



Washington State Schools

“Scratch Cooking”

Recipe Book



Creating a Healthier Tomorrow
for Washington State's Children



This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

The six protected classes for the NSLP/SBP/SMP are: race, color, national origin, sex, age or disability.

Washington State Schools

“scratch cooking”

Recipe Book



September 2013

Created with funds from the 2011 USDA Team Nutrition Grant

Paula H. Moll, MPH, RD, Team Nutrition Grant Project Coordinator
Office of Superintendent of Public Instruction
Child Nutrition
600 S. Washington
Old Capitol Building
Olympia, Washington 98504-7200
State of Washington



Table of Contents

i.	Introduction	1
ii.	Acknowledgements	3
iii.	Overview of the US Dietary Guidelines 2010 and New School Meal Patterns ...	5
iv.	Scratch Cooking.....	7
v.	Washington State Recipes	9
vi.	Recipe Resource List.....	87
vii.	Appendix	89
	A. Standardized Recipe Components and Blank Form	
	B. Figuring Meal Pattern Contribution	
	C. Meal Pattern Contribution Worksheet	
	D. Culinary Principles for Cooking Vegetables	
	E. Vegetables and Accompanying Herbs and Spices	
	F. Tips for Successful Taste Testing	
	G. Taste Test Form	



*“Scratch Cooking” recipe book
is designed to share recipes across
Washington state schools.*



I. Introduction

Thank you for your interest in the Washington State “Scratch Cooking” recipe book.

This Recipe book is a compilation of recipes that are currently being used in local education agencies across Washington state. In early 2013, all Washington state school foodservice departments were invited to submit one or more healthy recipes for inclusion in this book.

We have formatted the submissions into a standardized recipe with meal pattern contribution and nutrition information.

The Washington state “Scratch Cooking” recipe book is designed to share recipes across Washington state schools. In addition to recipes shared from Washington state schools, you will find links to other recipes that may be used in your school/district. In the Appendix section of the book, there are resources to help with developing your own standardized recipes and calculate meal pattern contribution information as well as vegetable cooking tips.





II. Acknowledgements

Thank you to all of the schools who shared their *recipes:

Becki Saunders, Finley School District
 Lorraine Salsman, Endicott School District
 Georgia Johnson, La Conner School District
 Cameron Danby, Mukilteo School District
 Adam Padzer RD, Federal Way Schools
 Kent Getzin, Wenatchee School District
 Amanda DeBord, Creston School District
 Jeanne Sweat, Cashmere School District
 Inga Olson, Griffin School District
 Sarah Sweetser, Davenport School District
 Kim Elkins, Mead School District
 Trish Nichols, Lake Chelan School District
 Wendy Weyer RD, Seattle Public Schools
 Burdette Lott, Our Lady Star of the Sea School
 Allissa Eiser RD, Ellensburg School District
 Sid Taylor, Peninsula School District
 Pierce County Health Department
 Donna Cotton, Lopez island School District
 Carol Barker, Auburn School District
 Julie Dokter, South Bend School District
 Tricia Kovacs and Acacia Larson, WA. State Department of Agriculture, Farm to School Network and Fare Start of Seattle, Wa

OSPI:

Donna Parsons, MS, RD, SNS, Director, Child Nutrition Services
 Wendy Barkley, RD Supervisor, School Nutrition Programs
 Leanne Eko, RD, Training Specialist
 Linda Bull, Web Developer/Graphic Design
 Nathan Olson, Communications Manager

Special thank you to Lia Robinson, MA, RD, SNS for nutrient analysis of recipes, determining meal pattern contribution and final oversight for this recipe book.



III. Overview of the US Dietary Guidelines 2010 and New School Meal Patterns

Dietary Guidelines

The 2010 Dietary Guidelines emphasizes three major goals for Americans:

- ◆ **Balance calories** with physical activity to manage weight
- ◆ Consume more of certain **foods and nutrients** such as fruits, vegetables, whole grains, fat free and low fat dairy products, and seafood.
- ◆ Consume **fewer foods** with sodium (salt), saturated fats, trans- fats, cholesterol, added sugars, and refined grains.

To align the meals served under the National School Lunch Program (NSLP) and the School Breakfast Program (SBP) with the Dietary Guidelines, the USDA set new meal patterns and dietary specifications for school meals effective July 1, 2012.

The new meal patterns require that schools

- ✓ offer more fruits, vegetables and whole grains
- ✓ offer only fat-free or low-fat fluid milk
- ✓ reduce the sodium content of school meals substantially over time
- ✓ control saturated fat, calorie levels, and minimize trans-fat

Cooking meals from scratch allows schools more control of sodium, fat, flavor and increased use of vegetables, fruits and whole grains.



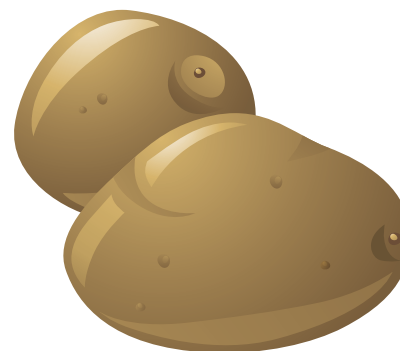
IV. Scratch Cooking

Why scratch cooking?

Typically, processed foods are high in sodium and fat. In order to meet meal pattern requirements, it is more challenging to use these processed foods. Cooking meals from scratch allows schools more control of sodium, fat, flavor and increased use of vegetables, fruits and whole grains.



- ✓ **Increased nutritional quality** - Food that is cooked using fresh ingredients will have a much higher nutritional quality than foods that have been overly processed.
- ✓ **Decreased food costs** - the money saved from purchasing a prepared processed product can be used for labor to prepare fresh food from scratch.
- ✓ **Ingredient control** - preparing recipes from scratch allows schools to control the amount of sodium, fat, vegetables etc. they want to have in their meals.
- ✓ **Local trends/taste preferences** - with scratch cooking there is flexibility in adding various flavors based on taste preferences of your school population.
- ✓ **Increased sales** - Fresh made food is very popular for both children and adults.
- ✓ **Ownership** - when a meal is prepared from scratch versus heated up and served there is a sense of ownership and pride in that meal.
- ✓ **Employee morale** - When employees have a sense of ownership and pride in fresh made meals, morale increases.



IV. Recipes Submitted From Washington State Local Education Agencies

GRAIN/BREAD

Granola	13
Jasmine Rice	14
Spanish Rice	15
Whole Grain Flatbread	16

MAIN DISH

Arroz con Pollo (also see Spanish Rice)	19
Baja Fish Taco (also see Salsa & cream sauce)	21
Baked Spaghetti	22
Beef and Lentil Chili	23
Beef Paprikash	24
Butternut Squash and Chicken Curry	25
Chicken and Bean Chili	27
Chicken Chili	28
Chicken Creole	29
Chicken Fajitas	31
Hamburger Stroganoff with Noodles	32
Hamburger Stroganoff with Rice	33
Italian Baked Fish with Provencal Sauce	34
Lentil Loaf	35
Pulled Turkey	36
White Chicken Chili	37
Yogurt Parfait (also see granola)	38

FRUITS AND VEGETABLES

Apple Slaw	41
Asian Veggies	42
Baja Salsa	43
Bean and Corn Salad	44
Black Bean and Corn Salsa	45
Broccoli Salad	46
Cowboy Caviar	47
Crispy Roasted Chickpeas w/Moroccan Spice Mix	48
Crunchy Roasted Lentils	49
Fresh Salsa	50
Honey Dilled Carrots	51
Hummus	52
Hummus	53
Lentil or Garbanzo Bean Hummus	54
Marinated Mushroom Salad	55
Moroccan Carrot Salad	56
Pot Roast Veggies	57
Roasted Winter Squash	58
Sesame Green Beans	59
Tabouli Salad	60
Tomato Basil Salad	61
Tunisian Chickpeas	62
Wheat Berry Salad (also see Roasted Winter Squash) ..	63

These recipes have been sized to 50 and 100 servings. We recommend that you test these recipes with your students and make adjustments as needed.

Recipes Submitted (cont.)

SOUP

Ginger Pumpkin Soup.....67
Taco Soup68

SAUCE

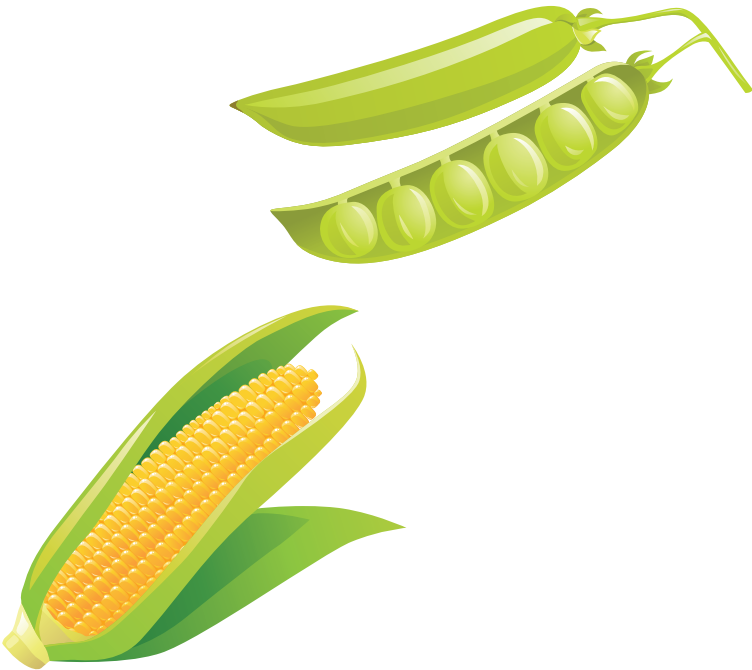
Baja Cream Sauce71
Spaghetti Sauce72
Teriyaki Sauce.....74
Tzatziki Sauce75
White Bean Ranch Dip.....76

DRESSING

Cilantro Lime Dressing77
Creamy Hummus Salad Dressing78
Ranch Dressing79

SANDWICHES

Greek Turkey Pita83
Gyros (also see Hummus).....84
Vegetarian Gyros (also see Hummus).....85



grain/bread



Granola

Walla Walla Public Schools

Recipe Category: Grain/Bread

Ingredients	50 Servings		100 Servings		25 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Oats		2 qt		1 gal		4 cups	1. Mix all ingredients and spread on a parchment covered sheet pan. 2. Bake at 250°F for 20 – 25 minutes. 3. Let cool and store in a covered container.
Cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp		2 tsp	
Brown Sugar		2 cups		1 qt		1 cup	
Salt		1 tsp		2 tsp		½ tsp	
Honey		¾ cup		¾ cup		3 Tbsp	
Oil, vegetable		½ cup		1 cup		¼ cup	
Water		1 cup		2 cups		½ cup	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2½ Tbsp		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
	½		

Nutrient Analysis		
Calories: 147	Saturated Fat: .64 gram	Sodium: 49.54 mg

Jasmine Rice

Wenatchee School District

Recipe Category: Grain/Breads

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Jasmine Rice		3 qt		1 ½ gal			<div>1. Preheat oven to 350°F.</div> <div>2. Pour rice into the bottom of a 6 inch hotel pan.</div> <div>3. Boil water. Add salt, stir to dissolve.</div> <div>4. Pour boiling water over rice and stir for 30 seconds.</div> <div>5. Cover with lid or foil and bake at 350°F for 20 minutes.</div> <div>6. Remove from oven, let stand 5 minutes, stir gently to fluff.</div> <div>7. Transfer to serving pans.</div> <div>CCP: Hot hold for service at 135°F or higher.</div>
Water, boiling		1 gal 2⅞ cups		2¼ gal			
Salt		2 Tbsp		¼ cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
½ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
	1		

Nutrient Analysis		
Calories: 162	Saturated Fat: .07 grams	Sodium: 287.65 mg

Spanish Rice

Wenatchee School District

Recipe Category: Grains (grains, vegetable)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Chicken Base	2 oz		4 oz				<ol style="list-style-type: none"> 1. Bring chicken stock to a boil in a large stockpot. 2. In a different pan, heat the butter or oil and sauté onions, chilies, cumin, garlic, chili powder, salt and pepper, and rice until onions are tender. 3. Place rice mixture and salsa in a 4" hotel or 18QT brazier pan. Pour boiling stock over it and stir to combine. 4. Cover and place in 350°F oven for 20 – 25 minutes until liquid is absorbed. Toss in the chopped cilantro right before service, or serve as an optional topping. <p>CCP: Hot hold at 135°F or above for service. Take a mid service temperature.</p> <p><i>*Nutritional analysis based on unsalted butter.</i></p>
Water, Boiling		2 qt		4 qt			
Salsa, commodity		½ No.10 can		1 No.10 can			
*Butter or Vegetable Oil	¼ lb		½ lb				
Converted White Rice	1½ lb		3 lbs				
Converted Brown Rice	1 lb 10oz		3¼ lbs				
Diced Onions	½ lb		1 lb				
Diced Green Chilies	1½ lb		3 lbs				
Ground Cumin		1 Tbsp		2 Tbsp			
Garlic, Mashed		1½ Tbsp		3 Tbsp			
Chile Powder		1 Tbsp		2 Tbsp			
Salt		½ tsp		1 tsp			
Pepper		½ tsp		1 tsp			
Cilantro, fresh, chopped		½ bunch		1 bunch			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
⅝ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
	1	⅙ (other)	

Nutrient Analysis		
Calories: 139	Saturated Fat: 1.23 gram	Sodium: 121 mg

Whole Grain Flat Bread

Wenatchee School District

Recipe Category: Bread/Grain

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Whole Wheat Flour	2 lb 10 oz		5 lb 4 oz				<ol style="list-style-type: none"> Combine all dry ingredients and the shortening in a large mixing bowl (60 qt.). Turn on mixer on low speed with dough hook and add water while mixer is running. Continue mixing until incorporated on 1 speed about 2 minutes. Scrape the bowl. Mix on speed 3 for 2 minutes. Reduce speed to 2 and mix for ten more minutes. Do not over mix.
Bread Flour	2 lb 6 oz		4 lb 12 oz				
Sugar	10 oz		1 lb + 4 oz				
Salt	1¾ oz		3½ oz				
Powdered Milk	6 oz		¾ lb				
Shortening	½ lb		1 lb				
Yeast	2 oz		¼ lb				
Warm Water (75 to 80 degrees)		1 qt 2 cups		3 qt			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
3 oz flatbread or	400	
2 oz rolls	480	

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
	2¾ (per 3 oz flatbread)		

Nutrient Analysis		
Calories: 237 (per 3 oz flatbread)	Saturated Fat: 1.3 grams	Sodium: 406 mg

main dish



Arroz Con Pollo

Wenatchee School District

Recipe Category: Main Dish (meat/meat alternate, grain, vegetable)

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
SPANISH RICE							SPANISH RICE: 1. Bring chicken stock to a boil in a large stockpot. 2. In a different pan, heat the butter or oil and sauté onions, chilies, cumin, garlic, chili powder, salt and pepper, and rice until onions are tender. 3. Place rice mixture and salsa in a 4" hotel or 18QT brazier pan. Pour boiling stock over it and stir to combine. 4. Cover and place in 350°F oven for 20 – 25 minutes until liquid is absorbed. Toss in the chopped cilantro right before service, or serve as an optional topping. *Nutritional analysis based on unsalted butter. SPANISH CHICKEN: 1. In a large sheet or hotel pan, toss chicken with oil, salt, garlic powder, cumin, black pepper and cayenne pepper. Spread the chicken out in an even layer. 2. Cover and bake in 350°F oven for 20 – 30 minutes until cooked to an internal temperature of 165°F. for at least 15 seconds. 3. Serve with Spanish Rice and other optional toppings. CCP: Hot hold at 135°F or higher for service. **Nutrient analysis is based on using fresh or frozen skinless, boneless chicken breast providing 11.6 oz. of M/MA per pound. Cooked chicken pieces or tenderloins may be substituted but the quantity will need to be adjusted to provide M/MA equivalents per manufacturers CN labels.
Chicken Base	2 oz		4 oz				
Water, Boiling		2 qt		4 qt			
Salsa, commodity		½ No.10 can		1 No.10 can			
*Butter or Vegetable Oil	¼ lb		½ lb				
Converted Rice	1½ lb		3 lb				
Converted White Rice	1½ lb		3 lb				
Converted Brown Rice	1 lb 10 oz		3¼ lb				
Diced Onions	½ lb		1 lb				
Diced Green Chilies	1½ lb		3 lbs				
Ground Cumin		1 Tbsp		2 Tbsp			
Garlic, Mashed		1½ Tbsp		3 Tbsp			
Chile Powder		1 Tbsp		2 Tbsp			
Salt		½ tsp		1 tsp			
Pepper		½ tsp		1 tsp			
Cilantro, fresh, chopped		½ bunch		1 bunch			
SPANISH CHICKEN							
**Chicken, fresh or frozen, boneless, skinless, raw.	8 lbs 12oz		17 lbs 7 oz				
Vegetable Oil		1 Tbsp		2 Tbsp			
Salt		½ Tbsp		1 Tbsp			
Garlic Powder		½ Tbsp		1 Tbsp			
Cumin		½ Tbsp		1 Tbsp			
Black Pepper		½ Tbsp		1 Tbsp			
Cayenne Pepper (optional)							

Arroz Con Pollo (cont.)

