	66.47
Saturated Fat (g)	5	Total Carbohydrate (g)	19	Protein (g)	6	Calcium (mg)	60	Vitamin C (mg)	0.40

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.

Quick Pickled Onions

Serving Size: Used as a garnish

One serving provides: Does not credit

Ingredients	50 Servings	10 Servings
Onion, red, julienne	2 quarts 2 cups	2 cups
Salt, kosher	1 tablespoon 2 teaspoons	1 teaspoon
Sugar, white, granulated	1 tablespoon 2 teaspoons	1 teaspoon
Vinegar, apple cider	2 ½ cups	½ cup

Directions

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

1. Add onion and salt to a large bowl. Let it sit for 30 minutes to 1 hour to allow the onion to drain. Drain excess water.
2. Add sugar and toss. Allow it to sit for another 10-15 minutes.
3. Add vinegar and let sit for 30 minutes.

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)	30
Total Fat (g)	0	Sodium (mg)	85	Added Sugars (g)	0	Iron (mg)	0	Vitamin A-RAE (mcg)	0.02
Saturated Fat (g)	0	Total Carbohydrate (g)	2	Protein (g)	0	Calcium (mg)	0	Vitamin C (mg)	1.27

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.

BUILD A BETTER SANDWICH: TEAM ASSIGNMENTS

	Sandwich 1	Sandwich 2	Spread / Dip
Team 1	Thai Chicken & Brown Rice Lettuce Wraps	Chicken Caprese	Spinach Pesto
Team 2	Cuban Sandwich	Banh Mi	Spicy Black Bean Dip
Team 3	Chicken Salad Sandwich	Asian Style Sweet & Spicy Veggie Burger	Harissa Red Lentil Hummus
Team 4	Grilled Vegetable Panini	Buffalo Chicken Calzone	Buffalo Hummus Dip
Team 5	Spicy Tuna Slider	Alaska Pollock Po'Boy	Sweet Potato Hummus
Team 6	Barbecued Pulled Pork	Chicken Shawarma with Tzatziki sauce	Spicy Lemon Hummus
Team 7	Sloppy Joe	Spy Thai Beef	Green Pea Hummus (Hulk Hummus)
Team 8	Denver omelet breakfast (sheet pan)	Breakfast Quesadilla	Peanut Butter Dip

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

Thai Chicken and Brown Rice Lettuce Wraps

Serving size: 1 cup filling + 2 lettuce leaves (2 wraps)
One serving provides:
1.25 oz. eq. meat/meat alternative, 1 oz. eq. grain

Ingredients	50 Servings	10 Servings
Chicken, cooked, shredded, or diced	6 pounds 4 ounces	1 pound 4 ounces
Mango, diced or pineapple bits, drained	3 pounds 12 ounces	12 ounces
Peppers, bell, red, fresh, julienne	1 pound 14 ounces	6 ounces
Brown rice, cooked	8 pounds 2 ounces	1 pound 10 ounces
Peanut sauce (recipe follows)	50 servings	10 servings
Cilantro, fresh, chopped	3.75 ounces	0.75 ounce
Lettuce, Boston or Bibb lettuce, large whole leaves	100 each	20 each

Directions

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

1. Combine the chicken, mango or pineapple, red bell pepper, brown rice, and peanut sauce. Gently mix.
2. Place ½ cup of the Thai Chicken and Rice mixture in each lettuce leaf. Garnish with cilantro.

CCP: Hold and serve at 41°F or lower.

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

Nutrients Per Serving

Calories	310	Cholesterol (mg)	50	Dietary Fiber (g)	3	Vitamin D (mcg)	0.1	Potassium (mg)	420
Total Fat (g)	11	Sodium (mg)	220	Added Sugars (g)	3	Iron (mg)	1.6	Vitamin A-RAE (mcg)	90.28
Saturated Fat (g)	2.5	Total Carbohydrate (g)	31	Protein (g)	23	Calcium (mg)	30	Vitamin C (mg)	32.63

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.

PEANUT SAUCE - MULTIPURPOSE

SERVING SIZE: 1 OUNCE (2 TABLESPOONS)

ONE SERVING PROVIDES: 0.25 OZ. EQ. MEAT/MEAT ALTERNATIVE

INGREDIENTS	50 SERVINGS	10 SERVINGS
Peanut butter	2 ½ cups	½ cup
Water	1 2/3 cups	1/3 cup
Soy sauce, low sodium	½ cup 2 tablespoons	2 tablespoons
Sugar, brown, packed	½ cup 2 tablespoons	2 tablespoons
Lime juice	1/3 cup 1 tablespoon	1 tablespoon 1 ½ teaspoons
Oil, sesame, toasted	¼ cup 1 tablespoon	1 tablespoon
Ginger, ground	2 ½ teaspoons	½ teaspoon
Garlic, granulated	1 ¼ teaspoon	¼ teaspoon
Cayenne pepper or red pepper flakes (optional)	1 ¼ teaspoon	¼ teaspoon

DIRECTIONS

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

1. Place the ingredients in a blender and blend on medium speed until smooth, about 30 seconds.

CCP: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING

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

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 CAPRESE SANDWICH

SERVING SIZE: 1 EACH

ONE SERVING PROVIDES: 2 oz. Grain, 2.5 oz. MMA, 1/8 cup Vegetable

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Chicken breast, raw, boneless, skinless	9 pounds 4 ounces	1 pound 4 ounces	1. Thaw chicken. Add to a large bowl.
Oil, olive	½ cup 2 tablespoons	2 tablespoons	2. Preheat oven to 350. Combine oil and spices. Pour over chicken. Toss to coat. 3. Place seasoned chicken on a lined sheet pan in a single layer and bake for 15-20 minutes, until chicken reaches 165 °F. 4. Slice chicken into strips. **CCP**: Heat to 165°F for <1 second (instantaneous).
Salt, kosher	1 ¼ teaspoons	¼ teaspoon	
Black pepper, ground	1 ¼ teaspoons	¼ teaspoon	
Garlic, granulated	1 ¼ teaspoons	¼ teaspoon	
Spinach Pesto (see attached)	50 servings	10 servings	**CCP**: No bare-hand contact with ready-to-eat food. 5. Assemble sandwiches on a lined, sprayed sheet tray: 6. Ciabatta Bottom 7. 2 Tbsp. (#30 scoop) Pesto 8. 3 oz. Chicken 9. 2 Tomato Slices 10. 1 Slice Cheese 11. Ciabatta Top **CCP**: Hold for hot service at 135°F or higher.
Tomatoes, sliced, 1/8 in thick	3 pounds 2 ounces	10 ounces	
Cheese, provolone, 1 ounce each)	50 slices	10 slices	
Ciabatta rolls, 2 ounce eq. each	50 each	10 each	

Nutrients Per Serving									
Calories	430	Cholesterol (mg)	60	Dietary Fiber (g)	2	Vitamin D (mcg)	0	Potassium (mg)	450
Total Fat (g)	23	Sodium (mg)	780	Added Sugars (g)	0	Iron (mg)	1	Vitamin A-RAE (mcg)	153.94
Saturated Fat (g)	6	Total Carbohydrate (g)	33	Protein (g)	25	Calcium (mg)	200	Vitamin C (mg)	12.28

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.

SPINACH PESTO

SERVING SIZE: 2 tablespoons
ONE SERVING PROVIDES:
1/8 cup dark green veg

INGREDIENTS	50 SERVINGS	10 SERVINGS
Spinach, fresh	3 pounds 2 ounces	10 ounces
Oil, olive	2 ½ cups	½ cup
Parmesan cheese, grated	1 cup	3 tablespoons
Lemon juice	3 tablespoons 1 teaspoon	2 teaspoons
Garlic, fresh, chopped	1 tablespoon 2 teaspoons	1 teaspoon
Salt, kosher	1 tablespoon 2 teaspoons	1 teaspoon
Black pepper, ground	1 ¼ teaspoon	¼ teaspoon

DIRECTIONS

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

1. Fit a food processor with a steel blade. Make pesto in batches by filling the food processor ½ full of spinach. Add a drizzle of oil. Process until smooth, adding a little more oil as needed.
2. Transfer to a large bowl. Repeat with the remaining spinach and oil. When you get to the last batch, add cheese, lemon juice, garlic, salt, and pepper. Add to the bowl and stir well to blend flavors.

CCP: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING

Calories	110	Cholesterol (mg)	0	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	160
Total Fat (g)	12	Sodium (mg)	200	Added Sugars (g)	0	Iron (mg)	0.7	Vitamin A-RAE (mcg)	137.01
Saturated Fat (g)	2	Total Carbohydrate (g)	1	Protein (g)	1	Calcium (mg)	40	Vitamin C (mg)	8.40

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.

CUBANO SANDWICH	SERVING SIZE: 1 SANDWICH ONE SERVING PROVIDES: 2 OZ. GRAIN 2 OZ. MMA 1/8 CUP VEGETABLE		
INGREDIENTS	**50 SERVINGS**	**10 SERVINGS**	**DIRECTIONS**
Hoagie roll, whole grain, 5-inch, 2 oz. grain	50 each	10 each	1. Preheat oven to 350 °F. 2. Line sheet pan and spray generously with non-stick spray. 3. Lay out hoagie buns on sheet pan.
Mustard, yellow	1 cup	3 tablespoons	4. Spread 1 teaspoon mustard on the inside surface of the bottom of rolls.
Ham, sliced	4 pounds 1 ounce (100 slices)	13 ounces (20 slices)	5. Place 2 slices of ham on bottom buns.
Pork, cooked, shredded	3 pounds 2 ounces	10 ounces	6. Place 1 ounce of pork on top of ham.
Pickles, low sodium	1 gallon 1 cup drained (200 slices)	3 cups drained, (40 pickle slices)	7. Place 4 pickle slices on top of pork.
Cheese, Swiss .5 oz. slice (cut in half)	1 pound 9 ounces (50 slices)	5 ounces (10 slices)	8. Add 2 half slices of cheese on top of pickles, covering length of sandwich. 9. Fold over or place top bun on sandwich. 10. Place another sheet of parchment on top of sandwiches and place 2-3 sheet pans on top of parchment paper to press down and compress sandwiches. 11. Bake until lightly browned and filling reaches safe internal temperature (approximately 10-12 minutes). 12. Cut sandwich in half diagonally. **CCP**: Hold for hot service at 135°F or higher.

Nutrients Per Serving									
Calories	320	Cholesterol (mg)	55	Dietary Fiber (g)	1	Vitamin D (mcg)	0.4	Potassium (mg)	340
Total Fat (g)	13	Sodium (mg)	790	Added Sugars (g)	1	Iron (mg)	2.3	Vitamin A-RAE (mcg)	45.83
Saturated Fat (g)	5	Total Carbohydrate (g)	32	Protein (g)	21	Calcium (mg)	200	Vitamin C (mg)	0.47

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.

Bahn Mi Vietnamese Sandwich

Serving Size: 1 Sandwich
One serving provides:
2-ounce equivalents m/ma,
2-ounce equivalents grains,
1/8 cup other vegetable,
1/8 cup red/orange vegetable

Ingredients	50 Servings	10 Servings	Directions
Water	1 ¼ cups	¼ cup	1. In a large bowl stir together the water, white vinegar, and sugar until the sugar dissolves.
Vinegar, white, distilled	2 ½ cups	½ cup	
Sugar, white, granulated	2 ½ cups	½ cup	
Carrots, matchstick	2 quarts	1 ½ cups	2. Add the carrots and daikon radish; mix well. To marinate hold in the refrigerator at or below 40˚F until service. This may be prepared a day in advance.
Daikon radish, julienne	1 pound 9 ounces	5 ounces	
Mayonnaise	3 1/3 cups	2/3 cup	3. Mix the mayonnaise and Sriracha. **CCP**: Hold and serve at 41°F or lower.
Sriracha sauce	1 tablespoon 2 teaspoons	1 teaspoon	
Whole-grain-rich hoagie bun (2-ounce equivalent grains)	50 each	10 each	4. Place whole grain hoagie on the prep surface and spread 1 tablespoon of the Sriracha mayonnaise on one half of each flatbread.
Ham, deli, sliced	4 pounds 1 ounce	13 ounces	5. In each sandwich place 1 ¼ ounces of ham and 1.6 ounces turkey over the mayonnaise. Add a few strips or rings of sliced red onion and 4-5 slices English cucumbers over the top of the meat. Top with ¼ cup of the drained carrot
Turkey, deli, sliced	5 pounds	1 pound	
Onion, red, thinly sliced	2 ½ cups	½ cup	
Fresh English cucumber, thinly sliced	1 pound 14 ounces	6 ounces	

Fresh cilantro sprigs, leaves, and tender stems	3 ¾ cups	¾ cup	and radish slaw and a 3-4 fresh cilantro sprigs. Place the sliced jalapeno on the service line available upon request. Serve immediately. **CCP**: Hold and serve at 41°F or lower.
Jalapeno, fresh, thinly sliced (optional)	2 ½ each	½ each	

NUTRIENTS PER SERVING									
Calories	380	Cholesterol (mg)	45	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	280
Total Fat (g)	15	Sodium (mg)	1190	Added Sugars (g)	10	Iron (mg)	2	Vitamin A-RAE (mcg)	115.47
Saturated Fat (g)	2	Total Carbohydrate (g)	43	Protein (g)	19	Calcium (mg)	80	Vitamin C (mg)	20.27

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.

Black Bean Dip

Serving Size: ¼ cup
One serving provides: ¼ cup beans, peas, lentils

Ingredients	50 Servings	10 Servings
Beans, black, canned, drained, rinsed	8 pounds 12 ounces	1 pound 12 ounces
Garlic, minced	1 tablespoon 2 teaspoons	1 teaspoon
Cumin, ground	1 tablespoon 2 teaspoons	1 teaspoon
Salsa, mild	2 pounds 8 ounces	8 ounces
Lime juice, fresh	3 tablespoons 1 teaspoon	2 teaspoons
Water	1 tablespoon 2 teaspoons	1 teaspoon
Cilantro, fresh, chopped	1 ¼ cup	¼ cup

Directions

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

1. Combine black beans, garlic, Cumin, ground, salsa, lime juice and water in a food processor and puree until smooth.
2. Stir in cilantro.
3. Serve with veggie sticks or chips.

CCP: Hold and serve at 41°F or lower.

