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How This Book Came About

The idea for creating this book came about from the trend of schools, child care centers and residential child care institutions preparing their menu items from scratch and using locally grown products in those recipes.

The purchasing of locally grown or harvested foods has risen substantially in the last few years. In the 2012 Farm to School census, approximately 68 percent of our schools reported participating in Farm to School activities. At 53 percent, seafood and vegetables are reported as the most commonly purchased local foods for service. In increasing the use of local foods, there was a corresponding need for recipes using Alaska grown and harvested products that are less common in the Lower 48 such as moose, reindeer, and caribou.

Through a grant from USDA Team Nutrition, the Department of Education & Early Development in collaboration with the UAF Cooperative Extension Service and the Farm to School Program created the Make it Local Recipes for Alaska's Children with much thought and planning. We hope that you enjoy it and remember to have fun when preparing and serving the recipes to children throughout Alaska.

Jo Dawson, DEED, Alaska Child Nutrition Programs Ellen Hackenmueller, DEED, Alaska Child Nutrition Programs Sue Lampert, DEED, Alaska Child Nutrition Program

Dedication

This cookbook is dedicated to Cheryl Forrest in appreciation for her work with children in Alaska.



Special Thanks

To the Make it Local Recipes for Alaska's Children Advisory Committee who volunteered their time, expertise and recipes to develop this cookbook for Alaska schools and child care centers:

Cheryl Forrest, Rural Cap Tanya Dube, Bristol Bay Borough School District Sandy Ponte, Cordova School District Eldon Wartes, Boys and Girls Home Geno Ceccarelli, North Slope Borough School District Gen Armstrong, Haines Borough School District Johanna Herron, Alaska Farm to School Program Coordinator

To Kate Idzorek and Danielle Flaherty, who developed and revised each recipe and prepared them so Alaska students could sample the recipe and for taking beautiful pictures of the finished products.

To the Fairbanks North Star Borough School District and the Boys and Girls Home of Alaska for allowing their students to sample the recipes for this cookbook.

Layout and design: Annie Kincheloe, A Sign of Design



This collection of "from scratch recipes" highlight foods that are unique to Alaska and have been tested to be "kid–friendly". The recipes have been formatted to provide step by step instructions.

The recipes have been standardized for 25 or 75 servings and meet the portion requirements for both the National School Lunch Program (NSLP) and the Child and Adult Care Feeding Program (CACFP); adjustments can be made based on serving size needs.

The recipes have an ingredient list and step by step directions that are easy to follow. It is important that the foodservice staff follow each step so that the finished product has the same quality each time it is served to the students.

For your convenience, the nutrient facts and meal component credits are specified for each recipe. You may notice on some recipes that the amount of the meal component credit is less than the serving size. The staff at Cooperative Extension Service intentionally provided conservative crediting amounts to ensure all servings provided the meal component credit as presented.

All of the locally grown or harvested foods in each recipe are highlighted with **bold blue font**.

Recipe Resources

These recipes were developed originally or adapted from the following resources:

USDA Recipes for Schools, National Food Service Management Institute, University of Mississippi

New School Cuisine: Nutritious and Seasonal Recipes for Schools Cooks by School Cooks Vermont FEED: Vermont Agency of Education; School Nutrition Association of Vermont.

Alaska Farm to School Program and University of Alaska Fairbanks Cooperate Extension Service USDA Standardized Recipes

Eat Local Alaska Grown Cookbook; Eat Local Club

Tanya Dube, Bristol Bay Borough School District

Sandy Ponte, Cordova School District

Geno Ceccarelli, North Slope Borough School District Gen Armstrong, Haines Borough School District

Kate Idzorek, UAF Cooperative Extension Service Danielle Flaherty, UAF Cooperative Extension Service

Online Resources

Alaska Grown Source Book Home Page http://dnr.alaska.gov/ag/sourcebook/sourcebookindex2014.html

Eat Local Grown Cookbook http://eatlocalalaskagrown.org/alaska-grown-recipes/

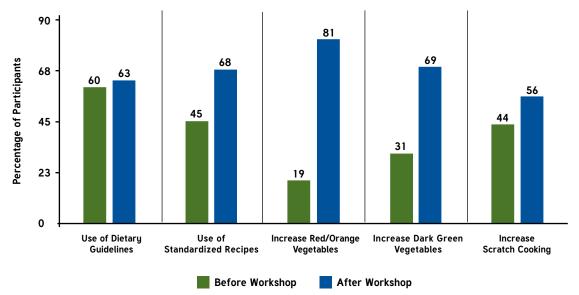
USDA Recipes for Schools

http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cElEPTEwMiZpc01ncj10cnVl

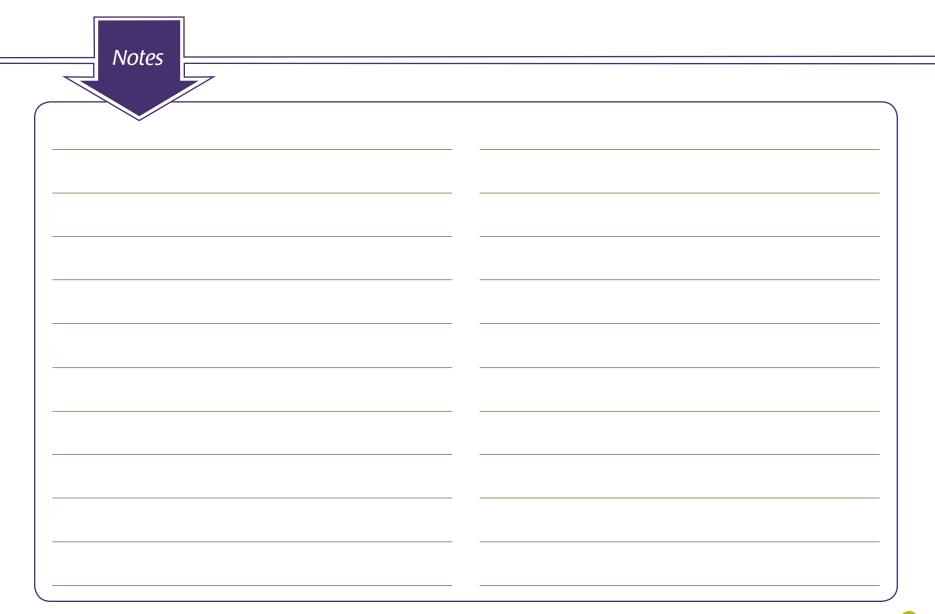
Cooking Up Nutrition Workshops

The Cooking Up Nutrition Workshops offered foodservice personnel at the district and agency site level to gain a greater knowledge of the use of standardized recipes and the 2010 Dietary Guidelines. The workshop focused on hands-on scratch cooking using sweet potatoes, legumes, and whole grains along with reducing the fat and sodium amounts in recipes.

Surveys were taken by the participants to determine how effective the **Cooking Up Nutrition Workshops** were. Participants had to complete an action plan identifying measures that they intended to take upon return to their school or agency. Implementation surveys were taken by participants to determine if the workshops were a success. Results showed there was an increase in the use of standardized recipes, using the Dietary Guidelines to plan menus, serving of red/orange and dark green vegetables and scratch cooking and baking.



Cooking Up Nutrition Workshop



Asian Slaw with Sunnies

"It looks like brains, but yummy."

Vegetable

Asian Slaw with Sunnies

Asian type
slaws get
their distinct
flavor
from the
rice vinegar
and the
sesame oil.

Helpful Notes

	INGREDIENTS	25 SERVINGS	75 SERVINGS
	Cabbage, Napa or Red, shredded	3 qts + 3 cups	2 gal + 3 qts + 1 cup
	Onion , red or sweet yellow, finely diced	2 cups	2 quarts + 2 cups
	Sunflower sprouts* (optional)	1 qt + 3 1/2 cups	1 gal + 1 qt + 2 1/2 cups
	Rice vinegar	2 1/2 cups	1 quart
	Sesame oil	1 cup	3 1/2 cups
	Olive oil	1/2 cup	2 3/4 cups
	Salt	2 Tbsp + 1 1/2 tsp	1/3 cup + 2 tsp
	Sugar	1/4 c. + 3 Tbsp + 1 1/2 tsp	1/4 c. + 2 tsp + 1 1/2 tsp
	Sesame seeds, toasted	1 cup	2 3/4 cups
× .			

Serving Size: 1 cup **Credit As:** 3/4 cup other vegetable

*Sprouts are potentially hazardous for young children and older adults.

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Valu			
	Total Fat 16g	25%	Total Carbohydrate 26g	9%	Your Daily Values your calorie needs		r or lower de	pending on
Facts	Saturated Fat 2g	10%	Dietary Fiber 2g	8%	Total Fat	Calories	2,000	2,500
Serving Size (165g)	Trans Fat 0g		Sugars 13g		Sat Fat	Less than Less than	65g 20g	80g 25g
Calories 250	Cholesterol 0mg	0%	Protein 5g	10%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 140	Sodium 710mg	30%			Total Carbs	0.000 0.000	300g	375g
	Vitamin A 20%	 Vitamin C 40% 	Calcium 6%	Iron 8%	Dietary Fiber		25g	30g

DIRECTIONS

- 1. In large bowl, combine cabbage, onion and sunflower sprouts (if using). Stir to combine.
- 2. In separate bowl, combine rice vinegar, sesame oil, olive oil, salt, sugar and sesame seeds. Whisk to combine.
- 3. Pour oil mixture over cabbage mixture. Stir to combine.
- 4. Cover bowl and place in refrigerator for a minimum of 1 hour before serving for a better flavor.

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

5. Serve:

If using sunflower sprouts, serve 1 cup (2—No. 4 scoops) per plate.

If **NOT** using sunflower sprouts, serve 3/4 cup (No. 5 scoops + No. 16) per plate.

Baked Halibut

"Fishy fun in my mouth."



8

Helpful Notes

Baked Halibut

Be creative and make your own mix of herbs and spices.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Halibut, raw, boneless, skinless fillets	5 lb 13 oz	17 lbs 9 oz
Lemon juice (optional)	1 Tbsp	3 Tbsp + 1 tsp
Salt	3/4 tsp	2 1/4 tsp
Onion powder	3/4 tsp	2 1/4 tsp
Garlic powder	1/3 tsp	1 tsp
Thyme, dried, ground	1/4 tsp	3/4 tsp
Coriander, dried, ground (optional)	1/3 tsp	1 tsp
Black pepper	1/4 tsp	3/4 tsp

Serving Size: 2 1/2 oz cooked Credit As: 2 oz M/MA

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving		Percent Daily Value			
	Total Fat 1.5g	2%	Total Carbohydrate 0g		Your Daily Values m your calorie needs.	ay be higher	r or lower dep	pending on
Facts	Saturated Fat 0g	0%	Dietary Fiber 0g	0%	Total Fat	Calories	2,000	2,500
Serving Size (106g)	Trans Fat 0g		Sugars 0g		Sat Fat	Less than Less than		80g 25g
Calories 100	Cholesterol 50mg	17%	Protein 20g	40%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 15	Sodium 140mg	6%			Total Carbs		300g	375g
	Vitamin A 2%				Dietary Fiber		25g	309

DIRECTIONS

- 1. Cut fillets into 3 oz portions if desired, or leave whole and portion after baking.
- 2. Spray sheet pan with pan release spray and place halibut onto pan.
- 3. Sprinkle halibut with lemon juice if using.
- 4. Mix together spices and sprinkle evenly over fish.
- 5. Bake:

Conventional oven: 350° F for 20–25 minutes

Convection oven: 325°F for 16–20 minutes

CCP: Heat to 145°F or higher for at least 15 seconds.



"I love it."



Banana Muffins

These may be made the day ahead. Once completely cooled, store in airtight container.

Helpful Notes

INGREDIENTS	25 SERVINGS	75 SERVINGS
Barley flour	2 cups	1 quart + 2 cups
All-purpose flour	1 3/4 cups	1 quart + 1 1/4 cups
Salt	1 tsp	1 Tbsp
Baking soda	2 1/4 tsp	2 Tbsp + 1 tsp
Canola oil or other transfat free oil	3/4 cup	2 1/4 cup
Sugar	1 cup	3 1/4 cups
Eggs	4 each	12 each
Vanilla extract	2 tsp	2 Tbsp
Bananas, very ripe, mashed	2 1/4 cups	1 quart + 2 1/4 cups
Water	1/2 cup	1 1/2 cups

Serving Size: 1 muffin Credit As: 2 oz WGR grain

Nutrition	Amount Per Serving		% Daily V	alues'	Amount Per Serving	% Daily Values*	*Percent Daily Value			
	Total Fat 8g			12%	Total Carbohydrate 25g	8%	Your Daily Values / your calorie needs.	may be highe	r or lower de	ipending on
Facts	Saturated Fat 1g			5%	Dietary Fiber 2g	8%	Total Fat	Calories Less than	2,000	2.500
Serving Size (64g)	Trans Fat 0g				Sugars 11g		Set Fat	Less than		80g 25g 300mg
Calories 180	Cholesterol 30mg			10%	Protein 3g	6%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 70	Sodium 220mg			9%			Total Carbs		300g	375g
	Vitamin A 2%	•	Vitamin C 2%		Iron 4%		Dietary Fiber		25g	30g

DIRECTIONS

- 1. In large bowl, combine barley flour, all-purpose flour, salt and baking soda. Stir until fully combined and set aside.
- 2. In mixer with paddle attachment, place canola oil, sugar, eggs and vanilla. Mix on medium-low speed, 2–3 minutes or until fully combined.
- 3. Add mashed bananas and water and mix on medium–low, another 2–3 minutes until fully combined.
- 4. Add dry ingredients and mix on medium speed until just combined. Batter may still have a few lumps.
- 5. Pour 1/3 cup batter into prepared muffin tins. (Muffin tins can either be lined with paper liners or sprayed with pan release spray and coated in flour).
- 6. Bake:
 - Conventional oven: $325^{\circ}F$ for 20–25 minutes
 - Convection oven: 300°F for 16–18 minutes
 - Or until a toothpick inserted into the center of one comes out clean.

Cool on wire rack until completely cooled.

Barley Pizza Crust

Grain

"This pizza crust is fast, and easy to prepare."

Barley Pizza Crust

When rolling out the dough it may want to bounce back instead of spreading out to the edges of the pan. If it becomes too difficult to work with, cover with plastic or a towel and allow to sit undisturbed for a few minutes while working on the next pan(s) of dough.

Helpful

Hints

INGREDIENTS	25 SERVINGS	75 SERVING
All-Purpose flour	2 1/2 cups	7 1/2 cups
Whole wheat flour	1 1/4 cups	3 3/4 cups
Barley flour	2 cups + 2 Tbsp	6 cups + 2 Tbsp
Salt	1 tsp	1 Tbsp
Sugar	1 Tbsp	3 Tbsp
Yeast	2 Tbsp + 2 tsp	1/2 cup
Water, at 70° F	2 1/4 cups	1 quart + 2 3/4 cup
Canola oil	2 Tbsp + 1 tsp	1/4 cup + 3 Tbsp
Corn meal	1 Tbsp	3 Tbsp

Serving Size: 1 piece Credit As: 1 1/2 oz WGR grain

Tip: For best results, have all ingredients and utensils at room temperature.

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	Percent Daily Valu			
Butiltion	Total Fat 0.5g	1%	Total Carbohydrate 24g	8%	Your Daily Values your calorie needs	may be highe	r or lower de	pending on
Facts	Saturated Fat 0g	0%	Dietary Fiber 3g	12%	Total Fat	Calories	2,000	2,500
Serving Size grams (53g)	Trans Fat 0g		Sugars 1g		Sat Fat	Less than Less than	200	80g 25g
Calories 110	Cholesterol Omg	0%	Protein 3g		Cholesterol Sodium	Less than Less than	300mg	300mg 2400mg
Calories from Fat 5	Sodium 95mg	4%			Total Carbs	Cesa man	3000	375g
					Dietary Fiber		250	30g

DIRECTIONS

- 1. Place flour, salt, sugar, and dry yeast in large mixer bowl. Mix with a dough hook on low speed until combined, about 30 seconds.
- 2. Combine warm water and oil. Add liquids to the dry ingredients. Mix on low until combined. Turn mixer to medium speed and mix until dough is very stiff and bounces back when pressed with a thumb, about 12 minutes.
- 3. Shape dough into a ball and place into a lightly greased container. Cover with plastic wrap or a lid and place in a warm area to rise until doubled in size, approximately 45 minutes to an hour.
- 4. Preheat oven to 400°F.
- 5. Punch dough down and divide into balls as necessary. For 25 servings leave dough as one ball. For 75 servings divide into 3 balls. All dough balls will be approximately 2 lbs 6 oz. Keep dough balls covered until ready to use.
- 6. Lightly coat half-sheet pans (13"x18"x1") with pan release spray and sprinkle with cornmeal or cover with parchment paper. For 25 servings, use 1 half-sheet pan. For 75 servings, use 3 half-sheet pans.
- 7. Place each dough ball on lightly floured surface and roll out to 1/8" thickness, transfer to prepared pan.
- 8. Add toppings and place in oven and bake for 15–18 minutes or until done.
- 9. Remove from oven and cut each half-sheet pan into 25 servings (5 x 5).

Beef Stroganoff

Meat/ Meat Alternate

Grain

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Mushrooms can be easily minced by placing in a food processor and pulsing them a few times.

Serving Secrets

Beef Stroganoff

INGREDIENTS	25 SERVINGS	75 SERVINGS
Beef, caribou or moose, roast or steaks, cut into 1/4" strips	4 lbs.	12 lbs.
Onion, diced	1 quart + 2 cups	1 gallon + 1 2/3 cups
Mushrooms, canned, drained, minced	1 quart + 2 cups	1 gallon + 1 2/3 cups
Canola oil	1/4 cup	3/4 cup
All-Purpose flour	1 quart	2 quarts + 3 cups
Beef broth	1 quart	2 quarts + 3 cups
Salt	1 1/2 tsp	1 tbl + 1 1/4 tsp
Pepper	1/2 tsp	1 1/4 tsp
Sour cream	2 cups	1 quart + 1 3/4 cups
Brown rice or whole wheat egg noodles, fully cooked	1 gal + 3 cups	3 gals + 1 qt + 1 cup

Serving Size: 3/4 cup brown rice or whole wheat egg noodles + 1 cup beef with sauce.

Credit As: 2 oz M/MA and 2 oz WGR grain

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Values			
	Total Fat 11g	17%	Total Carbohydrate 58g	19%	Your Daily Values m your calorie needs.	ay be higher	r or lower de	pending on
Facts	Saturated Fat 3.5g	18%	Dietary Fiber 5g	20%	Total Fat	Calories	2,000	2,500
Serving Size (396g)	Trans Fat 0g		Sugars 5g		Sat Fat	Less than Less than	200	250
Calories 430	Cholesterol 55mg	18%	Protein 24g	48%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 100	Sodium 460mg	19%			Total Carbs	Const triate	300g	375g
	Vitamin A 2%	Vitamin C 4%	Calcium 8%	Iron 20%	Dietary Fiber		250	300

DIRECTIONS

- 1. Cut steak or roast into strips, approximately 1/4" x 1/4" x 1".
- 2. In large bowl, combine beef, onion, mushrooms, salt and pepper. Stir to combine.
- 3. Add flour and gently toss to evenly coat ingredients.
- 4. Heat oil in a large skillet on mediumhigh heat.
- 5. Add beef mixture to hot skillet. Stir to brown, about 5 minutes.
- 6. Stirring constantly, slowly add beef broth. Reduce heat to low and simmer about 20 minutes, stirring occasionally, until broth has formed a thick sauce.
- 7. Remove skillet from heat and stir in sour cream.

CCP: Heat to 165°F or higher for at least 15 seconds.

8. Serve immediately or hot hold for service.

CCP: Hot hold at 135°F or higher.