	NOTE: Consider increasing the amount of salsa by 4⅛ cups for 100 servings, or by 2⅛ cups for 50 servings to raise the vegetable contribution to ¼ cup (⅛ cup red/orange and ⅛ cup other).
--	--

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
⅝ cup rice + 2 oz chicken		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2	1	⅛ (other)	

Nutrient Analysis		
Calories: 224	Saturated Fat: 1.87 gram	Sodium: 448 mg

Baja Fish Taco

Federal Way School District

Recipe Category: Main Dish (meat/meat alternate, grain, vegetable)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Baja Cream Sauce (see recipe #14)		1 qt 2¼ cup		3 qt ½ cup			<p>1. Prepare the Baja Cream and Baja Salsa according to their individual recipes.</p> <p>CCP: Reserve and hold at 41°F or below for cold service.</p> <p>2. Shred the lettuce</p> <p>CCP: Bake the fish fillets in the oven until an internal temperature of 145°F is reached for a minimum of 30 seconds.</p> <p>Assemble Fish Tacos:</p> <ol style="list-style-type: none"> 1. Warm tortillas and place one fish portion on each tortilla 2. Top with ¾ cup Baja Salsa. ¼ cup shredded lettuce and 2 Tbsp. of Baja Cream Sauce. <p>CCP: Hold HOT for service at 135°F or above.</p>
Baja Salsa (see recipe #13)	15 lb		30 lb				
Tortilla, whole wheat 10" (2.4 oz)		50 each		100 each			
Lettuce, iceberg	1¾ lb		3½ lb				
Fish, Pollock hoagie (3.6 oz each)	11¼ lb		22½ lb				

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 Each		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2 oz	2¼	¾ cup (⅔ starchy, ⅓ other)	

Nutrient Analysis		
Calories: 508	Saturated Fat: 4.55 grams	Sodium: 551

Baked Spaghetti

Recipe Category: Main Dish (meat/meat alternate, grain, vegetable)

Our Lady Star of the Sea School

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Spaghetti noodles, dry, broken in thirds	4 lb 11 oz		9 lb 6 oz				<ol style="list-style-type: none"> 1. In sauce pan cook pasta al dente as directed on the package. Pasta will continue to cook in the oven and on the steam table. 2. In a sauce pan over medium heat, heat the pre-made spaghetti sauce, stirring occasionally. 3. Drain spaghetti and add: olive oil, butter, parmesan cheese and eggs. Mix well. 4. Spray desired pan with vegetable spray. 5. Line pan with spaghetti mixture. 6. Spread cottage cheese mixture over spaghetti mixture. 7. Gently spread meat sauce over cottage cheese mixture. 8. Sprinkle with mozzarella cheese and bake for 5 more minutes. 9. Remove to altosham to keep warm or directly to the steam table to serve. <p>CCP: Hold hot for service at 135°F or above.</p> <p>Bake at 350° F for 20 – 30 minutes. Pan size: 9 x 13 to 2 – 2" full hotel pans</p>
Olive oil		¾ cup 3 Tbsp		1⅞ cup			
Butter, unsalted		¾ cup 3 Tbsp		1⅞ cup			
Parmesan Cheese		2½ cup		5 cup			
Eggs, well beaten		25 each		50 each			
Cottage cheese, 2% low fat		12½ cup		25 cup			
Mozzarella Cheese, shredded	1 lb 9 oz	6¼ cups	3 lb 2 oz	12½ cups			
Meatless spaghetti sauce (sub-recipe #102)		2 gal 5⅓ cup		4 gal 2¾ qt			
Vegetable cooking spray							

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 cup (grades K – 5)		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2	1½	¼ cup (⅓ cup red/orange, ⅓ cup other)	

Nutrient Analysis (optional)		
Calories: 402	Saturated Fat: 6.49 gram	Sodium: 607 mg

Beef and Lentil Chili

Wenatchee School District

Recipe Category: Main Dish (meat/meat alternate, vegetable)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Salad Oil		¾ cup		1½ cup			<ol style="list-style-type: none"> Heat oil in tilt skillet, steam jacketed kettle or large pot. Add onions, garlic, green pepper, pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes. Add beef to sautéed vegetables and spices. Stir in salsa, water, beef base, and tomato paste. Mix well. Bring to a boil. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes. Cook lentils separately (cover with several inches of water, simmer 20 minutes or until desired tenderness) and add them in the last 20 minutes for best results. Dry uncooked lentils could be added to the chili and cooked until tender. Adjust thickness with addition of water as needed while lentils cook and absorb liquid. Allow 30 minutes cook time if cooking lentils in the chili from dry. <p>CCP: Hot hold for service at 135°F or above.</p> <p>Garnish suggestions: Greek yogurt, , shredded cheese, fresh chopped cilantro and sliced jalapenos</p>
Onion, fresh chopped	12 oz	2⅓ cup	1½ lb	1 qt ⅔ cup			
Garlic, fresh		12 cloves		24 cloves			
Pepper, green bell, fresh, chopped	8 oz	1⅝ cup	1 lb	¾ cup			
Pepper, black , ground		2 tsp		1 Tbsp 1 tsp			
Chili Powder		3 Tbsp		¼ cup 2 Tbsp			
Paprika		1 Tbsp		2 Tbsp			
Onion Powder		1 Tbsp		2 Tbsp			
Cumin, ground		¼ cup		½ cup			
Beef Crumbles, commodity	7 lb		14 lb				
Salsa, commodity		1 #10 can		2 #10 cans			
Water		1 gal		2 gal			
Beef Base		¾ cup		1½ cup			
Tomato Paste	¼ No.10 can	3⅞ cups	½ No.10 can	1 qt 2¼ cup			
Lentils	3 lb		6 lb				

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2 oz		¾ cup (⅔c red/orange; ⅓c legume; ⅓c other)	

Nutrient Analysis		
Calories: 298 (w/o garnish)	Saturated Fat: 3.18 gram (w/o garnish)	Sodium: 474 mg (w/o garnish)

Beef Paprikash

Federal Way School District

Recipe Category: Main Dish (meat/meat alternate, vegetables)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Beef Crumbles	7½ lb		15 lb				<ol style="list-style-type: none"> In a tilt skillet or steam jacketed kettle, combine the beef crumbles, onions and red peppers. Simmer for 3 – 5 minutes or until the onions become translucent. Add the diced tomatoes, crushed tomatoes, and dry seasonings. Mix to incorporate. Combine the beef base and water to create beef stock. Add to the mixture. Season with paprika and black pepper. Bring to a simmer and cook 15-20 minutes CCP: Until a minimum internal temperature of 165°F has been reached for 15 seconds. Mix the sour cream, cornstarch and second listed water into a smooth liquid. Remove from heat and stir in the sour cream mixture. DO NOT COOK (sour cream will separate and dish will become watery) CCP: Hold hot for service at 135°F or above. <p><u>Alternate Method:</u> Add the cornstarch and the second listed water to the beef mixture to thicken. Serve the sour cream on the side at the time of service.</p>
Onions, raw, chopped	3⅝ lb		6¼ lb				
Peppers, sweet, red, raw	6¼ lb		12½ lb				
Tomatoes, canned, low sodium	3⅝ lb		6¼ lb				
Tomatoes, concentrated crushed, low sodium	1½ lb		3 lb				
Garlic powder		¼ cup		½ cup			
Caraway Seed		2 Tbsp 2 ½ tsp		⅓ cup			
Thyme leaf, dried whole		⅝ cup		¼ cup			
Beef Base	1 oz		2 oz				
Water		1 qt		2 qt			
Paprika	5 oz		10 oz				
Black Pepper, cracked		¾ tsp		1½ tsp			
Sour cream, reduced fat	5 lb		10 lb				
Cornstarch		¼ cup		½ cup			
Water		¼ cup		½ cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2 oz		⅝ cup (⅜ cup red/orange; ¼ cup other)	

Nutrient Analysis		
Calories: 244	Saturated Fat: 6.78 grams	Sodium: 405 mg

Butternut Squash & Chicken Curry

Seattle Public Schools

Recipe Category: Main Dish (meat/meat alternate, vegetables)

Ingredients	3 gallons + 2 cups = 50 Servings		6 ¼ gallons = 100 Servings		62 gallons = 992 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Butternut squash, diced	5 lb 1 oz		10 lb 2 oz		100 lbs		<ol style="list-style-type: none"> Sauté butternut squash, red and yellow onions, curry powder, cardamom, black pepper, salt, ginger, garlic and sesame oil for approximately 10 minutes at 205 degrees F. Add red peppers and coconut milk and bring to a boil. Add chicken and kale and return to a boil Add fish sauce, lime juice, basil and remove from heat. <p>CCP: Hold for hot service at 135°F or above.</p> <p>Serving Suggestion: Serve 1 cup of curry over ½ cup couscous (K – 8) and over 1 cup couscous (9 – 12). For an added touch add a small piece of fresh basil for color.</p> <p>Note: Couscous is not included in the meal contribution or the nutritional analysis.</p>
Chicken, diced, cooked	6 lb + 5 oz		12 lb 10 oz		125 lb		
Red Onion, diced	1 lb 8½ oz		3 lb 1 oz		30 lb		
Yellow onion, diced	1 lb 8½ oz		3 lb 1 oz		30 lb		
Red bell pepper, 1" diced	1 lb		2 lb		20 lb		
Kale	1 lb 3½ oz		2 lb 7 oz		24 lb		
Coconut Milk	1⅝ #10 can	1¼ gal 3 Tbsp	3¼ #10 can	2½ gal ⅓ cup	32 #10 can	25 gal	
Curry Powder		⅔ cup		1¼ cup		12½ cups	
Cardamom		2½ tsp		1 Tbsp 2 tsp		1 cup	
Black pepper		2½ tsp		1 Tbsp 2 tsp		1 cup	
Kosher salt		1¼ tsp		2½ tsp		½ cup	
Ginger, minced		⅝ cup		1 cup 3½ Tbsp		12 cup	
Garlic, minced		⅝ cup		1 cup 3½ Tbsp		12 cup	
Fish sauce		⅝ cup		1 cup 3½ Tbsp		12 cup	
Sesame oil		4 Tbsp 2 tsp		⅝ cup		6 cup	
Lime Juice		6 Tbsp 1 tsp		¾ cup 1 Tbsp		½ gal	
Basil (leaves only)	2½ oz		4¾ oz		3lb		

Butternut Squash & Chicken Curry (cont.)

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 cup		
K – 8: 1 cup curry over ½ cup couscous 9 – 12: 1 cup curry over 1 cup couscous		3 gallons + 2 cups = 50 1 cup servings 6 ¼ gallons = 100 1 cup servings 62 gallons = 992 1 cup servings

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2	1 (K-8) 2 (9-12)	¾ cup (¼ cup red/orange; ¼ cup dark green; ¼ cup other)	

Nutrient Analysis (optional)		
Calories: 526	Saturated Fat: 23.02 gram	Sodium: 473 mg

Chicken & Bean Chili

Lopez Island School District

Recipe Category: Main Dish (meat/meat alternate, vegetables)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Diced chicken or commodity turkey	6 lb 10 oz		13 lb 4 oz				<ol style="list-style-type: none"> If using turkey roasts, boil to make stock and dice when cooled. Dice tomatillos. Sauté onion and garlic. Add all ingredients to the pot and bring to a boil. Add cilantro at the end and serve with sour cream, shredded cheese, chips or cornbread. <p>CCP: Hold hot for service at 135 degrees F or above.</p> <p>*Recipe is analyzed using cooked, diced commodity chicken and fresh tomatillos.</p> <p>(Sour cream, shredded cheese, chips or cornbread are not included in the analysis.)</p>
Beans, pinto or vegetarian, canned		1 #10 can		2 #10 can			
Chicken stock		3 qt 1¼ cup		6 qt 2½ cup			
*Tomatillos, fresh or canned	3 lb 5 oz		6 lb 10 oz				
Green chilies, diced, canned		⅓ #10 can		⅔ #10 can			
Salsa, canned,		⅓ #10 can		⅔ #10 can			
Tomatoes, canned, diced,		⅓ #10 can		⅔ #10 can			
Onion, chopped	2 lb 11 oz	7 each	5 lb 5 oz	13 each			
Garlic cloves, chopped		20 each		40 each			
Oregano		2 Tbsp		4 Tbsp			
Cumin		2 Tbsp		4 Tbsp			
Cilantro, chopped		⅓ cup		⅔ cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2		⅝ cup (⅓ legumes, ⅓ red/orange, ⅓ other)	

Nutrient Analysis		
Calories: 186	Saturated Fat: .83 gram	Sodium: 378.50 mg

Chicken Chili

Mead School District

Recipe Category: Main Dish (meat/meat alternate, vegetables)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Chicken fajita thigh strips, precooked	6 lb 6½ oz		12 lbs 13 oz				1. Place chicken fajita strips in braising pan. 2. Heat oven to 200°F. 3. Add onions and spices. Stir into chicken. Let cook for 5 minutes.
Onions, dehydrated	4½ oz		9 oz				
Garlic powder		3 Tbsp		6 Tbsp			
Pepper, black		3 Tbsp 1 tsp		6 Tbsp 2 tsp			CCP: Heat to 165°F for at least 15 seconds.
Cloves, ground		1 tsp		2 tsp			
Cumin, ground		2 Tbsp 2 tsp		5 Tbsp 1 tsp			CCP: Hold for hot service at 135°F or higher.
Oregano leaves, dried		6 Tbsp		¾ cup			
Pepper, red or cayenne		½ tsp		1 tsp			4. Add canned green chilies and reconstituted chicken base (follow package instructions) and water to chicken mixture. Stir well.
Chicken base, reconstituted	6 lbs	3 qt	12 lb	1 gal 2 qt			
Water, hot	6 lbs	3 qt	12 lb	1 gal 2 qt			5. Drain beans and add to braising pan (1 #10 can drained = 9 cups)
Peppers, chili, green, canned	2 lbs		4 lbs				
Beans, pinto, canned, low sodium, drained	1 gal 9 cups	2¾ #10 cans	3 gal 2 cups	5½ #10 cans			6. Let simmer for 30 minutes
							CCP: Cool to 41° F or lower within 4 hours.

