

Make It Local

Multiple-size recipes for home, school, parties and catering events

The goal of the Alaska Farm and Fish to Institution program is to use locally produced foods/products in school lunch programs. The success of these programs nationwide depends on their ability to meet the diverse needs of the geography, community and culture within each state. States like Alaska — with extreme climatic and geographic conditions — need to be especially creative and resourceful.

The following recipes were developed to use Alaska Grown and harvested foods. Each recipe makes from four to 100 servings to be used at home, school, parties and catering events. These recipes were developed with the help of school food service professionals in accordance with their resource and kitchen needs. Included are a full nutritional breakdown and national school meal pattern components for each recipe.



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WGR = whole grain rich

CCP = critical control point

Alaska Grown Beef Stew

Serving size: about 2 cups. Meal Pattern Requirement(s) met: ½ cup mixed vegetables and 2 ounces protein.

Ingredients	4 servings Volume	20 servings Weight	20 servings Volume	50 servings Weight	50 servings Volume	100 servings Weight	100 servings Volume
Vegetable oil	1½ tablespoons	4 ounces	½ cup	10 ounces	1¼ cups	1 pound 4 ounces	2½ cups
Celery, ¼-inch dice	¾ cup	1 pound	3½ cups	2 pounds 10 ounces	8¾ cup	5 pounds 4 ounces	17½ cups
Onion, ¼-inch dice	¾ cup	1 pound	3½ cups	2 pounds 10 ounces	8¾ cup	5 pounds 4 ounces	17½ cups
Carrots, ¼-inch dice	¾ cup	1 pound 5 ounces	3½ cups	3 pounds 5 ounces	8¾ cup	6 pounds 10 ounces	17½ cups
Salt	¼ teaspoons		1½ teaspoons		1¼ teaspoons		2½ teaspoons
Tomato paste	¼ cups	13 ounces	1⅓ cups	2 pounds 1 ounce	3 cups	4 pounds 2 ounces	6 cups
Sugar	⅔ teaspoon		1 tablespoon		2 tablespoons + 2 teaspoons		¼ cup + 1 tablespoon
Barley flour	2½ teaspoons	1 ounce	¼ cup	3 ounces	½ cup + 2 tablespoons	6 ounces	1¼ cups
Ground thyme	⅛ teaspoon		½ teaspoon		1¼ teaspoons		2½ teaspoons
Oregano	⅛ teaspoon		½ teaspoon		1¼ teaspoons		2½ teaspoons
Black pepper	¼ teaspoon		1 teaspoon		2½ teaspoons		1 tablespoon + 2 teaspoons
Parsley flakes	⅔ teaspoon		1 tablespoon		2½ tablespoons		1 tablespoon + 2 teaspoons
Onion powder	⅔ teaspoon		1 tablespoon		2½ tablespoons		1 tablespoon + 2 teaspoons
Garlic powder	⅔ teaspoon		1 tablespoon		2½ tablespoons		1 tablespoon + 2 teaspoons
Kale, finely chopped	⅔ cup	7 ounces	3 cups	1 pound 2 ounces	7½ cups	2 pounds 4 ounces	15 cups
Beef broth	2½ quarts	5 pounds 11 ounces	12 cups	14 pounds 3 ounces	30 cups	28 pounds 6 ounces	60 cups
Cornstarch	1 tablespoon	2 ounces	⅓ cup	5 ounces	¾ cup	10 ounces	1½ cups
Water	⅓ cup	12 ounces	1½ cups	2 pounds	4 cups	4 pounds	8 cups
Peas	⅔ cup	1 pound	3 cups	2 pounds 8 ounces	7½ cups	5 pounds	15 cups
Ground beef, cooked	1 cup	2 pounds 8 ounces	9 cups	6 pounds 8 ounces	22½ cups	13 pounds	45 cups

1. Heat oil in pot over medium heat. Add onion, celery, carrot and salt. Cook, stirring occasionally, until vegetables just start to brown, about 10 minutes.
2. Add tomato paste, sugar, barley flour, spices and kale to vegetable mixture in pot, stirring constantly, until flour is incorporated and tomato paste begins to brown, 1-2 minutes.
3. Stir broth in gradually, scraping bottom of pot to dissolve browned bits. (This step allows the final product to be very flavorful while meeting sodium requirements for 2022.) Bring to a boil.
4. Mix together cornstarch and water thoroughly to make a slurry. Stir into pot with peas. Return to a boil, reduce heat, and simmer 20 minutes.
5. Stir in beef and simmer about 20 minutes or until stew has reached desired consistency.

Alaska Grown Beef Stew (continued)

Variations:

- Substitute any ground, precooked Alaska Grown meat, such as reindeer, elk or buffalo, for beef.
- Spinach or Swiss chard may be substituted for kale by adding with the beef instead of with the spices.

Nutrition Facts	
Serving Size (376g)	
Servings Per Container	
Amount Per Serving	
Calories 430	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 480mg	20%
Total Carbohydrate 50g	17%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 20g	
Vitamin A 140% • Vitamin C 35%	
Calcium 6% • Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Alaska Grown Fish “Chowder”

Serving size: 2 cups. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative and ½ cup vegetable. This recipe uses of Alaska Grown vegetables and Alaska-harvested fish.

Ingredients	4 servings Volume	20 servings Weight	20 servings Volume	50 servings Weight	50 serving Volume	100 servings Weight	100 servings Volume
Cauliflower puree (recipe on next page)	1¼ cups	3 pounds 4 ounces	8 cups	8 pounds 2 ounces	20 cups	16 pounds 4 ounces	40 cups
Vegetable oil	2 tablespoons	5 ounces	¾ cup	13 ounces	1⅓ cups	1 pound 9 ounces	3⅓ cups
Onion, ¼-inch dice	1 cup	1 pound 4 ounces	5 cups	3 pounds 2 ounces	12½ cups	6 pounds 4 ounces	25 cups
Celery, ¼-inch dice	¾ cup	1 pound 4 ounces	4 cups	3 pounds 2 ounces	10 cups	6 pounds 4 ounces	20 cups
Carrots, ¼-inch dice	¾ cup	1 pound 4 ounces	4 cups	3 pounds 2 ounces	10 cups	6 pounds 4 ounces	20 cups
Salt	½ teaspoon		½ teaspoon		¼ teaspoons		2½ teaspoons
Barley flour	2 tablespoons	4 ounces	¾ cup	8 ounces	1⅓ cups	15 ounces	3⅓ cups
Chicken broth	2 cups		8 cups	10 pounds	20 cups	20 pounds	40 cups
Ground thyme	⅓ teaspoon		1 tablespoon		2½ tablespoons		5 tablespoons
Black pepper	¼ teaspoon		1 teaspoon		2½ teaspoons		1 tablespoon + 2 teaspoons
Garlic powder	¼ teaspoon		1½ teaspoons		2½ teaspoons		1 tablespoon + 2 teaspoons
Coriander	⅓ teaspoon		1½ teaspoons		2½ teaspoons		1 tablespoon + 2 teaspoons
Dill	⅓ teaspoon		1½ teaspoons		1 tablespoon + 1 teaspoon		2 tablespoons + 2 teaspoons
Parsley flakes	½ teaspoon		1½ teaspoons		1 tablespoon + 1 teaspoon		2 tablespoons + 2 teaspoons
Onion powder	½ teaspoon		2½ teaspoons	1 ounces	2 tablespoons	4 ounces	¼ cup
Sugar	¾ teaspoon		3¾ teaspoons	1 ounces	3 tablespoons	3 ounces	6 tablespoons
Powdered milk	2 tablespoons	4 ounces	1 cup	9 ounces	2½ cups	1 pound 1 ounce	5 cups
Fat-free sour cream	⅓ cup	14 ounces	1⅓ cup	2 pounds 3 ounces	4 cups + 2 tablespoons	4 pounds 6 ounces	8¼ cups
Shredded 2% mild cheddar	¼ cup	5 ounces	1½ cups	13 ounces	3¾ cups	1 pound 9 ounces	6½ cups
Peas	¾ cup	15 ounces	3 cups	2 pounds 5 ounces	7½ cups	4 pounds 10 ounces	15 cups
Salmon or white fish, ¼-inch dice	1½-2 cups (½ pound)	2 pounds 8 ounces	10 cups	6 pounds 4 ounces	25 cups	12 pounds 8 ounces	50 cups
Lemon juice	1 teaspoon		2 tablespoons		5 tablespoons		½ cup + 2 tablespoons