Berry Rhubarb Crisp

75 SERVINGS

Try replacing walnuts with any kind of nut. **Berries** and rhubarb can be fresh or frozen.

Cooks Tips

INGREDIEN I S	25 SERVINGS	75 SERVINGS
Berries, assorted varieties such as blueberries,		
strawberries or raspberries	2 qts + 1/2 cup	6 qts + 1 1/2 cups
Rhubarb	1 quart	3 quarts
Sugar, white	2 cups	1 quart + 2 cups
All-Purpose flour	1 1/4 cup	3 3/4 cups
Cinnamon	1 Tbsp	3 Tbsp
Crumb Crust		
Oatmeal	3 cups	2 quarts + 1 cup
Barley flour	1 cup	3 cups
Salt	1/2 tsp	1 1/2 tsp
Brown sugar, packed	1 cup	3 cups
Walnuts (optional)	1 cup	3 cups
Margarine or (Trans fat free oil)	1/2 cup (1/4 cup + 3 Tbsp)	1 1/2 cups (1 1/4 cups + 1 Tbsp)

25 SERVINGS

Serving Size: 1 cup Credit As: 3/4 cup fruit

INCDEDIENTS

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving		Percent Daily Values a			
Butiltion	Total Fat 8g	12%	Total Carbohydrate 52g		Your Daily Values may your calorie needs.	be higher	or lower de	pending on
Facts	Saturated Fat 1g	5%	Dietary Fiber 4g	16%		a/ories	2,000	2,500
Serving Size (154g)	Trans Fat 0g		Sugars 32g			ess than ess than	20g	80g 25g
Calories 280	Cholesterol Omg	0%	Protein 4g	8% ⁰		ess than ess than	300mg 2400mg	300mg 2400mg
Calories from Fat 70	Sodium 50mg	2%		1	otal Carbs		300g	375g
	Vitamin A 2%	 Vitamin C 15% 	Calcium 4%	Iron 8%	Dietary Fiber		25g	300

DIRECTIONS

- 1. Combine berries, rhubarb, sugar, flour and cinnamon in large bowl. Stir to combine.
- 2. Pour berry mixture into steamtable pans (20" x 12" x 2 1/2").
- 3. In a separate bowl, combine oatmeal, barley flour, brown sugar, walnuts and margarine or oil in a food processor fitted with a steel blade. Process for 1-2 minutes until the mixture is fully combined and crumbly in texture.
- 4. Dump crumb topping and spread evenly over berry mixture.
- 5. Bake:
 - Conventional oven: 350°F for 50–60 minutes

Convection oven: 325°F for 40–45 minutes

6. May be served cool or lukewarm. Cut each pan $5 \ge 5$ or scoop a scant (a little less than) 1 cup serving per person.

Breakfast Burrito

"So, so, so amazing!"



This can be served at breakfast or lunch.

Serving Secrets

Try serving the tortillas and filling separately and let the kids assemble their own burrito.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Tortillas, whole wheat 8"	25 each	75 each
Eggs	7–8 each	22–24 each
Salt	1/2 tsp	1 1/2 tsp
Potatoes, shredded	1 1/3 cups	4 cups
Zucchini, shredded	1 1/4 cups	3 3/4 cups
Carrots, shredded	3/4 cup	2 1/4 cups
Onion, shredded	1/2 cup	1 1/2 cups
Cheddar cheese, shredded	1 1/2 cups + 1 Tbsp	4 3/4 cups
Salsa, mild	1 1/2 cups + 1 Tbsp	4 3/4 cups

3 cups + 2 Tbsp

Breakfast Burrito

9 1/4 cups + 2 Tbsp

Serving Size: 1 burrito

Taco Meat (see recipe)

Credit As: 1/8 cup mixed vegetable; 2 oz M/MA; 1 oz WGR grain

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Value			
	Total Fat 7g	11%	Total Carbohydrate 27g	9%	Your Daily Values m your calorie needs.	ay be highe	r or lower de	pending on
Facts	Saturated Fat 2.5g	13%	Dietary Fiber 4g	16%	Total Fat	Calories	2,000	2,500
Serving Size (132g)	Trans Fat 0g		Sugars 2g		Sat Fat	Less than Less than	65g 20g	80g 25g
Calories 220	Cholesterol 70mg	23%	Protein 13g	26%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 60	Sodium 590mg	25%			Total Carbs	0898 8101	300g	375g
	Vitamin A 15%	Vitamin C 15%	Calcium 4%	Iron 6%	Dietary Fiber		25g	30g

DIRECTIONS

- 1. In skillet, scramble eggs with a pinch of salt.
- 2. Prepare Taco Meat according to recipe on page 95.
- 3. In food processor, shred potatoes and set aside.
- 4. In food processor, shred zucchini, carrots and onions, set aside.
- 5. In skillet, saute potatoes with a pinch of salt and set aside.
- 6. In skillet, saute zucchini, carrots and onion with a pinch of salt. Add Taco Meat, stir and set aside.

For each burrito, top 1 tortilla with:

- 1 Tbsp + 1 1/2 tsp egg (1/2 oz)
- 2 tsp potatoes (1/3 oz)
- 2 Tbsp Taco Meat and vegetable mixture (1 1/2 oz)
- 1 Tbsp cheddar cheese
- 1 Tbsp salsa (or taco sauce)

Roll into burritos and serve.

Broccoli Salad

Vegetable

Broccoli Salad

Let sit at least 30 minutes before serving to allow flavors to meld.

Serving Secrets

INGREDIENTS	25 SERVINGS	75 SERVINGS
Broccoli	3 quarts + 1 cup	1 gal + 2 qts + 2 cups
Red onion	3/4 cup	2 1/4 cups
Carrots	1 quart	3 quarts
Bacon, fully cooked, crumbled	1/4 cup + 1 Tbsp	3/4 cup + 3 Tbsp
Raisins	2 1/4 cups	1 quart + 2 3/4 cups
Mayonnaise, lite	1 1/2 cups	1 quart + 1/2 cup
Yogurt, plain, fat-free	3 1/4 cups	1 quart + 1 3/4 cups
Sugar, white, granulated	2 Tbsp + 1 tsp	1/4 cup + 3 Tbsp
Salt	3/4 tsp	1 1/4 tsp
Vinegar	2 Tbsp + 1 tsp	1/4 cup + 3 Tbsp
Water	3/4 cup	2 1/4 cups

Serving Size: 1/2 cup Credit As: 3/8 cup dark green vegetable

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values* "Percent Daily Value			
	Total Fat 4.5g	7%	Total Carbohydrate 22g	7% Your Daily Values your calorie needs		r or lower de	pending on
Facts	Saturated Fat 1g	5%	Dietary Fiber 2g	8% Total Fat	Calories	2,000	2,500
Serving Size (139g)	Trans Fat 0g		Sugars 14g	Sat Fat	Less than Less than	65g 20g	80g 25g
Calories 140	Cholesterol 10mg	3%	Protein 5g	10% Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 40	Sodium 310mg	13%		Total Carbs	Less man	300g	375g
	Vitamin A 20%	 Vitamin C 90% 	Calcium 10%	Iron 4%		250	300

DIRECTIONS

- 1. Trim broccoli and cut into bite-sized pieces.
- 2. Trim, peel and thinly slice onion.
- 3. Shred carrots in food processor or grate by hand.
- 4. Cook bacon until crispy. Drain, cool and crumble.
- 5. In large bowl, combine broccoli, diced onion, shredded carrots, bacon pieces and raisins.
- 6. In a medium mixing bowl or food processor fitted with steel blade, combine mayonnaise, yogurt, sugar, salt, vinegar and water. Whisk or blend until well combined. Pour over broccoli mixture and stir until fully combined.
- 7. Cool. Refrigerate until service.
 - CCP: Cool to 41°F or lower within 4 hours.



Grain

Vegetable

"Great Awesome Goooood!"

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Carrot Muffins

Muffins may be made the day ahead. Once cooled, place in airtight container until ready to serve.

Cook's Tip

INGREDIENTS	25 SERVINGS	75 SERVINGS
Barley flour	2 cups + 2 Tbsp	1 qt + 2 1/4 c. + 2 Tbsp
Baking soda	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Salt	1 1/4 tsp	1 Tbsp + 3/4 tsp
Cinnamon	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Nutmeg (optional)	1/2 tsp	1 1/2 tsp
Ginger	1 1/4 tsp	1 Tbsp + 3/4 tsp
Sugar	1 1/2 cups	1 quart + 1/2 cup
Canola or other Trans fat free oil	1/3 cup	1 cup
Applesauce	1 1/4 cups	3 3/4 cups
Eggs	5 each (1 1/4 c.)	15 each (3 3/4 c.)
Carrots, shredded	3 3/4 cups	11 1/4 cups

Serving Size: 1 muffin

Credit As: 2 oz WGR Grain and 1/8 cup red/orange vegetable

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values* * Percent Daily Value			
	Total Fat 4.5g	7%	Total Carbohydrate 23g	8% Your Daily Values r your calorie needs.	may be higher	or lower dep	ending on
Facts	Saturated Fat 0.5g	3%	Dietary Fiber 2g	8% Total Eat	Calories	2,000	2,500
Serving Size (66g)	Trans Fat 0g		Sugars 14g	Sat Fat	Less than Less than	65g 20g	80g 25g 300mg
Calories 140	Cholesterol 35mg	12%	Protein 3g	6% Cholesterol Sockern	Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 40	Sodium 270mg	11%		Total Carbs	Cess man	300g	375g
	Vitamin A 60%	Vitamin C 15%	Calcium 2%	Iron 2%		25g	30g

DIRECTIONS

- 1. In large bowl, combine barley flour, baking soda, salt, cinnamon, nutmeg and ginger. Stir until combined. Set aside.
- In mixer with paddle attachment, combine sugar, canola oil and applesauce. Mix on medium-low speed until fully combined, 2-3 minutes.
- 3. Add egg and mix until fully combined, 2–3 minutes more.
- 4. Add carrots and mix until fully combined, 2–3 minutes.
- 5. Add dry ingredients and mix on medium until fully combined, 2–3 more minutes.
- 6. Pour 1/3 cup batter into prepared muffin tins (Use paper cups or spray tins with pan release spray and coat with flour).
- 7. Bake:
 - Conventional oven: 350°F for 20–25 minutes

Convection oven: $325^{\circ}F$ for 16-18 minutes Or until a toothpick inserted into the center of a muffin comes out clean.

8. Cool completely on wire rack.



Meat/ Meat Alternate

Helpful Hints

Cioppino (Seafood Stew)

Cioppino is
a traditional
San Francisco
seafood stew.
It usually has
shellfish in
it. This recipe
does not but
we encourage
you to add it
to yours.

Serving Size: 1 cup Credit As: 2 oz M/MA and 3/4 cup mixed vegetable

INGREDIENTS	25 SERVINGS	75 SERVINGS
Canola oil	2 Tbsp + 1 tsp	1/4 cup + 2 Tbsp
Onion, carrots, celery,		
bell pepper, chopped	3 1/2 cups each	2 qts + 1 1/2 c. each
Zucchini	1 quart + 3 cups	1 gallon + 3 quarts
Tomatoes, canned, diced w/juice	1 quart + 2 cups	1 gallon
Tomato paste	3 Tbsp + 1 1/2 tsp	1/2 cup + 2 Tbsp
Red wine vinegar	1/4 cup + 3 Tbsp	1 cup + 3 Tbsp
Chicken broth	3 qts + 2 cups	2 gals + 1 qt + 2 cups
Garlic powder	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Parsley, dried flakes	1 3/4 tsp	1 Tbsp + 1 1/2 tsp
Thyme, dried, ground	1 tsp	3 tsp
Basil, dried flakes	1 tsp	3 tsp
Black pepper	1/2 tsp	1 1/2 tsp
Salmon, cut into 1" chunks	2 lbs. 3 oz.	6 lbs. 9 oz
White fish, boneless,		
skinless cut into 1" chunks	2 lbs. 3 oz.	6 lbs. 9 oz
Cornstarch	1 3/4 tsp	1 Tbsp + 2 1/4 tsp
Water	1/4 cup	3/4 cup

Nutrition	Amount Per Serving	% Delty Values*	Amount Per Serving	% Daily Values" * Percent I		
	Total Fat 6g	9%	Total Carbohydrate 11g	4% Your Dail		r or lower depending on
Facts	Saturated Fat 1.5g	8%	Dietary Fiber 3g	12% Total Fat	Calories	2,000 2,500 650 800
Serving Size (408g)	Trans Fat 0g		Sugars 6g	Set Fat	Less than Less than	65g 80g 20g 25g 300mg 300mg
Calories 170	Cholesterol 40mg	13%	Protein 17g	34% Cholesten Sodium	ol Less than Less than	300mg 300mg 2400mg 2400mg
Calories from Fat 60	Sodium 850mg	35%		Total Cart	26	300g 375g
	Vitamin A 90%	Vitamin C 70%	Calcium 6%	Iron 6%	-ber	25g 30g

DIRECTIONS

- 1. Heat oil in a large, heavy bottomed stock pot over medium/medium high heat. Add onion, carrot, celery, bell pepper and salt. Saute lightly, about 5 minutes, or until onion starts to become translucent.
- 2. Add zucchini, diced tomatoes, tomato paste, red wine vinegar, chicken broth, garlic powder, parsley, thyme, basil and black pepper. Bring to a boil then turn heat to low and simmer about 40 minutes.
- 3. In a small cup, whisk together the cornstarch and water to make a slurry.
- 4. Add salmon, white fish and the cornstarch and water slurry to the stew and stir to fully combine.
- 5. Simmer for 15 minutes more or until the fish is fully cooked.
 - CCP: Heat to 165°F or higher for 15 seconds.
- 6. Serve immediately or hold for hot service. Use 8 oz. ladle to serve 1 cup servings.

CCP: Hot hold at 135°F or higher.

Coleslaw

"Mouthwatering"



This would be great served with a pulled pork sandwich or with crispy fish fingers in a whole wheat tortilla.

Serving Secrets

INGREDIENTS	25 SERVINGS	75 SERVINGS
Cabbage, green, shredded	2 quarts + 3 cups	2 gallons
Carrot, grated	2 3/4 cups	2 quarts
Celery, thinly sliced	2 cups	1 quart + 1 1/2 cups
Onion, red, thinly sliced	1/2 cup + 3 Tbsp	2 cups
Dressing:		
Yogurt, fat-free, plain	2 cups	1 quart + 2 cups
Mayonnaise, lite	1 cup	3 cups
Apple cider vinegar	2 Tbsp + 2 1/4 tsp	1/2 cup
Water	1/4 cup + 1 Tbsp	1 cup
Sugar	1 Tbsp + 1 1/4 tsp	1/4 cup
Salt	1 1/4 tsp + 1/8 tsp	1 Tbsp + 1 tsp

Coleslaw

Serving Size: 3/4 cup Credit As: 3/4 cup other vegetable

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving		ercent Daily Values are base		
	Total Fat 3g	5%	Total Carbohydrate 8g		our Daily Values may be high our calorie needs.	her or lower de	pending on
Facts	Saturated Fat 0g	0%	Dietary Fiber 2g	8%	Calories tal Fat Less that	2,000	2,500
Serving Size (108g)	Trans Fat 0g		Sugars 5g		at Fat Less that		80g 25g
Calories 70	Cholesterol 5mg	2%	Protein 2g	4% Ch	olosterol Less that dium Less that		300mg 2400mg
Calories from Fat 30	Sodium 230mg	10%		To	tal Carbs	300g	375g
	Vitamin A 45%	Vitamin C 30%	Calcium 6%	Iron 2%	Netary Fiber	25g	30g

DIRECTIONS

- 1. In large bowl, combine cabbage, carrots, celery and onion. Toss to combine.
- 2. In separate bowl, combine yogurt, mayonnaise, apple cider vinegar, water, sugar and salt. Whisk to combine.
- 3. Pour yogurt mixture over cabbage mixture. Stir to evenly coat.
- 4. Cover bowl and place in refrigerator for a minimum of 1 hour before serving for a better flavor.

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

5. Serve: Place rounded 3/4 cup (No. 5 scoop) per plate.



Helpful Hint

Replace coriander with fresh cilantro. Use 1 1/2 Tbsp of fresh cilantro for 25 servings. Use 1/4 cup fresh cilantro for 75 servings.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Crab meat or immitation crab meat, fully cooked	2 quarts + 2 cups	1 gal + 3 qts + 2 cups
Celery, diced	1 1/4 cups	3 2/3 cups
Onion, diced	1 1/4 cups	3 2/3 cups
Green pepper, diced	1 1/4 cups	3 2/3 cups
Eggs	6 each	18 each
Bread crumbs	2 cups	1 quart + 2 cups
Worchestershire sauce	2 Tbsp	1/4 cup + 2 Tbsp
Lemon juice	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Mayonnaise, lite	1/2 cup	1 1/2 cups
Garlic powder	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Parsley flakes, dried	1 Tbsp	3 Tbsp
Coriander, dried, ground	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Mustard, dried, ground	3/4 tsp	2 1/4 tsp
Black pepper	1/4 tsp	3/4 tsp

Crab Cake

Serving Size: 1 cake (2/3 cup) Credit As: 2 oz M/MA and 1/8 cup other vegetables

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Values			
	Total Fat 3g	5%	Total Carbohydrate 12g	4%	Your Daily Values ma your calorie needs.	ay be higher	or lower dep	pending on
Facts	Saturated Fat 0.5g	3%	Dietary Fiber 1g	4%	Total Fat	Calories	2,000	2,500
Serving Size (96g)	Trans Fat 0g		Sugars 1g		Sat Fat	Less than Less than	200	80g 25g
Calories 120	Cholesterol 45mg	15%	Protein 11g	22.75	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 30	Sodium 200mg	8%			Total Carbs	Centre Francisco	300g	3750
	Vitamin A 2%	Vitamin C 10%	Calcium 4%	Iron 4%	Dietary Fiber		25g	30g

DIRECTIONS

- 1. In large mixing bowl, combine all ingredients. Stir by hand until fully combined, or mix on low in a large mixer fitted with a paddle attachment.
- 2. Spray baking sheet or muffin tin with pan release spray. To make the cakes: Use a rounded 2/3 cup (#6 scoop) for each patty. Either form by hand or gently press into muffin tins.
- 3. Bake at 400°F for 25 minutes. CCP: Heat to 145°F or above for 15 seconds.
- 4. Serve or hold for hot service. CCP: Hot hold at 135°F or higher.



"So good you need to put it in the school lunch."

Meat/ Meat Alternate

(; \Vegetable)

Crab Salad

Dark leafy greens may be substituted with romaine or other lettuce.

Serving Secrets

INGREDIENTS	25 SERVINGS	75 SERVINGS
Crab meat or immitation crab meat, fully cooked	3 quarts	9 quarts
Celery, diced finely	1/2 cup	1 1/2 cups
Onion, diced finely	1/2 cup	1 1/2 cups
Green bell pepper, diced finely	1 cup	3 cups
Yogurt, plain, fat free	2 cups	1 quart + 2 cups
Mayonnaise, lite	1 cup	3 cups
Lemon juice	1 Tbsp	3 Tbsp
Parsley, dried	2 tsp	2 Tbsp
Garlic, dried, powder	1 tsp	1 Tbsp
Dill, dried	1 tsp	1 Tbsp
Pepper, black, ground	1/4 tsp	3/4 tsp
Salt	1/4 tsp	3/4 tsp
Dark leafy greens, shredded (such as Swiss chard, kale, spinach, etc.)	1 gal + 2 qts + 1 c.	4 gals + 3 cups
Serving Size: 1 cup dark leafu greens	s + 1/2 cup crab salad	

Serving Size: 1 cup dark leafy greens + 1/2 cup crab salad Credit As: 2 oz M/MA and 1/2 cup dark green vegetable

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values"	*Percent Daily Values			
	Total Fat 3g	5%	Total Carbohydrate 10g	3%	Your Daily Values m your calorie needs.	sy be higher	r or lower de	pending on
Facts	Saturated Fat 0g	0%	Dietary Fiber 1g	4%	Total Fat	Calories	2,000	2,500
Serving Size (172g)	Trans Fat 0g		Sugars 3g		Sat Fat	Less than Less than	65g 20g	80g 25g
Calories 120	Cholesterol 25mg	8%	Protein 13g	26%	Cholesterol Socium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 25	Sodium 350mg	15%			Total Carbs	CODO ENAN	300g	375g
	Vitamin A 70%	Vitamin C 40%	Calcium 8%	Iron 8%	Dietary Fiber		259	30g

DIRECTIONS

1. In a large bowl, mix together crab, celery, onion, green bell pepper, yogurt, mayonnaise, lemon juice, parsley, garlic, dill, pepper and salt. Place in refrigerator for a minimum of 1 hour before serving to allow flavors to combine.