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2 oz		¾ cup (¼ cup legumes, ⅛ cup other)	

Nutrient Analysis		
Calories: 217	Saturated Fat: .97 grams	Sodium: 819 mg

Chicken Creole

Federal Way School District

Recipe Category: Main Dish (meat/meat alternate, grains, vegetables)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Vegetable Oil, Canola		¼ cup 1½ tsp		½ cup 1 Tbsp			<p>In a tilt skillet or a steam jacketed kettle:</p> <ol style="list-style-type: none"> Heat vegetable oil and sauté: onions, peppers (red & green), and celery. Sauté for 5 – 7 minutes or until onions are soft and translucent. Add all of the seasonings to the vegetable mixture. Continue to sauté for an additional 1-2 minutes, or until very fragrant. Add all of the liquids (water, enchilada sauce, crushed tomatoes, and tomato paste) to the seasoned vegetables. Bring to a simmer. Add the okra and the chicken. <p>CCP: Simmer until a minimum internal temperature of 165°F for at least 15 seconds.</p> <ol style="list-style-type: none"> Serve with a heaping #6 scoop over ½ cup brown rice <p>CCP: Hold hot for service at 135°F or above.</p>
Pepper, sweet, green, raw		2¼ cup ¾ tsp		4½ cup 1½ tsp			
Pepper, sweet, red, raw		2¼ cup ¾ tsp		4½ cup 1½ tsp			
Celery, fresh, raw		2¼ cup ¾ tsp		4 ½ cup 1½ tsp			
Onions, raw		2¼ cup ¾ tsp		4½ cup 1½ tsp			
Paprika		1 Tbsp ¾ tsp		½ cup 1½ tsp			
Chili Powder		1½ tsp		1 Tbsp			
Caraway Seed		1½ Tbsp		3 Tbsp			
Thyme Leaf, dried		1½ tsp		1 Tbsp			
Garlic, granulated		1 Tbsp		2 Tbsp			
Bay Leaves		2-3 leaves		5 leaves			
Chicken, diced, commodity	6 lb 6½ oz		12 lb 13 oz				
Okra, Frozen	1 lb 3 oz		2 lb 6 oz				
Tomatoes, crushed	28 oz	1 No.2½ can	3 lb 9 oz	2 No.2½ can			
Enchilada Sauce	14 oz	2¼ cup ¾ tsp	1 lb 12 oz	4½ cup 1½ tsp			
Worcestershire Sauce		2 Tbsp 1 tsp		¼ cup 2 tsp			
Water		1 qt ½ cup		2 qt 1 cup			
Tomato Paste		2 cup		4 cup			
Rice, brown, plain	5¾ lb		11½ lb				

Chicken Creole (cont.)

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2/3 cup (#6 scoop) + 1/2 cup rice		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2 oz	1 oz	3/8 cup (1/4 cup red, 1/8 other)	
Nutrient Analysis			
Calories: 326	Saturated Fat: 1.11 gram	Sodium: 166.44 mg	

Chicken Fajitas

Endicott School District

Recipe Category: Main Dish (meat/meat alternate, grain, vegetable)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Chicken, diced commodity, cooked	6¼ lb		12½ lb				<ol style="list-style-type: none"> Mix the fajita seasonings together: dried onion, granulated garlic, chili powder, cumin, salt and water. Pour the seasoning over the chicken that has been placed in the roaster. Heat to boiling. Prepare the toppings: cheddar cheese, beans, salsa, ranch dressing, olives, lettuce and tomatoes.
Taco Shells, soft, whole wheat, commodity (44 gram)		60 each		120 each			
Cheddar cheese, shredded, low-fat	1½ lb		3 lb				
Black or pinto beans, canned, drained	1 lb 15 oz	½ No.10 can	3 lb 14 oz	1 No.10 can			Serving: Fajitas are fixed as the children come through the line so they can choose what they like. CCP: Hold chicken at 135°F or above for hot service.
Salsa, commodity		1 cup		2 cup			
*Ranch Dressing, reduced fat		2 cups		1 qt			
Ripe olives, sliced		2 cups		1 qt			CCP: Hold toppings at 41°F or below for cold service. *Analysis is based on Precision Foods, Foothill Farms reduced fat Ranch dressing.
Lettuce, shredded	3 lb 4½ oz	1 gal 2 qt	6 lb 9 oz	3 gal			
Tomatoes, fresh	1 lb	2¼ cup	2 lb	4½ cup			
Fajita Seasonings:							
Onion, dried		½ cup		1 cup			
Garlic, granulated		¼ cup		½ cup			
Chili powder		¼ cup		½ cup			
Cumin		1½ Tbsp		3 Tbsp			
Water		1 qt 2 cups		3 qt			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
Each		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2¼	1½	⅝ cup (other vegetable)	

Nutrient Analysis		
Calories: 375	Saturated Fat: 3.14 gram	Sodium: 784 mg

Hamburger Stroganoff w/ Noodles

Our Lady Star of the Sea School

Recipe Category: Main Dish (meat/meat alternate, grain)

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Hamburger, lean (85/15) browned and drained	9 lb 2 oz		18 lb 4 oz				<div>1. Brown hamburger in a large skillet. CCP: Heat to 155°F or higher for 15 seconds.</div> <div>2. Add onions, garlic powder and pepper and cook until tender.</div> <div>3. Add mushroom soup, milk, and Worcestershire sauce; stir until well blended.</div> <div>4. Bring to a boil, reduce heat, cover and simmer 30 – 45 minutes.</div> <div>5. Stir occasionally to prevent scorching.</div> <div>6. Remove from heat; stir in sour cream.</div> <div>7. Pour into serving pans. Hold for 30 minutes at 180 – 190° F to thicken mixture.</div> <div>8. Portion using 6 oz ladle (¾ cup) over noodles. CCP: Hot hold for service at 135°F or higher.</div>
Flour, all purpose		⅝ cup		1¼ cup			
Onions, fresh, diced		3¾ cups		7½ cups			
Garlic powder		2 tsp		4 tsp			
Pepper, white or black		2½ tsp		1 Tbsp 2 tsp			
Cream of mushroom soup, 25% less sodium	7 lb 12½ oz	15½ cups	15 lb 9 oz	30 cups			
Milk, non fat		2 qt 2 cups		1 gal 1 qt			
Sour cream, reduced fat	3 lb 2 oz	1 qt 2¼ cups	6 lb 4 oz	3 qt ½ cup			
Worchestershire sauce		⅓ cup		⅔ cup			
Noodles, Whole Grain	6¼ lb		12½ lb				
Cook noodles according to directions.							

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
$\frac{3}{4}$ cup sauce over 1 cup noodles		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
1 oz	2		

Nutrient Analysis		
Calories: 543	Saturated Fat: 9.77 gram	Sodium: 537 mg

Hamburger Stroganoff w/ Rice

Our Lady Star of the Sea School

Recipe Category: Main Dish (meat/meat alternate, grain)

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Hamburger, lean (85/15) browned and drained	9 lb 2 oz		18 lb 4 oz				<ol style="list-style-type: none"> 1. Brown hamburger in a large skillet. Add onions, garlic powder and pepper and cook until tender. 2. Add mushroom soup, milk, and Worcestershire sauce; stir until well blended. 3. Bring to a boil, reduce heat, cover and simmer 30 – 45 minutes. 4. Stir occasionally to prevent scorching. 5. Remove from heat; stir in sour cream. 6. Pour into serving pans. Hold for 30 minutes at 180 – 190°F to thicken mixture. 7. Portion using 6 oz ladle (¾ cup) over rice. <p>CCP: Cook hamburger meat to an internal temperature of 155°F for 15 seconds.</p> <p>CCP: Hold hot for service at 135° F or above.</p> <p>Cook rice according to directions.</p>
Flour, all purpose		⅝ cup		1¼ cup			
Onions, fresh, diced		3¾ cups		7½ cups			
Garlic powder		2 tsp		4 tsp			
Pepper, white or black		2½ tsp		1 Tbsp 2 tsp			
Cream of mushroom soup, 25% less sodium	7 lb 12½ oz	15½ cups	15 lb 9 oz	30 cups			
Milk, non fat		2 qt 2 cups		1 gal 1 qt			
Sour cream, reduced fat	3 lb 2 oz	1 qt 2¼ cups	6 lb 4 oz	3 qt ½ cup			
Worcestershire sauce		⅓ cup		⅔ cup			
Brown Rice	6¼ oz		12½ lb				

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¾ cup sauce over ½ cup rice		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
1 oz	1		

Nutrient Analysis		
Calories: 534	Saturated Fat: 9.43 gram	Sodium: 529 mg

Italian Baked Fish w/ Provencal Sauce

Seattle Public Schools

Recipe Category: Main Dish (meat/meat alternate, vegetables)

Ingredients	51 Servings		102 Servings		3264 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Alaskan Pollock, 2.6 oz CN		51 each		102 each		3264 each	Sauce: In a large kettle, cook onions and garlic together with oils. Add dry herbs and pepper flakes. Drain diced tomatoes and reserve the liquid. Add diced tomatoes and cook until soft and reduced by 25%. Mix tomato paste with $\frac{3}{4}$ of the liquid from the tomatoes and add to kettle and bring to a rolling simmer. Add fresh herbs, capers, olives, and bring to a boil. Simmer for 15 – 25 minutes. Add the rest of the reserved liquid as needed to make the finished sauce. CCP: Hold at 135°F or above through service. Fish Preparation: 1. Place Pollock fillets on a sheet pan. It should hold 30 portions (5 x 6). Place the fish so they fit together on the curved side. 2. Add 2 cups of water to the sheet pan. CCP: Cook for 12 – 15 minutes at 350°F convection oven until fish reaches 155° F for 15 seconds. 3. Remove excess water from cooking sheet. CCP: Hold hot for service at 140° F or above.
Sauce:							
Onion, yellow, diced	12½ oz		1 lb 9 oz		50 lbs		
Garlic, minced	1½ oz		3 oz			6 lb	
Oil, Olive		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup		2 gal 9¾ cups	
Oil, Vegetable		3 Tbsp 1 tsp		6 Tbsp 2 tsp		1 gal 10½ cups	
Basil, fresh	$\frac{1}{4}$ oz	$\frac{1}{2}$ cup 1½ Tbsp	$\frac{1}{2}$ oz	1 cup 3 Tbsp	2 lbs	2 gal 5¾ cups	
Parsley, Italian		$\frac{1}{4}$ bunch		$\frac{1}{2}$ bunch		15 bunches	
Red chili flakes		$\frac{3}{4}$ tsp		1½ tsp		1 cup	
Herbs de Provence		1 ½ tsp		1 Tbsp		2 cup	
Lavender		$\frac{3}{4}$ tsp		1½ tsp		1 cup	
Tomatoes, diced, canned		1⅓ No.10 can		2⅔ No.10 can		84 No.10 cans	
Tomato paste		$\frac{3}{8}$ cup		$\frac{3}{4}$ cup	2 No.10 cans	24 cups	
Capers	1½ oz		3 oz		96 oz		
Kalamata olives, chopped	2 oz		4 oz		8 lbs		

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 ½ oz sauce over one 2.6 oz fish portion		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2		$\frac{3}{8}$ cup ($\frac{1}{4}$ red/orange, $\frac{1}{8}$ other)	

Nutrient Analysis		
Calories: 121	Saturated Fat: .67 gram	Sodium: 187.90 mg

Lentil Loaf

FareStart (for Taste Washington Day 2013)

Recipe Category: Main Dish (Meat Alternate, Grain)

Ingredients	50 Servings		100 Servings		25 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Lentils, green, dry		6¼ cups		12½ cups		3⅞ cups	<ol style="list-style-type: none"> 1. Bring water to a boil. Add lentils and simmer 25 – 30 minutes, until lentils are soft and water is evaporated. Drain any excess water and partially mash lentils. Scrape into mixing bowl and allow to cool slightly. 2. While cooking lentils: Preheat oven to 350°F and sauté the onion in the oil in a pan over medium heat. Cook for 5 minutes or until the onion is translucent. 3. Stir into the bowl of lentils the onion and oats until well mixed. Add tomato sauce, garlic, basil, parsley, and salt. Mix well. 4. Spoon into loaf pan that has been generously sprayed with non-stick spray. Smooth the top with the back of a spoon. Top with BBQ sauce. 5. Bake at 350°F for 30 – 45 minutes until the top of the loaf is dry, firm, and golden brown. Let cool in the pan for about 10 minutes. Run a sharp knife around the edges of pan then turn out onto a serving platter. <p>CCP: Hold for hot service at 135° F or higher.</p>
Water		12½ cups		25 cups		6¼ cups	
Instant Oats		6¼ cup		12½ cups		3⅞ cups	
Onion, yellow, fresh, medium		6¼ ea		12½ ea		3⅞ ea	
Olive Oil		2 Tbsp ¼ tsp		4 Tbsp ½ tsp		1 Tbsp	
Tomato Sauce		6¼ cup		12½ cup		3⅞ cup	
Garlic Powder		2 Tbsp ¼ tsp		4 Tbsp ½ tsp		1 Tbsp	
Basil, dried		2 Tbsp ¼ tsp		4 Tbsp ½ tsp		1 Tbsp	
Parsley, dried		2 Tbsp ¼ tsp		4 Tbsp ½ tsp		1 Tbsp	
Salt		1 Tbsp		2 Tbsp ¼ tsp		1½ tsp	
BBQ Sauce (generic)		1½ cup		3⅞ cups		¾ cup	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 slice (6 – 8 oz)		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
1½	½		

Nutrient Analysis		
Calories: 159	Saturated Fat: .24 gram	Sodium: 248.16 mg

Pulled Turkey

Wenatchee School District

Recipe Category: Main Dish (Meat/Meat Alternate)

Ingredients	50 Servings		100 Servings		157 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Turkey Roasts, Commodity	9 lb 9 oz		19 lb 2 oz		30 lb		<ol style="list-style-type: none"> 1. Preheat oven to 325°F. 2. Place the turkey roasts in two 6-inch hotel pans. Combine all the remaining ingredients and pour over the turkey. Cover the pans tightly with foil. Place pans in the preheated oven and braise for about 3 hours. 3. Cut the turkey roasts into no more than 4 inch pieces before cooling. 4. Remove chilled turkey chunks from the broth (reserve the broth) and place into a mixing bowl fitted with a paddle. With machine on low speed, paddle the turkey just until it's nicely broken up and shredded. 5. At this point the turkey is ready to be used as is or for another preparation. If the turkey seems dry, moisten with some of the reserved broth. <p>CCP: Heat to 165°F or higher for 15 seconds.</p> <p>CCP: Place chunks back into the broth in 2-inch hotel pans in the walk-in until chilled to 41 degrees or below.</p>
Dried Basil		2 Tbsp		4 Tbsp		6 Tbsp	
Dried Oregano		2 Tbsp		4 Tbsp		6 Tbsp	
Garlic, Mashed		2 Tbsp		4 Tbsp		6 Tbsp	
Salt		1 Tbsp		2 Tbsp		3 Tbsp	
Chicken Broth (made from base by package instructions)		1 qt 1¾ cup		2 qt 2¾ cup		1 gallon	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2.24 oz	(1 lb cooked pulled turkey = 14.3 – 1 oz M/MA)	50 Servings = 7 lbs pulled turkey 100 Servings = 14 lbs pulled turkey 157 Servings = 22 lbs pulled turkey

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2 oz			

Nutrient Analysis		
Calories: 137	Saturated Fat: 1.65 gram	Sodium: 811.98 mg

White Chicken Chili

Federal Way School District

Recipe Category: Main Dish (meat/meat alternate, vegetables)