Nutrients Per Serving

Calories	80	Cholesterol (mg)	0	Dietary Fiber (g)	6	Vitamin D (mcg)	0	Potassium (mg)	310
Total Fat (g)	0	Sodium (mg)	270	Added Sugars (g)	0	Iron (mg)	1.7	Vitamin A-RAE (mcg)	6.80
Saturated Fat (g)	0	Total Carbohydrate (g)	15	Protein (g)	5	Calcium (mg)	40	Vitamin C (mg)	2.99

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 SALAD

SERVING SIZE: 5 ounces

ONE SERVING PROVIDES:
2 oz. eq. M/MA

INGREDIENTS	50 SERVINGS	10 SERVINGS
Chicken breast, boneless, skinless, raw	12 pounds 8 ounces	2 pounds 8 ounces
Salt, kosher	2 tablespoons 2 teaspoons	1 teaspoon
Black pepper, ground	2 ½ teaspoons	½ teaspoon
Mayonnaise	2 quarts	1 ½ cup
Onion, red, small dice	2 ½ cups	½ cup
Celery, small dice	2 ½ cups	½ cup
Salt, kosher	2 ½ teaspoons	½ teaspoon
Black pepper, ground	1 ¼ teaspoons	¼ teaspoon

DIRECTIONS

1. Place chicken in an even layer on sprayed-parchment-lined baking sheets.
2. Sprinkle with salt and pepper.
3. Bake at 350°F for 20 minutes or until the chicken reaches 165°F for <1 second (instantaneous).

CCP: Heat to 165°F for <1 second (instantaneous).

To Shred Chicken: Place the warm chicken in your mixer. Using the paddle attachment, shred chicken. NOTE: Begin on a slower speed. Once the chicken begins shredding, increase the speed to the desired shred.

4. Using a large mixing bowl, combine the mayonnaise, celery, onion, salt, and pepper. Gently mix in the shredded chicken.

CCP: Hold and serve at 41°F or lower.

Note: Choose a bread. Croissants are recommended.

NUTRIENTS PER SERVING

Calories	370	Cholesterol (mg)	95	Dietary Fiber (g)	0	Vitamin D (mcg)	0.1	Potassium (mg)	410
Total Fat (g)	28	Sodium (mg)	500	Added Sugars (g)	0	Iron (mg)	0.5	Vitamin A-RAE (mcg)	16.69
Saturated Fat (g)	4.5	Total Carbohydrate (g)	1	Protein (g)	26	Calcium (mg)	10	Vitamin C (mg)	0.75

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.

Asian Style Sweet & Spicy Veggie Burger

Serving size: 1 burger
One serving provides:
2 oz. eq. m/ma, ½ cup vegetable, 2 oz. eq. whole grain

Ingredients	50 Servings	10 Servings	Directions
Veggie Burger			
Split pea, yellow, dry	5 pounds	1 pound	1. Wash and rinse split peas with cold water. Simmer the split peas in the water on the stove top for 30-40 minutes until done. Cool.
Water	5 quarts	1 quart	
Butternut squash, fresh, peeled, deseeded, large diced	6 pounds 4 ounces	1 pound 4 ounces	2. Cook the butternut squash in a perforated pan in a steamer for 15-20 minutes until fork tender. 3. In a large standing mixer, add the cooked squash and chilled split peas. Mix until squash and split peas are blended, and squash is mashed.
Soy sauce, less sodium	1 ⅔ cups	⅓ cup	4. Add soy sauce, granulated onion, granulated garlic, and ginger. Mix well.
Onion, granulated	2 tablespoons ½ teaspoon	1 ½ teaspoons	
Garlic, granulated	¼ cup 1 tablespoon	1 tablespoon	
Ginger, ground	¼ cup 1 tablespoon	1 tablespoon	
Cornmeal	3 ¾ cups	¾ cup	5. Mix in cornmeal. Mixture should be a little wet. 6. Line sheet pans with parchment and spray parchment with pan spray. 7. Preheat oven to 375 °F. 8. Scoop burger using a # 6 scoop. Place on sheet tray. Gently pat down top.

			9. Bake for 35 minutes, until burgers are firm. Serve immediately or cool and freeze for later use. **CCP**: Cook until internal temperature reaches 135°F or above. **CCP**: Hold for hot service at 135°F or higher.

Asian Slaw			
Cabbage, shredded	1 pound 9 ounces	5 ounces	1. Add cabbage, carrots, and pineapple to a large bowl.
Carrots, matchstick	1 pound 4 ounces	4 ounces	
Pineapple, tidbits, well-drained	1 pound 14 ounces	6 ounces	
Ginger, ground	1 ¼ teaspoons	¼ teaspoon	2. In a small bowl, mix ginger, vinegar, oil, soy sauce, honey, lime juice, and zest. Whisk to combine. 3. Toss dressing with cabbage mixture 1 hour before service (or up to 3 hours before service). 4. It is best to serve the slaw on the same day it is mixed. **CCP**: Hold and serve at 41°F or lower.
Vinegar, apple cider	¼ cup 1 tablespoon	1 tablespoon	
Oil, sesame	2 tablespoons ½ teaspoon	1 ½ teaspoons	
Soy sauce, low sodium	½ cup 2 tablespoons	2 tablespoons	
Honey	¼ cup 1 tablespoon	1 tablespoon	
Lime juice	2 tablespoons ½ teaspoon	1 ½ teaspoons	
Lime zest	1 tablespoon 2 teaspoons	1 teaspoon	
Sweet Chili Mayo			

Mayonnaise, low-fat	2 pounds 3 ounces	7 ounces	*For sweet chili mayo:* 1. Mix mayonnaise with sweet chili sauce. Whisk to combine. **CCP**: Hold and serve at 41°F or lower.
Sweet chili sauce	1 pound 4 ounces	4 ounces	
To Assemble:			
Hamburger buns, whole-grain rich	50 each	10 each	*To serve:* 1. Place ¼ cup of slaw on the bottom of the bun. 2. Top with a veggie burger. 3. Serve with 1 ounce of sweet chili mayonnaise.

NUTRIENTS PER SERVING									
Calories	370	Cholesterol (mg)	0	Dietary Fiber (g)	13	Vitamin D (mcg)	0	Potassium (mg)	810
Total Fat (g)	4	Sodium (mg)	940	Added Sugars (g)	8	Iron (mg)	4.5	Vitamin A-RAE (mcg)	398.27
Saturated Fat (g)	0.5	Total Carbohydrate (g)	87	Protein (g)	16	Calcium (mg)	150	Vitamin C (mg)	19.93

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.

HARISSA RED LENTIL HUMMUS

SERVING SIZE: ⅓ CUP (#12 SCOOP)
ONE SERVING PROVIDES: 1 OZ. EQ M/MA

INGREDIENTS	50 SERVINGS	10 SERVINGS
Red lentils, cooked OR Red lentils, dry	3 quarts 1 cup, cooked OR 6 ¼ cups dry (2 pounds 10 ounces)	2 ½ cups, cooked OR 1 ¼ cup dry
Water (for dry lentils)	3 quarts 2 cups	2 ¾ cups
Tahini	⅓ cup 1 tablespoon	1 tablespoon 1 ½ teaspoons
Harissa paste	3.75 ounces	0.75 ounce
Oil, olive	1 ¼ cup	¼ cup
Garlic, granulated	2 tablespoons ½ teaspoons	1 ½ teaspoons
Cumin, ground	2 ½ teaspoons	½ teaspoon
Lime juice	1 ¼ cup	¼ cup

DIRECTIONS

1. To cook lentils from dry: rinse lentils with cool running water in a colander; no need to soak.
   Steamer: Place lentils and water in a steam table pan. Cover and steam for 20 minutes. Drain if needed. Cool properly.
   Steam jacketed kettle or *large pot*: combine lentils and water. Bring to a boil, then reduce the temperature to a simmer. Cook, stirring the lentils gently and occasionally, for 20 to 30 minutes, until tender and cooked through. Cool properly.
2. When thin outer coat of lentil starts to separate, lentils are close to done.
3. Place all cooked, chilled lentils, tahini, harissa paste, olive oil, garlic, cumin, and lime juice in a food processor and puree until smooth.

CCP: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING

Calories	160	Cholesterol (mg)	0	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	180
Total Fat (g)	8	Sodium (mg)	25	Added Sugars (g)	0	Iron (mg)	2	Vitamin A-RAE (mcg)	2.46
Saturated Fat (g)	1	Total Carbohydrate (g)	17	Protein (g)	6	Calcium (mg)	20	Vitamin C (mg)	2.69

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.

Grilled Vegetable Panini

Serving Size: 1 sandwich
One serving provides: 2 ounces equivalent M/MA, 2 servings of grains/breads, ¼ cup vegetable

Ingredients	50 Servings	10 Servings	Directions
Zucchini, sliced	5 lbs.	1 pound	1. Toss zucchini and red pepper in olive oil, spread in a single layer on a sheet pan, and bake in a 350°F oven for 10 minutes until lightly browned.
Peppers, red, canned, strips	1 lb. 4 oz.	4 ounces	
Oil, olive	1 ¼ cup	¼ cup	
Bread, whole wheat (0.9 ounces each)	100 slices	20 slices	2. Lightly brush or spray one side of each piece of bread with oil.
Cheese, provolone, reduced fat, sliced	6 lbs. 4 oz.	1 pound 4 ounces (1-ounce slices)	3. Place one slice of bread, oil side down, on the sheet pan (18" x 26" x 1"). Place 1 slice of cheese on top of the bread. 4. Spread cheese with pesto and then layer with roasted zucchini and red pepper strips. Top with a slice of cheese.
Spinach Pesto (see prior recipe)	50 servings	10 servings	5. Cover with a second slice of bread, olive oil side out. 6. Cover with 3 sheet pans to press sandwiches. 7. Bake until lightly browned: Conventional oven at 400°F for 8-10 minutes OR convection oven at 375°F for 8-10 minutes until golden brown. 8. Cut each sandwich in half. **CCP**: Cook until internal temp. reaches 135°F or above. **CCP**: Hold for hot service at 135°F or higher.

Nutrients Per Serving

Calories	470	Cholesterol (mg)	30	Dietary Fiber (g)	1	Vitamin D (mcg)	0.2	Potassium (mg)	500
Total Fat (g)	29	Sodium (mg)	840	Added Sugars (g)	0	Iron (mg)	2.5	Vitamin A-RAE (mcg)	221.58
Saturated Fat (g)	9	Total Carbohydrate (g)	30	Protein (g)	23	Calcium (mg)	570	Vitamin C (mg)	16.52

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 CHICKEN CALZONE

SERVING SIZE: 1 CALZONE

ONE SERVING PROVIDES:
2 OZ. EQ. WHOLE GRAIN, 3 OZ. EQ. M/MA.

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
5" whole-grain-rich sheeted pizza dough	50 each	10 each	1. Remove 8 frozen doughs from the case and place doughs 2" to 3" apart on oiled parchment pan liners on sheet pans. It is VERY important to cover the pan of dough with plastic to prevent dough from drying out during thawing. 2. Place the covered dough in the cooler to thaw 18-24 hours or overnight. The next morning, allow covered thawed dough to rise at room temperature 2-3 hours until it is light and fluffy.
Chicken breast, roasted, skinless, diced	9 pounds 6 ounces	1 pound 14 ounces	3. Toss the chicken with the hot sauce.
Hot Sauce (such as Frank's red Hot)	3 cups 2 tablespoons	½ cup 2 tablespoons	
Ranch dressing	3 cups 2 tablespoons	½ cup 2 tablespoons	4. Spread 1 tablespoon of ranch dressing over the dough.
Pepper jack cheese	1 pound 9 ounces	5 ounces	5. Top with 3 ounces of the chicken and ½ ounce shredded pepper jack cheese.
Water			6. Spray or brush the edges of the dough round with water, then fold the dough over the filling and crimp the edges with a fork. 7. Brush the top of the dough with oil and vent with a fork. Add a little cheese to the top of the calzone.

			8. Place in a 325°F Convection Oven. Bake until the center reaches 165°F, the cheese is melted, and the crust is golden brown. 12-15 min. **CCP**: Cook until internal temperature reaches 135°F or above. **CCP**: Hold for hot service at 135°F or higher.

NUTRIENTS PER SERVING									
Calories	390	Cholesterol (mg)	85	Dietary Fiber (g)	3	Vitamin D (mcg)	0.1	Potassium (mg)	430
Total Fat (g)	12	Sodium (mg)	910	Added Sugars (g)	3	Iron (mg)	2.6	Vitamin A-RAE (mcg)	15.10
Saturated Fat (g)	4	Total Carbohydrate (g)	32	Protein (g)	37	Calcium (mg)	130	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.

BUFFALO HUMMUS DIP

SERVING SIZE: ¼ CUP

ONE SERVING PROVIDES:
1 OZ. EQ. M/MA

INGREDIENTS	50 SERVINGS	10 SERVINGS
Beans, chickpeas, canned, drained, rinsed	1 gallon 1 cup	3 cups
Water	1 2/3 cups	1/3 cup
Tahini	1 2/3 cups	1/3 cup
Hot Sauce (Frank's Red Hot)	1 ¼ cups	¼ cup
Oil, olive	1 ¼ cups	¼ cup
Lemon juice, fresh	½ cup 2 tablespoons	2 tablespoons
Garlic, chopped	15 cloves	3 cloves
Salt, kosher	2 ½ teaspoons	½ teaspoon

DIRECTIONS

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

1. Combine chickpeas, water, tahini, hot sauce, olive oil, lemon juice, garlic, and salt in a food processor. Cover; process until very smooth.

CCP: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING

Calories	160	Cholesterol (mg)	0	Dietary Fiber (g)	3	Vitamin D (mcg)	0	Potassium (mg)	90
Total Fat (g)	11	Sodium (mg)	410	Added Sugars (g)	0	Iron (mg)	0.8	Vitamin A-RAE (mcg)	12.78
Saturated Fat (g)	1.5	Total Carbohydrate (g)	13	Protein (g)	5	Calcium (mg)	30	Vitamin C (mg)	1.84

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.

SPICY TUNA SLIDERS

SERVING SIZE: 2 Sliders

ONE SERVING PROVIDES:
2.25 oz. equivalent M/MA, 2 oz. eq grain

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Tuna, canned, chunk style, water-packed, drained	5 pounds 10 ounces	1 pound 2 ounces	1. Preheat convection oven to 400°F (conventional oven to 425°F). 2. Combine tuna, ½ of the breadcrumbs, cheese, and scallions in a large bowl. Reserve the remaining ½ of the breadcrumbs.
Breadcrumbs, panko, 100% whole wheat	2 quarts	1 ½ cups	
Cheese, Cheddar, shredded	1 pound 14 ounces	6 ounces	
Scallions, sliced thinly	1 2/3 cup	1/3 cup	
Mayonnaise	1 quart 2 cups	1 ¼ cup	3. Mix mayonnaise and peppers in a mid-size bowl; Add mayonnaise mixture to tuna mixture. 4. Form into patties – serving using a No. 16 scoop; Coat each side of patties with reserved breadcrumbs. 5. Spray baking sheets with cooking spray; place patties on baking sheets. 6. Bake in preheated oven for 10 minutes; turn patties over and bake for an additional 10 minutes or until patties reach an internal temperature of 165°F for 15 seconds.
Chipotle peppers, canned, drained, chopped	15 ounces	3 ounces	
Buns, whole-grain rich, slider (1 oz. eq each)	100 each	20 each	7. If prepared for immediate service, warm hamburger buns. 8. Place one tuna patty between each bun; Place sliders in 12” x 20” x 2/1/2 baking or steam table

			pans. If sliders are to be held in a warming unit, cover pans with foil. **CCP**: Cook until internal temperature reaches 135°F or above. **CCP**: Hold for hot service at 135°F or higher.