1. Make cauliflower puree. Set aside.
2. Heat oil in an appropriately large pot over medium heat. Add carrot, onion, celery and salt. Cook, stirring occasionally, until vegetables just start to brown, about 10 minutes.

Alaska Grown Fish “Chowder” (continued)

3. Add barley flour, stirring constantly until incorporated and beginning to brown, about 2 minutes. Take care not to burn in this step.
4. Add chicken broth slowly, stirring constantly while scraping pan to dissolve browned bits.
5. Blend together thyme, black pepper, garlic powder, coriander, dill weed, parsley flakes, onion powder, bay leaf, sugar and powdered milk to break up powdered milk clumps. Pour into liquid while stirring, bring to boil then reduce heat and simmer about 7 minutes, until vegetables are cooked “al dente.”
6. Stir in Alaska Grown cauliflower puree (prepared as instructed below), sour cream, shredded cheddar cheese, peas and wild Alaska fish and return to simmer. Cook until fish is done, about 10 minutes, stirring occasionally.
7. Remove from heat and stir in lemon juice.
8. Add more broth or water if chowder is too thick.

Variations:

- Substitute ham for the fish. Omit salt from recipe.

Nutrition Facts	
Serving Size (443g)	
Servings Per Container	
Amount Per Serving	
Calories 510	Calories from Fat 340
% Daily Value*	
Total Fat 38g	58%
Saturated Fat 4.5g	23%
Trans Fat 1g	
Cholesterol 30mg	10%
Sodium 360mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	20%
Sugars 10g	
Protein 20g	
Vitamin A 110%	• Vitamin C 60%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Alaska Grown Cauliflower Puree

Ingredients	4 servings Volume	20 servings Weight	20 servings Volume	50 servings Weight	50 servings Volume	100 servings Weight	100 servings Volume
Cauliflower florets	1 small head	3 pounds	10 cups	7½ pounds	25 cups	15 pounds	50 cups
Vegetable oil	2½ tablespoons	7 ounces	2 cups	1 pound	5 cups	2 pounds	10 cups
Salt	¼ teaspoon		¾ teaspoon		2 teaspoons		1 tablespoon + 1 teaspoon
Water	¾ cup	32 ounces	4 cups	5 pounds	10 cups	10 pounds	20 cups

1. Preheat oven to 400°F.
2. Toss cauliflower with oil and salt to coat and spread in a single layer on sheet pans.
3. Roast at 400°F for 25-35 minutes, stirring halfway through, until cauliflower is browned and slightly dry.
4. Carefully transfer to a pot with water. Bring to boil and simmer, covered, 10 minutes. Transfer to food processor* and puree in batches to very smooth, about 3 minutes for each batch, scraping down sides of food processor as needed. More water may be added if necessary make a smooth puree.

* Alternatively, a blender, immersion blender or buffalo chopper may be used. If using a buffalo chopper, simmer cauliflower until water is evaporated and cauliflower is falling apart. Ideally, the final puree will be very smooth. Some equipment, such as a buffalo chopper, may yield a less smooth but still acceptable final result.

Asian Slaw with Sunnies

Serving size: 1 cup (or ¾ cup). Meal Pattern Requirement(s) met: 1 cup raw vegetable (¾ cup raw vegetable).

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Cabbage, Napa or red, shredded	9½ ounces	3 pounds 12 ounces.	3 quarts + 3 cups	11 pounds. 4 ounces	2 gallons + 3 quarts + 1 cup
Onion, red or sweet yellow, finely diced	2 oz	13 ounces	2 cups	4 pounds	2 quarts + 2 cups
Sunflower sprouts (optional)	1¼ cup		1 quart + ¾ cups		1 gallon + 1 quart + 2½ cups
Rice vinegar	¼ cup + 2 tablespoons		2½ cups		1 quart
Sesame oil	2 tablespoon + 1½ teaspoon		1 cup		3½ cups
Olive oil	1 tablespoon + 1 teaspoon		1/2 cup		2¾ cups
Salt	½ teaspoon		1 tablespoon		2 tablespoons
Sugar	1 tablespoon		¼ cup + 3 tablespoons + 1½ teaspoons		1¼ cup + 2 tablespoons + 1½ teaspoons
Sesame seeds, toasted	2-3 tablespoons		1 cup		2¾ cups

- In large bowl, combine cabbage, onion and sunflower sprouts (if using). Stir to combine.
- In separate bowl, combine rice vinegar, sesame oil, olive oil, salt, sugar, and sesame seeds. Whisk to combine.
- Pour oil mixture over cabbage mixture. Stir to combine.
- 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.
- Serve: If using sunflower sprouts, serve 1 cup (No. 4 scoop) per plate. If not using sunflower sprouts, serve ¾ cup (No. 5 scoop) per plate.