Ingredients	50 Servings		100 Servings		600 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Oil, Vegetable		¾ cup		1½ cup		2 qt 1 cup	<ol style="list-style-type: none"> In a large steam jacketed kettle, sauté together: vegetable oil, dehydrated onion, diced green bell peppers, diced jalapenos, garlic, cumin, oregano and cayenne. Simmer until fragrant, 6 – 10 minutes. Add the drained canned beans, water, and the canned chilies. Add the chicken and corn kernels. Return the chili to a simmer. <p>CCP: Bring to a minimum internal temperature of 165°F for at least 15 seconds.</p> <ol style="list-style-type: none"> Turn off the heat and add the milk, slowly and stirring constantly <p>CCP: Hold hot for service at 135°F or above.</p> <p>Garnish with sour cream and cilantro</p>
Onion, dehydrated flakes	½ lb 1½ tsp		1 lb 1 Tbsp		6 lb 6 Tbsp		
Garlic, granulated		2 Tbsp		4 Tbsp		1½ cup	
Beans, canned Great Northern, low sodium	6 lb 11 oz		13 lb 5 oz		79 lb 14 oz		
Peppers, sweet, green, raw	6¾ oz	1 cup ½ tsp	13½ oz	2 cup 1 tsp	5 lb	12⅛ cup	
Cumin, ground		2 Tbsp		4 Tbsp		1½ cup	
Oregano, dried leaf		1 Tbsp		2 Tbsp		¾ cup	
Chili powder, mild		1½ tsp		3 tsp		⅓ cup 2 tsp	
Peppers, jalapeno, raw	3½ oz		7 oz		2½ lb		
Beans, canned, Pinto, whole, low sodium, drained	5 lb 11 oz		11 lb 6 oz		68 lb 4 oz		
Chile, green, diced	¼ No.10 can		½ No.10 can		2½ No.10 cans		
Water		3 qt 1¼ cup		6 qt 2½cup		10 gal	
Chicken fajita strips (commodity)	6 lb 7 oz		12 lb 13 oz		76 lb 14 oz		
Corn, yellow, whole kernel	1 lb		2 lb		12 lb		
Milk, 1% Low fat		1⅓ cup		2⅔ cup		1 gal	
Cilantro, fresh	3 oz		6 oz		2 lb 4 oz		
Sour cream, reduced fat	3 lb 9 oz		7 lb 1 oz		42 lb 6 oz		

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2 oz		½ cup (¼ cup legumes, ¼ cup other)	

Nutrient Analysis		
Calories: 323	Saturated Fat: 3.93 gram	Sodium: 483.07 mg

Yogurt Parfait

Ellensburg & Walla Walla School Districts

Recipe Category: Breakfast Main Dish (meat/meat alternate, fruit, grain)

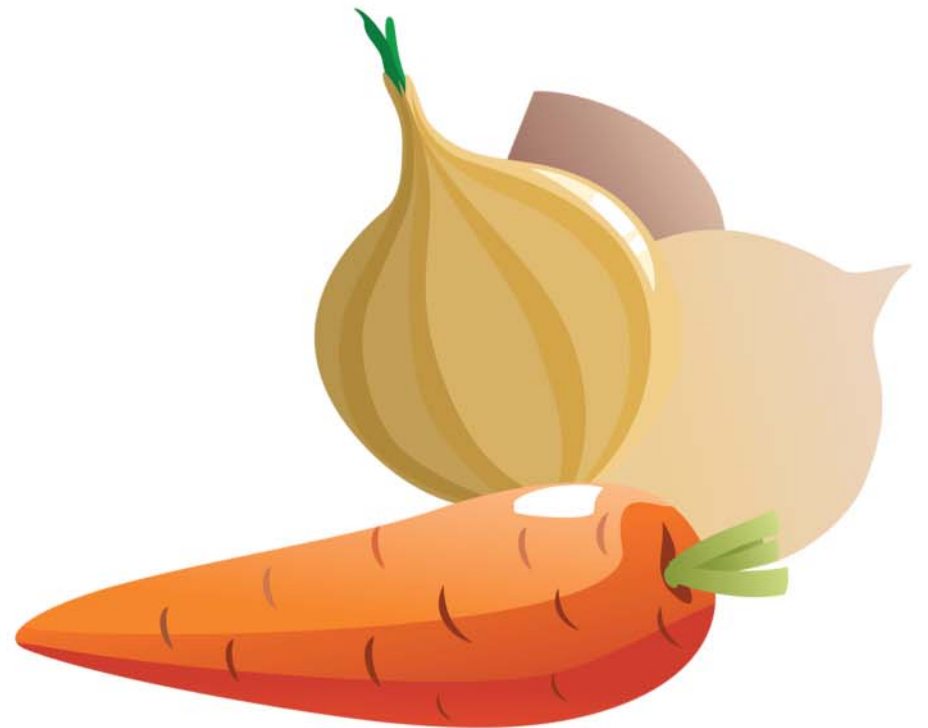
Ingredients	50 Servings		100 Servings		25 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Low Fat Vanilla Yogurt	12½ lb	1 gal 2 qt 1 cup	25 lb	3 gal 1 pint	6¼ lb	3 qt ½ cup	Put ½ cup or 4 oz of yogurt into a 7 oz plastic cup with lid. Layering: 2 oz. yogurt, 1 oz strawberries, 2 oz yogurt, 1 oz blueberries, top with 2 ½ Tbsp granola Options: Can substitute diced peaches, nectarines, apples, pears, or other berries in season. CCP: Hold at 41° F or lower for cold service.
Strawberries, frozen thawed, sliced	3 lb 2 oz		6 lb 4 oz		1 lb 9 oz		
Blueberries, frozen, thawed	3 lb 2 oz		6 lb 4 oz		1 lb 9 oz		
Granola (see recipe # 108)		8 cups		16 cups		4 cups	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
7 oz (.875 cup) per each		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
1	½		¼

Nutrient Analysis		
Calories: 303	Saturated Fat: 1.9 gram	Sodium: 125.79 mg

fruits and vegetables



Apple Slaw

La Conner School District

Recipe Category: Salad (fruit, vegetable)

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Cabbage, shredded	1 lb 9 oz		3 lb 2 oz				1. Cut the apples into ½” pieces. 2. Toss all salad ingredients in 1 full hotel pan. 3. Mix dressing ingredients. Toss with salad. 4. Keep chilled throughout service time.
Carrots, shredded	10 oz		1 lb 4 oz				
Apples, sliced	1 lb 14 oz		3 lb 12 oz				
Sunflower seeds, toasted		⅓ cup		⅔ cup			
Cherries, dried, unsweetened	1¾ oz	⅓ cup	3½ oz	⅔ cup			CCP: Refrigerate and hold at 41°F or below for cold service. Note: If serving more than 1 hour after tossing with dressing then use water instead of oil so the cabbage wilts less.
Dressing:							
Vinegar, apple cider		½ cup		1 cup			
Olive Oil		2 Tbsp 1½ tsp		5 Tbsp			
Honey		1 Tbsp 2 tsp		3 Tbsp 1 tsp			
Sea Salt		1 tsp		2 tsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¾ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (other)	⅓ cup

Nutrient Analysis		
Calories: 30	Saturated Fat: .15 grams	Sodium: 47.30 mg

Asian Veggies

Recipe Category: Vegetables

Wenatchee School District

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Cabbage, cut into ½” pieces	2 lb		4 lb				<ol style="list-style-type: none"> Heat flat top or tilt skillet to very HOT. Pour sesame oil into pan. Add ginger and garlic, stir fry for 15 seconds. Add the vegetables – cabbage, celery, carrots and broccoli. Stir-fry until tender-crisp and hot. Pan and place on service line. Serve immediately. <p>CCP: Hold hot for service at 135°F or above.</p>
Celery, ¼” bias cut	½ lb		1 lb				
Carrots, julienned	½ lb		1 lb				
Broccoli, small florets	¼ lb		½ lb				
Ginger		1 tsp		2 tsp			
Garlic		1 tsp		2 tsp			
Sesame Oil	¾ oz		1½ oz				
Soy Sauce	1½ oz		3 oz				

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (other)	

Nutrient Analysis		
Calories: 12	Saturated Fat: .07 grams	Sodium: 59.72 mg.

Baja Salsa (for Fish Tacos)

Recipe Category: Vegetables

Federal Way School District

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Mexicali Corn	11 lb 2 oz		22 lb 4 oz				1. Mix frozen corn blend and black beans with cilantro lime dressing. 2. Portion with a level #8 scoop and serve with Baja Fish Tacos
Black Beans	1 lb 14 oz		3 lb 11 oz				
Cilantro Lime Dressing (see recipe #10)		4 cup 2 Tbsp		8¼ cup			CCP: Hold at 41°F or below for cold service.

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
⅝ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		⅝ cup (starchy)	

Nutrient Analysis		
Calories: 191	Saturated Fat: 1.47 grams	Sodium: 13 mg

Bean and Corn Salad

Finley School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Black-eyed peas, canned, low sodium, drained	2 lb 2 oz	½ #10 can	4 lb 4 oz	1 #10 can			<ol style="list-style-type: none"> 1. Thaw corn overnight in refrigerator. Drain excess liquid. 2. To prepare marinade, mix oil, sugar, and vinegar in a pan and bring to a boil. Once the sugar is dissolved, remove from heat and chill to 41°F or below. 3. Rinse and drain beans. 4. Combine beans, thawed corn, celery, peppers and onion; gently mix. 5. Add marinade to bean and corn mixture. Stir until ingredients are well coated. <p>CCP: Hold bean and corn salad for cold service at or below 41°F.</p>
Pinto beans, canned, low sodium, drained	4 lb 4 oz	1 #10 can	8 lb 8 oz	2 #10 can			
Corn Kernels (frozen)	2 lb 4 oz		4 lb 8 oz				
Red Peppers, sweet, raw, chopped	1 lb 11 oz	1 qt	3 lb 5 oz	2 qt			
Celery, raw, chopped	1 lb 5 oz	1 qt	2 lb 9 oz	2 qt			
Onions, raw, chopped	14 oz	2 cup	1 lb 12 oz	1 qt			
Olive oil		1 cup		2 cup			
Sugar, granulated		2 ½ cup		5 cup			
Cider vinegar		1 qt 2 cup		3 qt			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
½ cup (#4 scoop)		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		½ cup (¼ c legumes, ⅓ c starchy, ⅓ c other)	

Nutrient Analysis		
Calories: 177	Saturated Fat: .71 gram	Sodium: 32.01 mg

Black Bean and Corn Salsa

Wenatchee School District

Recipe Category: Vegetables

Ingredients	55 Servings		110 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Black Beans (dry or canned)	14 oz	1.5 cups cooked	1 lb 12 oz	3 cups cooked			<ol style="list-style-type: none"> 1. If using dry beans soak, cook till tender, strain and cool. If canned, rinse and place in a bowl. 2. If fresh, husk corn, and cut kernels off the cob with a sharp knife. If frozen, that if desired or add it frozen. Add to bowl. 3. Wash and dice tomatoes and add to bowl. 4. Peel outside layers off the onions. Dice onions. 5. Wash peppers, cut in half, remove and discard seeds and white center. Dice peppers. 6. Peel garlic and mash. 7. Wash and remove largest stems of cilantro. Finely chop. 8. Add lime juice to bowl. 9. Combine all ingredients in bowl and fold together gently. <p>CCP: Hold at 41°F or below for cold service.</p> <p>Variations: Add as desired: diced cucumbers, shredded cabbage, diced fresh pineapple, diced fresh peaches or commodity frozen peaches.</p>
Corn, (fresh or frozen)	6 oz	5 ears or 1 cup frozen	12 oz	10 ears or 2 cups frozen			
Tomatoes, diced (available fresh)	3 lb 13 oz	½ gallon	7 lb 9 oz	1 gallon			
White onions, diced	10.5 oz	2 cups	1 lb 5 oz	1 qt			
Peppers(your choice: green, yellow; Anaheim, Poblano, jalapeno) diced	7 oz	1 cup	14 oz	2 cups			
Fresh garlic, mashed		3-6 large cloves		6-8 large cloves			
Fresh Cilantro		1 bunch		2 bunches			
Lime Juice		Juice of 6 limes		Juice of 12 limes			
Salt		1½ tsp		1 Tbsp			
Pepper		To taste		To taste			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup	

Nutrient Analysis		
Calories: 29	Saturated Fat: .02	Sodium: 94.69

Broccoli Salad

Recipe Category: Vegetables

Auburn School District

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Broccoli Florets	1¼ lb	9⅜ cups	3½ lb	18¾ cups			1. Mix broccoli, sunflower seeds, and cherries in a pan. 2. Pour dressing over the top and toss. 3. Transfer into containers for serving and refrigerate.
Sunflower Seeds, honey roasted	3 oz.		6 oz.				
Cherries, dried		1½ cups		3 cups			
Coleslaw Dressing		1½ cups		2½ cups			
							CCP: Hold at 41 degrees F or below for cold service.

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (dark green)	

Nutrient Analysis (optional)		
Calories: 58	Saturated Fat: .46 gram	Sodium: 49 mg

Cowboy Caviar

Recipe Category: Vegetables

Ellensburg School District

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Black Beans, canned	8 lb 2 oz	3 qt 2 $\frac{1}{3}$ cups	16 lb 4 oz	1 gal 3 qt $\frac{2}{3}$ cup			1. Drain and rinse beans. Drain canned corn and tomatoes. Mix beans, corn, diced tomatoes. 2. Finely chop cilantro and scallions/green onions. Add to bean mixture from Step 1. 3. Dressing: Whisk oil, vinegar, cumin, pepper and garlic together. Pour over salad and chill to marinate until service. CCP: Hold at 41°F or below for cold service
Tomatoes, red, ripe, chopped		3 $\frac{1}{8}$ cups		6 $\frac{1}{4}$ cups			
Corn, canned, whole kernel (liquid pack) drained	1 $\frac{3}{8}$ No.10 can	3 qt 2 $\frac{5}{8}$ cups	2 $\frac{3}{4}$ No.10 cans	1 gal 13 $\frac{1}{4}$ cup			
Onions, spring or scallions (incl. tops and bulb) raw	9 $\frac{1}{4}$ oz	2 $\frac{1}{8}$ cups	1 lb 2 $\frac{1}{2}$ oz	4 $\frac{1}{4}$ cups			
Cilantro, raw, chopped		3 $\frac{1}{8}$ cups		6 $\frac{1}{4}$ cups			
Vegetable Oil		2 cup 2 Tbsp		4 $\frac{1}{4}$ cups			
Garlic, granulated		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup			
Vinegar, cider		3 $\frac{1}{8}$ cups		6 $\frac{1}{4}$ cups			
Cumin, ground		2 $\frac{1}{2}$ Tbsp		5 Tbsp			
Pepper, black		1 tsp		2 tsp			
Lime Juice		1 cup		2 cups			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
$\frac{3}{4}$ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		$\frac{3}{4}$ cup ($\frac{1}{4}$ cup legumes, $\frac{1}{4}$ cup starchy, $\frac{1}{4}$ cup other)	

Nutrient Analysis		
Calories: 198	Saturated Fat: 1.53 gram	Sodium: 179.14

Crispy Roasted Chickpeas

Freeman School District

Recipe Category: Vegetables (legumes)

Ingredients	50 Servings		100 Servings		84 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Garbanzo Beans, drained	2 lb 11 oz	6¼ cups	5 lb 6 oz	12½ cups	4 lb 4½ oz	10½ cups	<ol style="list-style-type: none"> 1. Rinse beans 2. Lay beans out on a baking sheet. Pat dry w/paper towels. Some of the beans have a thin skin on them. You can leave the skins on or use the paper towel to rub them off and discard. 3. The chick peas should be completely dry. 4. Drizzle with olive oil. Toss to distribute the oil. 5. Bake at 325° F in the convection oven for 40 – 50 minutes, until golden brown and crunchy (not soft). They should make a rattling sound when you shake the baking sheet. 6. After roasting and while still warm season with preferred spice blend. <p>CCP: Hold at 41° F or below for cold service</p>
Olive Oil		2 Tbsp 1 tsp		4 Tbsp 2 tsp		¼ cup	
Seasoning Blend of Choice		1 Tbsp ½ tsp		2 Tbsp 1 tsp		2 Tbsp	
Moroccan Spice Mix							
Ground Cumin		1⅞ tsp		2⅓ tsp		2 tsp	
Ground Coriander		⅝ tsp		1⅞ tsp		1 tsp	
Chili Powder		⅓ tsp		⅝ tsp		½ tsp	
Paprika		⅓ tsp		⅝ tsp		½ tsp	
Ground Cinnamon		⅓ tsp		⅝ tsp		½ tsp	
Ground Allspice		⅓ tsp		⅓ tsp		¼ tsp	
Ground Ginger		⅓ tsp		⅓ tsp		¼ tsp	
Cayenne Pepper		dash		⅓ tsp		⅓ tsp	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		⅓ cup (legumes)	