NUTRIENTS PER SERVING									
Calories	470	Cholesterol (mg)	45	Dietary Fiber (g)	1	Vitamin D (mcg)	0.8	Potassium (mg)	260
Total Fat (g)	29	Sodium (mg)	700	Added Sugars (g)	0	Iron (mg)	2.4	Vitamin A-RAE (mcg)	75.04
Saturated Fat (g)	7	Total Carbohydrate (g)	32	Protein (g)	20	Calcium (mg)	230	Vitamin C (mg)	0.63

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.

ALASKA POLLOCK PO'BOY

SERVING SIZE: 1 SANDWICH
ONE SERVING PROVIDES:
2 OZ. EQ. LEAN M/MA, 1⁄8 CUP DARK GREEN VEGETABLE,
2 OZ. EQ. WHOLE GRAIN

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Pollock fish sticks, frozen, 1 ounce each	200 each	40 each	1. Cook Alaska Pollock fish sticks according to the internal temperature per manufacture's recommendation is met and the breading is crispy.
Po'boy Sauce (Recipe below)			2. Spread the top and bottom of the roll with sauce.
Whole-grain-rich sandwich roll, split	50 each	10 each	3. Place fish sticks diagonally across the bottom of the roll; top with spinach leaves and replace the roll top.
Spinach, baby	3 quarts 1 cup	2 ½ cups	**CCP**: Hold for hot service at 135°F or higher.
Po'boy Sauce			
Mayonnaise	1 quart 2 cups	1 ¼ cup	4. Mix all ingredients.
Mustard, yellow	½ cup 2 tablespoons	2 tablespoons	5. Make at least 2 hours before serving and refrigerate. May be made 1 day ahead.
Mustard, Dijon	½ cup 2 tablespoons	2 tablespoons	**CCP**: Hold and serve at 41°F or lower).
Sweet pickle relish	½ cup 2 tablespoons	2 tablespoons	
Worcestershire sauce	1 ¼ teaspoons	¼ teaspoon	

NUTRIENTS PER SERVING

Calories	580	Cholesterol (mg)	45	Dietary Fiber (g)	0	Vitamin D (mcg)	0.1	Potassium (mg)	220
Total Fat (g)	33	Sodium (mg)	980	Added Sugars (g)	0	Iron (mg)	9.8	Vitamin A-RAE (mcg)	39.50
Saturated Fat (g)	5	Total Carbohydrate (g)	58	Protein (g)	14	Calcium (mg)	130	Vitamin C (mg)	3.12

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.

SWEET POTATO HUMMUS

SERVING SIZE: ½ CUP
ONE SERVING PROVIDES:
1/8 CUP R/O VEGETABLE, 1/8 CUP BEANS/LEGUMES

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Sweet potatoes, fresh, medium	7 pounds 8 ounces	1 pound 8 ounces	**CCP**: No bare-hand contact with ready-to-eat food. 1. Preheat convection oven to 400 °F or conventional oven to 425 °F. Line a full sheet pan with parchment paper. 2. Cut sweet potatoes in half and place cut side down on the prepared sheet pan. Bake until tender, about 45 minutes. Let cool slightly and peel. Place in a large stand mixer bowl.
Chickpeas, canned, rinsed and drained	3 pounds 12 ounces	12 ounces	3. Purée chickpeas in batches in a food processor fitted with a steel blade until they are the consistency of a thick paste. Add to the sweet potatoes.
Tahini or sunflower seed butter	1 cup	3 tablespoons	4. Add tahini (or sunflower seed butter), orange juice, soy sauce, Cumin, coriander, ginger, mustard, garlic powder, and salt. 5. Mix with a paddle attachment on medium speed until well blended, scraping down the sides of the bowl occasionally. 6. Stir in parsley (if using). **CCP**: Hold and serve at 41°F or lower.
Orange juice	1 ¼ cups	¼ cup	
Soy sauce, less sodium	¼ cup 1 tablespoon	1 tablespoon	
Cumin, ground	2 tablespoons ½ teaspoon	1 ½ teaspoons	
Coriander, ground	2 tablespoons ½ teaspoon	1 ½ teaspoons	
Ginger, ground	2 tablespoons ½ teaspoon	1 ½ teaspoons	

Mustard seed, ground	2 tablespoons ½ teaspoon	1 ½ teaspoons
Garlic powder	2 tablespoons ½ teaspoon	1 ½ teaspoons
Salt, kosher	2 ½ teaspoons	½ teaspoon
Parsley, fresh, chopped, optional	1 cup	3 tablespoons

NUTRIENTS PER SERVING									
Calories	140	Cholesterol (mg)	0	Dietary Fiber (g)	5	Vitamin D (mcg)	0	Potassium (mg)	310
Total Fat (g)	3.5	Sodium (mg)	250	Added Sugars (g)	0	Iron (mg)	1.5	Vitamin A-RAE (mcg)	488.57
Saturated Fat (g)	0	Total Carbohydrate (g)	24	Protein (g)	5	Calcium (mg)	50	Vitamin C (mg)	6.46

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.

Barbecued Pulled Pork Sandwich

Serving Size: 1 sandwich
One serving provides:
2 oz. eq. m/ma, 2 oz. eq grain

Ingredients	50 Servings	10 Servings	Directions
Pork shoulder roast, boneless	21 pounds 4 ounces	4 pounds 4 ounces	1. Season pork roast with salt, pepper, and Cumin. Roast at 325°F until tender and pork easily pulls apart, 3 to 4 hours. **CCP**: Heat to 145°F for 4 minutes. 2. Remove from oven. Pull the pork. Chill.
Salt, kosher	1 tablespoon 2 teaspoons	1 teaspoon	
Black pepper, ground	1 tablespoon 2 teaspoons	1 teaspoon	
Cumin, ground	1 tablespoon 2 teaspoons	1 teaspoon	
Tomato puree, canned, unsalted	2 quarts 2 cups	2 cups	3. Combine all ingredients. 4. Bring to a simmer. Continue to simmer 30 minutes. Stir occasionally. 5. Add sauce to pulled pork and combine. Heat for service. **CCP**: Hold for hot service at 135°F or higher.
Brown sugar, packed	1 ¼ cup	¼ cup	
Salt, kosher	2 ½ teaspoons	½ teaspoon	
Vinegar, apple cider	¼ cup 1 tablespoon	1 tablespoon	
Worcestershire sauce	1/3 cup 1 tablespoon	1 tablespoon 1 ½ teaspoons	
Garlic, granulated	2 tablespoons ½ teaspoon	1 ½ teaspoon	
Whole-wheat hamburger rolls (at least 1.8 ounces each)	100 each	20 each	6. Place the meat mixture onto the bottom half of each roll. Top with the other half of the roll.

Nutrients Per Serving

Calories	630	Cholesterol (mg)	120	Dietary Fiber (g)	1	Vitamin D (mcg)	1.4	Potassium (mg)	620
Total Fat (g)	25	Sodium (mg)	730	Added Sugars (g)	5	Iron (mg)	6	Vitamin A-RAE (mcg)	15.38
Saturated Fat (g)	9	Total Carbohydrate (g)	55	Protein (g)	31	Calcium (mg)	250	Vitamin C (mg)	6.66

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 SHAWARMA

SERVING SIZE: 2 OUNCES
ONE SERVING PROVIDES: 2 OZ. EQ. MEAT/MEAT ALTERNATIVE

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Oil, vegetable	1 ¼ cups	¼ cup	1. Whisk olive oil, lemon juice, and all seasonings in a bowl.
Lemon juice, fresh	½ cup 2 tablespoons	2 tablespoons	
Paprika	2 tablespoons ½ teaspoons	1 ½ teaspoons	
Allspice, ground	1 tablespoon 2 teaspoons	1 teaspoon	
Garlic, granulated	1 tablespoon 2 teaspoons	1 teaspoon	
Cumin, ground	1 tablespoon 2 teaspoons	1 teaspoon	
Cinnamon, ground	1 tablespoon 2 teaspoons	1 teaspoon	
Salt, kosher	1 tablespoon 2 teaspoons	1 teaspoon	
Chicken breast, boneless, skinless (raw) **OR** Chicken breast, boneless, skinless (cooked)	8 pounds 12 ounces **OR** 5 pounds 10 ounces	1 pound 12 ounces **OR** 1 pound 4 ounces	2. Place the chicken in a shallow pan. Pour the marinade over the chicken and coat it evenly. Cover the pan with plastic wrap and refrigerate for at least 30 minutes. 3. Preheat oven to 375°F. 4. Line a sheet pan with parchment paper. Place the chicken on the parchment and bake until it reaches 165°F for <1 second (instantaneous). Cut the chicken into thin strips to fill the pita pockets and serve with Tzatziki Sauce.

				CCP: Heat to 165°F for <1 second (instantaneous). **CCP**: Hold for hot service at 135°F or higher					
NUTRIENTS PER SERVING									
Calories	150	Cholesterol (mg)	60	Dietary Fiber (g)	0	Vitamin D (mcg)	0	Potassium (mg)	280
Total Fat (g)	8	Sodium (mg)	230	Added Sugars (g)	0	Iron (mg)	0.5	Vitamin A-RAE (mcg)	15.78
Saturated Fat (g)	1.5	Total Carbohydrate (g)	1	Protein (g)	18	Calcium (mg)	10	Vitamin C (mg)	1.27

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.

FRESH BAKED PITA	SERVING SIZE: 1 PITA ONE SERVING PROVIDES: 2 OZ. EQ. GRAIN	**NOTE:** PURCHASED PITA CAN BE USED AS A REPLACEMENT.

INGREDIENTS	**50 SERVINGS**	**10 SERVINGS**	**DIRECTIONS**
5" Whole Grain Rich Proof & Bake Sheeted Pizza Dough – 2.5 oz. (Rich's)	50 each	10 each	1. Remove frozen pizza piece from the freezer and place on parchment-lined sheet pans. 2. Cover the pan of frozen dough with a sheet of plastic sprayed with nonstick cooking spray and thaw in the refrigerator overnight. 3. The next day, remove covered pan of dough from the refrigerator and set at room temperature for 45 minutes. 4. Stretch the 5-inch dough into an 8-inch oval. Allow a second proof until the dough is puffy. 5. Bake in a 325°F oven for 12-15 minutes or until light golden brown.

NUTRIENTS PER SERVING

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

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.

TZATZIKI SAUCE

SERVING SIZE: 2 TABLESPOONS (#30 SCOOP)

ONE SERVING PROVIDES: DOES NOT CREDIT

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Cucumber fresh (seeds removed)	5 each	1 each	**CCP**: No bare-hand contact with ready-to-eat food. 1. Grate the cucumber or small dice. Salt lightly and let sit for 5 minutes, then squeeze between gloved hands to remove any extra juice and seeds.
Salt, kosher	2 ½ teaspoons	½ teaspoon	
Yogurt, low-fat, plain	2 pounds 8 ounces	8 ounces	2. Mix all the ingredients until everything is well blended. Refrigerate for 4-6 hours before serving. **CCP**: Hold and serve at 41°F or lower.
Garlic, granulated	2 ½ teaspoons	½ teaspoon	
Vinegar apple cider	2 tablespoons ½ teaspoon	1 ½ teaspoons	
Oil, canola	1/3 cup 1 tablespoon	1 tablespoon 1 ½ teaspoons	
Dill weed, dried	2 ½ teaspoons	½ teaspoon	

NUTRIENTS PER SERVING

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

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.

Spicy Lemon Hummus

Serving Size: ½ cup
One serving provides:
⅜ cup beans, Peas, and Lentils or 1 ½ oz. eq meat/meat alternative

Ingredients	50 Servings	10 Servings
Chickpeas, drained and rinsed	13 pounds 12 ounces	2 pounds 12 ounces
Lemon juice	1 quart 1 cup	1 cup
Oil, olive, or canola/olive blend	2 ½ cups	½ cup
Garlic, minced	¼ cup 1 tablespoon	1 tablespoon
Cumin, ground	¼ cup 1 tablespoon	1 tablespoon
Cayenne pepper	1 tablespoon 2 teaspoons	1 teaspoon
Jalapeno pepper	½ cup 2 tablespoons	2 tablespoons
Peppers, bell, red	3 1/3 cup	2/3 cup

Directions

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

1. Combine all ingredients in a food processor and puree to a smooth consistency. For many servings, multiple batches may need to be prepared. As an option, an immersion blender may be used to puree ingredients.
2. Spread the 5 pounds of mixture into a 12" x 20" x 2 1/2 pan.
3. Sprinkle with paprika or cayenne pepper for garnish.

Note: If tahini is available, add the following amounts:

6 servings- 3 tablespoons
25 servings- 3/4 cup
50 servings- 1 1/2 cups
100 servings- 3 cups

CCP: Hold and serve at 41°F or lower.

Nutrients Per Serving

Calories	280	Cholesterol (mg)	0	Dietary Fiber (g)	8	Vitamin D (mcg)	0	Potassium (mg)	190
Total Fat (g)	15	Sodium (mg)	270	Added Sugars (g)	0	Iron (mg)	1.5	Vitamin A-RAE (mcg)	21.46
Saturated Fat (g)	2	Total Carbohydrate (g)	31	Protein (g)	9	Calcium (mg)	60	Vitamin C (mg)	23.73

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.

SLOPPY JOE

SERVING SIZE: 1 SANDWICH

ONE SERVING PROVIDES:
2 OZ. M/MA, 2 OZ. EQ. GRAINS

***NOTE:** BEEF CRUMBLES, OR COOKED GROUND BEEF CAN BE SUBSTITUTED FOR LENTIL CRUMBLES.

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Lentil crumbles*	5 pounds	1 pound	1. Preheat to 325°F. 2. In a stainless steel 2" full pan, place dried lentil and hot water. Mix well and level the mixture. Place lid on pan and place in oven. 3. Bake in 325°F oven for 12 minutes until all water is absorbed. Fluff with a fork. **CCP**: Cook until internal temperature reaches 135°F or above.
Water	1 gallon 1 cup	3 cups	
Mushrooms, white, fresh	1 2/3 cups	1/3 cup	4. To make mushroom duxelles: chop mushrooms in a food processor until a fine grind. 5. Toss with oil and spread on sheet pans. Bake at 375°F for 15 minutes.
Canola/olive oil blend	2 tablespoons ½ teaspoon	1 ½ teaspoons	
Peppers, red, sweet, 1/4-inch diced	1 2/3 cup	1/3 cup	6. Sauté bell pepper in heated oil for 3 minutes 7. Add cooked lentil crumbles and mushroom duxelles and sauté
Canola/olive oil blend	2 tablespoons ½ teaspoon	1 ½ teaspoons	
Barbecue sauce, smoky, smokehouse	1 quart 1 cup	1 cup	8. Add BBQ sauce to mixture and simmer for 20 minutes. **CCP**: Hold for hot service at 135°F or higher.
Bun, hamburger, whole grain rich	50 rolls (3 oz. each)	10 rolls (3 oz. each)	9. Place #8 scoop filling on bottom of hamburger bun. Top with crown of bun. Serve Immediately.