Nutrition Facts	
Serving Size (165g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 710mg	30%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 5g	
Vitamin A 20%	Vitamin C 40%
Calcium 6%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Baked Halibut

Serving size: 2½ ounces cooked. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Halibut, raw, boneless, skinless fillets	1 pound	5 pounds 13 ounces		17 pounds 9 ounces	
Lemon juice (optional)	½ teaspoon		1 tablespoon		3 tablespoons + 1 teaspoon
Salt	⅛ teaspoon		¾ teaspoon		2¼ teaspoons
Onion powder	⅛ teaspoon		¾ teaspoon		2¼ teaspoons
Garlic powder	pinch		⅓ teaspoon		1 teaspoon
Thyme, dried, ground	pinch		¼ teaspoon		¾ teaspoon
Coriander, dried, ground (optional)	pinch		⅓ teaspoon		1 teaspoon
Black pepper	pinch		¼ teaspoon		¾ teaspoon

1. Cut fillets into 3-ounce 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.

Nutrition Facts	
Serving Size (106g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 50mg	17%
Sodium 140mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Banana Muffins

Serving size: 1 muffin (2-2½ ounces). Meal Pattern Requirement(s) met: 2 ounces WGR grain.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Barley flour	1 cup	8 ounces	2 cups	1 pound 8 ounces	1 quart + 2 cups
All-purpose flour	¾ cup	6 ounces	1¾ cups	1 pound 2 ounces	1 quart + 1¼ cups
Salt	½ teaspoon		1 teaspoon		1 tablespoon
Baking soda	1⅛ teaspoons		2¼ teaspoons		2 tablespoons + 1 teaspoon
Canola oil or other trans fat-free oil	¼ cup + 2 tablespoons		¾ cup		2¼ cup
Sugar	½ cup	7 ounces	1 cup	1 pound 5 ounces	3¼ cups
Egg	2 each	8 ounces	4 each	1 pound 8 ounces	12 each
Vanilla extract, pure	1 teaspoon		2 teaspoons		2 tablespoons
Bananas, very ripe and mashed	1 cup		2¼ cups		1 quart + 2¼ cups
Water	¼ cup		½ cup		1½ cups

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 until fully combined. Another 2-3 minutes.
4. Add dry ingredients and mix on medium speed until just combined. Batter may still have a few lumps.
5. Pour ⅓ cup (No. 12 scoop) 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°F for 20-25 minutes; convection oven at 300°F for 16-18 minutes; or until a toothpick inserted into the center of one comes out clean.
7. Cool on wire rack until completely cooled.

Tip: May be made the day ahead. Once completely cooled, store in airtight container.

Nutrition Facts	
Serving Size (64g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 220mg	9%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 3g	
Vitamin A 2%	• Vitamin C 2%
Calcium 0%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Barley Pizza Crust

Serving size: 1 piece. Meal Pattern Requirement(s) met: 2 ounces WGR grain. This recipe is intended to be served with toppings. However, the nutrition information on this page is for the crust only. Complete nutrition information will vary depending on desired toppings.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
All purpose flour	1¼ cups	13 ounces	2½ cups	2 pounds 8 ounces	7½ cups
Whole wheat flour	½ cup	5 ounces	1¼ cups	15 ounces	3¾ cups
Barley flour	1 cup	9 ounces	2 cups + 2 tablespoons	1 pound 11 ounces	
Salt	½ teaspoon		1 teaspoon		1 tablespoon
Sugar	1½ teaspoons		1 tablespoon		3 tablespoons
Yeast	1 tablespoon + 1 teaspoon		2 tablespoons + 2 teaspoons		½ cup
Water, at 70°F	2 cups	1 pound 2 ounces	2¼ cups	3 pounds 6 ounces	1 quart + 2 tablespoons
Canola oil	1 tablespoon		2 tablespoons + 1 teaspoon		¼ cup + 3 tablespoons
Corn meal	2 teaspoons	1 ounces	1 tablespoon	3 ounces	3 tablespoons

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

- Place flour, salt, sugar, and dry yeast in large mixer bowl. Mix with a dough hook on low speed until combined, about 30 seconds.
- 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
- 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.
- Preheat oven to 400°F.
- 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 pounds 6 ounces. Keep dough balls covered until ready to use.
- Lightly coat half-sheet pans (13×18×1 inches) with pan release spray and sprinkle with cornmeal or cover with parchment paper. For 25 servings, use one pan. For 75 servings, use three pans.
- Place each dough ball in the center of a half pan and roll out to ⅛ inch thick. Try using the back side of the sheet pan.
- To top and bake, see individual pizza recipes.
- To bake without topping, place in oven and bake for 15-18 minutes or until done.
- Remove from oven and cut each half-sheet pan into 25 pieces.

Nutrition Facts

Serving Size (53g)		Servings Per Container	
Amount Per Serving			
Calories 110	Calories from Fat 5		
% Daily Value*			
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 95mg			4%
Total Carbohydrate 24g			8%
Dietary Fiber 3g			12%
Sugars 1g			
Protein 3g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Beef Stroganoff

Serving size: $\frac{3}{4}$ cup brown rice or whole wheat egg noodles plus 1 cup beef with sauce. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative and 2 ounces whole grain.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Beef roast or steaks, cut into $\frac{1}{4}$ -inch strips	1 $\frac{1}{4}$ cups	13 ounces	2 $\frac{1}{2}$ cups	2 pounds 8 ounces	7 $\frac{1}{2}$ cups
Onion, diced	$\frac{1}{2}$ cup	5 ounces	1 $\frac{1}{4}$ cups	15 ounces	3 $\frac{3}{4}$ cups
Mushrooms, canned, drained, minced	1 cup	9 ounces	2 cups + 2 tablespoons	1 pound 11 ounces	
Canola oil	$\frac{1}{2}$ teaspoon		1 teaspoon		1 tablespoon
All-purpose flour	1 $\frac{1}{2}$ teaspoons		1 tablespoon		3 tablespoons
Beef broth	1 tablespoon + 1 teaspoon		2 tablespoons + 2 teaspoons		$\frac{1}{2}$ cup
Salt	2 teaspoons	1 ounce	1 Tablespoon	3 ounces	3 tablespoons
Pepper	1 tablespoon		2 tablespoons + 1 teaspoon		$\frac{1}{4}$ cup + 3 tablespoons
Sour cream	2 cups	1 pound 2 ounces	2 $\frac{1}{4}$ cups	3 pounds 6 ounces	1 quart + 2 tablespoons
Brown rice or whole wheat egg noodles, fully cooked	3 cups		1 gallon + 3 cups		3 gallons + 1 quart + 1 cup

1. Cut steak or roast into strips, approximately $\frac{1}{4}$ inch by $\frac{1}{4}$ inch by 1 inch
2. In large bowl, combine beef, onion, mushrooms, salt and pepper. Stir to combine.
3. Add flour and gently toss to evenly coat ingredients.
3. Heat oil in a large skillet on med-high heat.
5. Add beef mixture to hot skillet. Stir to brown, about 5 minutes.
4. Stirring constantly, slowly add beef broth. Reduce heat to low and simmer about 20 minutes, stirring occasionally, until broth has formed a thick sauce.
5. Remove skillet from heat and stir in sour cream
CCP: Heat to 165°F or higher for at least 15 seconds.
6. Serve immediately or hot hold for service. To serve: Place $\frac{3}{4}$ cup (use $\frac{3}{4}$ -cup portion server) of brown rice or egg noodles on plate, top with 1 cup (8-ounce ladle) of beef and sauce.
CCP: Hot hold at 135°F or higher.