2. To serve: Place 1 cup of dark leafy greens onto plate. Top with 1/2 cup (No. 8 scoop) of crab salad.



Crispy Fish Fingers

Replace 1/3 of breadcrumbs with cornmeal for a crunchier texture.

Helpful Hints

INGREDIENTS	25 SERVINGS	75 SERVINGS
Fish (halibut, cod or salmon)	5 lb. 8 oz.	16 lbs 8 oz.
Cornstarch	3 Tbsp	1/2 cup + 1 Tbsp
Milk (or reconstituted powdered milk— reconstitute according to package instructions)	3 cups	2 quarts + 1 cup
Eggs	9 each	27 each
Breadcrumbs	3 cups	2 quarts + 1 cup
Cornstarch	1 Tbsp + 1 1/2 tsp	1/4 cup + 1 1/2 tsp
Salt	2 1/8 tsp	2 Tbsp + 3/8 tsp
Margarine, melted	2 Tbsp + 1/2 tsp	1/4 c. + 2 Tbsp + 1 1/2 tsp

Serving Size: 3 oz cooked fish Credit As: 2 oz M/MA and 1/4 cup WGR grain

Nutrition	Amount Per Serving		% Daily V	alues"	Amount Per Serving	% Daily Values*	*Percent Daily Value			
	Total Fat 3g			5%	Total Carbohydrate 8g	3%	Your Daily Values / your calorie needs.	nay be highe	r or lower de	pending on
Facts	Saturated Fat 1g			5%	Dietary Fiber 0g	0%	Total Fat	Calories	2,000	2,500
Serving Size (113g)	Trans Fat 0g				Sugars 2g		Sat Fat	Less than Less than	20g	80g 25g 300mg
Calories 130	Cholesterol 80mg			27%	Protein 16g	32%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 30	Sodium 290mg			12%			Total Carbs		300g	375g
	Vitamin A 2%	•	Calcium 6%		Iron 4%		Dietary Fiber		250	30g

DIRECTIONS

- 1. Cut fish fillets into 1–2 oz. portions. Set aside.
- 2. Combine cornstarch, water, milk (or milk powder) and eggs in a large bowl. Let sit 5–10 minutes.
- 3. Meanwhile, combine breadcrumbs, cornstarch, salt and margarine in a food processor. Pulse or mix until fully combined. Place in large bowl and set aside.
- 4. Add fish to liquid in large bowl. Gently toss to fully coat all pieces. Let sit 3–5 minutes.
- 5. Pour fish and liquid into a collander and drain.
- 6. Dump drained fish pieces into the dry breadcrumb/cornmeal mixture. Gently toss to fully coat all pieces.
- Dump entire bowl, fish, crumbs and all onto prepared sheet pan(s) (with parchment paper or greased) leaving about 1/2-1 inch of space between each piece. Use 1 sheet pan for 25 servings, use 3 sheet pans for 75 servings.
- 8. Bake:

Conventional oven: $400^{\circ}F$ for 15 minutes Convection oven: $375^{\circ}F$ for 12 minutes

CCP: Heat to internal temperature of 145°F for a minimum of 15 seconds.

Hot hold for service at 135°F or above.

Crushed Hot Potatoes

"Good. As in super good."

Vegetable

Crushed Hot Potatoes

Red potatoes are what is known as a waxy potato. They should not be replaced with a starchy variety of potato such as a Russet.

Helpful Hints

INGREDIENTS	25 SERVINGS	75 SERVINGS
Red potatoes	6 lbs. 11 oz.	20 lbs.
Olive oil	3 Tbsp + 1 tsp	1/2 cup + 2 Tbsp
Salt	3/4 tsp	2 1/2 tsp
Parsley, dried	3/4 tsp	2 1/2 tsp
Black pepper	1/4 tsp	1/2 tsp
Thyme, dried, ground	1/4 tsp	1/2 tsp
Oregano, dried	1/4 tsp	1/2 tsp
Parmesan cheese	3 Tbsp + 1 tsp	1/2 cup + 2 Tbsp

Serving Size: 2/3 cup Credit As: 1/2 cup starchy vegetable

Tips: Canola oil should NOT be substituted for olive oil. Olive oil gives this recipe a richer flavor. Use margarine as an alternative instead.

Cut larger potatoes so that all potatoes are of a similar size before baking.

Nutrition	Amount Per Serving		% Daily Vi	alues"	Amount Per Serving	% Daily Values*	*Percent Daily Value			
	Total Fat 2g			3%	Total Carbohydrate 19g	6%	Your Daily Values n your calorie needs.	nay be highe	r or lower de	pending on
Facts	Saturated Fat 0g			0%	Dietary Fiber 2g	8%	Total Fat	Calories Less than	2,000	2,500
Serving Size (124g)	Trans Fat 0g				Sugars 2g		Sat Fat	Less than	65g 20g	80g 25g
Calories 100	Cholesterol Omg			0%	Protein 2g	4%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 20	Sodium 100mg			4%			Total Carbs	Com carr	300g	375g 30g
	Vitamin C 15%	•	Calcium 2%	_	Iron 6%		Dietary Fiber		259	309

DIRECTIONS

- 1. Spray steamtable pan (12" x 20" x 2 1/2") with pan release spray.
- 2. Place potatoes in steamtable pan and bake: Conventional oven: 400°F for 1–1 1/2 hours
 - Convection oven: 375°F for 45 minutes– 1 hour, 15 minutes
 - Note: Potatoes should be easy to pierce with a fork.
 - In the steamtable pan, crush potates to 1" thickness or less using a fork, masher, or small, flat surfaced item such as a measuring cup or clean jar. It may be helpful to cut larger pieces down before crushing.
- 4. Drizzle potatoes with olive oil.
- 5. In small bowl, mix together salt, parsley, black pepper, thyme, oregano and parmesan cheese.
- 6. Sprinkle spice mixture evenly over potatoes.
- 7. Bake:

Conventional oven: 400°F for 20–30 minutes

Convection oven: 375°F for 15–20 minutes

8. Serve: 2/3 cup (No. 6 scoop) per serving.

Equinox Lasagna

´ Meat/ `` Meat Alternate ;

{ Vegetable }

Grain

"I like how it's so saucy... yum!"



Equinox Lasagna

Let lasagna rest for 15–20 minutes before cutting into serving sizes.

Helpful

Hint

INGREDIENTS	25 SERVINGS	75 SERVINGS
Whole wheat lasagna noodles	14 each	42 each
Mild Italian sausage, ground	1 lb.	3 lbs.
Kale	4 1/2-5 cups	3 quarts + 2 cups
Squash or pumpkin (or canned pumpkin)	3 1/2 cups	10 1/2 cups
Cottage cheese	4 1/2 cups	14 cups
Pasta sauce (Kitchen Sink Pasta Sauce or other prepared sauce)	1 quart	3 quarts
Mozzarella	4 3/4 cups	14 cups

Serving Size: 1 piece

Credit As: 2 oz M/MA, 1/2 oz WGR grains, 1/3 cup other vegetable.

DIRECTIONS

1. Cook lasagna noodles according to instructions on package until just under al dente (still a little hard). Drain.

2. De-rib kale (remove hard stems by folding leaves in half lengthwise and pull free from hard stem). Discard stem. Shred in food processor

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Delty Values*	*Percent Daily Value			
	Total Fat 6g	9%	Total Carbohydrate 19g	6%	Your Daily Values n your calorie needs.	nay be higher	r or lower dep	pending on
Facts	Saturated Fat 3.5g	18%	Dietary Fiber 3g	12%	Total Fat	Calories Less than	2,000	2,500
Serving Size (190g)	Trans Fat 0g		Sugars 5g		Sat Fat	Less than	65g 20g	80g 25g
Calories 200	Cholesterol 20mg	7%	Protein 17g	34%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 60	Sodium 520mg	22%			Total Carbs		300g	2400mg 375g
	Vitamin A 70%	Vitamin C 25%	Calcium 20%	Iron 8%	Dietary Fiber		zng	30g

or chop kale leaves finely with large knife. Mix in with cottage cheese. Set aside.

- 3. Place whole squash or pumpkin in oven and bake until the flesh is soft. About 1 hour at 350°F. Or use canned pumpkin.
- 4. Brown Italian sausage. Drain and set aside.
- 5. To assemble: In steamtable pans (12" x 20" x 2 1/2") which have been lightly coated with pan release spray. For 25 servings, use 1 pan, for 75 servings, use 3 pans.

For each pan:

1st layer: 1/2 cup pasta sauce

2nd layer: 7 cooked lasagna noodles lengthwise

3rd layer: 1/2 of squash or pumpkin

4th layer: 1/2 of cottage cheese/kale mixture

5th layer: 1/2 of mild Italian sausage

6th layer: 1/2 of remaining sauce

7th layer: 1/2 of mozzarella cheese

Repeat layers 2–7, ending with mozzarella cheese.

6. Tightly cover pans.

7. Bake:

Conventional oven: 350°F for 1 hour, 15 minutes to 1 hour, 30 minutes

Convection oven: 325°F for 45 minutes

Uncover pans about 15 minutes before they are done. Replace in oven and finish cooking. CCP: Heat to 165°F or higher for 15 seconds.

8. Remove pans from oven and let stand, uncovered, for 15 minutes before serving.
CCP: Hold for hot service at 135°F or higher.
Cut each lasagna 5 x 5 (25 pieces total).

Fish Scandia



Fish Scandia

Instead of pre-cutting portions leave fillets whole and cut into portions for service.

Serving Secrets

INGREDIENTS	25 SERVINGS	75 SERVINGS
Breadcrumbs	1 cup	3 cups
Lemon juice	1/4 cup	1 1/2 cups
Onion salt	1 tsp	1 Tbsp
Pepper, black	1/4 tsp	3/4 tsp
Hot sauce	1/4 tsp	3/4 tsp
Parsley, dried	2 Tbsp	1/4 cup + 2 Tbsp
Vegetable oil	2 Tbsp	1/4 cup + 2 Tbsp
Fish, white, such as halibut, cod or rockfish, cut into		
3 oz. portions	25 each	75 each
	1.1/2 outpoint 2 Theorem	4 3/4 cup + 2 Tbs
Yogurt, plain, fat free	1 1/2 cups + 2 Tbsp	1 5/ 1 Cup · Z 1 D5

Nutrition	Amount Per Serving		% Daily Values	Amount Per Serving	% Delty Values*	*Percent Daily Valu			
	Total Fat 1g		29	Total Carbohydrate 5g	2%	Your Daily Values your calorie needs.	may be highe	r or lower de	ipending on
Facts	Saturated Fat 0g		09	Dietary Fiber 0g	0%	Total Fat	Calories Less than	2.000	2,500
Serving Size (111g)	Trans Fat 0g			Sugars 1g		Sat Fat	Less than	65g 20g	80g 25g
Calories 90	Cholesterol 40mg		139	Protein 15g		Cholesterol Sodium	Less than	300mg 2400mg	25g 300mg 2400mg
Calories from Fat 10	Sodium 360mg		159			Total Carbs		300g	375g
	Vitamin C 2%	•	Calcium 6%	 Iron 2% 		Dietary Fiber		25g	30g

DIRECTIONS

- 1. In a bowl, mix bread crumbs, lemon juice, onion salt, pepper, hot sauce, and parsley. Reserve for step 6.
- 2. Oil each steamtable pan (12" x 20" x 2 1/2") with 2 Tbsp oil. For 25 servings, use 1 pan. For 75 servings, use 3 pans.
- 3. Place 25 fish portions into each steamtable pan.
- 4. Cover each portion with 1 Tbsp (No. 60 scoop) of fat-free yogurt.
- 5. Sprinkle 3 oz (3/4 cup) of cheese, per pan, on top of lowfat yogurt.
- 6. Sprinkle 1 Tbsp of crumb mixture on top of each portion.
- 7. Bake:
 - Conventional oven: 400°F for 25 minutes Convection oven: 350°F for 25 minutes Fish should flake easily with a fork.
 - CCP: Heat to 145°F or higher for at least 15 seconds.
- 8. CCP: Hold for hot service at 135°F or higher.





Fresh Tomato Bruschetta

Replace dried basil with **fresh** basil. For 25 servings, use 2 Tbsp +2 tsp, for 75 servings, use 1/2 cup fresh basil.

Helpful Hints

INGREDIENTS	25 SERVINGS	75 SERVINGS
Tomatoes, fresh	12 1/2 cups	37 1/2 cups
Basil, dried	2 1/2 tsp	1 Tbsp + 2 1/2 tsp
Garlic powder	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Salt	3/4 tsp	2 1/4 tsp
Black pepper	3/16 tsp	1/2 tsp
Olive oil	1 Tbsp + 2 tsp	1/4 cup + 1 Tbsp
Lemon juice	1 Tbsp + 1 1/2 tsp	1/4 cup + 1 1/2 tsp
Barley Pizza Crust fully cooked*	25 servings	75 servings

Serving Size: 1/2 cup of tomato + 1 piece (~3 1/2" x 5" square) of barley pizza crust **Credit As:** 1/2 cup serving of red/orange vegetables and 1 1/2 oz WGR grain

Note: The olive oil is necessary for the final flavor of this recipe. Ideally, Virgin or Extra Virgin Olive Oil should be used. It is best not to substitute other kinds of cooking oil in this recipe.

* Barley Pizza Crust found on page 13.

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving		rcent Daily Values are based o	
	Total Fat 1.5g	2%	Total Carbohydrate 28g		ur Daily Values may be higher ar calorie needs.	or lower depending on
Facts	Saturated Fat 0g	0%	Dietary Fiber 4g	16% Total	Calories	2,000 2,500
Serving Size (127g)	Trans Fat 0g		Sugars 2g		I Fat Less than I Fat Less than	65g 80g 20g 25g
Calories 130	Cholesterol 0mg	0%	Protein 4g	8% Choi Sodi	Aesterol Less than ium Less than	300mg 300mg 2400mg 2400mg
Calories from Fat 15	Sodium 170mg	7%		Total	I Carbs	300g 375g
	Vitamin A 10%	Vitamin C 15%	Calcium 2%	Iron 8%	itary Fiber	250 300

DIRECTIONS

- 1. Remove core from tomatoes and dice into 1/4" pieces or cut into 2" chunks and pulse in batches in a food processor to approximately 1/4" pieces.
- 2. In large bowl, combine tomatoes, basil, garlic powder, salt, black pepper, olive oil and lemon juice. Gently stir until spices, olive oil and lemon juice evenly coat the tomatoes.
- 3. Cover bowl and place in refrigerator to allow flavors to combine for 1–24 hours.
- 4. Before serving, cut cooled pizza crust into 25 squares per sheet pan.
- 5. To serve: Place 1/2 cup (No. 8 scoop) of tomato mixture on each piece of pizza crust. Serve immediately.

If not serving immediately, place tomato mixture into individual serving cups and serve with bread on the side.

Garden Vegetable Couscous



Garden Vegetable Couscous

Try substituting other whole grains such as quinoa or brown rice for the couscous. Standard couscous may be used but is not typically whole grain.

Helpful Hints

INGREDIENTS	25 SERVINGS	75 SERVINGS
Barley couscous, raw	3 1/2 cups	2 quarts + 2 cups
Canola oil	3 Tbsp	1/2 cup + 1 Tbsp
Onion, diced	1 1/4 cup	1 quart
Tomato, diced	2 1/2 cups	2 quarts
Assorted vegetables, diced (such as broccoli, carrot, cabbage, zucchini, cauliflower)	1 gallon	3 gallons
Soy sauce, low sodium	1/3 cup	1 cup
Parsley, dried	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Garlic powder	3/4 tsp	2 tsp
Black pepper	1/4 tsp	1 tsp
Salt	2 1/2 tsp	2 Tbsp + 1 1/2 tsp

Serving Size: 1 cup

Credit As: 1/2 cup other vegetables and 2 oz WGR grain

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- 1. Cook barley couscous according to package instructions.
- 2. In skillet, heat canola oil over medium to medium high heat. Add onion, saute about 5 minutes, add tomato and vegetables and saute until semi-soft, about 15 minutes.
- 3. Remove skillet from heat. Add soy sauce, parsley, garlic powder, black pepper and salt. Toss together to evenly coat.
- 4. Add barley couscous to vegetable mixture. Stir to evenly combine.
- 5. Serve rounded 1 cup (No. 4 scoop) per plate.

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Values			
	Total Fat 2.5g	4%	Total Carbohydrate 27g	9%	Your Daily Values m your calorie needs.	ay be higher	r or lower dep	pending on
Facts	Saturated Fat 0g	0%	Dietary Fiber 7g	28%	Total Fat	Calories Less than	2,000	2,500
Serving Size (155g)	Trans Fat 0g		Sugars 3g		Sat Fat	Less than	65g 20g	80g 25g
Calories 150	Cholesterol Omg	0%	Protein 5g	10%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 25	Sodium 400mg	17%			Total Carbs	Course of the F	300g	375g
	Vitamin A 90%	 Vitamin C 60% 	Calcium 4%	Iron 8%	Dietary Fiber		209	300

Garlicky Baked Fries

"Garlic is the bomb."



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Garlicky Baked Fries

Potatoes may be par-baked ahead of time but should not be cut until they are ready to be tossed in cornstarch mixture and baked.

Helpful Hints

INGREDIENTS	25 SERVINGS	75 SERVINGS
Potatoes, Russet or other starchy variety	10 lbs.	30 lbs.
Cornstarch	1/2 cup	1 1/3 cups
Salt	1 Tbsp + 3/4 tsp	1/4 cup
Garlic powder	2 Tbsp + 1 1/2 tsp	1/4 c + 3 Tbsp+ 1 1/2 tsp
Dill weed, dried	1/4 tsp	1 Tbsp + 3/4 tsp
Black pepper	1/4 + 1/8 tsp	1 tsp
Canola oil	3 Tbsp + 1 tsp	1/2 cup + 2 Tbsp

Serving Size: 5 wedges Credit As: 2/3 cup starchy vegetable

Nutrition	Amount Per Serving		% Daily V	alues"	Amount Per Serving	% Dally Values*	*Percent Daily Value			
	Total Fat 2g			3%	Total Carbohydrate 35g	12%	Your Daily Values n your calorie needs.	ray be highe	r or lower de	pending on
Facts	Saturated Fat 0g			0%	Dietary Fiber 2g	8%	Total Fat	Calories	2,000	2,500
Serving Size (187g)	Trans Fat 0g				Sugars 1g		Sat Fat	Less than Less than	200	80g 25g
Calories 170	Cholesterol 0mg			0%	Protein 4g	8%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 20	Sodium 360mg			15%			Total Carbs	Cost inter	300g	3750
	Vitamin C 15%	•	Calcium 2%		Iron 8%		Dietary Fiber		500	309

DIRECTIONS

1. Par-bake potatoes:

Conventional oven: 400°F for 20–30 minutes

Convection oven: 375°F for 18-25 minutes

Note: You should be able to insert a fork into the potato with some resistance.