NUTRIENTS PER SERVING

Calories	250	Cholesterol (mg)	0	Dietary Fiber (g)	4	Vitamin D (mcg)	0	Potassium (mg)	250

Total Fat (g)	3.5	Sodium (mg)	470	Added Sugars (g)	0	Iron (mg)	3.1	Vitamin A-RAE (mcg)	11.00
Saturated Fat (g)	0.5	Total Carbohydrate (g)	43	Protein (g)	4	Calcium (mg)	120	Vitamin C (mg)	7.70

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.

SPY THAI BEEF

SERVING SIZE: 1/3 CUP (#12 SCOOP)
ONE SERVING PROVIDES:
2 OZ. EQ. M/MA, 2 OZ. EQ. GRAIN, EACH ⅛ CUP
OPTIONAL TOPPINGS COUNTED AS VEGETABLE

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Beef, ground, raw, 80% lean	8 pounds 12 ounces	1 pound 12 ounces	1. Brown ground beef, breaking into 1/2-inch crumbles and stirring occasionally. **CCP:** Heat to 155°F for 17 seconds.
Water	2 ½ cups	½ cup	2. combine water, peanut butter, lime juice, soy sauce, garlic, ground ginger, and crushed red pepper. Set aside. 3. Stir peanut butter mixture into ground beef mixture. Continue until heated through, stirring occasionally, and adding water as needed for desired consistency. **CCP**: Hold for hot service at 135°F or higher.
Peanut butter, creamy (optional sunflower butter)	1 2/3 cups	1/3 cup	
Lime juice, fresh	½ cup 2 tablespoons	2 tablespoons	
Soy sauce, less sodium	½ cup 2 tablespoons	2 tablespoons	
Garlic, granulated	1 tablespoon 2 teaspoons	1 teaspoon	
Ginger, ground	1 tablespoon 2 teaspoons	1 teaspoon	
Chili peppers, red, crushed flakes	1 ¼ teaspoon	¼ teaspoon	
Flatbread	50 each	10 each	4. Warm flatbread. Serving ⅓ cup (#12 scoop) beef mixture onto flatbread and garnish with toppings, as desired.
Toppings (optional): Shredded carrots, sliced cucumber, red bell pepper strips, sliced green onion, sliced fresh peapods, chopped fresh cilantro			

NUTRIENTS PER SERVING

Calories	400	Cholesterol (mg)	50	Dietary Fiber (g)	1	Vitamin D (mcg)	0	Potassium (mg)	390
Total Fat (g)	18	Sodium (mg)	470	Added Sugars (g)	0	Iron (mg)	3.7	Vitamin A-RAE (mcg)	2.68
Saturated Fat (g)	6	Total Carbohydrate (g)	34	Protein (g)	24	Calcium (mg)	80	Vitamin C (mg)	0.95

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 Pea Hummus (Hulk Hummus)

Serving Size: ¼ cup
One serving provides:
¼ cup vegetable (⅛ cup starchy and ⅛ cup legume)

Ingredients	50 Servings	10 Servings
Chickpeas, canned, drained, rinsed	4 pounds, 6 ounces	14 ounces
Green peas, frozen, thawed	3 pounds, 2 ounces	10 ounces
Tahini	1/3 cup 1 tablespoon	1 tablespoon 1 ½ teaspoons
Lemon juice, fresh	10 ounces	2 ounces
Lime juice, fresh	2 ½ teaspoons	½ teaspoon
Oil, canola, or olive	10 ounces	2 ounces
Water	10 ounces	2 ounces
Salt, kosher	1 ¼ teaspoons	¼ teaspoon
Black pepper, ground	1 ¼ teaspoons	¼ teaspoon
Garlic, granulated	2 tablespoons ½ teaspoon	1 ½ teaspoons

Directions

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

1. Drain and rinse the chickpeas.
2. Combine all ingredients in a food processor. Process until smooth.
3. Keep cold, below 41°F until service.
4. Serve with fresh vegetables and pita chips.

CCP: Hold and serve at 41°F or lower.

Nutrients Per Serving

Calories	140	Cholesterol (mg)	0	Dietary Fiber (g)	4	Vitamin D (mcg)	0	Potassium (mg)	110
Total Fat (g)	8	Sodium (mg)	160	Added Sugars (g)	0	Iron (mg)	1	Vitamin A-RAE (mcg)	29.72
Saturated Fat (g)	0.5	Total Carbohydrate (g)	14	Protein (g)	5	Calcium (mg)	30	Vitamin C (mg)	7.51

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.

Sheet Pan Denver Omelet Biscuit

Serving Size: 1 each
One serving provides: 1.25 m/ma, 2 oz grain

Ingredients	50 Servings	10 Servings	Directions
Onion, white, small diced	1 cup	3 tablespoons	1. Preheat oven on 350 °F with the fan on low. 2. Toss onions, peppers, and ham with oil. 3. Spread in even layer on 2 lined, sprayed ½ sheet pans. 4. Place in oven for 5-10 minutes until vegetables have softened and ham starts to crisp. *This step could be done ahead of time, chilled, and ready to use in the morning.
Bell pepper, red, diced	1 cup	3 tablespoons	
Ham, diced, USDA Foods	½ cup 2 tablespoons	2 tablespoons	
Oil, canola	3 tablespoons 1 teaspoons	2 teaspoons	
Eggs, liquid	6 pounds 4 ounces	1 pound 4 ounces	5. Whisk eggs, milk, salt and pepper together until well combined. 6. Pour egg mixture carefully into lined and sprayed ½ sheet pan. 7. Add the onion/pepper/ham mixture. For 50 servings: Split mixture between **TWO** ½ sheet pans. For 10 servings: use one 2-inch half hotel pan.
Milk, low fat	1 cup	3 tablespoons	
Salt, kosher	1 ¼ teaspoon	¼ teaspoon	
Black pepper, ground	1 ¼ teaspoon	¼ teaspoon	
Cheese, Cheddar, shredded	½ cup 2 tablespoons	2 tablespoons	8. Sprinkle with cheese. 9. Carefully, place in oven for 12-14 minutes and eggs reach 165°F. May need to rotate pan halfway through cooking. 10. Take out of oven and hot hold at 135 until needed for service. 11. Cut each ½ sheet pan into 25 servings - 5x5.
Non-stick spray	As needed	As needed	

			12. Use a flat spatula to serve/serving on Biscuit/English muffin. **CCP**: Hold for hot service at 135°F or higher.
Biscuits or English muffin	50 each	10 each	

NUTRIENTS PER SERVING									
Calories	290	Cholesterol (mg)	5	Dietary Fiber (g)	0	Vitamin D (mcg)	0.9	Potassium (mg)	240
Total Fat (g)	16	Sodium (mg)	610	Added Sugars (g)	0	Iron (mg)	2.7	Vitamin A-RAE (mcg)	50.15
Saturated Fat (g)	7	Total Carbohydrate (g)	26	Protein (g)	10	Calcium (mg)	120	Vitamin C (mg)	0.51

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.

BREAKFAST LENTIL QUESADILLA	SERVING SIZE: 1 EACH ONE SERVING PROVIDES: 1 ½ OZ. EQ. M/MA, ½ CUP VEGETABLE (1/4 CUP LEGUME AND 1/4 CUP RED/ORANGE), 2 OZ. EQ. GRAIN	

INGREDIENTS	**50 SERVINGS**	**10 SERVINGS**	**DIRECTIONS**
Lentils, green, cooked OR Lentils, green, uncooked	3 quarts ½ cup 2 pounds 10.5 ounces	2 ½ cups 8.5 ounces	1. To cook lentils from dry: rinse lentils with cool running water in a colander; no need to soak. *Steamer:* Place lentils and water in a steam table pan. Steam for 20 minutes. Drain if needed. *Steam jacketed kettle or large pot:* combine lentils and water. Bring to a boil, then reduce the temperature to a simmer. Cook covered, stirring lentils gently and occasionally for 20 to 30 minutes until tender and cooked through. Take care to not overcook. *Note:* When the thin outer coat of the lentil starts to separate, the lentils are close to done. NOTE: 12 ½ cups of cooked lentils is needed for 50 servings.
Water	3 quarts 2 cups	2 ¾ cups	
Salsa	3 quarts 1 cup	2 ½ cups	Prepare other ingredients: 2. Mix lentils and half of the salsa (6 ¼ cups) in a steam table pan. Heat to 165° F. *CCP: Hold warm, above 135°F for assembly.*
Eggs, large, scrambled	25 each	5 each	3. Scramble eggs according to package directions. **CCP:** Hold for hot service at 135°F or higher.
Cheese, cheddar, shredded	1 pound 9 ounces	5 ounces	To assemble quesadillas:

Tortilla, flour, whole grain rich, 8 inches	50 each	10 each	1. Line up tortillas on a clean and sanitized surface for assembly line production. 2. Place ½ ounce of cheese to each quesadilla. 3. Top with ⅓ cup of lentil and salsa mixture. 4. Top with 1 ounce of scrambled egg. 5. Fold tortilla over. 6. Preheat oven to350° F. Place quesadillas in a shingle formation on a sheet pan and bake for 5 to 8 minutes, until cheese is melted and internal temperature of 165° F is reached. **CCP**: Hold for hot service at 135°F or higher. 7. Cut the quesadilla into 2 or 4 triangles. Serve with ⅛ cup salsa.

NUTRIENTS PER SERVING									
Calories	350	Cholesterol (mg)	105	Dietary Fiber (g)	5	Vitamin D (mcg)	0.6	Potassium (mg)	290
Total Fat (g)	10	Sodium (mg)	860	Added Sugars (g)	0	Iron (mg)	4.5	Vitamin A-RAE (mcg)	101.62
Saturated Fat (g)	4.5	Total Carbohydrate (g)	44	Protein (g)	19	Calcium (mg)	160	Vitamin C (mg)	3.62

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.

PEANUT BUTTER DIP

SERVING SIZE: #10 SCOOP (ABOUT 6 ½ TABLESPOONS OR 2/5 CUP) PER SERVING

ONE SERVING PROVIDES:
1.5 OZ. EQ. M/MA

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Peanut butter, creamy	5 pounds	1 pound	**CCP**: No bare-hand contact with ready-to-eat food.
Yogurt, vanilla, non-fat (Can be substituted with honey vanilla yogurt)	3 quarts 1 cup	2 ½ cups	1. Combine peanut butter with one-half of the yogurt and mix well. Add the remaining yogurt and mix well. 2. Serving into ½ cup containers. 3. Keep cold for service. For large batches, use a mixer. **CCP**: Hold and serve at 41°F or lower.

NUTRIENTS PER SERVING

Calories	320	Cholesterol (mg)	0	Dietary Fiber (g)	2	Vitamin D (mcg)	0.6	Potassium (mg)	340
Total Fat (g)	23	Sodium (mg)	220	Added Sugars (g)	3	Iron (mg)	0.8	Vitamin A-RAE (mcg)	37.36
Saturated Fat (g)	4.5	Total Carbohydrate (g)	21	Protein (g)	12	Calcium (mg)	90	Vitamin C (mg)	0

VARIATIONS:

Chocolate:	Add cocoa powder (1 cup of cocoa powder to 50 servings) to dip mixture

SERVING NOTES:

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

Serving size	#10 scoop	Yield, volume	20 ½ 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.

PRODUCT EVALUATION FOR BUILD A BETTER SANDWICH

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

Food Product	Appearance	Taste	Texture	Eating Quality	Comments
Thai Chicken & Brown Rice Lettuce Wrap	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Chicken Caprese	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Spinach Pesto	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Cubano Sandwich	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Bahn Mi Vietnamese Sandwich	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Spicy Black Bean Dip	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Chicken Salad Sandwich	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Asian Style Sweet & Spicy Veggie Burger	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Harissa Red Lentil Hummus	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Grilled Vegetable Panini	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Buffalo Chicken Calzone	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Buffalo Hummus Dip	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Spicy Tuna Slider	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Alaska Pollock Po'Boy	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Sweet Potato Hummus	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Barbecued Pulled Pork Sandwich	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Chicken Shawarma with Tzatziki Sauce	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Spicy Lemon Hummus	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Sloppy Joe	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Spy Thai Beef	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Green Pea Hummus (Hulk Hummus)	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Denver Omelet	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Breakfast Quesadilla	A *or* NA	A *or* NA	A *or* NA	A *or* NA	
Peanut Butter Dip	A *or* NA	A *or* NA	A *or* NA	A *or* NA	

REMEMBER TO REVISIT RECIPES FROM DAYS TWO AND THREE PRODUCTION!

DAY FIVE: SALADS AND SALAD BARS

LESSON OVERVIEW

Culinary Demonstration	**Salads** **Parts of a salad** • Base • Body • Dressing • Garnish **Lettuces** **Care of salad greens** **Composed salads** **Types of salad dressings** **Themed salad bars** **Kitchen Demonstration:** • Ranch Dip • French Dressing • Croutons • Composed Salad • Veggie Cruncher Cup • Hoosier Salad • Blueberry Dip	60 minutes
Hands on Practice	**Salad dressing** **Composed salad** **Side salad or salad bar component**	2 ½ hours
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

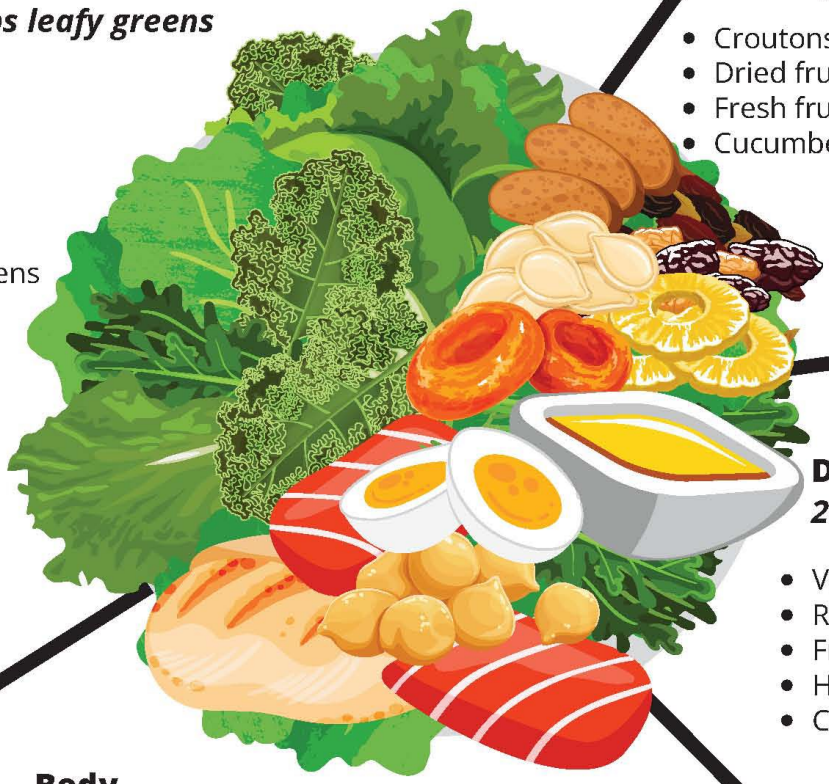
Composed entrée salads are a great alternative to salad bars, making the perfect grab-and-go option.