Nutrition Facts			
Serving Size (396g)			
Servings Per Container			
Amount Per Serving			
Calories 430	Calories from Fat 100		
% Daily Value*			
Total Fat 11g			17%
Saturated Fat 3.5g			18%
Cholesterol 55mg			18%
Sodium 460mg			19%
Total Carbohydrate 58g			19%
Dietary Fiber 5g			20%
Sugars 5g			
Protein 24g			
Vitamin A 2%	Vitamin C 4%		
Calcium 8%	Iron 20%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Berry Rhubarb Crisp

Serving size: 1 cup. Meal Pattern Requirement(s) met: ½ cup fruit and ⅛ cup WGR grain.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Berries, assorted varieties such as blueberries, strawberries or raspberries.	2½ cups	4 pounds	2 quarts + ½ cup	12 pounds	6 quarts + 1½ cups
Berries and/or rhubarb (mixed at any proportion)	1 cup	1 pound 8 ounces	1 quart	4 pounds	3 quarts
Sugar	½ cup	14 ounces	2 cups	2 pounds 10 ounces	1 quart + 2 cups
All-purpose flour	⅓ cup		1¼ cups		
Cinnamon	1 teaspoon		1 tablespoon		
Crumb crust					
Oatmeal	1 tablespoon	10 ounces	3 cups	1 pound 14 ounces	2 quarts + 1 cup
Barley flour	2 teaspoons	4 ounces	1 cup	12 ounces	3 cups
Salt	⅛ teaspoon		½ teaspoon		1½ teaspoons
Sugar, brown, packed	¼ cup		1 cup		3 cups
Walnuts (optional)	¼ cup		1 cup		3 cups
Margarine or trans fat-free oil	2 tablespoons		½ cup (¼ cup + 3 tablespoons)		1½ cups (1¼ cups + 1 tablespoon)

1. Combine berries, rhubarb, sugar, flour and cinnamon in large bowl. Stir to combine.
2. Pour berry mixture into steam table pans (20×12×2½ inches).
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 at 350°F for 50-60 minutes; convection oven at 325°F for 40-45 minutes.
6. May be served cool or lukewarm. Cut each pan into 5×5-inch squares or scoop a scant (a little less than) 1-cup serving per person.

Variation:

- Try replacing walnuts with any kind of nut.
- Berries and rhubarb can be fresh or frozen.
- You may need to increase the quantity of sugar depending on the tartness of your berries and rhubarb.

Nutrition Facts			
Serving Size (154g)			
Servings Per Container			
Amount Per Serving			
Calories 280	Calories from Fat 70		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 50mg			2%
Total Carbohydrate 52g			17%
Dietary Fiber 4g			16%
Sugars 32g			
Protein 4g			
Vitamin A 2%		Vitamin C 15%	
Calcium 4%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Breakfast Burrito

Serving size: 1 burrito. Meal Pattern Requirement(s) met: 1½ ounces meat/meat alternative, 1 ounce WGR grain and ¼ cup of mixed vegetables.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Tortillas, 8-inch whole wheat	4 each		25 each		75 each
Egg	2 eggs	13 ounces	7-8 eggs	2 pounds 6 ounces	22-24 eggs
Salt	¼ teaspoon		½ teaspoon		1½ teaspoons
Cooking oil	1 tablespoon		1½ tablespoons		¼ cup
Potato, shredded	½ cup	15 ounces	2¼ cups	2 pounds 12 ounces	1 quart + 3½ cups
Zucchini, shredded	½ cup	11 ounces	2¼ cups	2 pounds 4 ounces	1 quart + 2¼ cups
Carrot, shredded	¼ cup	5 ounces.	1¼ cups	15 ounces	3¾ cups
Onion, thinly sliced	2 tablespoons	5 ounces	¾ cup	14 ounces	2¼ cups
Cheddar cheese, shredded	¼ cup	6 ounces	1½ cups + 1 tablespoon	1 pound 3 ounces	1 quart + ¾ cups
Salsa, mild	½ cup		3 cups + 2 tablespoon		9¼ cups + 2 tablespoon
Taco Meat (see recipe on page 59)	½ cup	1 pound 9 ounces	3 cups + 2 tablespoons	4 pounds 11 ounces	9¼ cups + 2 tablespoons

1. In skillet, scramble eggs with a pinch of salt.
2. Prepare taco meat according to recipe on page.
3. In food processor, shred potatoes and set aside.
4. In food processor, shred zucchini and carrot, thinly slice onions, set aside.
5. In skillet, heat oil. You may need to work in batches depending on number of servings and size of skillet.
6. Lightly sauté potatoes, about 5 minutes, then add zucchini, carrots and onion with remaining salt. Sauté about 5 more minutes. Mix in Taco Meat.

Assembly:

For each burrito, top one tortilla with:

- 1 tablespoon + 1½ teaspoons egg (½ ounce)
- ¼ cup Taco Meat and vegetable mixture (3 ounces)
- 1 tablespoon cheddar cheese
- 2 tablespoons salsa

Roll into burritos and serve.

Serving variation:

Tortillas may be served alongside the complete filling mixture and students may build their own burrito.

Nutrition Facts	
Serving Size (132g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 590mg	25%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 13g	
Vitamin A 15%	Vitamin C 15%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Breakfast Muffins

Serving size: 1 muffin. Meal Pattern Requirement(s) met: ¼ cup mixed vegetables, ½ cup fruit and 2 ounces meat/meat alternative.

Ingredients	4 servings Volume	20 servings Weight	20 servings Volume	50 servings Weight	50 servings Volume	100 servings Weight	100 servings Volume
Vegetable oil	¼ cup	3 ounces	1¼ cup	8 ounces	3 cups 2 tablespoons	1 pound	6¼ cups
Zucchini, shredded*	1½ cups	7 ounces	6¾ cups	1 pound 13 ounces	16¾ cups	3 pounds 10 ounces	33¾ cups
Vanilla extract	1 teaspoon		5 teaspoons		¼ cup		½ cup
Orange juice	⅓ cup	7 ounces	1⅓ cups	1 pound	4½ cups	2 pounds	9 cups
Eggs	2 eggs	4 ounces	10 eggs	10 ounces	30 eggs		60 eggs
Rolled oats	1 cup	7 ounces	5 cups	1 pound 2 ounces	12½ cups	2 pounds 3 ounces	25 cups
Brown sugar	½ cup	6 ounces	2½ cups	14 ounces	6¼ cups	1 pound 10 ounces	12½ cups
Baking soda	½ teaspoon		2½ teaspoons		2 tablespoons		1¼ cups
Baking powder	1 teaspoon		5 teaspoons		3 tablespoons + 1 teaspoon		¼ cup
Cinnamon	¼ teaspoon		1¼ teaspoons		1 tablespoon		2 tablespoons
Salt	pinch		½ teaspoon		1¼ teaspoons		1½ teaspoons
All-purpose flour (**omit for 100% whole grain)	⅓ cup	2 ounces	1⅓ cups	5 ounces	4 cups + 2 tablespoons	10 ounces	8¼ cups
Whole wheat flour	¼ cup	3 ounces	1¼ cups	6 ounces	3 cups + 2 tablespoons	12 ounces	6¼ cups
**Whole wheat flour for 100% whole grain	½ cup	4 ounces	2½ cups	9 ounces	6¼ cups	17 ounces	12½ cups
Barley flour	¼ cup	3 ounces	1¼ cups	6 ounces	3 cups + 2 tablespoons	12 ounces	6¼ cups
**Barley flour for 100% whole grain	⅓ cup	4 ounces	1⅓ cups	8 ounces	4 cups + 2 tablespoons	1 pound	8¼ cups
Dried fruit mix	1 cup	10 ounces	5 cups	1 pound 8 ounces	12½ cups	3 pounds	25 cups
Shredded 2% mild cheddar	1⅓ cups	9 ounces	8½ cups	1 pound 6 ounces	21 cups	2 pounds 13 ounces	42 cups