- 2. While the potatoes are baking, combine cornstarch, salt, garlic powder, dill weed and black pepper.
- 3. Allow potatoes to cool enough to handle.
- Cut par-baked potatoes into wedges 1/2"-3/4". A medium sized potato should yield about 8 wedges.
- 5. Toss potatoes with oil. Add cornstarch mixture and toss to coat evenly.
- 6. Place potatoes on sheet pan.
- 7. Bake:

Conventional oven: 400°F for 45 minutes or until browned on the outside and tender on the inside.

Convection oven: 375°F for 35 minutes or until browned on the outside and tender on the inside.

8. To serve: place about 5 wedges per plate.

Green Monster Pops

Fruit

"It's the most best out of all of them."

Green Monster Pops

Canned pineapple may be used instead of fresh pineapple.

Cook's Tip

INGREDIENTS	25 SERVINGS	75 SERVINGS
Pineapple, fresh	1 1/2 whole (4–5 cups)	4 1/2 whole (about 3 quarts)
Banana	3 medium	9 medium
Spinach, chopped	1 1/2 cups	4 1/2 cups
Kale, chopped	3/4 cup	2 1/4 cups
Water	1 cup	3 cups

Serving Size: 1/4 cup (2 oz) popsicle Credit As: 1/4 cup fruit

NOTE: Canned pineapple may be used in place of the fresh pineapple.

- 1 1/2 medium pineapples equals 1 quart + 3 cups of drained, cubed pineapple
- 4 1/2 medium pineapples equals 5 quarts + 1 cup

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Value			
	Total Fat 0g	0%	Total Carbohydrate 9g	3%	Your Daily Values n your calorie needs.	ray be highe	r or lower de	pending on
Facts	Saturated Fat 0g	0%	Dietary Fiber 1g	4%	Total Fat	Calories	2,000	2,500
Serving Size (69g)	Trans Fat 0g		Sugars 7g		Sat Fat	Less than Less than	65g 20g	80g 25g
Calories 40	Cholesterol 0mg	0%	Protein 1g	2%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
	Sodium Omg	0%			Total Carbs	Color order	300g	3750
	Vitamin A 4%	Vitamin C 15%	Iron 2%		Dietary Fiber		250	300

DIRECTIONS

- 1. Peel pineapple. Cut into quarters and cut out core. Chop.
- 2. Peel bananas
- 3. Puree spinach, kale, bananas and pineapple in blender. Add water and puree again.
- 4. Pour into 2 oz portion cups and insert treat sticks. Freeze until solid, at least 4 hours.

Halibut Olympia

"Awesome."

Ó Meat/ Meat Alternate

Halibut Olympia

25 SERVINGS

75 SERVINGS

Use 3 oz portions, if using individual fish portions.

Helpful Hint

INGREDIENTS	25 SERVINGS	75 SERVINGS
Breadcrumbs	3 cups	2 quarts + 1 cup
Cheddar cheese, shredded	1 1/2 cups	1 quart + 1/2 cup
Margarine	1/4 cup	3/4 cup
Parsley, dried flakes	1 Tbsp	3 Tbsp
Garlic powder	1/2 tsp	1 1/4 tsp
Pan release spray		
Red onion, thinly sliced (optional)	3 cups	2 qts + 1 1/3 cups
Halibut	4 lbs 11 oz	14 lbs
Salt	3/4 tsp	2 1/4 tsp
Lemon juice	1 Tbsp	2 1/4 tsp
Yogurt, Greek, plain, fat free	3 cups	9 cups
Salt	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Black pepper	3/4 tsp	2 1/4 tsp

Serving Size: 2 1/2 oz of halibut, cooked Credit As: 2 oz M/MA

INGREDIENTS

Nutrition	Amount Per Serving		% Delly Velu	es" /	Amount Per Serving	* 0	ally Values*	*Percent Daily Value			
	Total Fat 4g		6	3	Total Carbohydrate 12g		4%	Your Daily Values n your calorie needs.	say be highe	r or lower de	pending on
Facts	Saturated Fat 1g		5	1%	Dietary Fiber 1g		4%	Total Fat	Calories	2.000	2,500
Serving Size (155g)	Trans Fat 0g				Sugars 3g			Sat Fat	Less than Less than	65g 20g	80g 25g
Calories 180	Cholesterol 45mg		15	5%	Protein 22g		44%	Cholesterol Sodium	Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 40	Sodium 450mg		19	1%				Total Carbs	C400 1101	300g	375g
	Vitamin A 4%	•	Vitamin C 2%		Calcium 10%		Iron 4%	Dietary Fiber		259	30g

DIRECTIONS

- 1. In medium bowl or food processor, combine breadcrumbs, cheddar cheese, margarine, parsley and garlic powder. Combine by rubbing between gloved hands, or pulse in food processor until fully combined and fluffy looking. Set aside.
- Spray pan release spray on steamtable pans (12' x 20' x 2 1/2'). Use 1 pan for 25 servings. Use 3 pans for 75 servings. If using individual fish portions (3 oz raw portions, place 25 portions per pan.)
- 3. Spread onions evenly on bottom of steamtable pan and sprinkle with salt and lemon juice.
- 4. Gently spray top of onion layer with pan release spray.
- 5. Place halibut fillets on onions, place each fillet touching the one next to it. Overlap as necessary to make one continuous layer of halibut on top of the onions.
- 6. Sprinkle second quantity of salt.
- 7. Spread the yogurt evenly over the top of fish.
- 8. Sprinkle the breadcrumb mixture evenly over the yogurt.
- 9. Bake uncovered:
 - Conventional oven: 400°F for 20 minutes Convection oven: 375°F for 16–18 minutes CCP: Heat to 145°F or higher for at least 15 seconds.

^{10.} To serve: cut each pan 5 x 5.

Herb Roasted Potatoes





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Herb Roasted Potatoes

When cutting potatoes, have a bowl of water at station to place cut chunks into. Storing them in water while cutting remainder of product will keep them from discoloring. Drain well before proceeding.

Helpful Hint

INGREDIENTS	25 SERVINGS	75 SERVINGS
Potatoes	1 gallon + 1 quart	3 gallons + 3 quarts
Canola or other trans fat free oil	2 Tbsp	1/4 cup + 2 Tbsp
Salt	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Pepper	3/8 tsp	1 1/8 tsp
Oregano	3/4 tsp	2 1/4 tsp
Thyme, rubbed	3/8 tsp	1 1/8 tsp
Parsley	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Sage	3/8 tsp	1 1/8 tsp
Onion powder	3/4 tsp	2 1/4 tsp
Garlic powder	3/8 tsp	1 1/8 tsp

Serving Size: 2/3 cup Credit As: 1/2 cup strachy vegetables

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Value			
	Total Fat 1.5g	2%	Total Carbohydrate 17g	6%	Your Daily Values n your calorie needs.	nay be highe	r or lower de	pending on
Facts	Saturated Fat 0g	0%	Dietary Fiber 2g	8%	Total Fat	Calories	2,000	2,500
Serving Size (110g)	Trans Fat 0g		Sugars 1g		Sat Fat	Less than Less than	20g	80g 25g
Calories 90	Cholesterol 0mg	0%	Protein 2g	4%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 10	Sodium 160mg	7%			Total Carbs		300g	375g
	Vitamin C 15%	 Calcium 2% 	 Iron 4% 		Dietary Fiber		209	30g

DIRECTIONS

- 1. Wash potatoes and, leaving the skins on, cut into 1/2" pieces.
- 2. Toss in oil to coat.
- 3. In small bowl, combine salt, pepper, oregano, thyme, parsley, sage, onion powder and garlic powder. Mix to fully combine. Pour over potatoes.
- 4. Toss potatoes to evenly coat.
- 5. Spread onto full size sheet pans (1 pan for 25 servings, 3 pans for 75 servings).
- 6. Roast:

Conventional oven: 400°F for 40–45 minutes

Convection oven: 375°F for 35–40 minutes

Or until golden brown and tender. Serve hot.

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

Hot Zucchini Bruschetta

"Like it a lot."

{{Vegetable}}

Grain

1

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Hot Zucchini Bruschetta

Replace dried herbs with fresh herbs. Use triple the volume of fresh herbs (example: use 1 Tbsp + 1 1/4 tsp of fresh basil instead of 1 3/4 tsp of dried basil for a 25 serving batch).

Cook's Tips

Note: If using large zucchini, slice each zucchini lengthwise and remove seeds from center by scraping with a large spoon. Then dice into 1/4" cubes.

INGREDIENTS 25 SERVINGS		75 SERVINGS
Zucchini (see note)	1 gallon + 1 cup	3 gallons + 1 cup
Onion, finely minced	1 1/4 cups	1 quart
Plum tomatoes	3 1/2 cups + 2 Tbsp	2 quarts + 2 2/3 cups
Olive oil	3 Tbsp + 2 tsp	1/2 cup + 3 Tbsp
Lemon juice	1 Tbsp + 1/2 tsp	3 Tbsp + 2 tsp
Parmesan cheese	1/4 cup + 3 Tbsp	1 1/4 c + 1 Tbsp + 1 tsp
Garlic powder	1 3/4 tsp	1 Tbsp + 1 1/4 tsp
Basil, dried	1 3/4 tsp	1 Tbsp + 1 1/4 tsp
Oregano, dried	3/4 tsp	2 1/2 tsp
Thyme, dried	1/4 tsp	3/4 tsp
Black pepper	1/4 tsp	3/4 tsp
Salt	1 3/4 tsp	1 Tbsp + 1 1/4 tsp
Barley Pizza Crust fully cooked*	25 servings	75 servings

Serving Size: 1/2 cup of zucchini mixture + 1 piece (~3 1/2" x 5" square) of barley pizza crust

 \mbox{Credit} As: 1/2 cup other vegetables and 1 1/2 oz WGR grain

* Barley Pizza Crust found on page 13.

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Value			
Nutrition	Total Fat 2.5g	4%	Total Carbohydrate 28g	9%	Your Daily Values m your calorie needs.	uy be higher	or lower dep	rending on
Facts	Saturated Fat 0g	0%	Dietary Fiber 4g	16%	Total Fat	Calories Less than	2.000 65g	2,500
Serving Size (168g)	Trans Fat 0g		Sugars 2g		Sat Fat	Less than	20g	80g 25g
Calories 150	Cholesterol 0mg	0%	Protein 6g	12%	Cholesterol Sodium	Less than	2400mg	300mg 2400mg
Calories from Fat 20	Sodium 280mg	12%			Total Carbs		300g	375g
	Vitamin A 10%	Vitamin C 50%	Calcium 4%	Iron 10%	Dietary Fiber		209	30g

DIRECTIONS

- 1. Preheat oven to 400°F.
- 2. Remove ends of zucchini and dice into 1/4" cubes. Place in large bowl.
- 3. Remove core from tomatoes and dice into 1/4" cubes. Place in bowl with zucchini and onions.
- 4. Add onions to zucchini and tomato mixture.
- 5. Add olive oil, lemon juice, parmesan cheese, garlic powder, basil, oregano, thyme, black pepper and salt. Gently toss to evenly combine.
- 6. Spread into a single layer on sheet pans and roast in 400°F oven for 20–25 minutes until cheese begins to brown.
- 7. Remove from oven and serve hot or hold for hot service at 135°F or higher.
- 8. Before serving, cut cooled pizza crust into 25 squares per sheet pan.
- 9. To serve: Place 1/2 cup (No. 8 scoop) of zucchini mixture on each piece of pizza crust. Serve immediately.



Kale Chips

Spray leaves with cooking spray instead of drizzling with oil.

Helpful Hint

INGREDIENTS	25 SERVINGS	75 SERVINGS
Kale	5 lbs 12 oz	17 lbs 4 oz
Olive oil	1/4 cup	3/4 cup
Salt	2 tsp	2 Tbsp

Serving Size: 1 cup Credit As: 1/3 cup dark green vegetable

Tips:

Bake with the oven door slightly ajar (this allows the steam to escape) until the kale is crispy and bright green. If the kale turns olive green, they have cooked to long.

Don't cook more than 4 sheet pans at a time, or the oven will get too steamy.

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Delly Values*	*Percent Daily Valu			
Butiltion	Total Fat 2g	3%	Total Carbohydrate 1g	0%	Your Daily Values your calorie needs	may be highe	r or lower de	pending on
Facts	Saturated Fat 0g	0%	Dietary Fiber 0g	0%	Total Fat	Calories Less than	2,000	2,500
Serving Size (9g)	Trans Fat 0g		Sugars 0g		Sat Fat	Less than	20g	80g 25g
Calories 20	Cholesterol Omg	0%	Protein Og	0%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 20	Sodium 190mg	8%			Total Carbs		300g	3750
	Vitamin A 15%	Vitamin C 15%			Dietary Fiber		200	30g

DIRECTIONS

- 1. Wash kale and dry very well (use a salad spinner if you have one). De-rib kale (remove hard stems by folding leaves in half lengthwise and pull free from hard stem). Discard stems. Tear leaves into 2–3" pieces.
- 2. Drizzle with oil and sprinkle with salt. Toss leaves to evenly coat with oil and salt.
- 3. Spread kale on full size sheet pans. Use 2 sheet pans for 25 servings. Use 6 sheet pans for 75 servings.
- 4. Bake
 - Conventional oven: 425°F for about 10 minutes

Convection oven: 400°F for about 8 minutes

5. Let cool for 2 minutes. Transfer to a serving dish.

Kitchen Sink Pasta Sauce

Vegetable

Kitchen Sink Pasta Sauce

This sauce can be made ahead. Store overnight in covered hotel pans in the refrigerator.

Cook's Tip

Replace olive oil with canola or other trans fat free cooking oil. Use beets in this sauce! It makes it very sweet with a very vibrant color.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Onion	1 lb 12 oz	5 lbs 2 oz
Misc. vegetables, trimmed, peeled if necessary, chopped	1 lb 12 oz	5 lbs 2 oz
Garlic	6-7 cloves 2 Tbsp + 2 tsp minced or 2/3 tsp garlic powder	20 cloves
Olive oil	2 Tbsp + 2 tsp	1/2 cup
Fresh Roma tomatoes	4 lbs 6 oz	13 lbs 2 oz
Basil	1 tbs+1 tsp dried leaves or 1/4 c finely chopped, fresh	1/4 cup dried leaves or 3/4 c finely chopped, fresh
Oregano	2 tsp dried leaves or 2 Tbsp finely chopped fresh	2 Tbsp dried leaves or 6 Tbsp finely chopped fresh
Tomato paste	2 cups + 2 tsp	1 qt + 2 cups + 2 Tbsp
Salt	2 tsp	2 Tbsp
Pepper, white, ground	1 tsp	1 Tbsp

Serving Size: 1/2 cup Credit As: 1/2 cup red/orange vegetables

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving		Percent Daily Value			
	Total Fat 2g	3%	Total Carbohydrate 13g		Your Daily Values m your calorie needs.	ay be highe	r or lower de	pending on
Facts	Saturated Fat 0g	0%	Dietary Fiber 3g	12%		Calories	2,000	2,500
Serving Size (164g)	Trans Fat 0g		Sugars 7g		Total Fat Sat Fat	Less than Less than	65g 20g	80g 25g
Calories 70	Cholesterol Omg	0%	Protein 2g	4%	Cholesterol Sodium	Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 15	Sodium 280mg	12%		i	Total Carbs		300g	375g
	Vitamin A 35%	Vitamin C 35%	Calcium 2%	Iron 6%	Dietary Fiber		209	30g

DIRECTIONS

- 1. Trim, peel and roughly chop onions.
- 2. Trim, peel (if desired) and roughly chop miscellaneous vegetables.
- 3. If using fresh garlic, trim and peel garlic.
- Heat oil in 20 qt. brazier or tilt skillet over medium heat. Add the onions and cook, stirring occasionally, until tender, 3–5 minutes. Add the garlic and cook, stirring for 1 minute.
- 5. Add the miscellaneous vegetables, tomatoes, basil and oregano. Bring to a low boil. Cook, stirring every 15–20 minutes, until the vegetables are tender and falling apart, about 1 hour.
- 6. Puree the sauce with an immersion blender to break up large pieces.
- 7. Add tomato paste and stir to combine. Stir in salt and pepper. Bring to a simmer and cook, stirring often to prevent burning, until thickened, 30–45 minutes.
- 8. If the sauce is too thick, thin with water to the desired consistency. Pour into 6" full hotel pan and keep warm on serving line.

CCP: Hold for hot service at $135^{\circ}F$ or higher. CCP: Cool to $70^{\circ}F$ within 2 hours and from $70^{\circ}F-41^{\circ}F$ within an additional 4 hours.

Mac 'n Cheese with Beef

"Delish."

Meat/ Meat Alternate

Mac 'n Cheese with Beef

Feel free to try other cheeses and cheese blends in place of the cheddar or mozzarella.

Helpful Hint

Drain the pasta very well to make sure the final product is creamy and delicious.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Whole wheat macaroni, raw	5 cups	14 cups
Ground beef	3-4 cups	10-12 cups
Water	5 cups	14 cups
Cornstarch	2 1/2 tsp	2 Tbsp
Powdered milk	2 1/2 cups	6 cups
Ground mustard seed (powder)	2 1/2 tsp	2 Tbsp
Onion powder	1 tbp + 2 tsp	1/4 cup
Garlic powder	2 1/2 tsp	2 Tbsp
Salt	1 tsp	1 Tbsp
Sugar	2 1/2 tsp	2 Tbsp
Margarine	1/4 cup + 3 Tbsp	1 1/4 cup
Cheddar, shredded (low fat)	5 cups	14 cups
Mozzarella, shredded (low fat)	5 cups	14 cups

Serving Size: 1 cup Credit As: 1 1/4 oz M/MA and 1 oz serving WGR grain

Nutrition	Amount Per Serving	% Daily Value	H95' /	Lineunt Per Serving		Percent Daily Value			
Nutrition	Total Fat 10g	15	5% 1	Fotal Carbohydrate 23g	8%	Your Daily Values n your calorie needs.	uy be highe	r or lower dep	pending on
Facts	Saturated Fat 5g	25	5%	Dietary Fiber 2g	8%	Total Fat	Calories Less than	2,000	2,500
Serving Size (172g)	Trans Fat 0.5g			Sugars 5g		Sat Fat	Less than		259
Calories 290	Cholesterol 40mg	13	3% F	Protein 25g	50%	Cholesterol Sodium	Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 90	Sodium 540mg	23	3%			Total Carbs		300g	375g
	Vitamin A 10%	 Calcium 35% 		Iron 10%		Dietary Fiber		209	30g

DIRECTIONS

- 1. Brown ground beef, drain and set aside.
- 2. Cook macaroni according to instructions on package until just under al dente (still a little hard). Drain well. It is very important to undercook the pasta in this step!
- 3. Return pasta to pan. Place on low heat and add water, powdered milk, and seasonings.
- 4. Add margarine, stir until melted. Slowly add cheese, no more than 3–4 cups at a time. Incorporate each batch of cheese fully before adding more.
- 5. Add ground beef and gently stir to combine.
- 6. Cook, covered, on low for 10–15 minutes until sauce thickens.

CCP: Heat to 140°F or higher for 15 seconds.

 Hold in steamtable pans (12" x 20" x 2 1/2"). 1 pan for 25 servings, 3 pans for 75 servings.

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

Mac'n Cheese with Broccoli

"This is good."

Meat/ Meat Alternate

Vegetable

Grain

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Mac 'n Cheese with Broccoli

Replace broccoli with cauliflower or other in-season vegetables. Drain the pasta very well to make sure the final product is creamy and delicious.