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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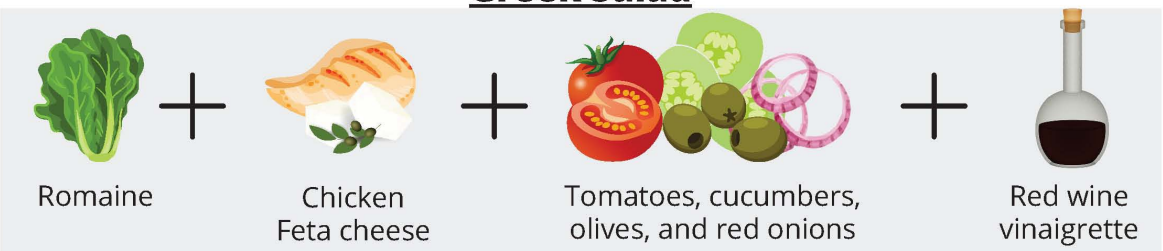
Classic Salads

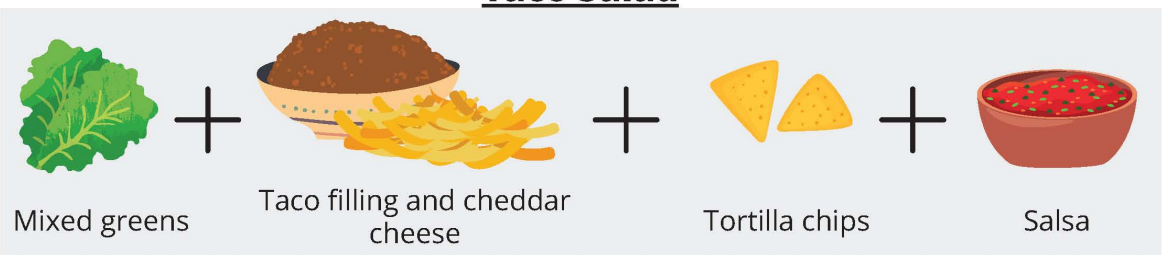
Start with a base of leafy greens, pick a protein, then add toppings and a dressing.

Caesar Salad

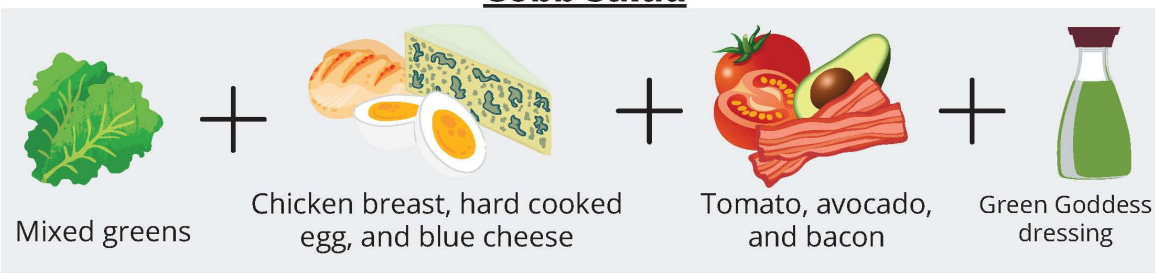
Greek Salad



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 Ham Cheese Hard-cooked egg	Chicken Parmesan cheese	Taco filling meat Cheddar cheese	Chicken breast Hard-cooked egg Blue cheese	Feta cheese	Tuna Hard-cooked egg
Lettuces	1 cup	Romaine, varies	Romaine	Mixed greens	Mixed greens		Boston or Bibb lettuce
Vegetables or fruit	½ cup			Tomatoes	Tomato Avocado	Tomatoes Cucumber Red onion Olives	Potatoes, red-skinned Green beans Tomatoes, cherry
Crunch			Croutons	Taco chips or tortilla strips	Bacon		Niçoise olives
Dressing	½ to 1 ounce		Caesar	Salsa	Red wine vinaigrette	Red wine vinaigrette	Vinaigrette
Seasonings					Chives	Oregano 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 Corn Soybean Safflower Canola Walnut Sesame Peanut Other	Red wine White wine Cider Herb Sherry wine Balsamic Raspberry Sherry wine vinegar	Mustards Worcestershire Soy sauce Horseradish Catsup Relish Other	Herbs and Spices Lemon Garlic Ginger Curry Other

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 **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. 2. Serve immediately for best quality. To store, transfer to an airtight container, label and date it, and refrigerate for up to 3 days. **CCP:** Hold cold foods at 41°F (5°C) or below. **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 potentially hazardous food (PHF) (e.g., cut fruits and vegetables, ready-to-eat meats, 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.

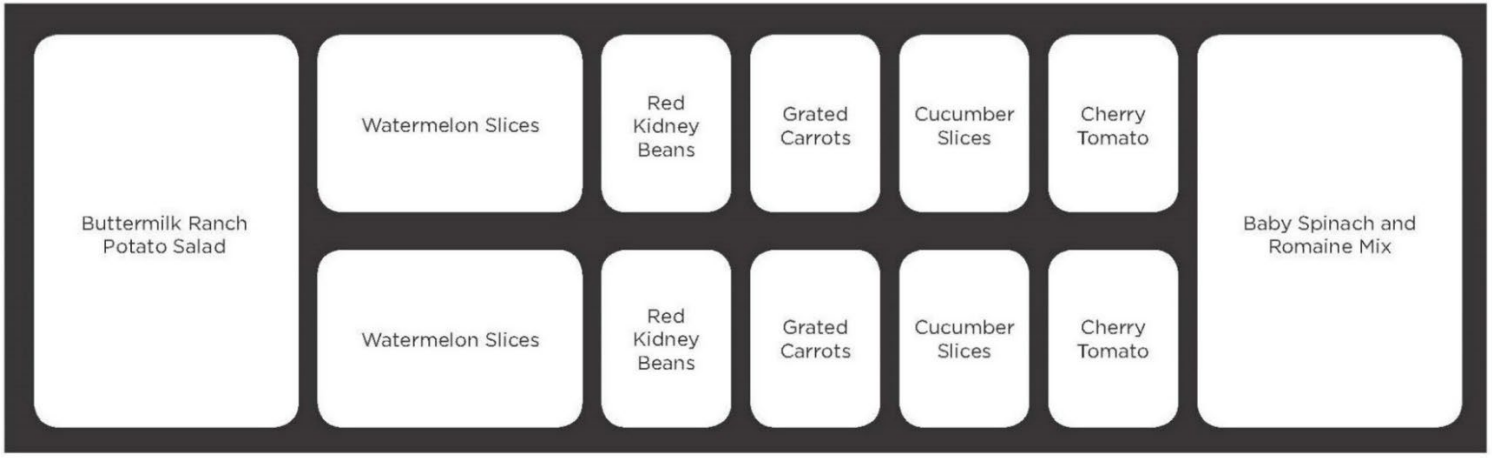
Never combine leftovers with a new batch of the same food. Leftover food must be put out alone and used up before any new product is introduced.

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.

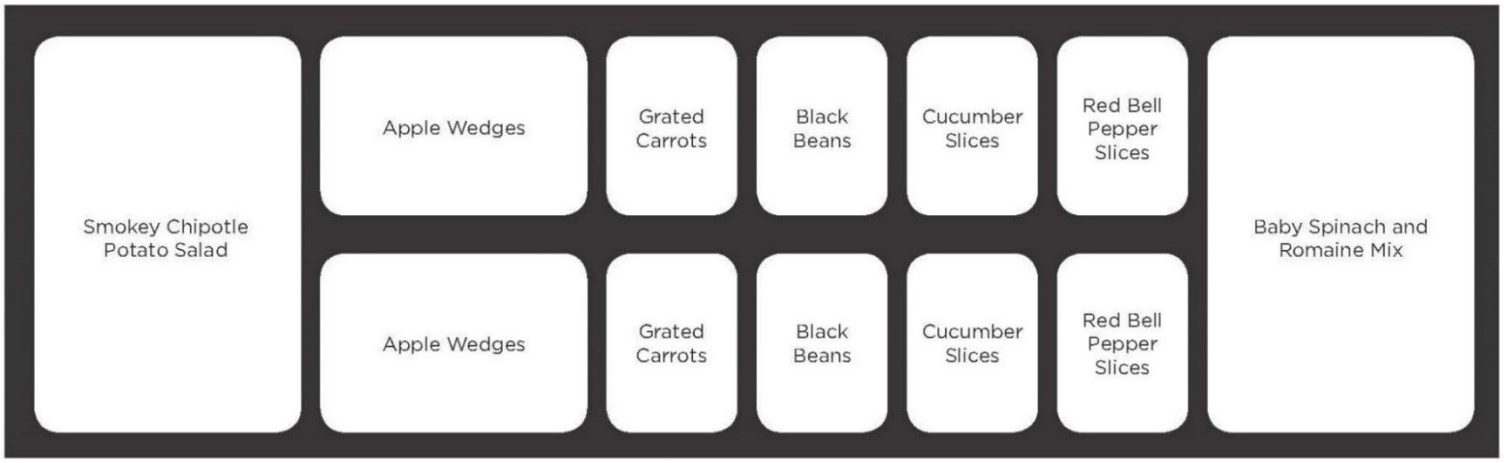
THEMED SALAD BARS

Mediterranean Salad Bar Schematic

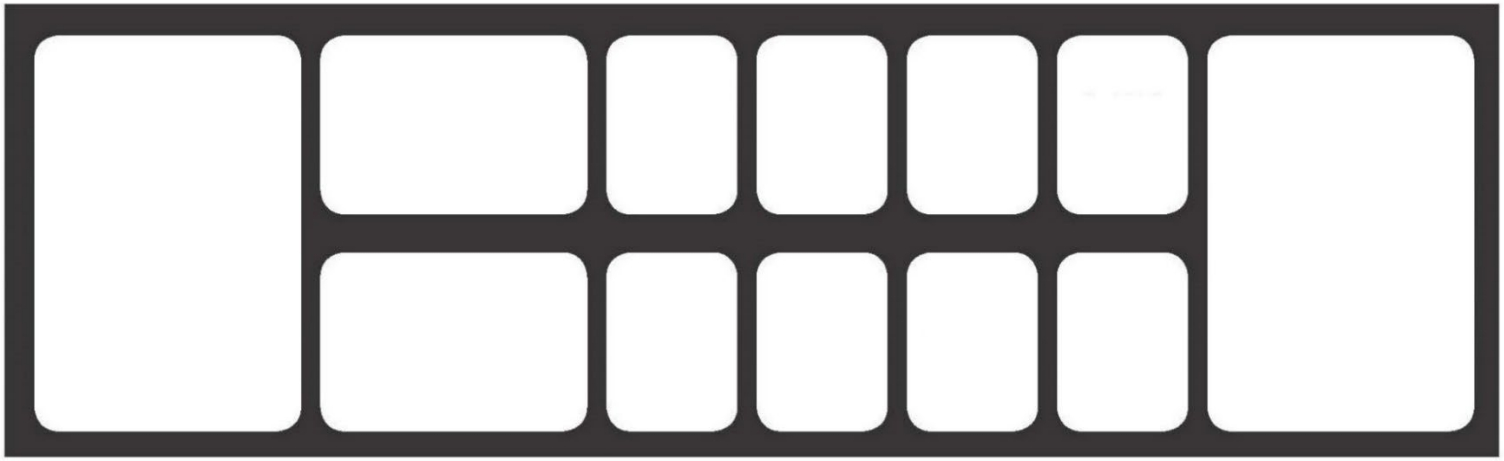
BBQ Picnic Salad Bar Schematic



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. **CCP**: Hold and serve at 41°F or lower.
Carrots sticks (Ready to use – 4 inches by ½ inch) OR Baby carrots	3 pounds 2 ounces OR 4 pounds 1 ounce	10 ounces OR 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 1 lb. AP = about 2-3/8 cups ready-to-use raw, pared cucumber sticks
Carrots sticks (Ready to use – 4 inches by ½ inch)	3 sticks per serving 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, 1/8 CUP BEANS/PEAS, 1/8 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. 1. Wash and thoroughly dry lettuce. Cut into bite-sized pieces.
Tomatoes, cherry (1/8 cup per person- 2 each)	2 pounds 13 ounces	9 ounces	2. Wash and dry tomatoes.
Carrots, matchstick (1/8 cup per person)	1 pound 4 ounces	4 ounces	
Corn, frozen, thawed (1/8 cup per person)	2 pounds 8 ounces	8 ounces	
Beans, chickpeas, canned, drained, rinsed (1/8 cup per person)	2 pounds 13 ounces	9 ounces	3. Drain and rinse. Can use roasted chickpeas if desired. **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	DIRECTIONS
Bread cubes	3 pounds, 2 ounces	10 ounces	1. Place bread cubes in a bowl. Drizzle with olive oil and seasonings of your choice. Toss to combine. (If bread is more than a day old, you may need to a little ¼ cup of water-a little at a time to bring moisture back to bread). 2. Preheat oven to 350°F. Line a sheet pan with parchment paper and bake for 15-20 minutes, or until the croutons are crunchy and cooked through.
Oil, olive	½ cup, 2 tablespoons	2 tablespoons	
Seasonings (Italian Seasoning Blend, garlic powder, onion powder)	1 tablespoon, 2 teaspoons	1 teaspoon	

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 (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
Buttermilk, reduced fat	1 2/3 cups	1/3 cup
Lemon juice, fresh	1 tablespoon 2 teaspoons	1 teaspoon
Yogurt, low-fat, plain	1 ¼ cup	¼ cup
Sour cream, low-fat	½ cup 2 tablespoons	2 tablespoons
Mayonnaise, low-fat	1 2/3 cup	1/3 cup
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

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 mixture set for 5 more minutes.
3. Add mayonnaise, onion powder, garlic, granulated, pepper, chives, parsley, and salt. Mix with a wire whisk for 2-3 minutes until blended.
4. Cover, label and refrigerate until served.