Nutrient Analysis		
Calories: 42	Saturated Fat: .13 gram	Sodium: 90.12 mg

Crunchy Roasted Lentils

Wenatchee School District

Recipe Category: Vegetables (Legumes)

Ingredients	50 Servings		100 Servings		_____ servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Lentils, Uncooked		2 cups dry		4 cups dry			1. Soak the lentils in the water for 1½ hours. 2. Drain the lentils. 3. Toss lentils with oil and *seasoning (whatever spice blend you want but no salt) until evenly coated. 4. Spread on a full size sheet pan lined with parchment in a single layer. 5. Cook at 325°F for approximately 30 minutes, stirring frequently. CCP: Hold at 41°F or below for cold service. *Seasonings are not included in the nutrient analysis.
Water		1 qt 1 cup		2 qt 2 cup			
Olive Oil		1 Tbsp		2 Tbsp			
Seasoning		1 Tbsp		2 Tbsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp	50	Approx. yield: 4 cups

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		½ cup legumes	

Nutrient Analysis		
Calories: 30	Saturated Fat: .07 grams	Sodium: 1.31

Fresh Salsa

Recipe Category: Vegetables

La Conner School District

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Roma Tomatoes, fresh	4 lb		8 lb				<ol style="list-style-type: none"> 1. Wash, cut out stem on tomatoes and run through processor on pulse, rough chop, or through the dicer. Place in full hotel pan. Add garlic and mix. 2. Chop the green onions, cilantro and parsley fine and add to tomato mixture. 3. Mix the honey and lime juice together, drizzle and stir into previous mixture. 4. Add the salsa and mix well. <p>CCP: Hold at 41°F or below for cold service.</p> <p>Can be added next day to salad bar with a side of tortilla chips.</p>
Green onions, fresh	3.2 oz		6.4 oz				
Garlic cloves, pulverized		1 Tbsp 2 tsp		3 Tbsp ¾ tsp			
Cilantro, fresh	1 oz	1¼ cup	2 oz	2½ cups			
Parsley, fresh, stems trimmed	½ oz	⅝ cup	1 oz	1¼ cup			
Honey		2½ tsp		1 Tbsp 2 tsp			
Lime juice (or lemon)		1 Tbsp 2 tsp		3 Tbsp ¾ tsp			
USDA Salsa	1 lb 5 oz	2½ cups	2 lb 10 oz	5 cups			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (⅛ cup red/orange, ⅛ cup other)	

Nutrient Analysis		
Calories: 13	Saturated Fat: .02 gram	Sodium: 16.04 mg

Honey Dilled Carrots

La Conner School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Carrots, raw, baby petite	5 lb 10 oz		11 lb 4 oz				<ol style="list-style-type: none"> 1. Boil the carrots for about 5 minutes until crisp/tender. 2. Meanwhile melt butter and mix with honey, salt and dill. 3. Drain carrots well and place in large hotel pan. 4. Toss carrots with butter/honey mixture. <p>CCP: Hold at 135°F or above through service.</p> <p><u>Note:</u> You can replace some butter with olive oil for less saturated fat.</p>
Butter, unsalted	2.5 oz		5 oz				
Honey		¼ cup 1 Tbsp		½ cup 2 Tbsp			
Sea Salt		1 tsp		1¾ tsp			
Dill, dried		1 tsp		1¾ tsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (red/orange vegetable)	

Nutrient Analysis		
Calories: 35	Saturated Fat: .74 gram	Sodium: 80.58 mg

Hummus Recipe

La Conner School District

Recipe Category: Sauce

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Garbanzo beans, canned, drained (reserve ½ cup of liquid)	1 lb 5 oz	3⅔ cup	2 lb 9 oz	6¼ cup			<ol style="list-style-type: none"> Mash the garlic in a food processor until fine. Add the garbanzo beans and whirl until smooth. Add the tahini, lemon juice, salt, and olive oil and continue to process to smooth. Add parsley and process again. Thin out the mixture with left over garbanzo liquid until it is the right consistency for dipping. <p>CCP: Hold at 41° F or below for cold service.</p> <p>Note: Use with carrots, cucumber, broccoli, red bell pepper on the salad bar, or serve 2 T with 8 tortilla chips as a bread serving.</p>
Garlic cloves		4 cloves		8 cloves			
Tahini, toasted		½ cup		1 cup			
Lemon Juice		4 Tbsp ½ tsp		8 Tbsp 1 tsp			
Olive Oil		¼ cup		½ cup			
Sea Salt		½ tsp		1 tsp			
Parsley, fresh		½ cup		1 cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits

Nutrient Analysis		
Calories: 45	Saturated Fat: .39 grams	Sodium: 45.83 mg

Hummus

Lopez Island School District

Recipe Category: Vegetable (legumes)

Ingredients	50 Servings		100 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Garbanzo Beans, canned	4 lb 5 oz	$\frac{2}{3}$ No.10 Can	8 lb 9 oz	$1\frac{1}{3}$ No.10 Can			1. Drain and grind garbanzo beans. 2. Grind and combine all ingredients and chill to 40°F Serve with Gyros Sandwich CCP: Hold at 41° F or below for cold service.
Garlic cloves		8		17			
Salt		1 tsp		2 tsp			
Lemon Juice		$\frac{1}{2}$ cup		1 cup			
Tahini		$1\frac{1}{3}$ cup		$2\frac{2}{3}$ cups			
Parsley, fresh, chopped		$\frac{2}{3}$ Cup		$1\frac{1}{3}$ cup			
Cayenne Pepper		$\frac{1}{3}$ tsp		$\frac{2}{3}$ tsp			
Olive Oil		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup			
Water		2 Tbsp 2 tsp		$\frac{1}{3}$ cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
3 Tbsp	100	Approx. 1 gallon 5 cups for 100 servings

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		$\frac{1}{8}$ cup (legumes)	

Nutrient Analysis		
Calories: 104	Saturated Fat: .85 gram	Sodium: 182 mg

Lentil or Garbanzo Bean Hummus

Wenatchee School District

Recipe Category: Vegetables (Legumes)

Ingredients	50 Servings		100 Servings		72 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Lentils, cooked or Garbanzo Beans, cooked	1 lb 1 oz dry	1 qt 3 $\frac{1}{3}$ cup cooked	2 lb 2 oz dry	4 qt 2 $\frac{5}{8}$ cups cooked	1 lb 8oz dry	11 $\frac{1}{4}$ cups cooked	DIRECTIONS FOR 9 CUPS (72 SERVINGS) 1. In a large saucepan, bring 2 qt. of water to a boil and simmer lentils about 15 minutes, or until al dente. 2. Drain lentils and rinse under cold water, draining well. 3. Transfer lentils to a bowl and chill for 20 minutes. 4. In a food processor puree lentils, tahini, garlic, lemon juice, and $\frac{1}{2}$ cup water until smooth. 5. With motor running add oil in a stream, adding up to $\frac{1}{4}$ cup remaining water if mixture is too thick. 6. Season hummus with pepper. Hummus may be made one day ahead and chilled. Cover surface with plastic wrap. CCP: Hold at 41°F or below for cold service.
Tahini (Sesame Seed Paste)		1 $\frac{1}{8}$ cup		2 $\frac{1}{8}$ cups		1 $\frac{1}{2}$ cups	
Garlic, minced & mashed		10 cloves		20 cloves		15 cloves	
Lemon Juice, fresh		$\frac{2}{3}$ cup		1 $\frac{1}{8}$ cup		1 cup	
Water		1 cup		2 $\frac{1}{8}$ cups		1 $\frac{1}{2}$ cups	
Pepper		To taste		To taste		To taste	
				To taste		To taste	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp	72 Servings 100 Servings 50 Servings	Approximately 9 cups Approximately 12 $\frac{1}{2}$ cups Approximately 6 $\frac{1}{4}$ cups

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		$\frac{1}{8}$ cup legumes	

Nutrient Analysis		
Calories: 71	Saturated Fat: .49 gram	Sodium: 14 mg

Marinated Mushroom Salad

Federal Way School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Mushrooms, fresh	13⅛ lb		26¼ lb				<div>1. In a steamer or steam jacketed kettle, cook the mushrooms for 3 – 5 minutes or until just softened. Chill and reserve.</div> <div>2. Prepare the Italian dressing according to the directions on the package.</div> <div>3. Mix the seasoning, vinegar and water together. Slowly drizzle the oil into the seasoning mix while whisking constantly. Reserve.</div> <div>4. Combine the peppers and onions with the mushrooms and the vinaigrette.</div> <div>5. Cover and chill for 24 hours.</div>
*Dressing Mix, Italian (6 ½ oz.pkg)		⅓ pkg.		½ pkg.			
Water		1¼ cup		2⅝ cups			
Vinegar, distilled white, 100 grain		⅝ cup		1¼ cup			
Oil, vegetable		2½ cups		5 cup			
Peppers, sweet green, raw, chopped		1¼ cup		2½ cups			
Onions, raw, chopped		1¼ cup		2½ cups			
							*Precision Foods dry Italian dressing mix was used for the nutrient analysis.

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
$\frac{1}{2}$ cup	50 servings	

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		$\frac{1}{2}$ cup (other)	

Nutrient Analysis		
Calories: 125	Saturated Fat: 1.73 grams	Sodium: 146.73 mg.

Moroccan Carrot Salad

Auburn School District

Recipe Category: Vegetable

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Carrots, peeled and grated	3 lb 2 oz		6 lb 4 oz				<ol style="list-style-type: none"> 1. Combine grated carrots, dried raisins or cherries in a large mixing bowl and set aside. 2. Combine orange juice, lemon juice, orange zest, brown sugar, salt and cinnamon in the bowl of a mixer. Mix on medium speed, using a wire whip, until well blended. Or, with a whisk, mix 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 grated carrot mixture and mix until carrots are well coated with dressing. 5. Serve chilled. <p>CCP: Hold at 41°F or below for cold service.</p>
Raisins or dried cherries	8 oz		1 lb				
Dressing:							
Fresh Orange Juice		¾ cup		¾ cup			
Fresh Lemon Juice		¼ cup		½ cup			
Fresh Orange Zest		1 Tbsp 1 tsp		2 Tbsp 2 tsp			
Brown Sugar		2 Tbsp		¼ cup			
Salt		1 tsp		2 tsp			
Cinnamon, ground		1 tsp		2 tsp			
Vegetable Oil (or Olive oil)		1 cup		2 cups			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (red/orange)	

Nutrient Analysis		
Calories: 67	Saturated Fat: .68 gram	Sodium: 66.84 mg

Pot Roast Vegetables

Davenport School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Red potatoes, washed and wedged	8.33 lb		16.66 lb				<ol style="list-style-type: none"> Place potatoes and veggie mix in a large bowl. Toss with olive oil and herbs and spices. Divide mixture into 2 sprayed pans. Roast in 400°F oven approx. 20 minutes until tender crisp. <p>CCP: Hot hold at 135°F or above through service.</p>
Baby carrots	.83 lb		1.66 lb				
Celery	.83 lb		1.66 lb				
Red onion, peeled and rough chopped	.42 lb		.84 lb				
Garlic, whole, peeled	2.66 oz		1/3 lb				
Olive Oil	¼ cup		½ cup				
Pepper, black, ground	1 tsp		2 tsp				
Parsley, fresh or flakes	1 tsp		2 tsp				
Garlic powder	1 tsp		2 tsp				

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
½ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		½ cup (¼ starchy; ¼ other)	

Nutrient Analysis		
Calories: 75	Saturated Fat: 1.12 grams	Sodium: 36.72 mg.

Roasted Winter Squash

Wenatchee School District

Recipe Category: Vegetables

Ingredients	50 Servings (7 cups)		100 Servings (14 cups)		3 ½ cups		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Winter Squash, 3/4” diced		1 Qt 3 cups		3 Qt 2 cups		3½ cups	Preheat oven to 400°F. 1. Place diced squash in a medium bowl. 2. Toss with ½ cup olive oil. 3. Season with salt and pepper. 4. Spread out on a lined baking sheet in one layer. 5. Roast for 15 – 20 minutes or until tender and lightly browned. CCP: Place in the refrigerator until chilled to 41°F or lower for cold service.
Olive Oil		1 Cup		1 Pint		½ cup	
Salt		2 tsp		1 Tbsp 1tsp		1 tsp	
Pepper						1 tsp	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup	3½ cups for Wheat Berry Salad	

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (orange/red)	

Nutrient Analysis		
Calories: 314 per cup	Saturated Fat: 4.30 grams per cup	Sodium: 679.04 mg per cup

Sesame Green Beans

La Conner School District

Recipe Category: Vegetable

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Haricot Vertes, (greed beans) flavrpac	5 lb (2½ x 2lb bags)		10 lbs (5 x 2 lb bags)				<ol style="list-style-type: none"> 1. Blanche green beans in boiling water, just until the water comes back to a boil. Meanwhile add oils, salt and seeds together. 2. Drain the beans really well and place in 1 large hotel pan and toss with the oil mixture. <p>CCP: Hot hold for service at 135°F or above.</p> <p>Note: Boil beans within 1 hour of service. They tend to overheat and turn grey after 1 hour.</p>
Sesame oil, toasted		1¾ tsp		1 Tbsp ¾ tsp			
Olive Oil		1¾ tsp		1 Tbsp ¾ tsp			
Sea Salt		1 tsp		2 tsp			
Sesame seeds, toasted		1¾ tsp		1 Tbsp ¾ tsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (other)	

Nutrient Analysis		
Calories: 16	Saturated Fat: .07 gram	Sodium: 47.22 mg

Tabouli Salad

Mukilteo School District

Recipe Category: SALAD (grain/bread, vegetable)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Water, boiling		½ gal 1 cup		1 gal 2 cups			<ol style="list-style-type: none"> Put the cracked wheat in a large bowl and pour the boiling water on top. Leave the wheat in the water for approximately 45 minutes or until it has absorbed the water. Drain any excess water. Meanwhile, chop and mix the cucumber, tomato and onion. Finely chop the parsley and mint with the vegetables. Add the minced garlic. Add to the soaked bulgur wheat and mix. Prepare the salad dressing (may be done the day before) by whisking the olive oil into the lemon juice. Add diced green pepper and salt as needed (approximately 1T). Mix into the salad. Refrigerate for 1 hour and serve. <p>CCP: Hold at 41°F or below for cold service.</p>
Bulgur (cracked wheat)	3 lbs 2 oz	9 cup 6 Tbsp	6 lbs 4 oz	18 cup ¾ cup			
Cucumbers, diced & pared	10 oz	whole	1 lb 4 oz	8 whole			
Tomatoes, fresh, diced	2 lb	4	4 lb				
Red Onions, diced	7 oz		14 oz				
Parsley, finely chopped	4.21 oz	5 cup	8.42 oz	10 cup			
Mint, finely chopped		2 cup		4 cup			
Garlic Cloves		3 cloves		6 cloves			
Dressing:							
Lemon Juice		2 cup		4 cup			
Olive Oil		3 cup		6 cup			
Green Pepper, diced		¼ cup		½ cup			
Salt, to taste		½ Tbsp		1 Tbsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¾ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
	1	¼ cup	

Nutrient Analysis		
Calories: 221	Saturated Fat: 1.87 grams	Sodium: 152.61 mg.