Cook's Tip

INGREDIENTS	25 SERVINGS	75 SERVINGS
Whole wheat macaroni, raw	3 1/2 cups	10 1/2 cups
Broccoli, chopped into 1/2" pieces	6 cups	18 cups
Water	3 cups	9 cups
Cornstarch	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Powdered milk	2 1/2 cups	7 1/2 cups
Ground mustard	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Salt	1/4 tsp	3/4 tsp
Onion powder	1 Tbsp + 2 tsp	1/4 cup + 1 Tbsp
Garlic powder	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Sugar	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Margarine, cut into 1/2" cubes	1/4 cup + 1 Tbsp	1 1/4 cup
Cheddar cheese, shredded	5 cups	14 1/2 cups
Mozzarella cheese, shredded	5 cups	14 1/2 cups

Serving Size: 1 cup

Credit As: 1 1/2 oz M/MA, 1 oz WGR grain and 1/8 cup dark green vegetable.

Nutrition	Amount Per Serving		% Daily Value	10 ° /	Amount Per Serving		% Daily Values*	*Percent Daily Valu			
	Total Fat 9g		14	%	Total Carbohydrate 21g	3	7%	Your Daily Values your calorie needs.	may be highe	r or lower de	epending on
Facts	Saturated Fat 4.5g		23	%	Dietary Fiber 2g		8%	Total Fat	Calories	2,000	2,500
Serving Size (126g)	Trans Fat 0g				Sugars 5g			Sat Fat	Less than Less than	60g 20g	80g 25g
Calories 230	Cholesterol 20mg		7	%	Protein 17g		34%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg
Calories from Fat 80	Sodium 450mg		19	%				Total Carbs	1000 0 401	300g	2400mg 375g
	Vitamin A 10%	• \	Vitamin C 35%		Calcium 35%	•	Iron 6%	Dietary Fiber		25g	30g

DIRECTIONS

1. Cook macaroni according to instructions on package until just under al dente (still a little hard). Drain well. It is very important to undercook the pasta in this step!

Steam or blanch broccoli. Drain excess water and set aside.

Return pasta to pan. Place on low heat and add water, powdered milk, and seasonings.

- 2. Add margarine, stir until melted. Slowly add cheese, no more than 3–4 cups at a time. Incorporate each batch of cheese fully before adding more.
- 3. Add broccoli and gently stir to combine.
- 4. Cook, covered, on low for 10–15 minutes until sauce thickens.

CCP: Heat to 140°F or higher for 15 seconds.

5. Hold in steamtable pans (12" x 20" x 2 1/2"). 1 pan for 25 servings, 3 pans for 75 servings.

CCP: Hold for hot service at $135^{\circ}F$ or higher.

Meatloaf

"Yum. Yum. Yum."

Meat/ Meat Alternate

Helpful Hint

		Med	itloaf
INGREDIENTS	25 SERVINGS	75 SERVINGS	
Carrots	3 3/4 cups	11 1/4 cups	GLAZE
Celery	3 cups	9 cups	Ketchup
Zucchini	4 1/2 cups	13 1/2 cups	Apple cider vinegar
Kale (optional)	6 cups	18 cups	Worcestershire sauce
Salt	1 tsp	1 Tbsp	Brown sugar
Canola oil	3 Tbsp	1/2 cup + 1 Tbsp	
Onion	2 cups	1 quart + 2 cups	
Tomato paste	1 cup	3 cups	
Eggs, whole	4 each (1 cup)	12 each (3 cups)	
Milk, powdered	3 1/2 cups	10 1/2 cups	
Rolled oats, quick cooking/instant	4 cups + 2 Tbsp	12 1/3 cups	
Ground beef, raw	3 lbs 8 oz	10 lbs 8 oz	
Parsley, dried	1 Tbsp + 1/2 tsp	3 Tbsp + 1 1/2 tsp	
Onion powder	1 Tbsp + 1/2 tsp	3 Tbsp + 1 1/2 tsp	
Thyme, dried	1/2 tsp	1 1/2 tsp	
Garlic powder	1 1/2 tsp	1 Tbsp + 1 1/2 tsp	
Black pepper	1/4 tsp	3/4 tsp	
Worcestershire sauce	3 Tbsp	1/2 cup + 1 Tbsp	

	25 SERVINGS	75 SERVINGS
GLAZE		
Ketchup	1 1/4 cups	3 3/4 cups
Apple cider vinegar	2 Tbsp + 3/4 tsp	8 Tbsp + 1 tsp
Worcestershire sauce	1/4 c. + 1 1/2 tsp	3/4 c + 1 Tbsp + 1 1/2 tsp
Brown sugar	1 1/2 cups	2 1/4 cups

Serving Size: 1 slice of meatloaf

Credit As: 2 oz M/MA and 1/2 cup other vegetables



DIRECTIONS

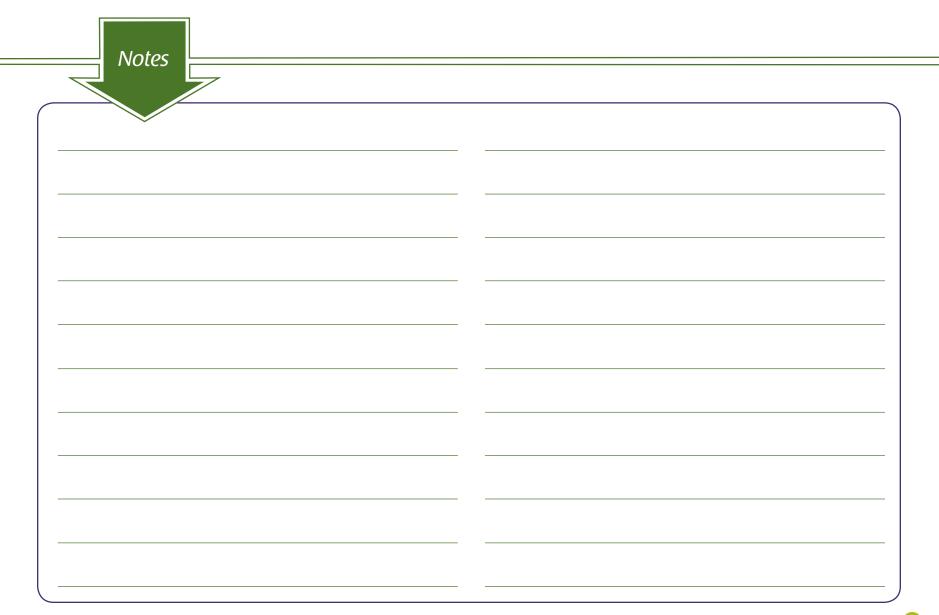
- 1. Wash carrots, celery, zucchini and kale.
- 2. Shred carrots and zucchini in food processor or grate by hand. Set aside.
- 3. Thinly slice or mince onion and celery, either in food processor or by hand.
- 4. De-rib kale (remove hard stems by folding leaves in half lengthwise and pull free from hard stem). Discard stem. Shred in food processor or chop kale leaves finely with large knife.
- 5. Heat oil in pan, add onions, carrots, celery and salt. Saute lightly—about 5 minutes.
- 6. Add zucchini and kale to carrot/celery mixture and saute lightly—about 5 more minutes.
- 7. In mixer with paddle attachment, combine tomato paste, eggs, powdered milk and rolled oats. Mix on medium speed for about 2 minutes.
- 8. Add hamburger, sauted vegetables, herbs, spices and Worchestershire sauce. Mix on medium speed about 2–3 minutes or until well combined. Do not overmix.

- 9. Place mixture onto prepared (with parchment paper or oiled) sheet pan(s). Use 1 sheet pan for 25 servings. Use 3 sheet pans for 75 servings. Form two equal-sized loaves on each pan.
- 10. Cover with plastic wrap and refrigerate overnight or for a minimum of 3 hours.

Before Baking:

- 11. In a medium—large bowl, combine all ingredients for the glaze. Mix until fully combined.
- 12. Glaze each loaf with about 1 1/2 cups of glaze.
- 13. Bake:
 - Conventional oven: 375°F for 1 1/4 hours Convection oven: 350°F for 1 1/2 hours
 - CCP: Heat to internal temperature of 155°F or higher for at least 15 seconds.
- 14. Let stand about 20 minutes. Slice each loaf into 13 slices.

Nutrition	Amount Per Serving	% Daily Values'	Amount Per Serving	% Daily Values*	*Percent Daily Valu			
Nutrition	Total Fat 6g	9%	Total Carbohydrate 38g	13%	Your Daily Values	may be highe	r or lower de	ipending o
Facts	Saturated Fat 1.5g	8%	Dietary Fiber 3g	12%	100 000 0 0000	Calories	2,000	2,500
lerving Size (209g)	Trans Fat 0g		Sugars 24g		Total Fat Sat Fat	Less than Less than	65g 20g	80g 25g
alories 280	Cholesterol 60mg	20%	Protein 20g	40%	Cholesterol	Less than	300mg	300 mg
Calories from Fat 50	Sodium 420mg	18%			Total Carbs	Less than	300g	2400mg 375g
	Vitamin & 70%	Vitamin C 50%	Calcium 20%	lana 15%	Dietary Fiber		25g	30g







Grain

66

Oven Stir Fry

Make this recipe a complete meal by serving with Sweet and Sour Salmon from page 93, or Salmon and Vegetable Burgers (patties only) from page 89. Add canned, drained pineapple to the stir fried vegetables before serving. For 25 servings add 8 1/2 cups. For 75 servings add 25 cups. Toss together and serve over rice.

Meal Idea

INGREDIENTS	25 SERVINGS	75 SERVINGS		
Vegetables (total below)*	3 gals + 2 cups	9 gals + 1 qt + 2 cups		
Carrots, diced	2 quarts + 1/2 cup	1 gal + 2 qts + 2 cups		
Onion, diced	1 quart	3 quarts		
Celery, diced	1 quart	3 quarts		
Cabbage, red, chopped	3 quarts + 1 cup	2 gals + 1 qt + 2 cups		
Zucchini, diced	1 quart	3 quarts		
Turnip, diced	1 quart	3 quarts		
Cauliflower, diced	2 quarts + 1/2 cup	1 gal + 2 qts + 2 cup		
Green bell pepper, diced	1 quart	3 quarts		
Canola oil	3/4 cup	2 cups		
Soy sauce	1/2 cup	1 1/2 cups		
Garlic powder	1 Tbsp + 1 1/4 tsp	1/4 cup		
Ginger, ground	2 tsp	2 Tbsp		
Coriander, ground	1 tsp	1 Tbsp		
Thyme, ground	1/2 tsp	1 1/2 tsp		
Black pepper	1/2 tsp	1 1/2 tsp		
Brown rice, cooked	17 cups	50 cups		

Serving Size: 2/3 cup rice + 1 cup vegetables Credit As: 1 oz WGR grain and 1 cup other vegetables

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Valu			
Butiltion	Total Fat 8g	12%	Total Carbohydrate 49g	16%	Your Daily Values your calorie needs	may be highe	r or lower de	pending on
Facts	Saturated Fat 1g	5%	Dietary Fiber 8g	32%	Total Fat	Calories Less than	2,000	2,500
Serving Size (413g)	Trans Fat 0g		Sugars 8g		Sat Fat	Less than	20g	80g 25g
Calories 290	Cholesterol Omg	0%	Protein 7g	14%	Cholesterol	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 70	Sodium 280mg	12%			Total Carbs	0.000 0.001	300g	375g
	Vitamin A 190%	 Vitamin C 150% 	Calcium 10%	Iron 10%	Dietary Fiber		29g	30g

DIRECTIONS

- 1. In large bowl, combine all vegetables. Toss together and set aside.
- 2. In small bowl, combine canola oil, soy sauce, garlic powder, ginger, coriander, thyme and black pepper. Whisk to combine. Pour over vegetable mixture in large bowl.
- 3. Toss vegetable mixture until evenly coated with dressing.
- 4. Prepare sheet pans with pan release spray. Dump vegetables onto sheet pans spreading out so that vegetables are only 1 layer deep.
- 5. Bake:
 - Conventional oven: 400°F for 20–22 minutes until vegetables are roasted Convection oven: 375°F for 16–19 minutes

CCP: Heat to 165°F or higher for 15 seconds.

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

- 6. To serve: place 2/3 cup brown rice (No. 6 scoop) per plate. Top with 1 cup (No. 4 scoop) of vegetables.
- * Any variety of mixed vegetables may be used, however the listed mix was tested and kid approved. Broccoli is NOT recommended as a substitution as it tested very poorly in this recipe.



Vegetable Grain

Pasta Primavera

INCDEDIENTS

Cook pasta to al dente, making sure not to overcook.

Helpful Hint

25 SERVINGS	75 SERVINGS
2 1/2 quarts	1 gallon + 3 qts
1 1/4 quarts	1 gallon
2 1/2 cups	2 quarts
2 1/2 quarts	2 gallons
2 quarts	1 1/2 gallons
1/4 cup	3/4 cup
1 1/2 tsp	1 Tbsp + 1 1/2 tsp
1 1/4 cup	3 3/4 cups
1/4 cup	3/4 cup
1/4 cup	3/4 cup
2 quarts	1 1/2 gals
2 tsp	1 1/2 Tbsp
1 Tbsp	3 Tbsp
1 Tbsp + 2 tsp	1/4 cup + 2 tsp
2/3 cup	2 cups
1 1/2 cup	1 quart
	2 1/2 quarts 1 1/4 quarts 2 1/2 cups 2 1/2 quarts 2 quarts 1/4 cup 1 1/2 tsp 1 1/4 cup 1/4 cup 1/4 cup 2 quarts 2 tsp 1 Tbsp 1 Tbsp + 2 tsp 2/3 cup

Serving Size: 1 1/4 cups; Credit As: 1 cup other vegetable and 1 oz WGR grain

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	Percent Daily Value			
	Total Fat 8g	12%	Total Carbohydrate 36g	12%	Your Daily Values m your calorie needs.	ay be highe	r or lower de	pending on
Facts	Saturated Fat 1.5g	8%	Dietary Fiber 8g	32%	Total Fat	Calories	2,000	2,500
Serving Size (243g)	Trans Fat 0g		Sugars 9g		Sat Fat	Less than Less than		80g 25g
Calories 250	Cholesterol 5mg	2%	Protein 12g		Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 70	Sodium 600mg	25%			Total Carbs	Crist trips	300g	375g
	Vitamin A 90%	Vitamin C 90%	Calcium 20%	Iron 15%	Dietary Fiber		259	30g

DIRECTIONS

- 1. Bring a large pot of water to a boil. Cook pasta according to package instructions. Cook to al dente, making sure not to overcook.
- 2. Drain pasta well and rinse. Set aside.
- 3. Combine, carrot, onion, broccoli, cauliflower, canola oil and salt. Toss to coat vegetables evenly.
- 4. Place vegetables on a sheet pans in a single layer.

5. Bake:

Conventional oven: 400°F for 20 minutes Convection oven: 375°F for 16 minutes CCP: Heat to 165°F or higher for 15 seconds.

- 6. When the hot vegetables come out of the oven, sprinkle peas on top of them and set aside.
- In the meantime, melt margarine in a pan over medium heat. Add flour and combine well. Cook for about 5 minutes, stirring constantly, until the mixture becomes a blonde color but has not started to brown.
- 8. Slowly whisk in milk a little at a time, taking care to incorporate all of the milk in the pan before adding more.
- 9. Stir in garlic powder and salt.
- 10. Make a slurry of cornstarch and water and combine with sauce while stirring constantly.
- 11. Simmer on low 5–10 minutes, stirring regularly, until sauce has thickened.
- 12. Add the pasta, roasted vegetables and parmesan cheese to sauce. Gently stir to fully combine. Pasta, vegetables and sauce may be combined and poured into a steamtable pan, then topped with parmesan and held for service.
 - CCP: Hot hold at 135°F or higher.

Pink Potato Salad

Vegetable

Pink Potato Salad

This recipe should be made the day before it will be served. If it is not, it should sit a minimum of 3 hours before serving to ensure all of the flavors have properly melded.

Serving Secrets

INGREDIENTS	25 SERVINGS	75 SERVINGS
Red potatoes with skins	14 cups	42 cups
Beets	5 cups	15 cups
Canola oil	1 Tbsp	3 Tbsp
Mayonnaise, lite	3/4 cup + 2 Tbsp	2 1/2 cups + 2 Tbsp
Sugar	1 3/4 tsp	1 Tbsp + 2 1/4 tsp
Salt	2 1/4 tsp	2 Tbsp + 3/4 tsp
Garlic powder	1 tsp	1 Tbsp
Onion powder	1 3/4 tsp	1 Tbsp + 3/4 tsp
Apple cider vinegar	1 Tbsp + 1/2 tsp	1/4 cup + 1/2 tsp
Greek yogurt, fat free	3/4 cup + 2 Tbsp	2 1/2 cups + 2 Tbsp
Sour cream, fat free	3/4 cup + 2 Tbsp	2 1/2 cups + 2 Tbsp
Water	2/3 cup	2 cups
Celery	2 cups	6 cups
Red onion	3/4 cup	2 1/4 cups
Eggs, hard-cooked, peeled	1 1/2 cups (6 each)	4 1/2 cups (18 each)

Serving Size: 2/3 cup (5 oz) Credit As: 1/2 cup of starchy vegetables

Nutrition	Amount Per Serving		% Daily Values*	Amount Per Serving		% Delty Values*	Percent Daily Valu			
	Total Fat 3.5g		5%	Total Carbohydrate 17	79	6%	Your Daily Values your calorie needs		r or lower de	pending on
Facts	Saturated Fat 1g		5%	Dietary Fiber 2g		8%	Total Fat	Calories Less than	2.000	2,500
Serving Size (142g)	Trans Fat 0g			Sugars 4g			Sat Fat	Less than	20g	80g 25g
Calories 110	Cholesterol 50mg		17%	Protein 4g		8%	Cholesterol Sodium	Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 35	Sodium 330mg		14%				Total Carbs	24.00 1.00	300g	375g
	Vitamin A 4%	•	Vitamin C 10%	 Calcium 4% 	•	Iron 4%	Dietary Fiber		259	30g

DIRECTIONS

- 1. Rinse potatoes and beets well. Trim greens off beets leaving about 1/2" of stem at the top of each bulb.
- 2. Toss whole beets and potatoes in canola oil. Roast at 400°F for about 1 hour. Remove beets and potatoes from oven. Let cool enough to handle. Peel beets, gloves recommended. Chop both beets and potatoes into roughly 1/2" cubes.
- 3. Dice celery into 1/4" pieces and add to potato mixture.
- 4. Finely dice red onion and add to potato mixture.
- 5. Dice hard boiled egg and add to potato mixture.
- 6. In a medium bowl, prepare dressing by combining mayonnaise, sugar, salt, garlic powder, onion powder, apple cider vinegar, greek yogurt, sour cream and water. Whisk together until smooth. Pour over vegetable and egg mixture.
- 7. Mix gently until all ingredients are well blended.
- Spread evenly into shallow pan (12" x 20" x 2 1/2") to a product depth of 2 inches or less. Use 1 pan for 25 servings. Use 3 pans for 75 servings.
- 9. CCP: Cool to 41°F or lower within 4 hours. Refrigerate until ready to serve.



Meat/ Meat Alternate C

Pulled Pork

Serve with 2–4 Tbsp of barbeque sauce for a special treat.

Helpful Hint

The pork cubes may also be cooked in a pressure cooker. Cook in batches for 20–35 minutes depending on batch size.

Pork roast(s) may be cooked whole. Rub 4–5 lb. roasts with sauce and roast covered at 275°F–300°F for 6–12 hours.