- Grease muffin tins or line with paper cups and preheat oven to 350°F.
- Combine vegetable oil, zucchini, vanilla extract, orange juice and eggs. Set aside. Combine oats, brown sugar, baking soda, baking powder, cinnamon, salt, all purpose flour, whole wheat flour and barley flour in a mixer bowl fitted with a paddle and mix on low 1 minute to blend. Dried fruit mix and shredded cheddar should be weighed and ready to combine.
- Pour liquid ingredients into dry ingredients and mix on low until just combined. Add in fruit and cheese and mix just enough to incorporate, taking care not to over mix.
- Using a ⅓-cup scoop, fill greased or paper-lined muffin tin.
- Bake immediately at 350°F for 25-30 minutes.

Nutrition Facts		Amount / Serving		% Daily Value*	
Serving Size (103g) Servings Per Container Calories 250 Calories from Fat 80		Total Fat 9g	14%	Total Carbohydrate 34g	11%
		Saturated Fat 2g	10%	Dietary Fiber 3g	12%
		Trans Fat 0g		Sugars 17g	
		Cholesterol 95mg	32%	Protein 9g	
		Sodium 135mg	6%		
		Vitamin A 4%	Vitamin C 6%	Calcium 8%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Breakfast Muffins (continued)

- Remove from oven and allow to cool on rack for 5-10 minutes before removing from tin. Allow to cool completely before freezing.

Variations:

- For a 100% whole grain muffin, omit all purpose flour and increase whole wheat flour and barley flour to quantities indicated.
- For less visible green specks, zucchini may be pureed. Volume for pureed zucchini has not been tested; please refer to weight.

Broccoli Salad

Serving size: ½ cup. Meal Pattern Requirement(s) met: ⅔ cup dark green vegetable.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Broccoli	2 cups chopped	3 pounds 4 ounces	3 quarts + 1 cup	9 pounds 12 ounces	1 gallon + 2 quarts + 2 cups
Red Onion	2 tablespoons	3 ounces	¾ cup	9 ounces	2¼ cups
Carrots	⅔ cup	1 pound	1 quart	3 pounds	3 quarts
Bacon	1 tablespoon	3 ounces cooked	¼ cup + 1 tablespoon	9 ounces	¾ cup + 3 tablespoons
Raisins	⅓ cup	12 ounces	2¼ cups	2 pounds 4 ounces	1 quart + 2¾ cups
Mayonnaise, lite	¼ cup	12 ounces	1½ cups	2 pounds 4 ounces	1 quart + ½ cup
Yogurt, plain, fat-free	½ cup	1 pound 12 ounces	3¼ cups		1 quart + 1¾ cups
Sugar, white, granulated	1 teaspoon		2 tablespoons + 1 teaspoon		¼ cup + 3 tablespoons
Salt	⅛ teaspoon		¾ teaspoon		1¼ teaspoons
Vinegar	1¼ teaspoons		2 tablespoons + 1 teaspoon		¼ cup + 3 tablespoons
Water	2 tablespoons		¾ cup		2¼ cups

- Trim broccoli and cut into bite-sized pieces.
- Trim and peel and thinly slice onion.
- Shred carrots in food processor or grate by hand.
- Cook bacon until crispy. Drain, cool and crumble.
- In large bowl, combine broccoli, diced onion, shredded carrots, bacon pieces and raisins.
- 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.
CCP: Cool to 41°F or lower within 4 hours. Cover. Refrigerate until service.

Nutrition Facts	
Serving Size (139g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 310mg	13%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 5g	
Vitamin A 20%	Vitamin C 90%
Calcium 10%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Carrot Muffins

Serving size: 1 muffin. Meal Pattern Requirement(s) met: 2 ounces WGR grain and 1/8 cup red/orange vegetable.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Barley flour	1 cup	8 ounces	2 cups + 2 tablespoons	24 ounces	1 quart + 2¼ cups + 2 tablespoons
Baking Soda	1¼ teaspoons		2½ teaspoons		2 tablespoons + 1½ teaspoons
Salt	½ teaspoon		1¼ teaspoons		1 tablespoon + ¾ teaspoon
Cinnamon	1¼ teaspoon		2½ teaspoons		2 tablespoons + 1½ teaspoons
Nutmeg (optional)	¼ teaspoon		½ teaspoon		1 1/2 teaspoons
Ginger	½ teaspoon		1¼ teaspoons		1 tablespoon + ¾ teaspoon
Sugar	¾ cup		1½ cups		1 quart + ½ cup
Canola or other trans-fat free oil	3 tablespoons		½ cup		1 cup
Applesauce	½ cup		1¼ cups		¾ cups
Egg	2 eggs	10 ounces	5 eggs (1¼ cups)	1 pound 14 ounces	15 eggs (¾ cups)
Carrots, shredded	2 cups	1 pound	¾ cups	3 pounds	11¼ cups

1. In large bowl, combine barley flour, baking soda, salt, cinnamon, nutmeg and ginger. Stir until combined. Set aside.
2. In mixer with paddle attachment, combine sugar, canola oil and applesauce. Mix on medium-low speed until fully combined, 2-3 minutes. Add egg and mix until fully combined, 2-3 minutes more.
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 1/3-1/2 cup (No. 12 scoop or 2 1/2 ounces) of batter into prepared muffin tins (Use paper cups or spray tins with pan release spray and coat with flour).
7. Bake: conventional oven at 350°F for 20-25 minutes; convection oven at 325°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.