Tomato Basil Salad

Federal Way School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Pesto (Armanino brand)		1⅜ cup		2¾ cup			1. Wash tomatoes and remove as many stems as possible. 2. Combine with pesto sauce and toss until all tomatoes are lightly coated. CCP: Hold for cold service at 41°F or lower.
Tomatoes, red cherry, fresh	8.5 lb		16.53 lb				

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
½ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		½ cup (red/orange)	

Nutrient Analysis		
Calories: 34	Saturated Fat: .34 gram	Sodium: 48.05 mg

Tunisian Chick Peas

Federal Way School District

Recipe Category: Vegetable

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Vegetable oil		1½ cup		3 cups			<ol style="list-style-type: none"> Dressing: In a mixer combine vegetable oil, caraway seed, paprika, celery salt, cayenne pepper, cumin, lemon juice and orange juice. Mix until well blended. In a large bowl or floor mixer, combine all of the vegetables: garbanzo beans (drained), shredded carrots, onions, raisins, and parsley flakes. Add dressing and mix thoroughly. Allow to sit 2 hours before service. <p>CCP: Hold at 41°F or below for cold service.</p>
Caraway Seed		¼ cup 1½ tsp		½ cup 1 Tbsp			
Paprika		¼ cup		½ cup			
Celery Salt		⅛ cup		¼ cup			
Cayenne Pepper		¾ tsp		1½ tsp			
Lemon Juice		1 qt		2 qt			
Orange Juice, from concentrate, pasteurized		1 pint		1 qt			
Cumin seed, whole		⅛ cup		¼ cup			
Honey		2 Tbsp 2½ tsp		⅓ cup			
Garbanzo Beans, canned, drained		2½ No.10 cans		5 No.10 cans			
Carrot, raw, shred.	5 lb 1 oz		10 lb 2 oz				
Onions, raw	2 lb		4 lb				
Raisins, seedless		¾ lb		1½ lb			
Parsley flakes		¾ cup		¾ cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		1 cup (½ cup legumes, ½ red/orange)	

Nutrient Analysis		
Calories: 237	Saturated Fat: 1.18 grams	Sodium: 372.46 mg.

Wheat Berry Salad

Wenatchee School District

Recipe Category: Salad (grain, vegetables)

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Cooked Wheat Berries		1 gal		2 gal			<ol style="list-style-type: none"> Place wheat berries in a large saucepan and fill with cold water about an inch deeper than the wheat berries. Simmer for about an hour or until tender. While the wheat berries are cooking, dice the onion, carrot and celery and place in a bowl. Drain the wheat berries in a colander and rinse with cold water, add them to the bowl of vegetables. Add dried cranberries to the bowl. In another bowl, whisk together the ingredients for the vinaigrette. Pour lemon-garlic vinaigrette over the berry mixture and mix until well coated. Fold in the roasted squash (see recipe #47). <p>CCP: Refrigerate until the salad reaches 41°F or less for cold service.</p>
Onion, small dice		2 cups		1 Qt			
Carrot, small dice		2 cups		1 Qt			
Celery, small dice		2 cups		1 Qt			
Dried Cranberries		2 cups		1 Q			
Lemon-Garlic Vinaigrette							
Lemon Juice		2 cups		1 Qt			
Olive Oil		2 cups		1 Qt			
Minced Garlic		¼ cup		½ Cup			
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp			
Black Pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp			
Roasted Winter Squash		1 Qt 3 cup		3 Qt 2 cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
½ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
	½	¼ cup (⅛ cup red/orange, ⅛ cup other)	

Nutrient Analysis		
Calories: 216	Saturated Fat: 1.81 grams	Sodium: 295 mg

soup



Ginger Pumpkin Soup

Lopez Island School District

Recipe Category: Soup (vegetables)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Pumpkin or Squash, cooked		4 qt		8 qt			<ol style="list-style-type: none"> 1. Sauté onions and apples (peeled and diced) in butter until soft. 2. Add pumpkin, broth and spices. 3. Remove from stove and process with blender or immersion blender. 4. Return to saucepan and stir in coconut milk or cream. 5. Heat until hot but do not boil. <p>CCP: Hot hold at 135°F or above for serving.</p> <p>Recipe analyzed using pumpkin, coconut milk and ground ginger. Fat can be lowered by using light cream.</p>
Onions, chopped	3 lbs	8 each	6 lbs	15 each			
Apples, diced	3 lbs 12 oz	9 each	7½ lbs	20 each			
Unsalted butter	10 oz		1¼ lbs				
Chicken or Vegetable Stock		5 qt		10 qt			
Coconut Milk or Light Cream		1 qt 3½ cups		3 qt 3 cups			
Ground ginger or Curry paste		2½ Tbsp		5 Tbsp			
Salt		2½ Tbsp		2 Tbsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 Cup	Per 100 servings	Approx. 6¼ gallons

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¾ cup (¼ cup red/orange; ½ cup other)	⅓ cup

Nutrient Analysis		
Calories: 201	Saturated Fat: 11.94 grams	Sodium: 493.52

Taco Soup

South Bend School District

Recipe Category: Soup (meat/meat alternate, vegetables)

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Water		1 qt 2 cup		3 qt			<ol style="list-style-type: none"> 1. Turn stove top to high. 2. Put rack on stove top to keep beans from sticking. 3. Use a large soup pot (15 gallon size) 4. Add 3 gallons of water and the rest of the ingredients (weight listed for beans and corn is drained weight). 5. Stir well to mix all the spices. 6. After soup reaches 165° F. then lower heat. <p>CCP: Hold hot for service at 135°F or above.</p> <p>NOTE: Consider increasing the amount of diced tomatoes or salsa by 1½ cups for 100 servings or by ¾ cup for 50 servings to increase the vegetable contribution from ⅛ cup to ¼ cup per serving (⅛ cup red/orange vegetable and ⅛ cup other).</p>
Beef Crumbles	1 lb 4 oz		2½ lb				
Tomatoes, diced, canned low sodium	1 lb 10 oz	¼ #10 can	3 lb 3 oz	½ #10 can			
Corn, canned, drained	1 lb 9 oz	¾ #10 can	3 lb 2 oz	¾ #10 can			
Pinto beans, canned, drained	2 lb 2 oz	½ #10 can	4 lb 4 oz	1 #10 can			
Kidney beans, canned, drained	2 lb 1 oz	½ #10 can	4 lb 1 oz	1 #10 can			
Celery		3 Tbsp		¾ cup			
Salt		1½ Tbsp		3 Tbsp			
Cumin		2 tsp		1 Tbsp 1 tsp			
Granulated Garlic		1¼ tsp		2¼ tsp			
Basil		2 tsp		1 Tbsp 1 tsp			
Chili Powder		2 Tbsp		4 Tbsp			
Black Pepper		¾ tsp		1½ tsp			
Salsa, commodity	2 lb 8 oz	¼ #10 can	4 lb + 5 oz	½ #10 can			
Sugar, granulated		1 Tbsp		2 Tbsp			
Dry Onions	2 oz		4 oz				

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
½ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
1 oz		⅛ cup	

Nutrient Analysis		
Calories: 97	Saturated Fat: .60 grams	Sodium: 436.63 mg

sauce and dressing



Baja Cream Sauce (for Fish Tacos)

Federal Way School District

Recipe Category: Sauce

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Sour cream, reduced fat	2 lb		4 lb				1. Wash and chop cilantro 2. Mix ingredients together 3. Refrigerate until ready to serve with Baja Fish Taco CCP: Hold at 41°F or below for cold service.
Lime Juice, canned or bottled, unsweetened		¼ cup		½ cup			
Cumin Seed, ground		1 tsp		2 tsp			
Cilantro, fresh	1½ oz		3 oz				

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp (⅛ cup)		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits

Nutrient Analysis		
Calories: 33	Saturated Fat: 1.58 grams	Sodium: 13.26 mg

Spaghetti Sauce

Recipe Category: Sauce

Our Lady Star of the Sea School

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Olive Oil		1½ cup 1 Tbsp		3 cups 2 Tbsp			<ol style="list-style-type: none"> To a large stock pot on medium heat, add olive oil, onions and garlic (or garlic powder). Cook for 5 minutes. Add pumpkin to pan and caramelize for 2 – 3 minutes. Add additional vegetables: celery, carrots, bell peppers, zucchini; adding olive oil as needed; sauté 5 – 10 minutes or until vegetables begin to wilt. Crush herbs on palm of hand and add to the vegetable mixture and sauté for 2 minutes. Add tomatoes with juice and tomato sauce to the pan; stir to combine. Taste for seasonings and add salt and pepper. Simmer for about 1 hour. If the vegetables have not cooked down use immersion blender to puree vegetables. Return to clean pan. <p>CCP: Hold hot for service at 135°F or above.</p> <p>For future use: Cool and freeze using proper freezer method.</p>
Onions, fresh, diced		1½ qt ¼ cup		3 qt ½ cup			
Garlic, fresh minced		25 cloves		50 cloves			
Pumpkin, canned		2½ cups		5 cups			
Celery, thinly sliced		2½ cups		5 cups			
Carrots, ¼" dice		2½ cups		5 cups			
Green pepper ¼ " dice		2½ cups		5 cups			
Zucchini ¼ " dice		2½ cups		5 cups			
Oregano, dried, crushed fine		¼ cup ½ tsp		7 Tbsp 2 tsp			
Basil, dried, crushed fine		¼ cup ½ tsp		7 Tbsp 2 tsp			
Marjoram, dried, crushed fine		2 Tbsp 1½ tsp		¼ cup 1 Tbsp			
Thyme, dried, crushed fine		2½ tsp		1 Tbsp 2 tsp			
Tomatoes, canned, diced		12¼ cups		24½ cups			
Tomato sauce		9⅓ cups		18¾ cups			
Salt		2 Tbsp 2½ tsp		5 Tbsp 2 tsp			
Pepper, black		2 Tbsp 2½ tsp		5 Tbsp 2 tsp			

Spaghetti Sauce (cont.)

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¾ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¾ cup (½ cup red/orange, ¼ cup other)	

Nutrient Analysis		
Calories: 111	Saturated Fat: 1.00 gram	Sodium: 546.58 mg.

Teriyaki Sauce

Recipe Category: Sauce

Our Lady Star of the Sea School

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Soy Sauce, less salt		¾ cup 1 tsp		1½ cup 3 Tbsp			<ol style="list-style-type: none"> 1. In a sauce pan combine water, soy sauce, brown sugar, garlic and ginger and bring to a boil. Lower heat to medium. 2. Dissolve cornstarch in second listing of water and add to the sauce. 3. Stir constantly to allow the sauce to thicken. 4. If the sauce is too thick, add a little water to thin.
Water		3 cup 2 Tbsp		1 qt 2¼ cup			
Ginger, freshly grated		3 Tbsp 1 tsp		6 Tbsp 1 tsp			
Garlic clove, minced		3 each		6 each			
Cornstarch		5 Tbsp 2 tsp		¾ cup 1½ Tbsp			
Water		¾ cup 1 tsp		1½ cup 3 Tbsp			
Sugar, brown, unpacked		1½ cup 1 Tbsp		3 cup 2 Tbsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 oz (2 Tbsp)		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits

Nutrient Analysis		
Calories: 24	Saturated Fat: 0	Sodium: 145.74 mg

Tzatziki Sauce

Wenatchee School District

Recipe Category: Sauce

Ingredients	50 Servings		100 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Garlic, mashed		1 Tbsp 1⅔ tsp		3 Tbsp 1⅔ tsp			1. Combine all ingredients except yogurt in a food processor or blender. Process until smooth. 2. Place Greek yogurt in a medium bowl and gently fold in the blended ingredients. 3. Place in the refrigerator. CCP: Chill to 41°F or below for cold service.
Lemon Juice		1 Tbsp 1⅔ tsp		3 Tbsp 1⅔ tsp			
Cucumber, medium		1 Med		2 Med.			
Fresh Dill		3 Tbsp 2 tsp		7 Tbsp 1 tsp			
Olive Oil		3 Tbsp 2 tsp		7 Tbsp 2 tsp			
Salt		2 and ⅔tsp		1 Tbsp 2 tsp			
Black Pepper		1⅓ tsp		2⅔ tsp			
Plain Greek Yogurt 2% fat		1¾ cup		3½ cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 oz.		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits

Nutrient Analysis		
Calories: 16	Saturated Fat: .26 grams	Sodium: 112.77 mg

White Bean Ranch Dip

Wenatchee School District

Recipe Category: Sauce

Ingredients	64 Servings		1 gallon = 128 Servings		640 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
White beans, cooked		3 cup		6 cup		30 cup	1. If dry, soak beans overnight in cold water, under refrigeration. Cook until very tender, strain and cool. If canned, drain and rinse and place in a bowl. 2. Combine all ingredients in a food processor and blend until smooth and creamy.
Greek yogurt, non fat		2 cup		1 qt		5 qt	
Milk, 1% low-fat		1 qt		½ gal		2½ gal	
*Ranch spice mix, dry (1 cup = 5 oz dry)		1 cup		2 cup		10 cup	
							For fresh herb ranch: Add herbs to food processor or blender to process until smooth. CCP: Refrigerate immediately. Hold at 41° F or below for cold service. *Analysis is based on using Precision Foods/Foothill Farms Ranch Dressing Mix
Variation: Fresh Herb							
Fresh cilantro, sweet basil, parsley or all three.							

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 oz		½ gallon = 64 Servings 1 gallon = 128 Servings 5 gallons = 640 Servings

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
0	0	0	0

Nutrient Analysis		
Calories: 22	Saturated Fat: .10 gram	Sodium: 297.19 mg

Cilantro Lime Dressing

Federal Way School District

Recipe Category: Sauce

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Cilantro, fresh	9½ oz	1 gal ⅔ cup	1 lb 3 oz	2 gal 1¼ cup			1. Trim and wash cilantro. 2. Mince the garlic. 3. Place cilantro and garlic into a food processor and pulse a few times until the cilantro is chopped (you may have to do several batches). 4. Put in a large mixer bowl. 5. Add the lime juice, honey and cayenne pepper and blend. While blending, slowly add the vegetable oil. Continue blending until smooth. CCP: Hold for cold service at 41° F or lower
Garlic, fresh		1½ tsp		1 Tbsp			
Lime juice		1¼ cup		2½ cups			
Honey		7 fl oz		14 fl oz			
Pepper, cayenne ground		⅓ tsp		¾ tsp			
Oil, vegetable	1 lb 9 oz	3⅝ cup	3 lb + 2 oz	6¼ cup			
Cumin		1/3 tsp		¾ tsp			
Vinegar, rice	2½ oz	¼ cup 1 Tbsp	5 oz	½ cup 2 Tbsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 oz		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		⅓ cup dark green veggie	

Nutrient Analysis		
Calories: 146	Saturated Fat: 2.16 grams	Sodium: 2.85 mg

Creamy Hummus Salad Dressing

Griffin School District

Recipe Category: Salad Dressing (dip)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Hummus, Creamy		5 cups		10 cups			Mix all ingredients together and serve. CCP: Hold at 41°F or below for cold service.
Lemon Juice		1 cup		2 cups			
Olive oil, extra-virgin, light		3 Tbsp		6 Tbsp			
Water		¾ cup		1½ cups			
Paprika		1 Tbsp		2 Tbsp			
Agave Nectar		3 Tbsp		6 Tbsp			
Black Pepper		To taste		To taste			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits

Nutrient Analysis		
Calories: 82	Saturated Fat: .52 gram	Sodium: 98.66 mg

Ranch Dressing

Recipe Category: Salad Dressing

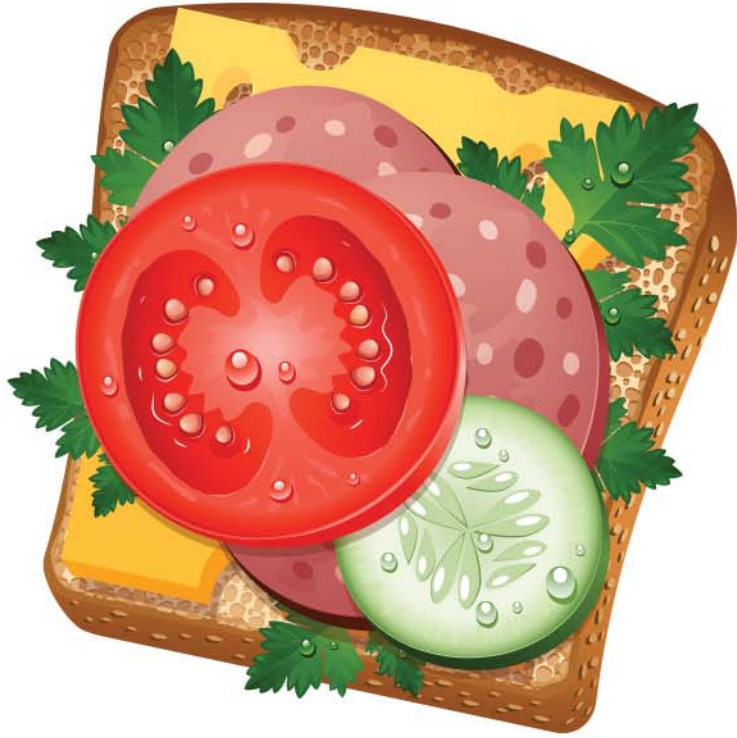
La Conner School District

Ingredients	50 Servings		100 Servings		1280 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Reduced fat mayonnaise	1 lb 2 oz	2⅓ cup	2 lb 4½ oz	4⅓ cup	30 lb	3¾ gal	<ol style="list-style-type: none"> Place the buttermilk and mayonnaise in a really large mixer with the whip attached. Begin mixing on low. Put 5 cartons (1 qt) of yogurt in with the buttermilk. Put the 1 leftover carton of yogurt in a large blender or processor with all the other ingredients and whirl until completely blended. Add this mixture to the mayonnaise – buttermilk – yogurt mixture and blend well. Pour into 2 five gallon buckets, label, and keep refrigerated. Keeps for 2 weeks. <p>CCP: Hold at 41°F or below for cold service.</p> <p>Note: Fresh parsley gives it an intense green color....You could add a bit each time, so students can get used to that. Fresh has more of the vitamins and minerals</p>
Yogurt, nonfat, plain	7½ oz	⅞ cup 1 Tbsp	15 oz	1⅞ cup	12 lb	6 qt	
Buttermilk, low fat		¾ cup		1 ½ cup		1 gal	
Garlic, fresh, pulverized		1 Tbsp 1½ tsp		2½ Tbsp		2 cups	
Dill weed, dried		1 tsp		2 tsp		½ cup	
Parsley, dried or fresh		1½ tsp		3 tsp		¾ cup	
White pepper		1 tsp		2 tsp		½ cup	
Lemon Juice, fresh		1 tsp		2 tsp		½ cup	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp	1280	10 gallons = 1280 servings

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits

Nutrient Analysis		
Calories: 34	Saturated Fat: .42 grams	Sodium: 104.09 mg



sandwiches

Greek Turkey Pita

Creston School District

Recipe Category: Sandwich (meat/meat alternate, grain, vegetable)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Whole Wheat Pita Bread (half of 2.5 oz pita)		25 cut in half		50 cut in half			<p>Note: 3.93 oz sliced turkey (Cargill – commodity) = 2 oz. M/MA per CN label.</p> <ol style="list-style-type: none"> Cut pitas in half. Make Tzatziki Sauce (great to do a day ahead). Peel and seed cucumbers. Cut into small chunks. Place in food processor with garlic, dill, lemon juice, and pepper. Puree until well blended. Stir into Greek yogurt. Fill pita with 3.93 oz. of sliced turkey and ½ cup spinach. Serve with 1 Tbsp Tzatziki sauce for dipping. <p>CCP: Hold at 41°F or below for cold service.</p>
Baby Spinach	4 lbs		8lbs				
USDA Sliced Turkey	12 lb 5 oz		24 lb 10 oz				
Tzatziki Sauce							
Greek Yogurt – plain		3 cups		6 cups			
Garlic		1 clove		2 cloves			
Cucumbers – seeded and peeled		2 medium		4 medium			
Fresh Dill		1 Tbsp		2 Tbsp			
Lemon Juice		From 1 lemon		From 2 lemons			
Black Pepper		1 pinch		2 pinch			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 sandwich		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2 oz.	1¼	¼ cup dark green	

Nutrient Analysis		
Calories: 204	Saturated Fat: .74 grams	Sodium: 727 mg

Gyros

Lopez Island School District

Recipe Category: Sandwich (meat/meat alternate, grain, vegetable)

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Turkey Roast or Diced Chicken	10 lbs.		20 lbs.				<ol style="list-style-type: none"> 1. Pull turkey roast apart and marinate overnight in lemon juice, garlic, olive oil, mustard and oregano. 2. Cook turkey roast at 350°F in a covered pan with a little water until the internal temperature measures 170°F and cool. 3. Dice turkey.
Lemon Juice		2 cups		4 cups			
Minced Garlic		2Tbsp 2 tsp		1/3 cup			
Olive Oil		1/3 cup		2/3 cup			
Mustard		1 Tbsp 1 tsp		2 Tbsp 2 tsp			
Oregano		1 Tbsp 1 tsp		2 Tbsp 2 tsp			CCP: Reheat to 165°F for 15 seconds. CCP: Hold for hot service at 135°F or above.
Cucumber Sauce:							CUCUMBER SAUCE: <ol style="list-style-type: none"> 1. Dice cucumber and add yogurt, dill and garlic and refrigerate. CCP: Hold at 41°F or below for cold service.
Cucumber		10 cups		20 cups			
Yogurt, Nonfat, plain		6½ cups		13 cups			
Dill Weed		1 Tbsp ¾ tsp		2½ Tbsp			
Minced Garlic		1 Tbsp 1 tsp		2 Tbsp			
							TO ASSEMBLE: <ol style="list-style-type: none"> 1. Heated Pita 2. 3 oz. turkey or diced chicken 3. 3 T. Hummus 4. ¼ Cup cucumber sauce 5. Lettuce and tomato (optional)
PITA BREAD, Whole Wheat -halves (35 grams)		50 each		100 each			
HUMMUS(see recipe)		2 qt 2¾ cup		1 gal 5 cups			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 sandwich	Per 100 servings	

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2	1¼	¼ cup (1/8 cup legumes; 1/8 cup other)	

Nutrient Analysis		
Calories: 357	Saturated Fat: 2.81 grams	Sodium: 962 mg

Vegetarian Gyros

Lopez Island School District

Recipe Category: Sandwich (meat/meat alternate, grain, vegetable)

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Pita Bread, whole wheat halves (35 grams)		50		100			1. Heat Pita Bread 2. $\frac{3}{4}$ cup Hummus 3. $\frac{1}{4}$ cup cucumber sauce CCP: Hold hummus and cucumber sauce at 41°F or below for cold service.
Hummus		2 qt 2½ cups		1 gal 5 cups			
Cucumber Sauce							
Cucumber		10 cups		15 cups			
Yogurt, non Fat plain		6½ cups		10 cups			
Dill Weed		1 Tbsp $\frac{3}{4}$ tsp		2½ Tbsp			
Minced garlic		1 Tbsp 1 tsp		2 Tbsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 Each	Per 100 Servings	Hummus = approx. 1 gal + 5 cups
		Cucumber Sauce = approx. 1 gal + 9 cups

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2	1¼	$\frac{1}{8}$ cup (other)	

Nutrient Analysis		
Calories: 513	Saturated Fat: 3.43 grams	Sodium: 886 mg

VI. Resource List

Here is a list of other resources where you can find healthy school lunch recipes:

Team Nutrition recipes:

http://teamnutrition.usda.gov/Resources/r4hk_schools.html

Washington Grown Food Kit

<http://www.wafarmtoschool.org/ToolKit>

NSFMI Recipes

<http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTewMiZpc01ncj10cnVI>

Tacoma Pierce County Health Department

<http://www.tpchd.org/health-wellness-1/physical-activity-nutrition/school-nutrition/healthy-school-menus/>

Montana Team Nutrition Program

http://www.opi.mt.gov/pdf/SchoolFood/HealthyMT/11SeptMT_RecipeRoundup.pdf

Recipes for Healthy Kids by the USDA

<http://www.recipesforkidschallenge.com/>

The Lunch Box –Healthy Tools to Help All Schools

<http://www.thelunchbox.org/menus-recipes/recipes>

Whole Grains Council- Foodservice Recipes

<http://wholegrainscouncil.org/recipes/foodservice-recipes>

My Coalition for Healthy School Food

<http://www.healthyschoolfood.org/recipes.htm#power>

Fruit and Veggie Quantity Recipe Cookbook, New Hampshire Division of Public Health Services

<http://www.dhhs.state.nh.us/dphs/nhp/documents/cookbook.pdf>

Wenatchee School District Nutrition Services Facebook

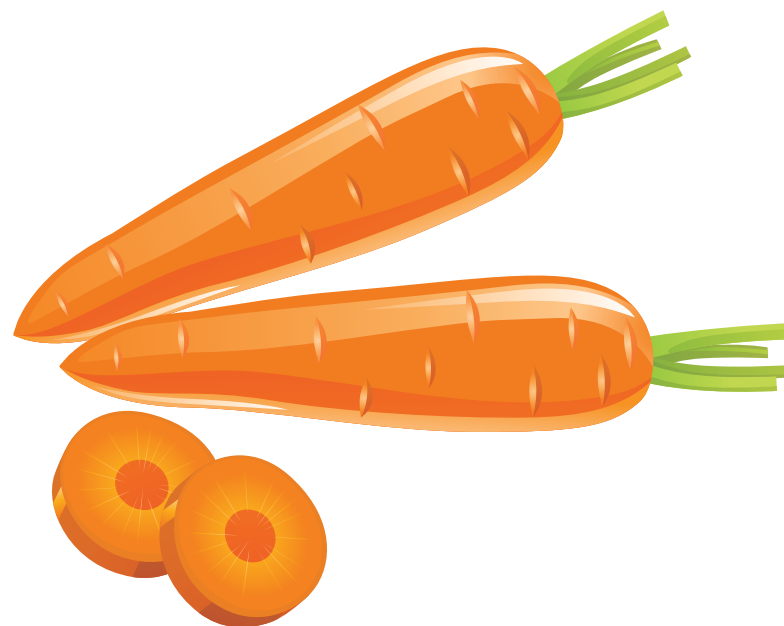
<https://www.facebook.com/WenatcheeSchoolDistrictFoodServices>



VII. Appendix

- A. Standardized Recipe Components
- B. Figuring Meal Pattern Contribution
- C. Culinary Principles for Cooking Vegetables
- D. Vegetables and Accompanying Herbs and Spices
- E. Tips for Using Herbs and Spices
- F. Successful Taste Testing
- G. Taste Test Form





Standardized Recipe Components

Recipe Name ← **Recipe Title**
Name that describes the recipe

Recipe Category: ← **Recipe Category**
Classification, for example grains/breads, entrees

Recipe #:

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Ingredients Products used in recipe, be specific	Weight /Measure of each ingredient The quantity of each ingredient listed in weight and/or measure						Preparation Instructions (Step-by step) Directions for preparing the recipe Cooking temperature and time: The cooking temperature and length of time, as appropriate Equipment and utensil to be used: The cooking and serving equipment to be used in preparing and serving the recipe.
Serving Size The amount of a single portion in weight or measure	Recipe Yield The amount in weight or measure and number of servings of product at the completion of production that is available for service.						
Serving (portion size)		Yield per # of Servings				Volume per # of Servings	
Contribution to the Meal Pattern Identify the component and amount that the recipe contributes to meal pattern							
Meal Pattern Contribution							
Meat/Meat Alternate	Breads/Grains		Vegetable / Vegetable Sub group		Fruits		
Nutrient Analysis (optional) Nutrient per serving							
Nutrient Analysis (optional)							
Calories:		Saturated Fat:			Sodium:		

Figuring Meal Pattern Contribution

Recipe Name: Record the name of the recipe

Portions per Recipe: Record the number of portions the recipe yields.

Column 1: Ingredients

List the recipe ingredients in Column 1 of the worksheet. It is not necessary to list ingredient that do not contribute towards meal pattern requirements. Record a description of each ingredient as precisely as possible. It is a good idea to group ingredients together that contribute to the same meal component.

Column 2: Quantity of Ingredients as Purchased:

Record the "as purchased" weight or volume measure of each ingredient in the recipe in Column 2 of the worksheet. Convert ounces to their decimal equivalent of a pound. (see table 5 on page I-36 of The Food Buying Guide for more assistance) The quantity specified in column 2 must be in the same units as the purchase unit which will be recorded in Column 3. (For example, if 2 No.10 cans of peas are record in Coliumn2, make sure the purchase unit in Column 3 is a No 10 can also. (See page Appendix A in the Food Buying Guide for additional information)

Column 3: Purchase Unit

Record the purchase unit in which you buy the ingredients such as pound, No. 10 can dozen, etc., in Column 3. It is important to use the same purchase unit of the ingredient as specified under Column 2 of the Food Buying Guide.

Column 4: Servings per Purchase Unit

Record the number of servings per purchase unit of the ingredient in Column 4. This information is found in Column 3 of the Food Buying Guide. The number of servings per purchase unit varies for different preparation methods or forms of the ingredient as served. Therefore, you should pay particular attention to the description of the food as served when selecting the number of servings per purchase unit to use in the calculations. The description of the form of the food should be most nearly like that of the food after preparation of the recipe is complete and as it is served.

Meal Pattern Contribution Worksheet							
Recipe Name: <i>Black Bean and Corn Salad</i>				Portions per Recipe: <i>100</i>			
Ingredients	Quantity of Ingredient as Purchased	Purchase Unit	Servings per Purchase Unit in Food Buying Guide	Meat/Meat Alternates (oz eq.)	Vegetables (1/4 cup)	Fruits (1/4 cup)	Grain / Breads (oz eq.)
<i>Black Beans, drained and rinsed</i>	<i>4</i>	<i>#10 can</i>	<i>27.80</i>		<i>111.2</i>		
<i>Corn, frozen, thawed</i>	<i>12</i>	<i>lbs</i>	<i>11.10</i>		<i>133.20</i>		
Notes:				Totals	<i>244.40</i>		
				Portions per Recipe	<i>100</i>		
				total ÷ by portions	total ÷ by 4 (to get units in cups) then ÷ by # of portions	total ÷ by 4 (to get units in cups) then ÷ by # of portions	total ÷ by portions

Column 5: Calculation of Meat/Meat Alternates

- For each meat or meat alternate ingredient in the recipe, multiply the number recorded in Column 2 by the number recorded in Column 4 (Column 2 x column 4 = column 5). Record the answer to two decimal places.
- If more than one meat or meat alternate ingredient is used in the recipe, add all the numbers recorded in Column 5 to determine the total ounces of meat or meat alternate. Then record the sum in the space provided for the total.
- Divide the total of Column 5 by the number of portions the recipe yields to determine the contribution per portion.
- Round down to the nearest $\frac{1}{4}$ ounce.

*The minimum oz equivalent of meat or meat alternate provided by a portion of the recipe must be .25 ounce to be credited.

Column 6 and 7: Calculation of Vegetables and Fruits

- For each vegetable or fruit recipe ingredient on the worksheet, multiply the number recorded in Column 2 by the number recorded in column 4 (Column 2 x column 4 = column 6 or 7). Record the answer to 2 decimal places.
- If more than one fruit or vegetable is used in the recipe, add all of the numbers recorded in Column 6 or 7 to determine the total number of $\frac{1}{4}$ cup vegetable or fruit serving in the recipe. Then, record the sum in the space provided for the total.
- Divide the total number of $\frac{1}{4}$ cup servings by 4 to convert to cups.
- Divide the total number of cups by the number of portions the recipe yields to determine the contribution per portion.
- Record the answer to two decimal places and convert decimal places to the nearest portion of a cup (for more assistance column table 7 on page I-37 of the Food Buying Guide). Always round down to the nearest $\frac{1}{8}$ cup.