CCP: Hold and serve at 41°F or lower.

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 (1/4 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. 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. **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. 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: • Romaine lettuce – 1 cup • Red pepper – ¼ cup • Cucumber – ¼ cup • Chicken breast – 1 ½ ounces • Cheese, mozzarella, shredded – ½ ounce • Croutons – 1 ounce 4. Serve with 2 tablespoons salad dressing. **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 (1/2 cup)
One serving provides: ½ oz. eq. m/ma + 1/8 cup red/or + ¼ cup starchy veg **or** 1/8 cup Beans, Peas, Lentils and 1/8 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	Directions
Buttermilk, low-fat	3 1/3 cup	2/3 cup	**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.
Lemon juice, fresh	1 tablespoon 2 teaspoons	1 teaspoon	
Yogurt, low-fat, plain	1 ¼ cups	¼ cup	2. Blend yogurt and sour cream into the buttermilk mixture. Let the mixture set for 5 more minutes.
Sour cream, low-fat	½ cup 2 tablespoons	2 tablespoons	
Mayonnaise, low-fat	1 2/3 cup	1/3 cup	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.
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	

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. 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. **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. 2. Place the lentils and water in the hotel pan. 3. Cover with foil and cook for 30-40 minutes until water is absorbed and lentils are tender.
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. 5. Stir enchilada sauce, lime juice and Cumin, ground into lentils. 6. Cover and bake for 10-12 minutes. **CCP**: Cook until internal temperature reaches 135°F or above. **CCP**: Hold for hot service at 135°F or higher.
Lime juice, fresh	1/3 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. 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: • 1 cup of lettuce on a plate as a base • 1 #10 scoop of lentil filling • ¼ cup tomato • ¼ cup corn • 2 tablespoons cheddar cheese • 2 tablespoons cup salsa **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	1/3 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 and toss well so vinaigrette is thoroughly coating vegetables.
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. 1. Allow the bag of frozen red raspberries to sit on the countertop at room temperature for about 30 minutes. 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. 4. Cover and refrigerate until ready to use. **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 teaspoon	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. 1. Serving into serving bowl in the following order: • 1 ¼ ounces Romaine blend • ¼ cup berries • 2 slices red onion • 2-3 sugar snap peas • 2 ounces diced chicken 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. **CCP**: Cook until internal temperature reaches 135°F or above.
Orange juice	3 1/3 cups	2/3 cup	2. Heat the orange juice to a boil in a saucepan. Add the orange zest and lemon juice. 3. Dissolve the cornstarch in the water and add to the orange mixture. Continue to heat, stirring until thickened.
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. **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. 1. Wash greens. Dry thoroughly.
Chicken breast, cooked, diced	3 pounds 2 ounces	10 ounces	2. Serving into serving bowl in the following order: • Mixed greens – 1 cup • Chicken breast, diced – 1 ounce • Egg, hard cooked – ½ each • Tomatoes, cherry – ¼ cup • Avocado, diced – ¼ cup • Bacon bits - sprinkle 3. Serve with 2 tablespoons salad dressing. **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 2/3 cups	1/3 cup
Salt, kosher	2 ½ teaspoons	½ teaspoon
Black pepper, ground	1 ¼ teaspoons	¼ teaspoon
Oil, olive	1 2/3 cup	1/3 cup
Garlic, minced	¼ cup 1 tablespoon	1 tablespoon
Onions, red, small diced	3 1/3 cups	2/3 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, 1/8 cup other vegetable and 1/8 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. 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. 6. Add the strawberries, cucumbers, and the toasted seeds to the greens. 7. Serve with 2 ounces of chicken per serving. 8. Serve with Balsamic Maple Dressing. **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, 1/8 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. 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. 3. Toss tomato mixture with Lemony Greek Vinaigrette. **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:
1/8 cup other vegetables, 3/8 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. 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. **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 ONE SERVING PROVIDES: 2 OZ. M/MA 2 OZ. GRAIN EQUIVALENT, 1 CUP DARK GREEN, 1/2 CUP STARCHY 1/4 CUP R/O, 1/4 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. 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. 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. 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. **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	

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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.

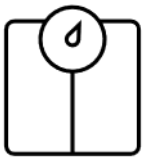
The importance of weight and volume can be further demonstrated by that 1 ¼ cups of flour mentioned earlier. Flour is a solid ingredient that's best measured by weight. If the flour is measured using a volume measuring cup, the quantity can vary greatly from person to person, even when the same cup is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

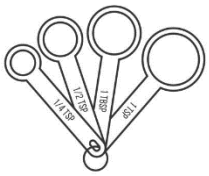
Even small differences in quantity can make a big difference in a recipe's result. Essentially, using the correct measuring tools and techniques matters. That's not to suggest that a small serving of flour must always be weighed on a scale. Nevertheless, ensuring that all ingredients are measured with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

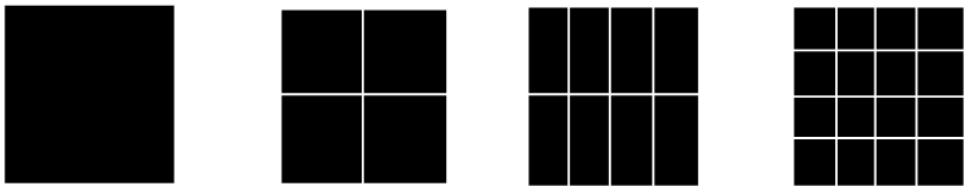
- Lightly spoon dry ingredients into a measuring cup. Level off the top by using a flat-edged utensil such as a knife or a metal spatula. Avoid tapping or shaking the measuring container; this will pack the ingredient and lead to inaccurate quantities. An exception to this rule is brown sugar. Typically, 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

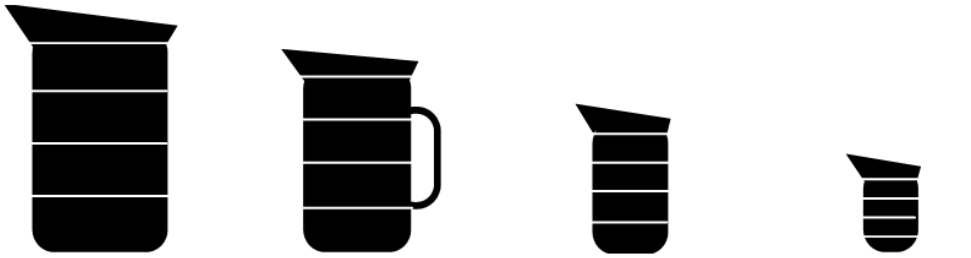
How food is served directly affects a recipe's yield. Most often, scoops are used for serving. Selecting the appropriate scoop size and using the correct technique are essential when serving food. If you over-serve, you will run out of food too quickly. If you under-serve, you'll end up with excess.

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 1/8 teaspoon
3 teaspoons (tsp.)	=	1 Tablespoon (1/2 fl. oz.)
2 Tablespoons (Tbsp.)	=	1/8 cup (1 fl. oz.)
4 Tablespoons	=	1/4 cup (2 fl. oz.)
8 Tablespoons	=	1/2 cup (4 fl. oz.)
16 Tablespoons	=	1 cup (8 fl. oz.)
1 gill	=	1/2 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." "fl oz.", fluid ounce, would be more accurate since they measure volume, not weight.

Ladle (Fluid ounce)	Approximate measure
1 oz.	1/8 cup
2 oz.	1/4 cup
3 oz.	3/8 cup
4 oz.	1/2 cup
6 oz.	3/4 cup
8 oz.	1 cup
12 oz.	1 1/2 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 1/2"	8 1/4	33	7	28
	4"	14	56	12	48
	6"	21	84	18	72
Half Pan	12" x 10" x 2 1/2"	4	16	3 1/2	14
	4"	6 1/2	26	5 1/2	22
	6"	9 1/2	38	8	32
Third size	12' x 6" x 2 1/2"	2 2/5	9 3/5	2	8
	4"	3 7/8	15 1/2	3 1/4	13
	6"	6	24	5	20 1/2
Fourth size	10' x 6" x 2 1/2"	1 7/8	7 1/2	1 1/2	6 3/8
	4"	3	12	2 1/2	10
	6"	4 1/2	18 1/4	3 7/8	15 1/2
Sixth size	6' x 6" x 2 1/2	1 1/4	5	1	4 1/4
	4"	1 7/8	7 1/2	1 1/2	6 3/8
	6"	2 3/4	11	2 1/3	9 1/3

2025-2030 The Dietary Guidelines for Americans

What School Nutrition Staff Need to Know

The *2025–2030 Dietary Guidelines for Americans* (*DGAs*) provide science-informed recommendations intended to promote health, prevent chronic disease, and support nutritional adequacy across the lifespan. The guidelines emphasize dietary patterns built around whole, nutrient-dense foods and encourage reducing reliance on highly processed foods that are high in added sugars, excess sodium, and refined grains. Overall, the guidance promotes meals made with foods closer to their natural form, prepared using simple, health-supportive cooking methods.

Big Picture Message

The proposed Dietary Guidelines emphasize:

- Eating whole, nutrient-dense foods
- Reducing highly processed foods
- Limiting added sugars, excess sodium, and refined grains
- Building meals around foods closer to their natural form

Important Reminder

The 2025–2030 Dietary Guidelines for Americans represent federal nutrition guidance that the U.S. Department of Agriculture (USDA) must review and align with meal pattern standards and guidance for all federally supported meal programs. This includes National School Lunch Program (NSLP), School Breakfast Program (SBP), Summer Nutrition Programs (SUN), and Child and Adult Care Food Program (CACFP), which are a few that could see updates. Until that process is complete, current USDA school meal pattern regulations remain in effect.

What This Means for School Cafeterias

Many of the principles outlined in the 2025-2030 *DGAs* already align with current school nutrition practices. No immediate changes should be made to menus or food service operations unless and until USDA updates regulations. School food service operators should continue following approved recipes, meal patterns, procurement standards, and all other existing NSLP and SBP requirements.

School Breakfast Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	**Amount of Food[1] per Week (minimum per day)**		
Fruits (cups)[2]	5 (1)	5 (1)	5 (1)
Vegetables (cups)[2]	0	0	0
Dark Green Subgroup	0	0	0
Red/Orange Subgroup	0	0	0
Beans, Peas, and Lentils Subgroup	0	0	0
Starchy Subgroup	0	0	0
Other Vegetables Subgroup	0	0	0
Grains or Meats/Meat Alternates (oz. eq)[3]	7-10 (1)	8-10 (1)	9-10 (1)
Fluid Milk (cups)[4]	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week[5]			
Minimum-Maximum Calories (kcal)	350-500	400-550	450-600
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤540 mg	≤600 mg	≤640 mg
Sodium Limit: Must be implemented by July 1, 2027	≤485 mg	≤535 mg	≤570 mg

[1] Food items included in each group and subgroup and amount equivalents.
[2] Minimum creditable serving is ⅛ cup. Schools must offer 1 cup of fruit daily and 5 cups of fruit weekly. Schools may substitute vegetables for fruit at breakfast as described in paragraphs (c)(2)(i) and (ii) of this section.
[3] Minimum creditable serving is 0.25 oz. eq. School may offer grains, meats/meat alternates, or a combination of both to meet the daily and weekly ounce equivalents for this combined component. At least 80 percent of grains offered weekly at breakfast must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grain items offered must be enriched.
[4] Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.
[5] By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.

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National School Lunch Program Meal Pattern

	Grades K-5	Grades 6-8	Grades 9-12
Meal Components	**Amount of Food[1] per Week**		
	(minimum per day)		
Fruits (cups)[2]	2 ½ (½)	2 ½ (½)	5 (1)
Vegetables (cups)[2]	3 ¾ (¾)	3 ¾ (¾)	5 (1)
Dark Green Subgroup[3]	½	½	½
Red/Orange Subgroup[3]	¾	¾	1 ¼
Beans, Peas, and Lentils Subgroup[3]	½	½	½
Starchy Subgroup[3]	½	½	½
Other Vegetables Subgroup[3 4]	½	½	¾
Additional Vegetables from Any Subgroup to Reach Total	1	1	1 ½
Grains (oz. eq.)[5]	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz. eq.)[6]	8-10 (1)	9-10 (1)	10-12 (2)
Fluid Milk (cups)[7]	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week[8]			
Minimum-Maximum Calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	<10	<10	<10
Added Sugars (% of total calories)	<10	<10	<10
Sodium Limit: In place through June 30, 2027	≤1,110 mg	≤1,225 mg	≤1,280 mg
Sodium Limit: Must be implemented by July 1, 2027	≤935 mg	≤1,035 mg	≤1,080 mg

[1] Food items included in each group and subgroup and amount equivalents.
[2] Minimum creditable serving is ⅛ cup. One quarter-cup of dried fruit counts as ½ cup of fruit; 1 cup of leafy greens counts as ½ cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100 percent full-strength.
[3] Larger amounts of these vegetables may be served.
[4] This subgroup consists of "Other vegetables" as defined in paragraph (c)(2)(ii)(E) of this section. For the purposes of the NSLP, the "Other vegetables" requirement may be met with any

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additional amounts from the dark green, red/orange, and bean, peas, and lentils vegetable subgroups as defined in paragraph (c)(2)(ii) of this section.
[5] Minimum creditable serving is 0.25 oz. eq. At least 80 percent of grains offered weekly (by ounce equivalents) must be whole grain-rich as defined in § 210.2 of this chapter, and the remaining grains items offered must be enriched.
[6] Minimum creditable serving is 0.25 oz. eq.
[7] Minimum creditable serving is 8 fluid ounces. All fluid milk must be fat-free (skim) or low-fat (1 percent fat or less) and must meet the requirements in paragraph (d) of this section.
[8] By July 1, 2027, schools must meet the dietary specification for added sugars. Schools must meet the sodium limits by the dates specified in this chart. Discretionary sources of calories may be added to the meal pattern if within the dietary specifications.

ENCOURAGE HEALTHY FOOD CHOICES IN SCHOOLS

Product Placement
• Display fruit in at least two locations. • Offer vegetables on all service lines. • Make grab-and-go (pre-packaged) healthy options easy to find. • Display white milk in the front of the cooler.
Improve Taste and Quality
• Offer sliced or cut fruit daily. • Display whole fruit in attractive bowls. • Season vegetables. • Serve cut, raw veggies with a dip like hummus.
Increase Variety

• Offer at least two fruit choices each day.
• Offer at least four vegetable choices each day.
  ○ Two hot vegetables
  ○ Two cold vegetables
• Offer pre-packaged main salads each day.