INGREDIENTS	25 SERVINGS	75 SERVINGS
Pork shoulder		
or butt (4–5 lb roasts)	4 lbs 8 oz.	13 lbs. 8 oz.
Worcestershire sauce	2 Tbsp + 2 tsp	1/4 cup + 1 Tbsp + 1 tsp
Salt	2/3 tsp	2 tsp
Chili powder	2 Tbsp	1/4 cup + 2 Tbsp
Cumin	1 1/3 tsp	1 Tbsp + 1 tsp
Mustard powder	2 2/3 tsp	2 Tbsp + 2 tsp
Coriander	2/3 tsp	2 tsp
Brown sugar	1/4 cup	3/4 cup

Serving Size: 2 1/2 oz of pork, cooked Credit As: 2 oz M/MA

Nutrition	Amount Per Serving	% Delty Values*	Amount Per Serving	% Daily Values*	*Percent Daily Valu			
	Total Fat 5g	8%	Total Carbohydrate 1g	0%	Your Daily Values your calorie needs	may be highe	r or lower de	pending on
Facts	Saturated Fat 2g	10%	Dietary Fiber 0g	0%	Total Fat	Calories Less than	2,000	2,500
Serving Size (45g)	Trans Fat 0g		Sugars 1g		Sat Fat	Less than	65g 20g	80g 25g
Calories 100	Cholesterol 40mg	13%	Protein 11g	22%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 50	Sodium 55mg	2%			Total Carbs	C100 0101	300g	375g
	Iron 4%				Dietary Fiber		259	30g

DIRECTIONS

- Cut pork roast(s) into 1"-2" cubes and place in steamtable pans (20" x 12" x 2 1/2") prepared with pan release spray.
- 2. Combine Worcestershire sauce, salt, chili powder, cumin, mustard powder, coriander and brown sugar. Pour over pork cubes and stir to coat.
- 3. Cover each pan tightly with foil and let sit in refrigerator 1 to 24 hours.
- Place pans, covered, in oven and bake: Conventional oven: 325°F for 5–6 hours Convection oven: 300°F for 5–6 hours Or

Place cubes in electric slow cooker(s) or cook and hold ovens and cook 4–5 hours on high, until pork is falling apart when touched with a spoon.

CCP: Heat to 165°F or higher for 15 seconds.

- 5. Shred pork by hand, with forks, or by placing into a large stand mixer fitted with a paddle. Gently beat with paddle unit meat is shredded.
- 6. Serve 1/3 cup pulled pork on a roll, over noodles or on rice.

CCP: Hold for hot service at $135^{\circ}F$ or higher.



(Meat/) Meat Alternate ;

Grain

Pumpkin Pancakes

75 SERVINGS

The largest pumpkin ever grown in Alaska weighed 1,789 pounds.

Nutrit Facts Serving Size (1) Calories 240 Calories from F

Fun Fact

INGREDIENTS	25 SERVINGS	75 SERVINGS
Whole wheat flour	3 cups	9 cups
All-Purpose flour	2 cups	6 cups
Brown sugar	1/2 cup	1 1/2 cups
Baking powder	1/3 cup	1 cup
Kosher salt	1 Tbsp + 1 tsp	1/4 cup
Nonfat cottage cheese	2 cups	1 quart + 2 cups
Nonfat milk	1 qt + 1 1/3 cups	1 gallon
Eggs	8 each	24 each
Pumpkin puree (baked, pureed fresh pumpkin or canned	3 cups	9 cups
Ground cinnamon	1 Tbsp + 1 tsp	1/4 cup
Ground ginger	2 tsp	2 Tbsp
Ground nutmeg	2 tsp	2 Tbsp
Vegetable oil	1 cup	3 cups

25 SERVINGS

Serving Size: 2 pancakes Credit As: 1 1/2 oz WGR grain and 3/4 oz M/MA

INGREDIENTS

tion	Amount Per Serving		% Delty Values*	Amount Per Serving	% Delly Values*	*Percent Daily Value			
	Total Fat 11g		17%	Total Carbohydrate 28g	9%	Your Daily Values I your calorie needs.	may be highe	r or lower de	pending on
	Saturated Fat 1.5g		8%	Dietary Fiber 2g	8%	Total Fat	Calories	2,000	2,500
158g)	Trans Fat 0g			Sugars 8g		Sat Fat	Less than Less than	65g 20g	80g 25g
	Cholesterol 60mg		20%	Protein 9g	18%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Fat 100	Sodium 800mg		33%			Total Carbs	00000101001	300g	375g
	Vitamin A 40%	•	Vitamin C 2%	Calcium 25%	kon 10%	Dietary Fiber		25g	309

DIRECTIONS

- 1. Whisk together whole wheat flour, all-purpose flour, brown sugar, baking powder and salt in a large mixing bowl.
- 2. Blend cottage cheese with a food processor fitted with a steel blade until smooth. Transfer to a large bowl. Add milk, eggs, pumpkin, cinnamon, ginger and nutmeg; whisk until combined.
- 3. Mix the wet ingredients into the dry ingredients, stirring thoroughly to blend.
- 4. Heat griddle to medium-high. Brush the griddle with some oil. Using a 3 oz. scoop, pour batter onto the griddle. Cook until bubbles form on top, 3–5 minutes. Turn and cook until browned on the other side, about 3 minutes more. Repeat with remaining batter and oil.

Pumpkin Pie Bars

"It's so good and delicious."



Pumpkin Pie Bars

25 SERVINGS

3 cup

75 SERVINGS

2 quart + 1 cup

DIRECTIONS

- 1. In food processor or stand mixer, combine barley flour, powdered sugar, salt and vegetable oil. Mix until fully combined and crumbly.
- Press mixture into bottom of steamtable pan(s) (20" x 12" x 2 1/2"). Use 1 pan for 25 servings. Use 3 pans for 75 servings.
- 3. Bake until golden brown:
 - Conventional oven: 350°F for 12–15 minutes Convection oven: 325°F for 9–12 minutes
- 4. Remove from oven and set aside to cool while making filling.
- 5. Meanwhile, in stand mixer on medium speed fitted with a whip (or in large bowl by hand with large whisk), mix pumpkin, milk, eggs, white and brown sugar, salt, nutmeg, cinnamon, Allspice and ginger (if using) until fully combined, about 2–3 minutes.
- 6. Pour mixture over crust and spread evenly. Return to oven.
- 7. Bake until filling has set:
- Conventional oven: 350°F for 1 hour –1 hour 15 minutes
- Convection oven: $325^{\circ}F$ for 50-55 minutes
- 8. Remove from oven. Let cool completely.
 - CCP: Cool to 70° F or lower within 2 hours. Cool for 70° F to 41° F within 4 hours.
- 9. Cut each pan into 25 pieces (5 pieces x 5 pieces)
- 10. Cover tightly and refrigerate.
 - CCP: Store at 41°F or below until ready to serve.

Best when made a day ahead. Once cool, cover tightly with foil and refrigerate overnight until ready to serve.

Helpful

Hint

INGREDIENTS

Crust

Barley flour

Powdered (Confectioners) sugar	1 1/2 cup	1 quart + 1/2 cup
Salt	3/8 tsp	1 1/8 tsp
Canola oil (or other trans fat free oil)	3/4 cup	2 1/4 cups
Filling		
Pumpkin puree (baked, pureed		
fresh pumpkin or canned)	3 cups	2 quarts + 1 cup
Milk	3 cups	2 quarts + 1 cup
Eggs	6 each	18 each
White sugar	3/4 cup	2 1/4 cup
Brown sugar, packed	3/4 cup	2 1/4 cup
Salt	3/8 tsp	1 1/8 tsp
Nutmeg	1/8 tsp	3/8 tsp
Cinnamon	1 Tbsp	3 Tbsp
Allspice (optional)	3/8 tsp	1 1/8 tsp
Ginger, ground (optional)	3/8 tsp	1 1/8 tsp

Nutrition	Amount Per Serving		% Daily Values	Am	ount Per Serving		% Delty Values*	*Percent Daily Value			
Nutrition	Total Fat 8g		12%	То	tal Carbohydrate 33g		11%	Your Daily Values m your calorie needs.	ay be highe	r or lower de	pending on
Facts	Saturated Fat 1g		5%		Dietary Fiber 2g		8%	Total Fat	Calories	2,000	2,500
Serving Size (96g)	Trans Fat 0g				Sugars 22g			Sat Fat	Less than Less than	65g 20g	80g 25g
Calories 220	Cholesterol 45mg		15%	Pr	otein 4g		8%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg
Calories from Fat 70	Sodium 100mg		4%	_				Total Carbs Dietary Fiber	Cess ciar	300g	2400mg 375g 30g
	Vitamin A 20%	•	Vitamin C 2%	•	Calcium 6%	•	Iron 4%	Creary Piber		209	3.9

Pumpkin Squares

"I would marry it."



Pumpkin Squares

75 SEDVINGS

Try using other varieties of winter squash instead of pumpkin.

Helpful Hint

INGREDIEN I 5	25 SERVINGS	75 SERVINGS
Whole wheat flour	2 1/2 cups	7 1/2 cups
All-Purpose flour	1 cup + 2 tsp	3 cups + 2 Tbsp
Baking powder	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Ground cinnamon	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Baking soda	1 1/4 tsp	1 7/8 tsp (1 3/4 tsp+1/8 tsp)
Kosher salt	1/2 tsp	1 3/4 tsp
Eggs (or equivalent liquid eggs)	6 large	17 1/2 large
Pumpkin puree (baked, pureed fresh pumpkin or canned	2 cups + 1 Tbsp	6 1/4 cups
Granulated sugar	2 cups + 1 Tbsp	6 1/4 cups
Vegetable oil	1 1/2 cups	4 1/3 cups

25 SERVINGS

Serving Size: 1 piece Credit As: 1 1/4 oz WGR grain

INGREDIENTS

Nutrition	Amount Per Serving		% Daily Values	c /	Amount Per Serving		% Daily Values					
	Total Fat 10g		15%	6	Total Carbohydrate 30	2	109		sily Values Iorie needs	may be highe	r or lower de	pending on
Facts	Saturated Fat 1g		5%	6	Dietary Fiber 2g		81	Total Fat		Calories	2,000	2,500
Serving Size (76g)	Trans Fat 0g				Sugars 17g			Sat Fat		Less than Less than	65g 20g	80g 25g
Calories 220	Cholesterol 45mg		15%	61	Protein 4g		81	Choleste Sodium	rol	Less than Less than	300mg	300mg 2400mg
Calories from Fat 90	Sodium 180mg		8%	6				Total Car		Less man	300g	375g
	Vitamin A 25%	•	Vitamin C 2%		Calcium 4%	•	Iron 69	Dietary	Fber		25g	30g

DIRECTIONS

- 1. Preheat convection oven to 350°F or conventional oven to 375°F. Coat sheet pans with cooking spray. Use 1 halfsheet pan for 25 servings or 3 halfsheet pans for 75 servings.
- 2. Sift together whole wheat flour, all-purpose flour, baking powder, cinnamon, baking soda and salt in a large bowl. Whisk together eggs, sugar, oil and pumpkin in another large bowl. Add dry ingredients to the wet ingredients and mix well. (Do not overmix). Scrape mixture onto the prepared sheet pan(s) and spread evenly.
- 3. Bake until a toothpick inserted in the center comes out clean.

Conventional oven: 20–25 minutes Convection oven: 15–20 minutes

Reindeer and Red Cabbage

"To drool for."

Meat/ Meat Alternate

Grain

Vegetable



Reindeer and Red Cabbage

Ground beef or any Alaska game *meat can be* substituted for the ground reindeer meat.

Helpful Hint

INGREDIENTS	25 SERVINGS	75 SERVINGS
Reindeer meat, ground, raw	4 lb 4 oz	12 lbs 8 oz
Onion, finely diced	2 3/4 cup	2 quarts + 1/2 cup
Garlic powder	1 tsp	1 Tbsp
Water	1 quart	3 quarts
Red cabbage, shredded	3 gallons + 3 quarts	11 gallons
Onion, diced	2 quarts	1 gallon + 2 quarts
Tomato sauce	3 quarts + 3 cups	2 gallons + 3 quarts
Tomato paste	3/4 cup	2 1/4 cups
Beef broth	1 quart + 2 1/2 cups	1 gallon + 2 3/4 cup
Apple cider vinegar	1/2 cup + 2 tsp	1 1/2 cups + 1 Tbsp
Salt	2 Tbsp + 1 tsp	1/4 cup + 2 Tbsp
Black pepper	1 tsp	1 Tbsp
Garlic powder	2 Tbsp + 1 tsp	1/4 cup + 2 Tbsp
Thyme, dried, ground	1/2 tsp	1 1/2 tsp
Brown rice, slightly undercooked	2 qts + 1 cup	1 gal + 2 qts + 3 cups

Serving Size: 1 1/2 cups; Credit As: 2 oz. M/MA, 2 oz WGR grain, 1 cup other vegetable

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving		ues are based on a 2,000 calorie diet.
	Total Fat 7g	11%	Total Carbohydrate 41g	14% Your Daily Values your calorie need	s may be higher or lower depending on 6.
Facts	Saturated Fat 2.5g	13%	Dietary Fiber 8g	32% Total Fat	Calories 2,000 2,500 Less than 650 800
Serving Size (585g)	Trans Fat 0g		Sugars 14g	Sat Fat	Less than 20g 25g
Calories 310	Cholesterol 50mg	17%	Protein 23g	46% Cholesterol Sodium	Less than 300mg 300mg Less than 2400mg 2400mg
Calories from Fat 60	Sodium 980mg	41%		Total Carbs	300g 375g
	Vitamin A 45% •	Vitamin C 170%	Calcium 10%	Iron 30%	25g 30g

DIRECTIONS

- 1. In skillet, combine reindeer, diced onion, garlic powder and water.
- 2. Brown reindeer mixture over medium heat, stirring occasionally, until liquid is evaporated and meat is fully cooked and crumbly.

CCP: Heat to 165°F or higher for 15 seconds

- 3. In a steamtable pan, combine reindeer mixture, cabbage, onion, tomato sauce, tomato paste, beef broth, apple cider vinegar, salt, pepper, garlic, thyme and rice. Cover tightly with foil.
- 4. Bake:

Conventional oven: 400°F for 1 hour Convection oven: 375°F for 1 hour CCP: Heat to 165°F or higher for 15 seconds

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

5. Serve: $1 \frac{1}{2}$ (3 No. 8 scoops) cups per plate.

Reindeer Ratatouille

"Best thing I've ever tasted."

Meat/ Meat Alternate

Vegetable

82

Reindeer Ratatouille

Use any Alaska game meat. Unused meat for ratatouille recipe will freeze well, and may be used in any recipe that calls for shredded beef including Taco Meat on page 94.

Helpful Hint

INGREDIENTS	25 SERVINGS	75 SERVINGS
Reindeer roast, bone-in	12 lbs.	36 lbs.
Worcestershire sauce	1/4 cup	3/4 cup
Brown sugar	1/4 cup	3/4 cup
Garlic powder	1 1/4 tsp	1 Tbsp + 1 tsp
Onion powder	1 1/4 tsp	1 Tbsp + 1 tsp
Salt	1/2 tsp	1 1/2 tsp
Coriander, dried ground	1/2 tsp	1 1/2 tsp
Thyme, dried, ground	1/2 tsp	3/4 tsp
Oregano, dried	1/4 tsp	3/4 tsp

A note about reindeer roasts: Because the Alaska reindeer industry is less commercialized than the beef industry, purchased cuts will not always be consistent in size, weight and yield. This recipe allows the use of any cut, from any part of the animal. Bone-in roasts will yield around 30% of their initial, as purchased, weight after they are cooked and cleaned. "Non-prime" cuts that are typically considered "tough" or designated for stew meat will be ideal as the long, slow cooking process leaves the meat fall-apart tender and very flavorful. Because this recipe was designed to have flexibility, the assumed yield errs on the conservative side and you may end up with more cooked reindeer meat than the designated number of servings.

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*				
Butiltion	Total Fat 7g	11%	Total Carbohydrate 7g	2%	Your Daily Values your calorie need		r or lower de	spending on
Facts	Saturated Fat 2.5g	13%	Dietary Fiber 1g	4%	Total Fat	Calories Less than	2,000	2,500
Serving Size grams (207g)	Trans Fat 0g		Sugars 4g		Sat Fat	Less than	200	80g 25g
Calories 170	Cholesterol 55mg	18%	Protein 21g	42%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 60	Sodium 290mg	12%			Total Carbs	Longe in terr	300g	375g
					Dietary Fiber		250	30g

DIRECTIONS

- 1. Combine Worcestershire sauce, brown sugar, garlic powder, onion powder, salt, coriander, thyme, and oregano. Rub liberally over the surface of the meat and allow to sit (chilled) for at least 1 hour, up to 24.
- 2. Place roast in a slow cooker or roasting pan. Cook, covered, on low or at 300°F for 5–10 hours, until meat is fall apart tender. This can be done overnight up to 3 days ahead of time.
- 3. When meat has cooled enough to handle, use gloves to pull apart and clean, removing bones, silverskin and tendons or gristly bits.
- 4. Shred remaining meat by hand using two forks, or on low in a stand mixer fitted with a paddle attachment.
- 5. It is possible to substitute ground reindeer instead of a roast. Follow the cooking instructions for the meat, including seasonings, in Reindeer and Red Cabbage recipe on page 82. Quantities will be the same for 25 and 75.

Continued on page 86.

Recipe Secret

Reindeer Ratatoullie (cont.)

Ratatouille is a provincial French tradition which typically contains eggplant, in addition to the vegetables in this recipe. As eggplant can be difficult and costly to obtain in many parts of Alaska, this recipe was developed to be just as tasty without it. If you have access to eggplant, feel free to substitute it for a portion of the zucchini and *bell pepper.*

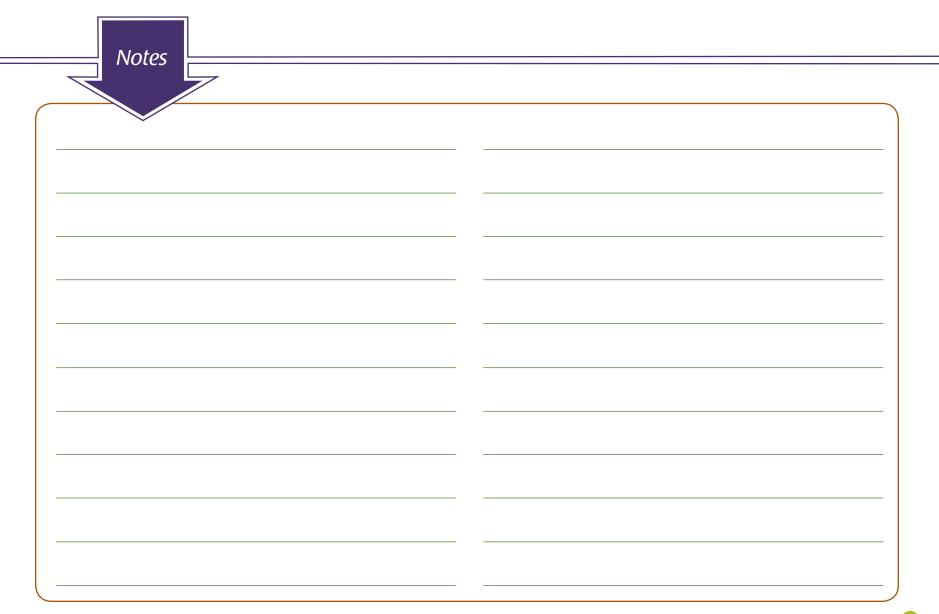
INGREDIENTS	25 SERVINGS 75 SERVINGS	
Ratatoullie		
Water	1/4 cup 3/4 cup	
Cornstarch	2 tsp	2 Tbsp
Zucchini, diced	3 1/3 cups	2 quarts + 1 cup
Bell pepper, diced	2 1/4 cups	1 quart + 2 cups
Onion, diced	1 cup	3 cups
Thyme, dried	1/8 tsp	1/4 tsp
Basil, dried	1/4 tsp	3/4 tsp
Sage, dried, ground	1/16 tsp	1/8 tsp
Parsley, dried	1/2 tsp	1 1/2 tsp
Garlic powder	1/4 tsp	3/4 tsp
Salt	1/2 tsp	1 1/2 tsp
Black pepper	1/8 tsp	1/4 + 1/8 tsp
Red wine vinegar	2 Tbsp + 1 tsp	1/4 cup + 2 Tbsp
Tomato, canned, diced with juice	3 1/3 cups	2 quarts + 1 cup
Tomato paste	2 1/4 tsp	2 Tbsp
Beef broth	3 1/3 cups	2 quarts + 1 cup

Serving Size: 1/3 cup reindeer + 1/2 cup vegetables **Credit As:** 2 oz M/MA and 1/2 cup other vegetable

DIRECTIONS

Ratatoullie

- 1. Combine water and cornstarch to make a slurry.
- 2. Combine all ingredients in a large pot, including the cornstarch and water slurry.
- 3. Stir to combine.
- 4. Bring pot to a boil, reduce heat and simmer, uncovered, until peppers and onions are soft and most of the liquid has evaporated, about 40 minutes.
 - CCP: Heat to 165°F or higher for 15 seconds.
- 5. To serve: place 2 1/2 ounces (about 1/3 cup or No. 12 scoop) of shredded reindeer meat on plate, top with 1/2 cup (4 oz. portion server) of vegetables.