Tip:

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

Nutrition Facts	
Serving Size (66g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 270mg	11%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 3g	
Vitamin A 60%	Vitamin C 15%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Chicken and Vegetable Burgers

Serving size: 1 burger plus bun and condiments. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative, 2 ounces WGR grain and 1/3 cup vegetable.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Chicken, USDA canned chunk, drained	1½ cups	3 pounds. 2 ounces	2 quarts + 2 cups	9 pounds 6 ounces	1 gallon + 3 quarts + 1 cup
Carrots, fresh, shredded	½ cup	13 ounces	3 cups	2 pounds 7 ounces	
Celery, fresh, thinly sliced	¾ cup	13 ounces	2½ cups	2 pounds 7 ounces	
Onion, fresh, thinly sliced	3 tablespoons	6 ounces	1 cup + 2 tablespoons	1 pounds 3 ounces	
Zucchini, fresh, shredded	½ cup	13 ounces	¾ cups	2 pounds 7 ounces	2 quarts + 1¾ cups
Eggs	2 each	18 ounces	9 each (2¼ cups)	3 pounds 10 ounces	27 each (1 quart + 2¼ cups)
Breadcrumbs	3 tablespoons		1 cup		¾ cups
Whole grain barley hamburger buns (or other whole grain bun)	4 each		25 each		75 each
Ketchup					
Mayonnaise, lite					

- Place chicken in large bowl or in mixer bowl fitted with paddle attachment.
- Add carrots, celery, onion, zucchini, eggs and breadcrumbs to chicken. Stir or mix on low until fully combined.
- Spray sheet pan well with pan release spray. Use a heaping ½ cup (No. 8 scoop) per patty. Form each into a patty about ¾ inch thick. Place patties on sheet pan about 1 inch apart.
- 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.
- Serve immediately or hold for heat service.
CCP: Hold for hot service at 135°F or higher.
- To serve: Place 1½ teaspoons light mayonnaise and 1½ teaspoons of ketchup on each bun. Place one burger inside each bun and serve.

Nutrition Facts	
Serving Size (203g)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Cholesterol 125mg	42%
Sodium 500mg	21%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 24g	
Vitamin A 60%	Vitamin C 10%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cioppino (Seafood Stew)

Serving size: 1 cup. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative and ¾ cup mixed vegetable.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Canola oil	1 teaspoon		2 tablespoons + 1 teaspoon		¼ cup + 2 tablespoons
Onion, chopped	½ cup	1 pound 5 ounces	3½ cups	4 pounds	2 quarts + 1½ cups
Carrot, chopped	½ cup	1 pound 3 ounces	3½ cups	3 pounds 9 ounces.	2 quarts + 1½ cups
Celery, chopped	½ cup	1 pound 3 ounces	3½ cups	3 pounds 9 ounces.	2 quarts + 1½ cups
Bell pepper, chopped	½ cup	1 pound 3 ounces	3½ cups	3 pounds 9 ounces.	2 quarts + 1½ cups
Zucchini	1 cup	2 pounds 5 ounces	1 quart + 3 cups	7 pounds	1 gallon + 3 quarts
Tomato, canned, diced with juice	1 cup		1 quart + 2 cups		1 gallon
Tomato paste	1⅓ teaspoons		3 tablespoons + 1½ teaspoons		½ cup + 2 tablespoons
Red wine vinegar	1 tablespoon		¼ cup + 3 tablespoons		1 cup + 3 tablespoons
Chicken broth	2¼ cup		3 quarts + 2 cups		2 gallons + 1 quart + 2 cups
Garlic powder	½ teaspoon		2½ teaspoons		2 tablespoons + 1½ teaspoons
Parsley, dried flakes	¼ teaspoon		1¾ teaspoons		2 tablespoons
Thyme, dried, ground	¼ teaspoon		1 teaspoon		1 tablespoon
Basil, dried flakes	¼ teaspoon		1 teaspoon		1 tablespoon
Black pepper	pinch		½ teaspoon		1½ teaspoons
Salmon, boneless, skinless, cut into 1-inch chunks	6 ounces	2 pound 3 ounces		6 pounds 9 ounces	
White fish (such as cod or rockfish, boneless, skinless, cut into 1-inch chunks	6 ounces	2 pound 3 ounces		6 pounds 9 ounces	
Cornstarch	¼ teaspoon		1¾ teaspoon		2 tablespoons
Water	2 teaspoons		¼ cup		¾ cup

- Heat oil in a large, heavy-bottomed stock pot over medium to medium-high heat. Add onion, carrot, celery, bell pepper and salt. Sauté lightly, about 5 minutes or until onion starts to become translucent.
- 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.
- In a small cup, whisk together the cornstarch and water to make a slurry.
- Add salmon, white fish and the cornstarch and water slurry to the stew and stir to fully combine.
- Simmer for 15 minutes more or until the fish is fully cooked.
CCP: Heat to 165°F or higher for 15 seconds.
- Serve immediately or hold for hot service. Use 8-ounce ladle to serve 1-cup servings.
CCP: Hot hold at 135°F or higher.

Nutrition Facts	
Serving Size (408g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Cholesterol 40mg	13%
Sodium 850mg	35%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 17g	
Vitamin A 90%	Vitamin C 70%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Crab Cakes

Serving size: 1 cake. Meal Pattern Requirement(s) met: 1/8 cup vegetable and 2 ounces meat/meat alternative.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Crab meat or imitation crab meat	1/2 pound	3 pounds 2 ounces	2 quarts + 2 cups	9 pounds 6 ounces	1 gallon + 3 quarts + 2 cups
Celery, diced	1/4 cup	5 ounces	1 1/4 cups	1 pound	3 3/8 cups
Onion, diced	1/4 cup	5 ounces	1 1/4 cups	1 pound	3 3/8 cups
Green pepper, diced	1/4 cup	5 ounces	1 1/4 cups	1 pound	3 3/8 cups
Eggs	1 each	12 ounces	6 each	2 pounds 4 ounces	18 each
Bread crumbs	1/3 cup		2 cups		1 quart + 2 cups
Worcestershire sauce	1 teaspoon		2 tablespoons		1/4 cup + 2 tablespoons
Lemon juice	1/4 teaspoon		1 1/2 teaspoons		1 tablespoon + 1 1/2 teaspoons
Mayonnaise, lite	1 tablespoon + 1 teaspoon		1/2 cup		1 1/2 cups
Garlic Powder	1/4 teaspoon		1 1/2 teaspoons		1 tablespoon + 1 1/2 teaspoons
Parsley flakes, dried	2 teaspoons		1 tablespoon		3 tablespoons
Coriander, dried, ground	1/4 teaspoons		1 1/2 teaspoons		1 tablespoon + 1 1/2 teaspoons
Mustard, dried, ground	1/8 teaspoon		3/4 teaspoon		2 1/4 teaspoons
Black pepper	pinch		1/4 teaspoon		3/4 teaspoon

- In large mixing bowl, combine all ingredients. Stir by hand until fully combined.
- Spray baking sheet or muffin tin with pan release spray.
- To make the cakes: Use a rounded 2/3 cup (No. 6 scoop) for each patty. Either form by hand or gently press into muffin tins.
- Bake at 400°F for 25 minutes.
CCP: Heat to 145°F or above for 15 seconds.
- Serve or hold for hot service.
CCP: Hot hold at 135°F or higher.

Variations:

- Replace dried parsley flakes with fresh parsley. Use 3 tablespoons fresh parsley for 25 servings. Use 1/2 cup + 1 tablespoon fresh parsley for 75 servings.
- Replace coriander with fresh cilantro. Use 1 1/2 tablespoons of fresh cilantro for 25 servings. Use 1/4 cup fresh cilantro for 75 servings.