Write an Appealing Menu
• Menu Board • Menu Item Descriptions • Menu Promotions
Use Positive Communication
• Greeting • Serving • Cash Register • Special Requests • Manage Conflicts
Maintain a Pleasant Environment
• Attractive dining room. • Branded dining room. • Easy to read menu board. • Cleaning supplies not visible during service. • Recycling/trash bins are away from dining students. • 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	Texas

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 • Take the first step to building rapport • Promote a reimbursable meal and/or targeted food item	• "Good morning! What would you like to try today?" • "Hello! Would you like to try the [entrée]? • "Welcome to lunch! The [entrée] is popular today. Would you like to try it?" • "Today is [entrée] day. Would you like some?" • "Welcome to the lunchroom! What can I get for you today? The [targeted item] is a great choice."
Serving	• Create a reimbursable meal • Promote healthy sides	• "The [vegetable] goes well with the [entrée]." • "Which vegetable/side would you like with that?" • "The [fruit] is perfectly ripe." • "If you don't like [first side offered], how about trying the [other side]?" • "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]?" • "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 • 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]?" • "You get 3 sides with your meal. You can still take one – go ahead and pick." • "Your meal is not complete! Don't forget to take a [fruit, vegetable, or juice] as a side." • "You forgot milk! It's included with your lunch. How about getting some now?" • "It's not too late, go back and get [missing item]." • • "You can make that a meal with [missing item(s)]."
Special Requests	• Ensure all students can eat a complete meal • 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." • To students still mastering reading: "Today's specials are [read menu]." • To students still mastering reading: "Here is a menu (show picture menu). What would you like today? What looks the best to you?" • To students still mastering reading: "Today's specials are [list items]. Would you like to try [target item(s)]?"
Managing Conflict	• De-escalate situation • Avoid creating or allowing lasting negative feelings on either side • Keep serving line moving smoothly and quickly	• "I'm sorry you don't like [first item offered]; how about [other entrée option] instead?" • "I'd be happy to explain what makes a reimbursable meal." • "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

Pulses: Dried Beans, Dried Peas, Chickpeas, and Lentils

Legumes are one of the largest families of flowering plants and include thousands of species worldwide, with about 19,000-20,000 species. Pulses are a specific type of legume defined as the dry, edible seeds of the legume plant, including dried beans, dried peas, chickpeas, and lentils. Peanuts, soybeans, and fresh peas are legumes, but not pulses.

For thousands of years, pulses have been central to many global cuisines and remain valued today for their versatility, flavor, and nutrient density. In the United States, intake of beans and peas is generally below recommended levels, highlighting an opportunity to increase their use in school meals.

Fitting Pulses into School Meals

Pulses are rich in complex carbohydrates, dietary fiber, plant-based protein, folate, potassium, iron, and magnesium, while being naturally low in fat. Because of this unique nutrient profile, beans and peas fit into two USDA food groups and may be credited in school meals as either:

- A vegetable (beans, peas, and lentils subgroup), or
- A meat/meat alternate (protein component)

However, beans and peas may only be credited toward one component per meal, not both. When credited as a vegetable, beans, peas, and lentils help meet the beans, peas, and lentils vegetable subgroup. Schools that choose to meet this subgroup must offer at least ½ cup per week. At the point of service, when credited as a meat/meat alternate, they do not count toward the vegetable subgroup requirement.

Various Legumes (Pulses)

Legumes come in a wide array of colors, shapes, and sizes, making them the perfect food to customize. Understanding the unique flavors and textures of each legume type will help to create delicious dishes that everyone will love. Some of the most common varieties of legumes include:

Type	Picture	Uses
Black Beans (black turtle-soup beans)		Thick soups Asian dishes Mediterranean dishes
Black-Eyed Peas (Cowpeas)		Primarily as a main-dish vegetable
Garbanzo Beans (Chickpeas)		Commonly pickled in vinegar and oil for salads Main-dish vegetable
Great Northern Beans		Soups Salads Casseroles Baked beans
Kidney Beans		Chili con carne Salads Several Mexican dishes
Lima Beans		Main-dish vegetable Casseroles
Pea Beans		Baked beans Soups Casseroles
Pinto Beans		Salads Chili Mexican dishes
Red and Pink Beans		Chili Mexican Dishes
Dry Split Peas		Mainly for split-pea soup, but can combine with many foods

Canned vs Dried

All forms of legumes—including both canned and dried— provide essential nutrients to the diet and are a part of the beans and peas group. Nevertheless, there are some important distinctions between canned beans and dried beans.

Canned beans undergo blanching, are packed in a liquid, and are then cooked under steam pressure. Once prepared, these beans only need to be drained and warmed to consume since they're already cooked. Because they are usually canned with salt, they have higher sodium content and a stronger taste. Finally, canned beans can typically be stored at room temperature for over a year.

Dried beans, once harvested, are left out to dry before being cleaned and packaged. No cooking has been performed on the dry beans. This means that the beans must be cleaned, sorted, and (usually) soaked before cooking. Since there is no added salt, dried beans need more seasoning. Finally, as with canned beans, dried legumes can typically be stored at room temperature for more than a year before discarding.

Dried Beans and Peas: Cooking in 1, 2, 3

Cooking legumes is necessary because it significantly improves flavor and facilitates digestion. Additionally, cooking is necessary for some beans to destroy toxic substances found in their raw form. Since raw beans and peas are very hard and fibrous, there are a few steps to remember before the actual cooking process.

Step 1: Sort the Beans

Arrange dried beans/peas on a large sheet pan or a kitchen towel and remove any broken beans, stones, or other non-food debris. Because dried legumes are minimally processed, it's not uncommon to have small debris mixed in. Be careful to check over the entire quantity of food and rinse the beans with cold, running water if necessary.

Step 2: Soak the Beans

Some dried beans and peas can be cooked without first soaking. Although it's always best to take the time to soak them, as this will:

- Reduce the cooking time. When beans are soaked, they absorb the water, which helps the product retain its shape and cook more efficiently.
- Improve digestion. The human body has a difficult time digesting the fibers found in dried beans and peas. Soaking releases some of these fibers into the water, easing digestion as a result.

Additional Considerations for Soaking Beans:

- Use of Soft versus Hard Water – If possible, using soft water is preferable for both the soaking and cooking process. Hard water impairs hydration, leaving beans tough.
- Use of Baking Soda – Baking soda, a common alkali, is sometimes used to quicken the softening process. Unfortunately, this method is not necessary and often causes the beans'

texture to become too soft. If used, monitor the amount of baking soda (1/4 teaspoon per pint of water) and the soaking time.

Step 3: Cook the Beans

Boiling is the preferred method for cooking dried beans and peas. To cook, simply place the soaked legumes in a large pot with water over medium-high heat. Ensure that the beans and peas are covered by at least two inches. Once the water begins to boil, cover the pot, reduce the heat, and allow it to simmer for the indicated cooking time.

Type of Bean	Cooking Time
Baby Lima Beans Kidney Beans Pinto Beans	90-120 minutes
Black-Eyed Peas	60-90 minutes
Great Northern Beans	45-60 minutes

Most dried, soaked beans will cook within 45 minutes to two hours. Check doneness with a fork and remove from heat when a firm-tender consistency is achieved.

Tips and Techniques for Cooking with Dried Beans and Peas:

- Always drain excess liquid before adding legumes to a dish.
- To prepare ahead of time, place cooked beans into a sealed container and store them in the refrigerator. Once ready for use, place legumes in a saucepan and heat.
- If adding salt, wait until ¾ of the way through the total cooking time. Doing so too soon will slow the cooking process. Doing so too late will be less effective at adding flavor.
- Mashing is a technique often used for incorporating beans into a dip or a dessert. To mash, place cooked, dry legumes in a bowl and use a fork or a potato masher.
- Cooked, dry beans can be blended easily with oil or water to help smooth.
- Roast beans in the oven to create crispy-textured beans which can be eaten as a snack or replace croutons on a salad.

Menu Planning with Beans and Peas

When using dried beans and peas, it is best to plan ahead. Determining the amount of dried product needed for a certain recipe can be difficult. Unlike canned legumes, dried beans and peas expand upon soaking and cooking. To help, consider the yield:

Form	Yield
1 cup dried beans	= 3 cups cooked beans, drained
1-pound dried beans	= 6 cups cooked beans, drained

*1-pound dried beans = 2 cups dried beans

Incorporating beans and peas onto the menu is fun and easy. You can serve legumes for breakfast or lunch, as a snack, or as a dessert. Some popular ways to use beans and peas include:

Soups and Stews: Perhaps some of the simplest dishes to make, soups and stews go great with legumes. Select the bean of choice based on color, texture, and flavor.

Salads: When beans are added to salad, the dish gets a boost of protein. This helps to increase the nutritional value and make consumers feel more satiated. Use cold, cooked beans as an ingredient or top with roasted, crispy legumes.

Dips: Break out the blender to create smooth dips perfect for fresh veggies or chips. This is a great alternative to higher calorie dipping sauces like ranch.

Dessert: Consider milder-tasting beans like black beans and Great Northern beans. When added to a dessert, the protein content will increase, and the beans will take on whichever flavors are used in the recipe.

Legumes are the ultimate school superfood. They're inexpensive, and they can act as a blank slate for practically any flavor combination. Better yet, beans and peas contain lots of fiber and protein, which helps kids to feel fuller for longer. They also contain key nutrients that are essential in a healthy dietary pattern. Suggested ways to creatively incorporate beans into the menu include:

- Adding Some Spice: Southwest flavors go especially well with many varieties of beans and peas. Try serving sides of refried beans, using black beans as the protein for tacos, or offering bean-based enchiladas.
- Incorporating Color: Garnishes such as fresh cilantro or chopped bell pepper will brighten up a bean dish and boost the appeal.
- Sticking to the Classics: Many kids are already familiar with dishes that contain beans and peas. For example, baked beans are a much-loved food fit for a summer cookout. Run with this theme and serve baked beans as a side to barbeque baked chicken.

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 (TX is less than $100,000):** To use an informal bid template (this template is optional, not required) and to see an example, go to: https://www.doe.in.gov/sites/default/files/nutrition/procurement-plantemplate.doc.
- **Formal Procurement (TX is more than $100,000):** For questions or concerns about informal and formal bidding, contact SquareMeals@TexasAgriculture.gov or reference TDA Administrators Reference Manual: https://squaremeals.org/Programs/National-School-Lunch-Program/Policy-ARMMicro-Purchase (Noncompetitive Purchase)
- **Micro-purchases (TX is less than $15,000):** Enable schools to purchase supplies or services without soliciting competitive quotes if the school considers the price reasonable. Micro-purchases may also prove especially useful when purchasing local products. Perhaps a district is committed to purchasing a variety of products seasonally and has built flexibility into its menu

to enable the district to purchase small quantities of produce when local farmers might have a surplus.

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

UTILIZING SPEED SCRATCH

Speed scratch is a system of combining value-added food products with fresh fruits, vegetables, and other components to create unique, signature dishes. It is the use of prepared products to enhance or finish fresh ingredients.

Meal Preparation	Advantages	Disadvantages
Scratch Uses all ingredients in the most basic form. ALL cooking and assembly take place on site.	• Ingredient control • Provides maximum variety and creativity in meal preparation. • Control ingredients based on nutrition concerns. • Fewer additives and preservatives • Usually, less waste in packaging • Uses quality fresh ingredients • Lower ingredient costs • Increased sales • Flexibility addressing allergy concerns	• Takes more time to plan • Takes more time to purchase • Takes more time to prepare
Speed Scratch Uses value-added or minimally prepared ingredients. MOST assembly takes place on site.	• Saves time and energy by providing short cuts • Adds variety and creativity to recipes • Usually less expensive than convenience foods • Easier for inexperienced cooks to prepare recipes with more confidence than scratch recipes • Uses resources of food companies to improve ingredients • Consistent product • Less waste	• Flavor may not be what you wanted (example: too strongly flavored in some ways and not enough in others) • Mixes tend to be higher in fat, salt, and sugar. • Less meal appeal than scratch • More preservatives and additives than scratch • Extra packaging • Costlier than scratch
Finished/ Convenience	• Convenient • Time saving • Energy saving • Fear of cooking success is minimized	• More expensive than the other meal preparation strategies • Highest sodium/fat content than the other meal preparation strategies • Flavor and appearance may not compare as well

		as the other meal preparation strategies • More additives and preservatives than all other meal preparation strategies • More packaging than the other meal preparation strategies

SPEED SCRATCH FOODS

Foods that are fully or partially prepared in advance by the manufacturer or by the processor to:
- save on-site preparation time,
- reduce on-site labor costs,
- take advantage of culinary skills, and
- conserve energy.

These foods may be called *value-added*, *ready prepared*, or *convenience*.

GUIDELINES FOR SPEED SCRATCH

Follow package instructions.
Use the recommended:
- Equipment,
- Temperature,
- Time, and
- Holding Procedures

Poor quality comes from:
- Overcooking
- Wrong temperature
- Improper holding

SPEED SCRATCH IDEAS

Stocks

- Enhance purchased bases or canned broths with vegetables, herbs, and seasonings.
- Use commercial bases to prepare grains, such as rice.

Soups

- Add fresh vegetables to enhance purchased soups.
- Add fresh herbs to purchased soups.

Sauces

- Use premade sauces to enhance vegetables

- Use premade sauces with school made pizza

Sandwich Spreads

- Season purchased mayonnaise with various flavorings such as wasabi, Buffalo sauce
- Enhance purchased ketchup with chipotle seasoning

Baked Goods

- Bake frozen pizza dough
- Bake school-made rolls from frozen dough

Main Courses

- Use premade stir-fry sauce to enhance school-made stir-fry
- Use premade meatballs with premade sauce.
- Purchase main course kits – such as a fajita kit.

Pizza

- Any component of pizza, such as dough or sauce, can be purchased premade and assembled.
- Add fresh vegetables for a customized pizza

Creative Condiments

Ketchup

Barbecue

+ Barbecue sauce
+ Brown sugar

Spiced Cranberry

+ Cranberries + Allspice
+ Ground cinnamon

Curry

+ Curry powder
+ Lime juice

Mustard

Honey

+ Honey + Mayonnaise
+ Garlic powder

Horseradish

+ Horseradish + Salt
+ Sour cream + Pepper

Lemon Dijon

+ Lemon juice
+ Olive oil + Pepper

Mayonnaise

Sriracha

+ Garlic + Lemon juice
+ Sriracha

Pesto

+ Lemon zest
+ Pesto

Harissa

+ Harissa + Paprika
+ Garlic powder

HealthySchoolRecipes
culinary solutions for school nutrition programs

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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.