Meat/ Meat Alternate



Roasted Fish with Crispy Slaw Wrap

Spray each fillet with cooking oil instead of brushing with olive oil.

Helpful Hint

Serving Size: 1 wrap Credit As: 2 3/4 oz equivalent M/MA, 1/4 cup dark green vegetable, 1/4 cup red/orange vegetable, 7/8 cup other vegetable, and 1 1/2 oz equivalent grains

INGREDIENTS	25 SERVINGS	75 SERVINGS
Red cabbage, shredded	2 qts + 1/2 cup	1 gal + 2 qts + 1 1/2 c.
Green cabbage, shredded	2 1/2 cups	1 quart + 3 1/2 cups
Carrots, shredded	1 quart + 1 cup	3 quarts + 3 cups
Bok choy, julienne sliced	2 1/2 cups	1 quart + 3 1/2 cups
Cilantro, chopped	1/2 cup	1 1/2 cups
Light Balsamic vinaigrette dressing	2 1/3 cup	1 quart + 3 cups
White fish, cod or rockfish, cut into 4 oz portions	25 pieces	75 pieces
Extra virgin olive oil	1/4 cup	3/4 cup
Salt-free chili-lime seasoning blend	1/4 cup + 1 Tbsp	3/4 cup + 3 Tbsp
Romaine lettuce, julienne sliced	1 qt + 2 1/2 cups	1 gallon + 2 1/2 cups
Whole-grain tortillas, 8"	25 each	75 each
Avocados, 1/4" slices	25 slices	75 slices
Limes, cut into quarters, or the equivalent quantity on bottled lime juice	7 each	19 each

13g ed Fat 2g at 0g	20% 10%	Total Carbohydrate 33g Dietary Fiber 6g		ly Values may be high orie needs. Calories Less than	2,000	2,500 80g
	10%	a court of the court of the	24%	Calories		
at 0a			Total Fat			
ai vy		Sugars 4g	Sat Fat	Less than		250
ol 55mg	18%	Protein 28g	56% Cholester			300mg 2400mg
90mg	29%		Total Carl		300g	375g 30g
				a song 16% Protein 28g 80% Sodum Omg 29% Total Can	Soling Totellin Log Solium Less than	A Song 10% Protein 28g 20% Sodium Less than 2400mg Omg 29% Total Carbs 300g

DIRECTIONS

- 1. Combine red cabbage, white cabbage, carrots, bok choy, cilantro, and balsamic dressing to make slaw.
- 2. Cover and refrigerate until ready to serve. CCP: Cool to 41°F or lower within 4 hours.
- Place white fish portions on sheet pan (18" x 26" x 1") lined with parchment paper or lightly coated with pan release spray. For 25 servings, use 1 pan. For 75 servings, use 3 pans.
- 4. Brush oil on white fish and sprinkle with salt-free seasoning.
- 5. Roast:
 - Conventional oven: 375°F for 12 minutes Convection oven: 350°F for 9 minutes

When done, fish will flake easily with a fork.

CCP: Heat to 145°F or higher for at least 15 seconds.

- 6. CCP: Hold at 135°F or higher.
- 7. Place 1/4 cup lettuce on tortilla.

Cut fish in half and place both pieces on top of lettuce. Add 8 fl oz spoodle (1 cup) slaw and one slice of avocado. Squeeze lime on top of filling.

Roll in the form of a burrito and seal.

Salmon & Vegetable Burgers

"I'm in love with it it's so good."

Meat/ Meat Alternate

Vegetable

Salmon & Vegetable Burgers

Make chicken burgers instead of salmon burgers. Replace the salmon with canned chicken.

Serving Secrets

INGREDIENTS	25 SERVINGS	75 SERVINGS
Salmon	2 qts + 2 cups	1 gal + 3 qts + 1 cups
Carrots, fresh, shredded	3 cups	9 cups
Celery, fresh, thinly sliced	2 1/2 cups	3 cups
Onion, fresh, thinly sliced	1 cup + 2 Tbsp	1/4 cup + 2 Tbsp
Zucchini, fresh, shredded	3 1/4 cups	2 quarts + 1 3/4 cups
Dill weed	1/2 tsp	1 1/2 tsp
Garlic powder	1/2 tsp	1 1/2 tsp
Lemon juice	2 tsp	2 Tbsp
Eggs	9 each (2 1/4 c.)	27 each (1qt + 2 1/4 c.)
Breadcrumbs	1 cup	3 1/4 cups
Whole grain barley hamburger buns (or other whole grain bun)	25	75
Ketchup	3/4 cup + 1 1/2 tsp	2 1/4 cup + 1 Tbsp
Mayonnaise, lite	3/4 cup + 1 1/2 tsp	2 1/4 cup + 1 Tbsp

Serving Size: 1 burger plus bun and condiments Credit As: 2 oz M/MA, 2 oz WGR grain and 1/3 cup vegetable

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Value			
	Total Fat 11g	17%	Total Carbohydrate 38g	13%	Your Daily Values m your calorie needs.	ay be higher	or lower dep	pending on
Facts	Saturated Fat 2g	10%	Dietary Fiber 4g	16%	Total Fat	Calories	2,000	2,500
Serving Size (203g)	Trans Fat 0g		Sugars 8g		Sat Fat	Less than Less than	65g 20g	80g 25g 300mg
Calories 340	Cholesterol 125mg	42%	Protein 24g	48%	Cholesterol	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 100	Sodium 500mg	21%			Total Carbs	Cess inter	300g	3750
	Vitamin A 60%	Vitamin C 10%	Calcium 6%	Iron 15%	Dietary Fiber		25g	309

DIRECTIONS

- 1. Place salmon in large bowl or in mixer bowl fitted with paddle attachment.
- 2. Add carrots, celery, onion, zucchini, dill weed, garlic powder, lemon juice eggs and breadcrumbs to chicken. Stir or mix on low until fully combined.
- 3. Spray sheet pan well with pan release spray. Use a heaping 1/2 cup (No. 8 scoop) per patty. Form each into a patty about 3/4" thick. Place patties on sheet pan about 1 inch apart.
- 5. Bake:

Conventional oven: 400°F for 18–20 minutes or until fully cooked and each patty holds together.

Convection oven: 375°F for 15–18 minutes or until fully cooked and each patty holds together.

CCP: Heat to 165°F or higher for 15 seconds.

- 6. Serve immediately or hold for hot service. CCP: Hold for hot service at 135°F or higher.
- 7. To serve: place 1 1/2 tsp lite mayonnaise and 1 1/2 tsp of ketchup on each bun. Place 1 burger inside each bun and serve.

Strawberry Spinach Salad

"It's really, really good."

Fruit

Strawberry Spinach Salad

Cook's Tip

INGREDIENTS	25 SERVINGS	75 SERVINGS
Sunflower seeds, pumpkin seeds, or slivered almonds (optional)	2 cups	1 quart + 2 cups
Cucumbers	1 1/2 lbs.	4 1/2 lbs.
Fresh strawberries	1 lb. 10 oz.	4 lbs. 14 oz.
Romaine lettuce	1 lb. 2 oz.	3 lbs. 6 oz.
Baby spinach	1 gallon + 1 quart	3 gallons + 3 quarts
Balsamic vinegar	1/4 cup	3/4 cup
Maple syrup	3 Tbsp	1/2 cup + 1 Tbsp
Dijon mustard	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Garlic powder	3/4 tsp	2 1/4 tsp
Salt	1/2 tsp	1 1/2 tsp
Pepper, black, ground	1/2 tsp	1 1/2 tsp
Vegetable oil or olive oil	1/2 cup	1 1/2 cups

Serving Size: 1 1/4 cups

 $\mbox{Credit As: } 1/2 \mbox{ cup dark green vegetable, } 1/8 \mbox{ cup other vegetable and } 1/8 \mbox{ cup fruit}$

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values"	Percent Daily Value			
Butiltion	Total Fat 10g	15%	Total Carbohydrate 9g	3%	Your Daily Values n your calorie needs.	nay be higher	r or lower de	pending on
Facts	Saturated Fat 1g	5%	Dietary Fiber 3g	12%	Total Eat	Calories Less than	2,000	2,500
Serving Size grams (123g)	Trans Fat 0g		Sugars 4g		Sat Fat		20g	80g 25g
Calories 140	Cholesterol Omg	0%	Protein 4g		Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 90	Sodium 75mg	3%			Total Carbs	2000 0101	300g	375g
					Detary Fiber		25g	30g

DIRECTIONS

- 1. Toast sunflower (or pumpkin) seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4 to 5 minutes. Transfer to a bowl and let cool.
- 2. Peel cucumbers. Cut in half lengthwise then slice 1/4" thick.
- 3. Hull strawberries and cut into 1/4" thick slices.
- 4. Trim romaine and cut into 1" pieces.
- 5. Mix spinach and romaine in a large bowl.
- 6. Process vinegar, syrup, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds.
- 7. Add the strawberries, cucumbers and toasted seeds to the greens. Drizzle with dressing and toss to coat. Serve immediately.

Sweet 'n Sour Fish

Meat/ Meat Alternate

Sweet 'n Sour Fish

Try this recipe with chicken instead of fish.

Cook's Tip

25 SERVINGS	75 SERVINGS
4 1/4 lbs.	12 3/4 lbs.
8-8 1/2 cups	26 cups
1/2 cup	1 cup
1/4 cup + 1 Tbsp	3/4 cup + 3 Tbsp
5 3/4 c. (1 qt + 1 3/4 c.)	17 3/4 c. (1 gal + 1 3/4 c.)
3/4 cup + 3 Tbsp	2 3/4 cup + 1 Tbsp
1 1/4 cup + 1 Tbsp + 1 tsp	4 cups
1/2 cup + 2 Tbsp	1 3/4 cup + 2 Tbsp
1 1/4 tsp	1 Tbsp + 3/4 tsp
	4 1/4 lbs. 8-8 1/2 cups 1/2 cup 1/4 cup + 1 Tbsp 5 3/4 c. (1 qt + 1 3/4 c.) 3/4 cup + 3 Tbsp 1 1/4 cup + 1 Tbsp + 1 tsp 1/2 cup + 2 Tbsp

Serving Size: 1/3 cup brown rice, 3 oz fish, 1/4 cup sweet and sour sauce Credit As: 2 oz M/MA and 2 oz WGR grain

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Val			
Butiltion	Total Fat 2.5g	4%	Total Carbohydrate 21g	7%	Your Daily Values your calorie need	may be highe	r or lower de	pending on
Facts	Saturated Fat 0.5g	3%	Dietary Fiber 0g	0%	Total Fat	Calories	2,000	2,500
Serving Size grams (175g)	Trans Fat 0g		Sugars 14g		Sat Fat	Less than Less than		25g
Calories 160	Cholesterol 60mg	20%	Protein 12g	24%	Cholesterol Sodium	Less than Less than		300mg 2400mg
Calories from Fat 20	Sodium 400mg	17%			Total Carbs	Cess man	300g	375g
					Dietary Fiber		25g	30g

DIRECTIONS

- 1. Cook fish sticks according to Fish Stick Recipe on page 33.
- 2. Cook rice according to package instructions.
- 3. Combine 1/2 cup water with cornstarch. Whisk together until fully combined and there are no lumps.
- 4. In a medium sauce pan, combine cornstarch slurry with remaining water, vinegar, sugar, ketchup and salt. Whisk until fully combined. Bring to a boil over high heat. Reduce heat to low and simmer for 10–15 minutes until thickened. Stir occassionally to prevent sticking.
- 5. To serve, place 1/3 cup brown rice on plate, top with 3 oz Crispy Fish Fingers and 1/4 cup (2 oz) sweet and sour sauce. Or serve sweet and sour sauce on the side.



Meat/ Meat Alternate

Taco Meat

Make this recipe with any type of meat: shredded pork, canned chicken chunks or game meat like canned or cooked, shredded moose or caribou.

Helpful Hint

INGREDIENTS	25 SERVINGS	75 SERVINGS
Cooked ground or shredded beef, pork or chicken	3 lbs 2 oz	9 lbs 6 oz
Onion, raw	1 3/4 cups	5 cups
Salt	3/4 tsp	2 1/4 tsp
Garlic powder	1 Tbsp + 1 tsp	1/4 cup
Black pepper	1 tsp	1 Tbsp
Chili powder	2 Tbsp + 1/4 tsp	1/4 cup + 2 1/4 tsp
Cumin, ground	1 Tbsp	3 Tbsp
Onion powder	2 1/3 tsp	2 Tbsp + 1 tsp
Coriander, ground	1 1/2 tsp	1 Tbsp + 1 1/2 tsp
Oregano	3/4 tsp	2 1/4 tsp
Tomato paste	1 cup	3 cups
Tomatoes in juice, no salt added	2 cups	1 quart + 2 cups
Water	3/4 cup	2 /4 cups

Serving Size: 2 oz Credit As: 2 oz M/MA

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values* "Percent Daily Val			
Butiltion	Total Fat 5g	8%	Total Carbohydrate 5g	2% Your Daily Valuer your calorie need	may be highe s	r or lower de	pending on
Facts	Saturated Fat 2g	10%	Dietary Fiber 1g	4% Total Fat	Calories	2,000	2,500
Serving Size grams (117g)	Trans Fat 0g		Sugars 3g	Total Fat Sat Fat	Less than Less than		80g 25g
Calories 140	Cholesterol 50mg	17%	Protein 18g	36% Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 50	Sodium 240mg	10%		Total Carbs	Less man	300g	375g
				Dietary Fiber		25g	30g

DIRECTIONS

1. Combine all ingredients in shallow pan or skillet. Simmer on medium low stirring occassionally until liquid has reduced to a thick sauce on the meat.

Tip: Use in tamale pie and breakfast burritos.



Tamale Pie

Cheese
may be
mixed into
cornbread
topping
instead of
sprinkling
over the top.

Helpful

Hint

Serving Size: 1 piece; Credit As: 1 1/2 oz M/MA.
1/3 cup other vegetables and 1 oz serving of WGR grains

INGREDIENTS	25 SERVINGS	75 SERVINGS
Canola oil	1 Tbsp + 1 tsp	1/4 cup
Carrots, grated	5 1/3 cups	16 cups
Zucchini, shredded	3 cups	9 cups
Celery, thinly sliced	2 cups (~1 bunch)	6 cups (~3 bunches)
Onion, thinly sliced	1 2/3 cups	5 cups
Salt	3/4 tsp	2 1/4 tsp
Taco Meat (See recipe on page 94)	4 lbs 6 oz	13 lbs 2 oz
Cornbread Topping		
Barley flour	1 1/2 cups	4 1/2 cups
Cornmeal	1 1/2 cups	4 1/2 cups
Sugar	1/4 cup + 3 Tbsp	1 1/2 cups
Salt	1/2 tsp	1 1/2 tsp
Baking powder	2 1/4 tsp	2 Tbsp + 1 tsp
Canola oil	1/4 cup + 2 Tbsp	3/4 cup
Eggs	3 each	9 each
Milk, fat free	1 1/2 cups	4 1/2 cups
Shredded cheese	4 1/2 oz	12 1/2 oz

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving		Percent Daily Value			
Butiltion	Total Fat 9g	14%	Total Carbohydrate 23g	8%	Your Daily Values r your calorie needs.	nay be highe	r or lower de	pending on
Facts	Saturated Fat 2g	10%	Dietary Fiber 3g	12%	Total Fat	Calories Less than	2,000	2,500
Serving Size 159 grams	Trans Fat 0g		Sugars 7g		Set Fat	Less than		25g
Calories 230	Cholesterol 50mg	17%	Protein 15g	30%	Cholesterol Socium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 80	Sodium 310mg	13%			Total Carbs	Loss mer	300g	375g
					Dietary Fiber		25g	30g

DIRECTIONS

- 1. In food processor, grate carrots and zucchini. Use slicing attachment to thinly slice onions and celery or chop thinly by hand.
- Heat canola oil in pan over medium. Add carrot, onion, celery, zucchini, and salt. Saute for about 5–7 minutes.
- 3. Add taco meat. Stir until well combined. CCP: Heat to 165°F for at least 15 seconds.
- 4. Spread mixture into steamtable pans (20" x $12" \times 2 1/2"$) sprayed with pan release spray. Use 1 pan for 25 servings. Use 3 pans for 75 servings. Meat and vegetable mixture may be prepared ahead and refrigerated overnight. CCP: Cool to 70°F within 2 hours and from 70°F-41°F within an additional 4 hours.
- For Cornbread Topping
- 5. Blend barley flour, cornmeal, sugar, salt and baking powder in mixer on low for 1 minute.
- 6. In a separate bowl, mix oil, eggs and milk.
- 7. Pour wet ingredients into dry ingredients and blend for 2–3 minutes on medium until just combined. Batter may be lumpy.
- 8. Pour cornbread mixture over meat mixture in each pan and spread into corners of pan.
- 9. Bake:
 - Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes CCP: Heat to 165° F for higher for at least 15 seconds.
- 10. Sprinkle 4–5 ounces of cheese over combread in each pan.