*Minimal creditable serving of a vegetable or fruit is $\frac{1}{8}$ cup.

Column 8: Calculation of the grains/breads

- For each grain/bread recipe ingredient listed on the worksheet, multiply the number recorded in Column 2 by the number recorded in Column 4 (Column 2 x column 4 = column 8). Record the answer to two decimal places.
- If more than one grains/breads ingredient is used in the recipe, add all the numbers recorded in Column 8 to determine the total number of grains/breads serving in the recipe. Record the sum in the space provided for the total.
- Divide the total figure in Column 8 by the number of portions the recipe yields to determine the contribution per portion.
- Round down to the nearest $\frac{1}{4}$ oz. eq.

Figuring Meal Pattern Contribution (cont.)

Totals: Record the sum or total for the numbers record in each component column.

Portions Per Recipe: Record the total number of portions a recipe yields. This number will be the same for each of the components columns.

Calculations: Note the number you will use to calculate or determine the contribution of each component.

Each Portion Contributes: This row provides a space to record the final rounded down, calculated answers of how one portion will credit toward each meal pattern component.

Culinary Principles for Cooking Vegetables

Cook vegetables in the smallest amount of liquid possible: Vegetables have some vitamins that dissolve in water and are lost when the cooking liquid is discarded.

Cook vegetables in the shortest amount of time for the desired tenderness: Vegetables have some vitamins that are destroyed by heat so long cooking time means they provide less vitamins.

Scrub vegetables well and cook with the skin on whenever possible. If the vegetable must be peeled, peel as thinly as possible: Vegetables usually have a valuable layer of nutrients which is right under the skin. Peeling can remove many nutrients.

When vegetables are cut, use a sharp blade and cut in the largest pieces that are desirable for the recipe. Pieces should be uniform to allow for even cooking: Large pieces help preserve the nutrient content of the vegetables. A sharp blade in a piece of equipment or a knife will make a clean cut instead of bruising the vegetable. Bruising can cause a rapid loss of vitamin C from some green leafy vegetables such as cabbage and other greens.

Follow the recipe directions for cooking a vegetable. Recipes and general directions for cooking a vegetable are based on using the right culinary technique: Adding some ingredients actually destroys certain nutrients. For example, adding baking soda to green vegetables during cooking destroys some B vitamins as well a vitamin C.

Cook vegetables Just-in-Time for service on the line: Holding vegetables after cooking causes loss of nutritive value and quality. Plan food production so that vegetables can be cooked and immediately placed on the serving line. Remember that cooking will continue when the vegetable is placed on the steam table. Vegetables are best when they are held for less than 20 minutes.

When cooking green vegetables, keep the lid off to allow steam to escape and do not add acid during cooking: When a green vegetable is cooked some acid is released in the steam. When the steam cannot escape, it condenses to water that has the acid in it. It then falls on the food turning it a dull olive green color. Over cooking some green vegetables ALSO TURNS THEM A DULL OLIVE GREEN OR YELLOW COLOR. Acid such as lemon juice should never be added to a green vegetable during cooking. The acid will cause the vegetable to turn olive green and keep it from softening.

Cook vegetables for good flavor typical of the vegetable: All vegetables have some change of flavor during cooking. For some vegetables, the changes may be slight while others have a big change in flavor. Overcooking is the biggest problem when it comes to flavor.



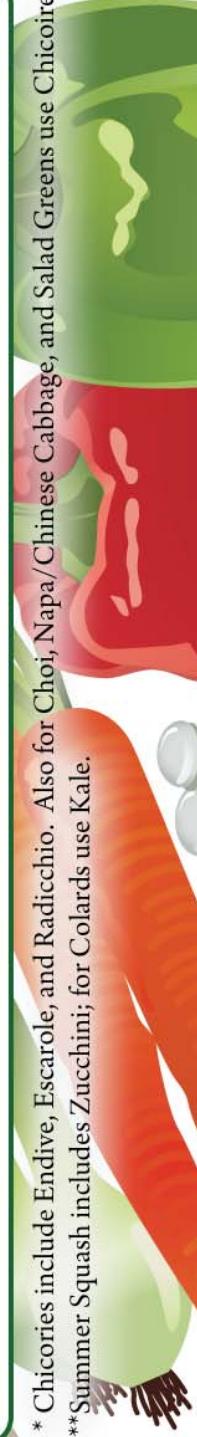
Vegetables &

Suggested Accompanying Herbs and Spices



Asparagus	Chervil, Dill, Tarragon, Curry, Mustard, White Pepper
Beets	Basil, Caraway, Fennel Seeds, Horseradish, Tarragon, Allspice, Coriander, Ginger
Broccoli	Caraway, Dill, Mint, Oregano, Curry, Ginger
Brussels Sprouts	Basil, Borage, Caraway, Dill, Parsley, Mustard, Nutmeg, Paprika
Cabbage*	Caraway, Dill, Fennel Seeds, Mint, Savory, Thyme, Coriander, Curry, Ginger
Carrots	Basil, Chervil, Fennel Green, Parsley, Thyme, Coriander, Ginger, Mace
Cauliflower	Basil, Caraway, Dill, Fennel Seeds, Thyme, Curry, Nutmeg, Paprika
Celeriac	Basil, Dill, Fennel Seeds, Marjoram, Thyme, Allspice, Coriander, Nutmeg, Paprika
Celery	Basil, Chervil, Dill, Lovage, Parsley, Curry, Paprika
Chicories*	Basil, Dill, Fennel Green, Marjoram, Thyme, Parsley, Ginger, Nutmeg
Cucumber	Basil, Borage, Dill, Mint, Parsley, Tarragon, Allspice, Coriander, Mustard
Green Beans	Basil, Chives, Dill, Lovage, Oregano, Rosemary, Savory
Eggplant	Basil, Oregano, Parsley, Rosemary, Savory, Thyme, Curry, Pepper
Fennel Bulb	Basil, Lovage, Parsley, Coriander, Nutmeg, Paprika
Kale**	Caraway, Dill, Marjoram, Tarragon, Thyme, Allspice, Coriander, Nutmeg
Kohlrabi	Basil, Chervil, Chives, Dill, Fennel Seeds, Lovage, Parsley, Allspice, Coriander, Mace
Leeks	Caraway, Dill, Lovage, Sage, Thyme, Mustard, Nutmeg, Paprika
Onions	Anise Seed, Basil, Bay Leaf, Parsely, Thyme, Clove, Curry, Paprika
Parsnips	Chives, Fennel Seeds, Parsley, Thyme, Coriander
Peas	Chervil, Chives, Dill, Mint, Parsley, Rosemary, Thyme, Curry, Nutmeg
Peppers	Basil, Lovage, Oregano, Parsley, Rosemary, Thyme, Curry, Ginger, Mustard
Potatoes	Chervil, Marjoram, Parsley, Rosemary, Sage, Thyme, Mace, Paprika, Pepper
Pumpkin	Celery Leaves, Chives, Onions, Sage, Thyme, Curry, Ginger
Radishes	Basil, Borage, Chives, Dill, Lovage, Mint, Parsley
Red Cabbage	Basil, Bay Leaf, Caraway, Onions, Thyme, Clove, Ginger, Nutmeg
Rutabaga	Basil, Borage, Caraway, Dill, Marjoram, Parsley, Rosemary, Allspice, Mustard, Pepper
Spinach	Basil, Chives, Dill, Lovage, Thyme, Allspice, Nutmeg
Squash, summer**	Basil, Chives, Dill, Marjoram, Onions, Oregano, Coriander, Pepper
Squash, winter	Celery Leaves, Marjoram, Onions, Parsley, Sage, Thyme, Allspice, Curry, Ginger
Sunchokes	Anise, Chervil, Chives, Dill, Fennel Seeds, Parsley, Sage, Coriander, Mace
Sweet Corn	Basil, Cilantro, Oregano, Parsley, Rosemary, Thyme, Chili, Mustard
Sweet Potatoes	Leek, Sage, Thyme, Allspice, Chili, Ginger
Swiss Chard	Lovage, Marjoram, Parsley, Savory, Allspice, Nutmeg, Paprika
Tomatoes	Basil, Cilantro, Dill, Oregano, Parsley, Rosemary, Curry, Paprika, Pepper
Turnips	Basil, Borage, Caraway, Dill, Marjoram, Parsley, Rosemary, Allspice, Mustard, Pepper

* Chicories include Endive, Escarole, and Radicchio. Also for Choi, Napa/Chinese Cabbage, and Salad Greens use Chicories.
 **Summer Squash includes Zucchini; for Colards use Kale.



Tip for using Herbs and Spices

Purchasing and storing

Fresh herbs

- ◆ Can be purchased with the other fresh produce items
- ◆ Refrigeration and loosely wrapping the bouquet of herbs in film wrap can extend the shelf life

Dried herb

- ◆ Store dried herbs and spices in a cool, dry place in an airtight container
- ◆ Dried herbs and spices retain their flavor for 6 months to 1 year

Purchasing practices for healthy school meals

Check for the amount of sodium in purchased items

- ◆ Purchase garlic, onion, and celery powders instead of garlic, onion or celery salts which have more sodium
- ◆ Purchase seasoning mixes that do not contain monosodium glutamate (MSG) or where salt is not the primary ingredient

Culinary Principles

Spices

Include allspice, cardamom, cinnamon, cloves, garlic, mace, mustard, nutmeg, paprika, peppercorns, and red pepper

Herbs

Include anise seed, basil, bay leaves, caraway seed, celery seed, chives, cilantro, coriander, cumin, dill, fennel seed, marjoram, mint, oregano, parsley, poppy seed, rosemary, sage, savory, sesame seed, tarragon, thyme, and turmeric.

Seasoning foods

Include bell peppers- green, red, yellow, hot chili pepper such as jalapeno pepper, and many other varieties of pepper; carrots, celery, garlic, lean smoked meat, leek, onion, and shallot are examples of seasonings.

Additional seasonings

Include juices: apple, lemon, lime, orange, pineapple; orange and lemon zest; meat bases; vegetable stock; olive oil; hot sauce; soy sauce; Worcestershire sauce; smoke flavor concentrate; and sesame seed oil.

- Use 1 to 3 herbs or spices in a recipe to enhance, not overpower, the flavor of the vegetable.
- Coriander or Curry may be added before cooking, all other herbs and spices should be added after cooking.
- Herbs and spices may be used as a salt substitute—with a little lemon to enhance, and with oil or unsalted butter.
- Use Cilantro,—the green, pungent herb of the Coriander plant—fresh in salads or sauces. Cook only with Coriander.
- Replace Pepper with Allspice for warmth in cold weather.
- Because lettuce is “water filler” and neutral, it can be mixed with any herb or spice.
- Garlic dominates flavors—use little with vegetables. Let it grace meat or fish dishes.

Successful Taste Testing

The purpose

- Introduce a new item
- Compare two like items
- Demonstrate health benefits

The Group

- School Wide (usually based in cafeteria)
- Focus Group (Student Advisory Committee / Club)
- Class room (tied into curriculum)
- Staff

Make it fun and exciting

- Advertise before event
- Include in morning announcements
- Set up a display (balloons, signage, ingredient examples)

Ask for assistance

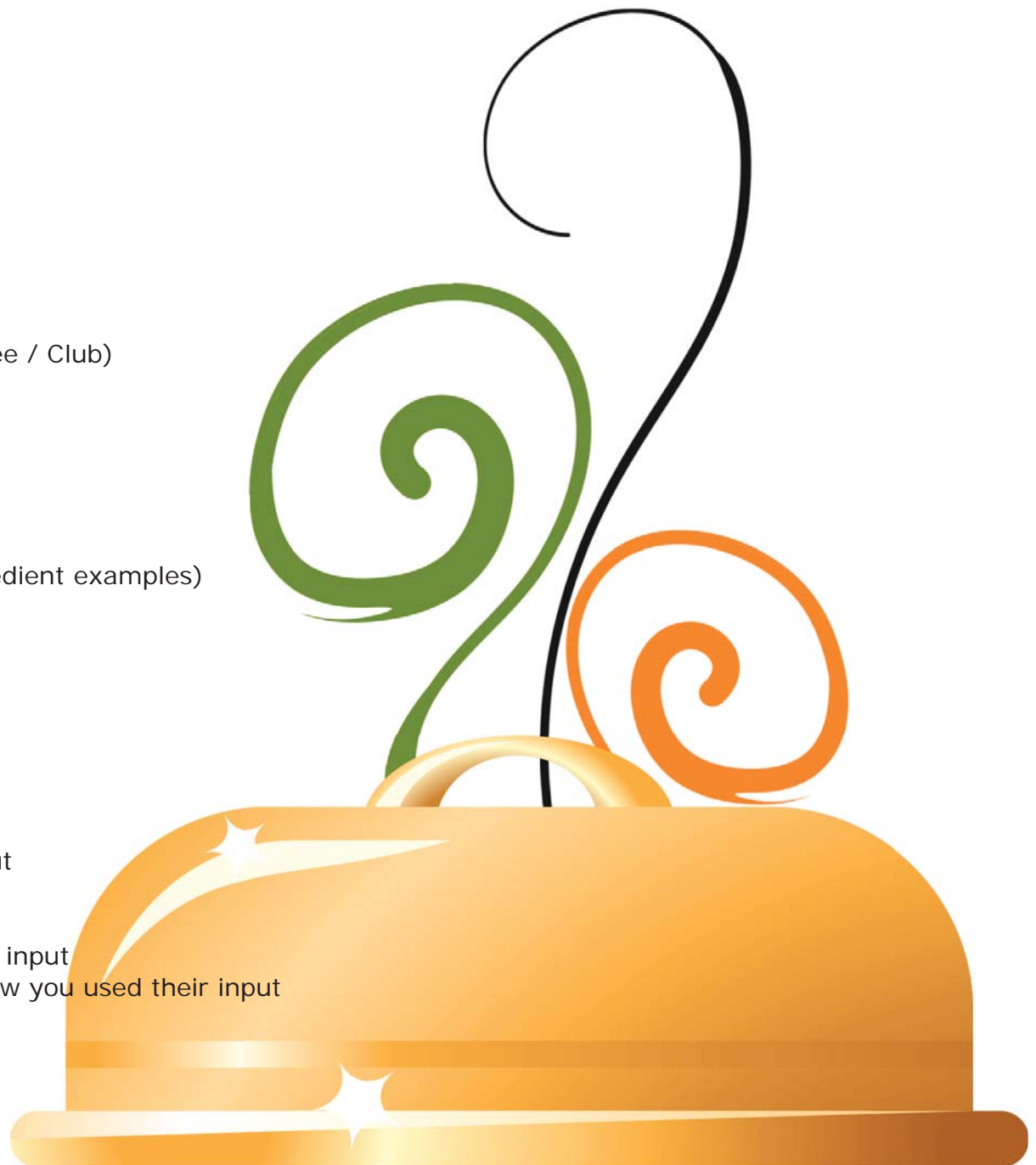
- Student Servers
- Parents
- Other Staff
- Student clubs, groups or teams

Make enough

- Plan enough servings so you don't run out

Invite input

- Utilize Score sheets or other methods for input
- Use the input and share with students how you used their input



Taste Test Form

Directions: Circle the number that best answers each question. 1 is the worst and 6 is the best.

						
How does the food look?	1	2	3	4	5	6
How does the food taste?	1	2	3	4	5	6
How is the texture? How does the food feel in your mouth?	1	2	3	4	5	6
How does the food smell?	1	2	3	4	5	6
How would you rate the food overall?	1	2	3	4	5	6
Office Use Only						
Panelist Code:			Date:			

Office of Superintendent of Public Instruction
Child Nutrition
600 S. Washington
Old Capitol Building
Olympia, Washington 98504-7200

www.k12.wa.us/ChildNutrition