Nutrition Facts	
Serving Size (96g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Cholesterol 45mg	15%
Sodium 200mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 11g	
Vitamin A 2%	Vitamin C 10%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Creamy Coleslaw

Serving size: $\frac{3}{4}$ cup Meal Pattern Requirement(s) met: $\frac{3}{4}$ cup vegetable. This would be great served with a pulled-pork sandwich or crispy fish fingers in a whole wheat tortilla.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Cabbage, green, shredded	1 $\frac{3}{4}$ cups	2 pounds 12 ounces	2 quarts + 3 cups	8 pounds 4 ounces	2 gallons
Carrot, grated	$\frac{1}{2}$ cup	11 ounces	2 $\frac{3}{4}$ cups	2 pounds	2 quarts
Celery, thinly sliced	$\frac{1}{3}$ cup	8 ounces	2 cups	1 pound 8 ounces	1 quart + 1 $\frac{1}{2}$ cups
Onion, red, thinly sliced	2 tablespoons	3 ounces	$\frac{1}{2}$ cup + 3 tablespoons	8 ounces	2 cups
Dressing					
Yogurt, fat-free, plain	$\frac{1}{3}$ cup		2 cups		1 quart + 2 cups
Mayonnaise, lite	3 tablespoons		1 cup		3 cups
Apple cider vinegar	1 $\frac{1}{2}$ teaspoons		2 tablespoons + 2 $\frac{1}{4}$ teaspoons		$\frac{1}{2}$ cup
Water	1 tablespoon		$\frac{1}{4}$ cup + 1 tablespoon		1 cup
Sugar	$\frac{3}{4}$ teaspoon		1 tablespoon + 1 $\frac{1}{4}$ teaspoon		$\frac{1}{4}$ cup
Salt	$\frac{1}{4}$ teaspoon		1 $\frac{1}{4}$ teaspoons + $\frac{1}{8}$ teaspoon		1 tablespoon + 1 teaspoon

- In large bowl, combine cabbage, carrots, celery and onion. Toss to combine.
- In separate bowl, combine yogurt, mayonnaise, apple cider vinegar, water, sugar and salt. Whisk to combine.
- Pour yogurt mixture over cabbage mixture. Stir to evenly coat.
- 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.
- To serve, place rounded $\frac{3}{4}$ cup (No. 5 scoop) per plate.

Nutrition Facts

Serving Size (108g)
Servings Per Container

Amount Per Serving

Calories 70 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Cholesterol 5mg **2%**

Sodium 230mg **10%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 2g

Vitamin A 45% • Vitamin C 30%

Calcium 6% • Iron 2%

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

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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Crab Salad

Serving size: 1 cup dark leafy greens plus ½ cup crab salad. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative and 1 cup dark leafy green vegetable.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Imitation crab meat	10 ounces	4 pounds	3 quarts	12 pounds	9 quarts
Celery, diced finely	2 tablespoons	2½ ounces	½ cup	8 ounces	1½ cups
Onion, diced finely	2 tablespoons	3 ounces	½ cup	9 ounces	1½ cups
Green bell pepper, diced finely	½ cup	5½ ounces	1 cup	1 pound	3 cups
Yogurt, plain, fat free	¾ cup		2 cups		1 quart + 2 cups
Mayonnaise, lite	½ cup		1 cup		3 cups
Lemon juice	½ teaspoon		1 tablespoon		3 tablespoons
Parsley, dried	½ teaspoon		2 teaspoons		2 tablespoons
Garlic, dried, powder	¼ teaspoon		1 teaspoon		1 tablespoon
Dill, dried	½ teaspoon		1 teaspoon		1 tablespoon
Pepper, black, ground	pinch		¼ teaspoon		¾ teaspoon
Salt	pinch		¼ teaspoon		¾ teaspoon
Dark leafy greens, shredded (such as Swiss chard, rainbow chard, kale, spinach, etc.)	4 cups	3-3½ pounds	1 gallon + 2 quarts + 1 cup	9-10 pounds	4 gallons + 3 cups

- In a large bowl, mix together imitation 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.
- To serve: Place 1 cup of dark leafy greens onto plate. Top with ½ cup (No. 8 scoop) of crab salad.

Nutrition Facts	
Serving Size (172g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 25mg	8%
Sodium 350mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 13g	
Vitamin A 70%	Vitamin C 40%
Calcium 8%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Crispy Fish Fingers

Serving size: 2½ to 3 ounces. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative and ¼ cup WGR grain.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Fish (halibut, cod or salmon)	10 ounces	5 pounds 8 ounces		16 pounds 8 ounces	
Cornstarch	1 teaspoon		3 tablespoons		½ cup + 1 tablespoon
Milk or reconstituted powdered milk(reconstitute according to package instructions)	2 tablespoons		3 cups		2 quarts + 1 cup
Egg	1 each	1 pound 2 ounces	9 each (2¼ cups)	3 pounds 6 ounces	27 each (1 quart + 2¾ cups)
Breadcrumbs, whole grain	½ cup		3 cups		2 quarts + 1 cup
Cornstarch	½ teaspoon		1 tablespoon + 1½ teaspoons		¼ cup + 1½ teaspoons
Salt	¼ teaspoon		2½ teaspoons		2 tablespoons + ¾ teaspoon
Margarine, melted	¾ teaspoon		2 tablespoons + ½ teaspoon		¼ cup + 2 tablespoons + 1½ teaspoons

1. Cut halibut fillets into 1½- to 2-ounces portions. Set aside.
2. Combine cornstarch, water, non-fat 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 colander and drain.
6. Dump drained fish pieces into the dry breadcrumb/cornmeal mixture. Gently toss to fully coat all pieces.
7. Dump entire bowl, fish, crumbs and all onto prepared sheet pan(s) (with parchment paper or greased) leaving about ½-1 inch of space between each piece. Use one sheet pan for 25 servings, use three sheet pans for 75 servings.
8. Bake: Conventional oven at 400°F for 15 minutes; convection oven at 375°F for 12 minutes.
CCP: Make sure internal temperature reaches 145°F for a minimum of 15 seconds.
Hot hold for service at 135°F or above.

Variation:

- Replace ⅓ of breadcrumbs with cornmeal for a crunchier texture.

Nutrition Facts	
Serving Size (113g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 290mg	12%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 16g	
Vitamin A 2%	• Vitamin C 0%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Crushed Hot Potatoes

Serving size: $\frac{2}{3}$ cup. Meal Pattern Requirement(s) met: $\frac{1}{2}$ cup starchy vegetable.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Red potatoes	1 pound	6 pounds 11 ounces.		20 pounds	
Olive oil	1½ teaspoon		3 tablespoons + 1 teaspoon		½ cup + 2 tablespoons
Salt	⅛ teaspoon		¾ teaspoon		2½ teaspoons
Parsley, dried	⅛ teaspoon		¾ teaspoon		2½ teaspoons
Black pepper	pinch		¼ teaspoon		½ teaspoon
Thyme, dried, ground	pinch		¼ teaspoon		½ teaspoon
Oregano, dried	pinch		¼ teaspoon		½ teaspoon
Parmesan cheese	2 teaspoons		3 tablespoons + 1 teaspoon		½ cup + 2 tablespoons

1. Spray steam table pan (12×20×2½ inches) with pan release spray.
2. Place potatoes in steam table pan and bake: conventional oven, 400°F for 1 to 1½ hours; convection oven: 375°F for 45 minutes to 1 hour 15 minutes.
Note: Potatoes should be easy to pierce with a fork
3. In the steam table pan, crush potatoes to 1 inch thick 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.