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

11. Cut each pan 5 x 5 (25 portions per pan).



Meat/ Meat Alternate

(**Vegetable**

Teriyaki Salmon Caesar Salad

Chicken	
fillets	
can be	
substituted	
for the	1
salmon	
fillets.	1
	1

Helpful Hint

INGREDIENTS	25 SERVINGS	75 SERVINGS
Salmon fillets, raw, boneless	4 lbs 8 oz	13 lbs 8 oz
Prepared Teriyaki Sauce	1 cup	2 3/4 cups
or see recipe below		
Dressing		
Yogurt, plain, fat free	1 1/3 cups	1 quart + 3 Tbsp
Mayonnaise, lite	1/2 cup + 1 tsp	3/4 cup + 1 Tbsp
Sugar	2 3/4 tsp	2 Tbsp + 2 1/2 tsp
Lemon juice	2 3/4 tsp	2 Tbsp + 2 1/2 tsp
Olive oil	1 Tbsp + 2 1/2 tsp	1/4 cup + 1 Tbsp + 1 1/2 tsp
Water	2 Tbsp + 2 tsp	1/2 cup + 1 tsp
Garlic powder	2 3/4 tsp	2 Tbsp + 2 1/2 tsp
Salt	1 tsp	1 Tbsp
Mustard, dried, ground	2/3 tsp	2 tsp
Black pepper	1/8 tsp	1/4 + 1/8 tsp
Romaine lettuce	1 gal + 2 qts + 1 cup	4 gal + 2 qts + 3 cups
Parmesan cheese	1 1/3 cup	1 quart
Croutons, whole grain	3 1/4 c	2 quarts + 1 3/4 cups

Serving Size: 1 cup romaine lettuce, 3–4 croutons and 2 1/2 oz teriyaki salmon **Credit As:** 2 oz M/MA and 1/2 cup dark green vegetable

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Value			
	Total Fat 12g	18%	Total Carbohydrate 10g	3%	Your Daily Values n your calorie needs.	nay be highe	r or lower de	perding on
Facts	Saturated Fat 3.5g	18%	Dietary Fiber 1g	4%	Total Fat	Calories	2,000	2,500
Serving Size grams (168g)	Trans Fat 0g		Sugars 4g		Sat Fat	Less than Less than	65g 20g	80g 25g
Calories 230	Cholesterol 50mg	17%	Protein 20g	40%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 110	Sodium 520mg	22%			Total Carbs	Cost man	300g	375g
					Dietary Fiber		25g	30g

DIRECTIONS

- 1. Spray sheet pans with pan release spray.
- 2. Place fillets on sheet pans with skin side down. Space fillets about 1" apart.
- 3. Brush the top of salmon fillets with teriyaki glaze.
- 4. Bake:
 - Conventional oven: 350°F for 20 minutes Convection oven: 325°F for 15 minutes CCP: Heat to 145°F or higher for 15 seconds. Serve hot or cold. CCP: Hold for hot service at 135°F or higher

CCP: Hold for cold service at 41°F or below

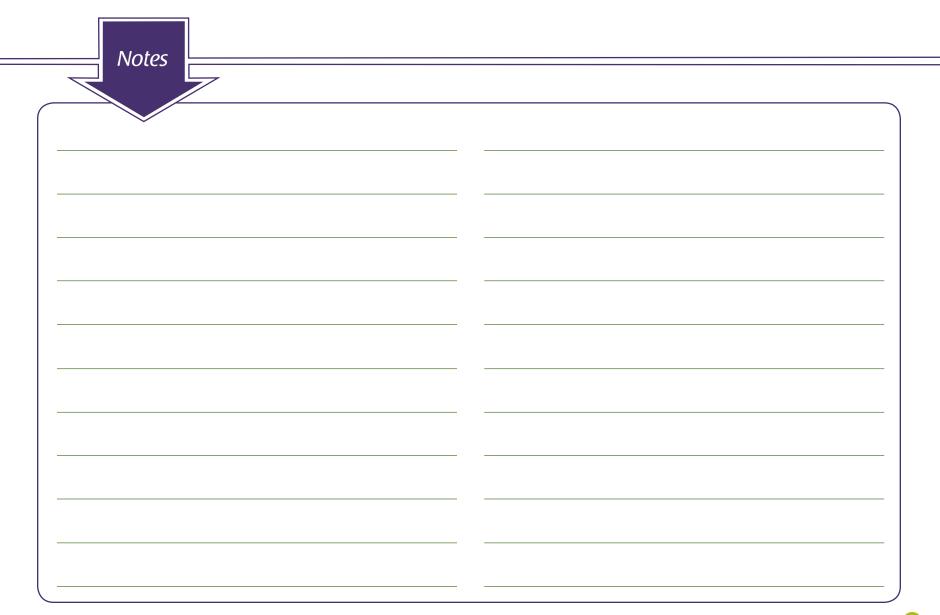
- 6. In large bowl, combine yogurt, mayonnaise, sugar, lemon juice, olive oil, water, garlic powder, salt, ground mustard and black pepper. Stir or whisk until fully combined. Place in refrigerator and let sit a minimum of 1 hour. May sit up to 24 hours.
- Chop romaine lettuce into 1/2"-1" pieces. Place in large bowl. Add parmesan cheese and slowly add dressing. Gently toss to evenly coat lettuce with dressing.
- 8. To serve: Place 1 cup dressed romaine lettuce on plate. Add 3–4 croutons per serving. Top with 2 1/2 oz portion of salmon per serving.

Teriyaki Sauce

INGREDIENTS	25 SERVINGS	75 SERVINGS	_
Teriyaki Sauce			
Soy sauce, low sodium	1/2 cup + 2 tsp	1 1/2 cups + 2 Tbsp	1.
Brown sugar, packed	1/2 cup + 2 tsp	1 1/2 cups + 2 Tbsp	_
Pineapple juice	1/2 cup + 2 Tbsp	1 3/4 cups + 2 Tbsp	_
Apple cider vinegar	2 3/4 tsp	2 Tbsp + 2 1/4 tsp	2.
Canola oil	2 3/4 tsp	2 Tbsp + 2 1/4 tsp	3.
Garlic powder	1/4 + 1/8 tsp	1 tsp	J.
Ginger, ground	1/8 tsp	1/2 tsp	4.
Cornstarch	1 1/2 tsp	1 Tbsp + 1 1/2 tsp	_
Water	2 Tbsp + 2 1/2 tsp	1/2 cup + 1 1/2 tsp	_

DIRECTIONS

- 1. In sauce pan, combine soy sauce, brown sugar, pineapple juice, vinegar, canola oil, garlic powder and ginger.
- 2. In separate dish, combine cornstarch and water. Whisk to make a slurry.
- 3. Whisk cornstarch slurry into ingredients in sauce pan.
- 4. Bring to a boil. Reduce heat to bring mixture to a simmer. Simmer 10 minutes until sauce has thickened.



Winter Vegetable Soup

Vegetable) (Gr

Winter Vegetable Soup

Replace lentils with canned beans. Use 2 cups for 25 servings. Use 1 quart + 2 cups for 75 servings.

Helpful Hint

Use par-baked squash instead of raw squash.

Use a sturdier noodle like macaroni in place of the egg noodles.

	INGREDIENTS	25 SERVINGS	75 SERVINGS
(Kale, collard greens		
	or Swiss chard	2 lbs	6 lbs
	Carrots	1 lb	3 lbs
	Onion	1 large	3 large
	Vegetable oil	2 Tbsp	1/2 cup + 2 Tbsp
	Garlic, chopped	1 Tbsp + 1 1/2 tsp	1/4 cup + 1 1/2 tsp
	Kosher salt	1 Tbsp + 1/2 tsp	3 Tbsp + 1 1/2 tsp
	Butternut squash, diced, peeled, seeded (1/2" pieces)	2 cups	1 quart + 2 cups
	Turnip, diced, peeled (1/2" pieces)	1 cup	3 cups
	Water	2 gal + 3 qts + 2 c	8 gal + 2 qts + 2 c
	Pasta, whole wheat	2 quarts	1 gallon + 2 quarts
	Green lentils, dry	1 cup	3 cups
	Chicken base	2 Tbsp + 1 1/2 tsp	1/4 c + 3 Tbsp + 1 1/2 tsp
	Ground black pepper	1 tsp	1 Tbsp
~			

Serving Size:1 cup

Credit As: 1/8 cup red/orange vegetable, 1/4 cup dark green vegetable, and 1/8 cup bean/legumes or 1/2 oz M/MA and 1/2 oz WGR grain

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	*Percent Daily Val			
	Total Fat 0g	0%	Total Carbohydrate 21g	7%	Your Daily Values your calorie needs	may be highe	er or lower de	pending on
Facts	Saturated Fat 0g	0%	Dietary Fiber 4g	16%	Total Fat	Calories Less than	2,000	2,500
Serving Size 577 grams	Trans Fat 0g		Sugars 3g		Sat Fat	Less than	65g 20g	25g
Calories 110	Cholesterol 0mg	0%	Protein 5g	10%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 15	Sodium 380mg	16%			Total Carbs	2000 01001	300g	375g
					Dietary Fiber		250	30g

DIRECTIONS

- 1. Remove tough ribs from kale (or collard greens or Swiss chard). Cut into 1/2" pieces.
- 2. Trim and peel carrots and onions. Cut into 1/2 dice.
- 3. Heat oil in a large stockpot over medium heat. Add the onion, garlic and part of salt (1 1/2 tsp for 25 servings, 1 Tbsp + 1 1/2 tsp for 75 servings). Cook, stirring occasionally, until browned, 10–15 minutes. Add the carrots, squash and turnips. Reduce heat to medium-low and cook, stirring occasionally, until tender, 10–15 minutes.
- 4. Meanwhile, bring water (1 gal + 2 qts for 25 servings, 4 gal + 2 qt for 75 servings) to a boil in a large pot. Cook pasta until tender, about 10 minutes. Drain and set aside.
- 5. Bring water (2 c for 25 servings, 1 qt + 2 c for 75 servings), lentils and salt (1/2 tsp for 25 servings, 1 1/2 tsp for 75 servings) to a boil in a large saucepan. Reduce heat to a simmer and cook until tender, about 30 minutes. Drain and set aside.
- 6. When the vegetables are tender, add water, salt, chicken base and pepper to the pot. Bring to a simmer and cook for 20 minutes.
- Add the greens and cook until tender, about 5 minutes. Add the drained lentils.
- 8. To serve, add 2/3 cup cooked noodles to the individual bowls, ladle soup over the top or stir cooked noodles into the pot of soup.

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



Vegetable

Zucchini Muffins

These can be made up to two days in advance. Store in airtight container after they are completely cooled.

Serving Secrets

INGREDIENTS	25 SERVINGS	75 SERVINGS
Sugar	1 2/3 cup	1 quart + 1 cup
Canola oil	1/2 cup	1 1/2 cups
Applesauce	1/2 cup	1 1/2 cups
Eggs	3 each	9 each
Zucchini, shredded	3 1/3 cups	2 quarts + 2 cups
Vanilla	1 Tbsp	3 Tbsp
All-purpose flour	1 1/4 cups	3 3/4 cups
Whole wheat flour	1 1/4 cups	3 3/4 cups
Barley flour	1 1/4 cups	3 3/4 cups
Salt	1 tsp	1 Tbsp
Baking soda	1 tsp	1 Tbsp
Baking powder	1/4 tsp	3/4 tsp
Cinnamon	1 Tbsp	3 Tbsp

Serving Size: 1 muffin (2.15 oz.) Credit As: 2 oz WGR grain and 1/8 cup of other vegetable

Nutrition	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*	"Percent Daily Val			
Butiltion	Total Fat 7g	11%	Total Carbohydrate 28g	9%	Your Daily Values your calorie need		r or lower de	pending on
Facts	Saturated Fat 0.5g	3%	Dietary Fiber 2g	8%		Calories	2,000	2,500
Serving Size (67g)	Trans Fat 0g		Sugars 14g		Sat Fat	Less than Less than		80g 25g
Calories 180	Cholesterol 20mg	7%	Protein 3g	6%	Cholesterol Sodium	Less than Less than	300mg 2400mg	300mg 2400mg
Calories from Fat 60	Sodium 105mg	4%			Total Carbs	1000 0101	300g	375g
					Dietary Fiber		25g	30g

DIRECTIONS

- 1. Prepare muffin tins by spraying liberally with pan release spray or line with paper muffin cups. Set aside.
- 2. Combine sugar, canola oil, applesauce, eggs, zucchini and vanilla in large bowl or mixer fitted with paddle attachment. Stir or mix on low to combine.
- 3. In separate bowl, combine all purpose flour, whole wheat flour, barley flour, salt, baking soda and cinnamon. Stir to combine.
- Pour dry ingredients into wet ingredients. Stir or mix on medium for 1–2 minutes to combine. Do not overmix. Batter may be slightly lumpy.
- 5. Pour 1/3 cup batter (No. 12 scoop) (2.25 oz) into each prepared muffin cup.

6. Bake:

Conventional oven: 350°F for 20–25 minutes Convection oven: 325°F for 16–20

minutes

Or until toothpick inserted into center comes out clean CCP: Heat to 165°F for 15 seconds.

7. Cool completely and serve.



Traditional foods are an important part of the Alaska Native culture. Traditional foods are especially good sources of nutrients like protein, iron and Vitamin A, and are low in saturated fat and sugar.

According to state regulations traditional wild game meat, seafood, plants, and other food may be donated to a food service of a residential childcare facility, a school lunch program, or a senior meal program provided that certain conditions are met. It is very important to read and apply the Alaska State Food Code Regulations if you intend to accept such a donation.

Donated foods that Child Nutrition Programs can accept:

- Wild game meat in whole or quarters or roasts, no burger or ground meats
- Seafood whole in round or gutted and gilled from commercial sources only.
- Berries, vegetables and wild plants.
- Eggs

When accepting donated traditional foods, Child Nutrition Programs need to check that the animal was not diseased and that it was butchered, transported and stored cleanly and kept cool to prevent spoilage. After the donation is inspected, it should be labeled and cooled or frozen promptly. When preparing for meal service, the food items should be defrosted in the refrigerator. Cooking temperature for game meat is $165^{\circ}F$ and fish should be cooked to $145^{\circ}F$

Traditional foods that cannot be accepted or used in a Child Nutrition Program include:

- Fox meat
- Walrus meat
- Bear meat
- Seal or whale oil, with or without meat
- Fermented game meat (Beaver tail, Whale or Seal Flipper, Muktuk)
- Fermented seafood (Salmon eggs, fish)
- Home canned foods
- Home smoke or dried meats/seafood
- Home vacuum packaged foods
- Shellfish from unapproved sources

For more information on the Alaska Food Code and Traditional Foods please see 18 AAC 31.

For more information on traditional foods in Child Nutrition Programs, see our website at http://education.alaska.gov/tls/cnp/TFDFG.html

Nutritional Specifications of Traditional Foods

Nutrition Facts

Calories from Fat 25 % Daily Values

> 6% 5%

31%

2% 0%

0%

Serving Size 3 ounce (co mount Per Serving Calories 142

Total Fat 4g Saturated Fat 1g

Trans Fat 0g Cholesterol 93mg

Total Carbohydrate 0g Dietary Fiber 0g

Sodium 51mg

Sugars 0g stein 25a rcent Daily Values are based on a 2.00

Beach Asparagus

Food Facts



Amount Per Serving	
Calories 15	
,	6 Daily Values
Total Fat 0g	09
Saturated Fat 0g	01
Trans Fat 0g	
Cholesterol 2mg	19
Sodium 23mg	19
Total Carbohydrate 2g	19
Dietary Fiber 0g	09
Sugars 0g	
Protein 1g	29

Nutrition Eacte

Black Cod



Amount Per Serving	
Calories 89	Calories from Fat 10
	% Daily Values
Total Fat 1g	29
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol 40mg	139
Sodium 77mg	39
Total Carbohydrate	0g 09
Dietary Fiber 0g	09
Sugars 0g	
Protein 20g	40%

Blueberry



Protein 1g		2%
*Percent Daily Values	are based on a 2.0	000 calorie diet.
Nutriti		

Calories 89	Calories from Fat 10
	% Daily Values*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 77mg	3%
Total Carbohydrat	te 0g 0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	40%

Calories from Fat 11
% Dally Values'
2%
0%
0%
18g 6%
16%

Caribou



Cloudberry



Nutrition Facts Serving Size 1 cup (raw ount Per Serv Calories 76 Calories from Fat 14 Total Fat 1g 29 Saturated Fat 0g Trans Fat 0g Sodium Omg Total Carbohydrate 13g 4% Dietary Fiber 0g 0% Sugars 0g tein 4 89





Amount Per Serving	
Calories 89	Calories from Fat 10
	% Daily Values
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 77mg	3%
Total Carbohydrate	0g 0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	40%

Crab



Amount Per Serving	
Calories 82	Calories from Fat 11
	% Daily Values
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 911mg	38%
Total Carbohydrate	0g 0%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 16g	32%

Crowberry



Amount Per Serving	
Calories 75	Calories from Fat 18
	% Daily Values
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 4mg	0%
Total Carbohydrate	14g 5%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 1g	2%

Deer



Nutritic Serving Size 3 ounce	on Facts
Amount Per Serving	
Calories 134	Calories from Fat 20
	% Daily Values*
Total Fat 3g	5%
Saturated Fat 1g	5%
North Cold Street Cold Street	

Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 46mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 26g	52%

M	944	based	¢п	a	2	,000	calorie	t di

107

Duck



Flounder



Amount Per Serving	
Calories 100	Calories from Fat 9
	% Daily Values'
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 58mg	19%
Sodium 89mg	4%
Total Carbohydrate	0g 0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	42%

Nutrition Facts

nt Daily Values are based on a 2.000 calorie diet.

Nutrition Facts

Percent Daily Values are based on a 2,000 calorie diet.

Calories from Fat 19 % Daily Values'

3%

0%

21%

3%

0%

0%

38%

0%

0%

6%

2%

20%

8%

erving Size 3 ounce (cooked ount Per Ser Calories 96

Total Fat 2g

Saturated Fat 0g

Total Carbohydrate 0

Serving Size 1 cup (dried) uncunt Per Serving Calories 40 Total Fat Og

Saturated Fat 0g

Total Carbohydrate 6g

Dietary Fiber 5g

Sugars 0g Protein 4g

Trans Fat 0g Sodium 145mg

Dietary Fiber 0g

Trans Fat Og Cholesterol 64mg

Sodium 73mg

Sugars 0g

otein 19g

Cholesterol odium 48mg

Protein 17a ent Daily Values are I

...

Total Carbohydrate 0g

Dietary Fiber 0g Sugars 0g

Halibut



Seaweed



Serving Size 3 ou	on Facts
Amount Per Serving	
Calories 105	Calories from Fat 34
	% Daily Values*
Total Fat 4g	6%
Saturated Fat 1	g 5%
Trans Fat 0g	
Cholesterol 65m	92%

2%

0% 0%

34%

ria rilat

King/Chinook Salmon



Coho/Silver Salmon



Sockeye/Red Salmon



Pink/Humpy Salmon



Amount Per Serving	
Calories 155	Calories from Fat €
	% Daily Value
Total Fat 7g	115
Saturated Fat 1	g 51
Trans Fat 0g	
Cholesterol 60mg	201
Sodium 48mg	2
Total Carbohydra	ite Og 05
Dietary Fiber 0g	0
Sugars 0g	
Protein 22g	44

Nutrition Facts

	mount Per Serving
s from Fat 37	Calories 123 Calor
% Daily Values*	
8%	fotal Fat 5g
5%	Saturated Fat 1g
	Trans Fat 0g
16%	Cholesterol 49mg
2%	Sodium 49mg
0%	Total Carbohydrate 1g
0%	Dietary Fiber 0g
	Sugars 0g
38%	Protein 19g

Nutrition Facts

Calories 137 C	alories from Fat 33
	% Daily Values*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 59mg	20%
Sodium 332mg	14%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	46%

Nutrition Facts

Amount Per Serving	
Calories 127	Calories from Fat 28
	% Daily Values*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 57mg	19%
Sodium 73mg	3%
Total Carbohydrate	0g 0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	44%

*Percent Daily Values are based on a 2,000 calorie diet.

Shrimp



Amount Per Serving	
Calories 84	Calories from Fat 1
	% Daily Values
Total Fat 1g	29
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol 166mg	55%
Sodium 190mg	89
Total Carbohydrate	0g 09
Dietary Fiber 0g	09
Sugars 0g	
Protein 18g	369



Nutrition Facts Serving Size 3 ounce (cooked) Amount Per Serving Calories 128 Calories from Fat 35 % Daily Values' Total Fat 5g 8%

Saturatouriarig	
Trans Fat 0g	
Cholesterol 59mg	20%
Sodium 48mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	38%
*Percent Daily Values are based on a 2,	000 calorie diet.

Whitefish



Nutrition Facts

Calories 114	Calories from Fat 45
	% Daily Values
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 51mg	17%
Sodium 43mg	2%
Total Carbohydrate)g 0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	32%

Size 3 ounce	(canned)
r Serving	
137	Calories from Fat 33
	% Daily Values*
t 5g	8%
ited Fat 1g	5%
Eat 0a	

urated Fat 1g	5%
ns Fat 0g	
sterol 59mg	20%
m 332mg	14%
Carbohydrate 0g	0%
ary Fiber 0g	0%

rving Size 3 ounce	DIN FACIS
ount Per Serving	
lories 127	Calories from Fat 28
	% Daily Values*
tal Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat As	

- 17	10
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