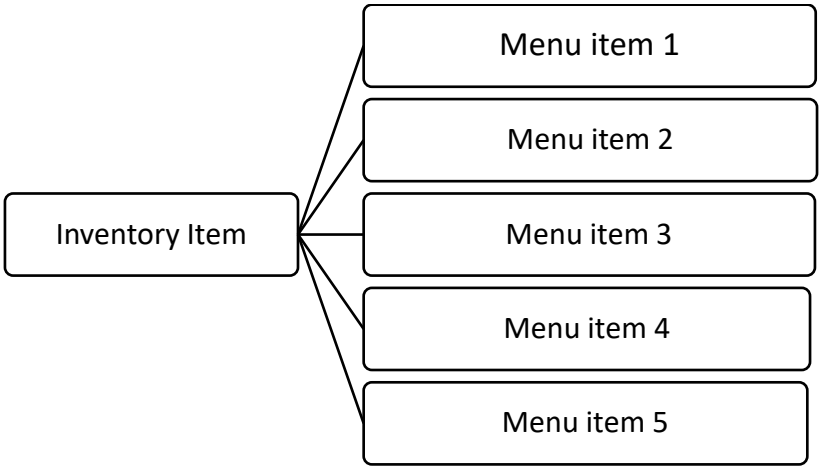
Core Ingredients

- 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

WHOLE GRAINS

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Examples include: bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. Grains are divided into two groups:

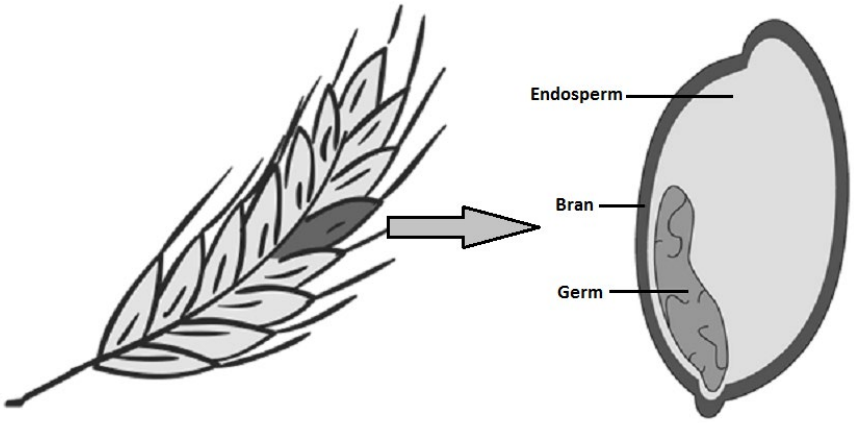
- **Whole grains** contain all essential parts of the grain seed– the bran, germ, and endosperm. In addition to fiber, whole grains provide protein, vitamins, and minerals, as well as protective antioxidants in surprisingly large amounts — like levels in fruits and vegetables. An unprocessed grain in its whole, natural form in which all parts of the kernel remain is called an *intact grain* (Examples include barley, quinoa, and wheat berries).
- **Refined grains** have been milled, a process that removes the bran and germ. Milling gives grains a finer texture and improves their shelf life but also removes dietary fiber, iron, and many B vitamins. Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, and folic acid) and iron are added back after processing. Fiber is not reintroduced into enriched grains. Check the ingredient list on refined-grain products to make sure that the word "enriched" is included in the grain name.

Many food products are made from mixtures of whole grains and refined grains. Read labels carefully; "made with whole grain" is not the same as "whole grain" bread. The ingredient list on the food label is ordered by weight, so it is easy to determine whether a product contains more refined or whole grain. Some brown breads have a caramel color added. Breads and rolls with seeds (sesame, poppy, caraway, flax, or millet) on top or within generally have more fiber. Whole grains can be whole, cracked, crushed, flaked, or ground.

TYPES OF WHOLE GRAINS:

- **Whole** (whole wheat, whole rye, whole cornmeal)
- **Berries** (wheat berries, rye berries)
- **Groats** (oat groats, buckwheat groats)
- **Kernels** (wheat kernels)

Bran	The multi-layered outer skin of the kernel helps to protect the other two parts of the kernel from sunlight, pests, water, and disease. It contains fiber, important antioxidants, iron, zinc, copper, magnesium, B vitamins, and phytonutrients.
Germ	The embryo which, if fertilized by pollen, will sprout into a new plant. It contains B vitamins, vitamin E, antioxidants, phytonutrients, and unsaturated fats.
Endosperm	The germ's food supply, which, if the grain were allowed to grow would provide essential energy to the young plant. As the largest serving of the kernel, the endosperm contains starchy carbohydrates, proteins, and small amounts of vitamins and minerals.



Dietary Fiber and Health

Dietary fiber is a type of carbohydrate found in plant foods that the body cannot digest. Although fiber does not provide calories, it plays many important roles in supporting overall health.

Fiber is made up of several natural components found in plant cell walls, including cellulose, hemicellulose, lignin, pectin, and gums. These components provide plants with structure and support plant growth and metabolism. Because human digestive enzymes cannot break fiber down, it passes through the digestive system largely intact.

The amount and type of fiber in foods can vary widely. Factors such as plant variety, harvest maturity, and the part of the plant consumed (skin, seed, or flesh) all affect fiber content. This is why eating a variety of plant foods is important.

Two Types of Dietary Fiber

Dietary fiber is grouped into two main types: soluble and insoluble. Both are important for health, and the best approach is to offer meals that include foods containing both types of fiber. Food sources include whole grains, wheat bran, vegetables, and fruits with skins.

- **Soluble Fiber**
  - Dissolves in water and forms a gel-like substance in the digestive tract
  - Found in foods such as beans, oats, barley, and some fruits and vegetables
  - Health benefits:
    - Helps lower blood cholesterol and supports heart health
    - Slows digestion and sugar absorption to help manage blood glucose levels
    - Some soluble fibers may help reduce the risk of certain cancers
- **Insoluble Fiber**
  - Does not dissolve in water
  - Adds bulk to stool and supports digestive health

- Health benefits:
  - Helps prevent constipation and supports regular digestion
  - Promotes fullness after meals
  - Associated with reduced risk of colon cancer

KEY TAKEAWAY FOR SCHOOL NUTRITION PROGRAMS

Offer a variety of whole grains, fruits, vegetables, and legumes. Balanced, fiber-rich meals support digestion, cardiovascular health, blood glucose control, and long-term wellness for students.

Fiber Content in Select Grains, Beans, Nuts Fruits, and Vegetables

Grains (Per 1 cup cooked)	**Fiber (grams)**
Wheat, bulgur	8.2
Wheat berries	8
Kamut	6.7
Pearl barley, pearled	6
Teff	5.5
Quinoa	5.2
Amaranth (a seed)	5.2
Oatmeal	4.0
Rice, brown	3.5
Rice, wild	3.0
Millet	2.3
Rice, white	0.6
Beans (Per 1 cup, cooked)	**Fiber (grams)**
Navy	19.1
Split peas	16.3
Lentils	15.6
Pinto beans	15.4
Black beans	15.0
Lima beans	14.0
Garbanzo beans	12.5
Kidney beans	11.3
Black-eyed peas	11.2
Soybeans	7.6

Cereal (Per 1 cup)	**Fiber (grams)**
100% bran cereal	17.2
Bran flakes	7.0
Raisin bran	5.2-6.8
Shredded wheat squares	5.7
Oatmeal	4.0
Wheat flakes	3.5
Wheat squares	3.2
Oat circles	3.0
Seeds (Per 1 ounces)	**Fiber (grams)**
Flax	7.7
Sesame	3.3
Sunflower	2.4
Pumpkin	1.7
Nuts (Per 1 ounce)	**Fiber (grams)**
Almonds	3.5
Pistachios	2.8
Filberts, hazelnuts	2.7
Pecans	2.7
Macadamia	2.4
Peanuts	2.4
Brazil	2.1
Walnuts	1.9
Pine nuts or pignolia	1.1

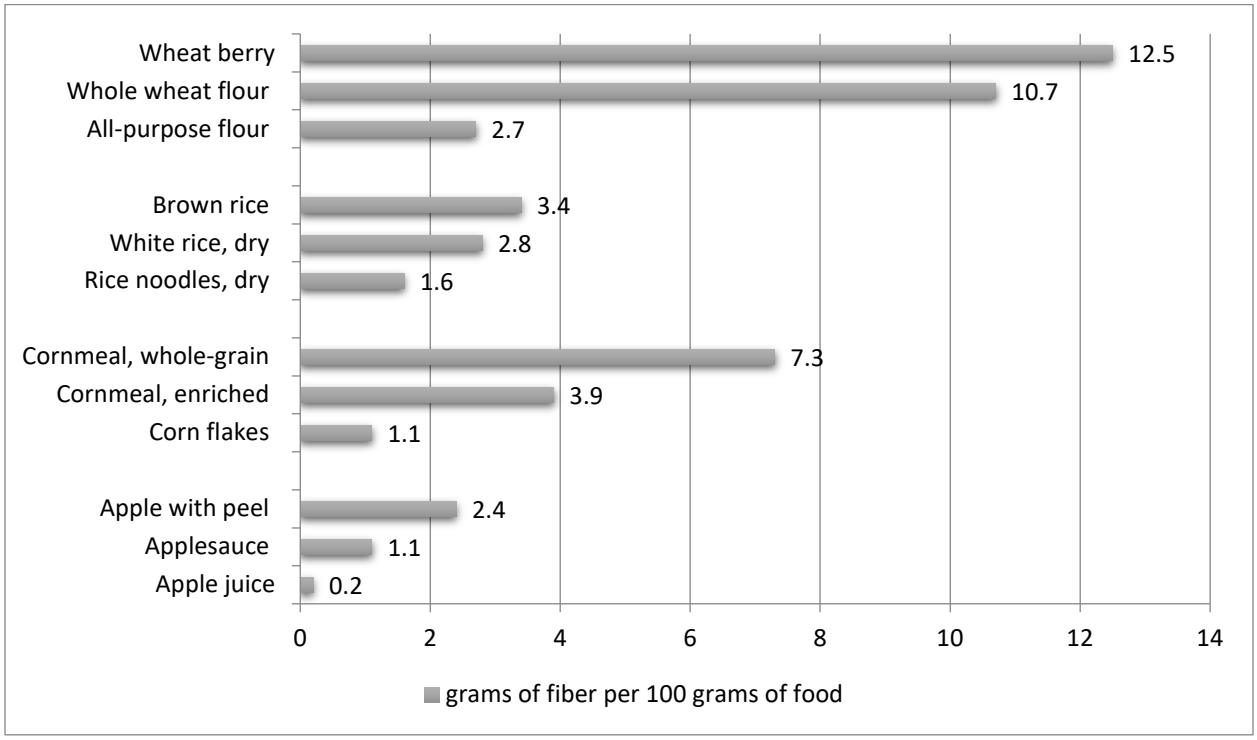
Fruit (Per 1 cup)	**Fiber (grams)**
Prunes	12.4
Dates	11.8
Apricots, dried	9.5
Raspberries	8.0
Raisins, seedless	5.8
Banana	3.9
Strawberries	3.0
Apples	3.0

Cashews	0.9
Vegetables (Per 1 cup, cooked)	**Fiber (grams)**
Peas	8.8
Artichokes	7.7
Brussels sprouts	6.4
Winter squash	5.7
Broccoli	5.2
Sweet potatoes	3.2
Potatoes	1.8

Source: Powers, C., & Hess, M. A. (2018). *Essentials of nutrition for chefs: 3rd Edition*.

Fiber Lost in Processing

When foods are processed, fiber is sometimes lost. This table shows the effect of processing on select foods, comparing 100-gram servings.



Source: Powers, C., & Hess, M. A. (2018). *Essentials of nutrition for chefs: 3rd Edition*.

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 reasons 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: ancho, chipotle, jalapeno, poblano, serrano, habanero, Scotch bonnets Sweet green, red, yellow, orange, purple
Acidic Ingredients	Vinegars: malt, cider, balsamic, fruit, herb, garlic Citrus: zest or peel, juice

	Tomatoes: Juice, fresh, canned
Flavorful liquids	Stocks: vegetable, chicken, beef, fish Juices: fruit or vegetable
Other Condiments	Horseradish, Wasabi, Ginger, Mustards, Pickle Relishes, Olives, Salsas (Fruit & Vegetable), Ketchup, Infused Oils
Cooking processes	Extraction Infusion Marinating Reductions
Cooking methods	Sautéing Searing Poaching Roasting Baking Toasting • Toast nuts and seeds to bring out the flavor. • 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 Garlic, granulated Paprika, smoked Cumin, ground Chili powder	1/3 cup 1/3 cup 1/3 cup 1 ¼ cup 1 ¾ cup
Buffalo	Onion powder Garlic, granulated Paprika Chili pepper Cayenne pepper	1 cup 1 ¼ cup ¼ cup 1 ¼ cup ¼ cup
Italian	Basil, dried Oregano, dried Marjoram, dried Thyme, dried	1 1/3 cup 1/3 cup 1 cup 1/3 cup
Caribbean Spice	Ginger, ground Black pepper, ground Orange peel, dried Mace, ground Cloves, ground Brown sugar	1 cup 1 cup ¾ cup 2 tablespoons 1 tablespoon 1 tablespoon 1 cup
Garlic & Herb	Onion, granulated Garlic, granulated Paprika Oregano leaves Thyme leaves	1/3 cup 2/3 cup 1 cup 1 cup 1 cup

Barbecue	Onion powder Garlic, granulated Paprika, smoked Cumin, ground Black pepper, ground	1 cup 1 cup ¾ cup 2 tablespoons ¾ cup 2 tablespoons ¼ cup
Ranch	Garlic, granulated Onion powder Dill weed Black pepper, ground	1 ¼ cup 1 ¼ cup 1 ¼ cup ¼ cup
Parmesan-Rosemary	Garlic, granulated Rosemary, crushed Parmesan cheese	½ cup ¾ cup 2 ¾ cups
Spice Rub	Onion powder Garlic, granulated Paprika Cumin, ground Chili powder Black pepper, ground Brown sugar	½ cup 2 tablespoons ½ cup 2 tablespoons ½ cup 2 tablespoons ½ cup 2 tablespoons ½ cup 2 tablespoons 2 tablespoons ¾ cup
Tandoori	Paprika Cumin, ground Coriander Cayenne pepper Ginger, ground Turmeric	2/3 cup 2/3 cup 2/3 cup 2/3 cup 2/3 cup 2/3 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 *France, Italy, Spain* Champagne Sherry 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 *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 *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 *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 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	1/4 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 *Ingredients: salt, silicon dioxide, tricalcium phosphate, sodium bicarbonate, dextrose, potassium iodine*	1 teaspoon	3.2 grams	1560
Morton Salt Substitute *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		
Great Grains		
Build a Better Sandwich		
Salads and Salad Bars		

ACTION PLAN

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

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

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