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.

Notes:

- Red potatoes are what is known as a waxy potato. They should not be replaced with a starchy style of potato such as a russet. A better use for your russets might be Garlicky Baked Fries on page 35.

Nutrition Facts	
Serving Size (124g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 15%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Equinox Lasagna

Serving size: 1 piece. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative, 1/3 serving WGR grain and 1/3 cup vegetable.

Ingredient	12 servings 9x13-inch pan	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Whole Wheat lasagna noodles	7 each	14 each	14 each	42 each	42 each
Mild Italian sausage, ground	1/2 pound	1 pound		3 pounds	
Kale, shredded	2 1/2 cups	4-5 ounces	4 1/2-5 cups	13 ounces	3 quarts + 2 cups
Squash or pumpkin (or canned pumpkin)	1 1/2 cups	2 pounds	3 1/2 cups	6 pounds	10 1/2 cups
Cottage cheese	2 1/4 cups	2 pounds 6 ounces	4 1/2 cups	7 pounds 2 ounces	14 cups
Pasta sauce (such as Kitchen Sink Pasta Sauce or other prepared sauce)	2 cups		1 quart		3 quarts
Mozzarella	2 1/2 cups	1 pound 3 ounces	4 3/4 cups	3 pounds 8 ounces	14 cups

1. Cook lasagna noodles according to instructions on package until just under al dente (still a little hard). Drain. It is very important to undercook the pasta in this step!
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 or chop kale leaves finely with large knife. 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. Assemble in steam table pans (12x 20x2 1/2 inches) that have been lightly coated with pan release spray. For 25 servings, use one pan; for 75 servings, use three pans.

For each pan:

- Layer 1 — 1/2 cup spaghetti sauce.
 - Layer 2 — 7 cooked lasagna noodles lengthwise
 - Layer 3 — half of the squash or pumpkin
 - Layer 4 — half of the cottage cheese
 - Layer 5 — half of the mild Italian sausage
 - Layer 6 — half of the remaining sauce
 - Layer 7 — half of the mozzarella cheese
- Repeat layers 2-7, ending with mozzarella cheese.

6. Tightly cover pans and bake: conventional oven, 350°F for 1 hour 15 minutes to 1 hour 30 minutes; convection oven, 325° for 45 minutes.
7. 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.
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.
9. Cut each pan of lasagna into 25 pieces.

Nutrition Facts	
Serving Size (190g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 520mg	22%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 17g	
Vitamin A 70%	Vitamin C 25%
Calcium 20%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Fresh Tomato Bruschetta

Serving size: ½ cup of tomato plus 1 piece (about 3½ by 5 inches square) of barley pizza crust. Meal Pattern Requirement(s) met: ½ cup red/orange vegetables and 1½ ounces WGR grain.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Tomatoes, fresh	2 cups	4 pounds	12½ cups	12 pounds	37½ cups
Basil, dried	½ teaspoon		2½ teaspoons		1 tablespoon + 2½ teaspoons
Garlic powder	¼ teaspoon		1½ teaspoons		1 tablespoon + 1½ teaspoons
Salt	⅛ teaspoon		¾ teaspoon		2¼ teaspoons
Black pepper	Pinch		⅜ teaspoon		½ teaspoon
Olive oil	1 teaspoon		1 tablespoon + 2 teaspoons		¼ cup + 1 tablespoon
Lemon juice	1 teaspoon		1 tablespoon + 1 ½ teaspoons		¼ cup + 1½ teaspoons
Baked Barley Pizza Crust (see recipe on page 9)	½ crust		25 servings		75 servings

1. Remove core from tomatoes and dice into ¼-inch cubes or cut into 2-inch chunks and pulse in batches in a food processor to approximately ¼-inch chunks.
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 ½ 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.

Serving suggestion:

- Replace dried basil with fresh basil. For 25 servings, use 2 tablespoons + 2 teaspoons, for 75 servings, use ½ cup fresh basil.

Nutrition Facts	
Serving Size (127g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 4g	
Vitamin A 10%	Vitamin C 15%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Garden Vegetable Couscous

Serving size: 1 rounded cup. Meal Pattern Requirement(s) met: ½ cup mixed vegetables and 2 ounces WGR grain.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Barley couscous, raw	½ cup		3½ cups		2 quarts + 2 cups
Canola oil	2 teaspoons		3 tablespoons		½ cup + 1 tablespoon
Onion, diced	3 tablespoons	8 ounces	1¼ cup	1 pound 8 ounces	1 quart
Tomato, diced	½ cup	1 pound.	2½ cups	3 pounds	2 quarts
Assorted vegetables, diced (broccoli, carrots, cabbage, zucchini, cauliflower, etc.)	¾ cup	5 pounds 5 ounces	1 gallon	16 pounds	3 gallons
Soy sauce, low-sodium	1 tablespoon		⅓ cup		1 cup
Parsley, dried	½ teaspoon		2½ teaspoons		2 tablespoons + 1½ teaspoons
Garlic powder	⅛ teaspoon		¾ teaspoon		2 teaspoons
Black pepper	pinch		¼ teaspoon		1 teaspoon
Salt	½ teaspoon		2½ teaspoon		2 tablespoons + 1½ teaspoons

1. Cook barley couscous according to package instructions.
2. In skillet, heat canola oil over medium to medium-high heat. Add onion, sauté about 5 minutes, add tomato and vegetables and sauté 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. CCP: Hold for hot service at 135° F or higher.
6. Serve rounded 1 cup (No. 4 scoop) per plate.

Nutrition Facts			
Serving Size (155g)			
Servings Per Container			
Amount Per Serving			
Calories	150	Calories from Fat	25
% Daily Value*			
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	400mg		17%
Total Carbohydrate	27g		9%
Dietary Fiber	7g		28%
Sugars	3g		
Protein	5g		
Vitamin A	90%	Vitamin C	60%
Calcium	4%	Iron	8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

Garlicky Baked Fries

Serving size: 5 wedges. Meal Pattern Requirement(s) met: $\frac{2}{3}$ cup starchy vegetables.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Potatoes, russet style	1½ pounds	10 pounds		30 pounds	
Cornstarch	1 tablespoon + 1 teaspoon		½ cup		1½ cups
Salt	½ teaspoon		1 tablespoon + ¾ teaspoon		¼ cup
Garlic powder	1¼ teaspoon		2 tablespoons + 1½ teaspoons		¼ cup + 3 tablespoons + 1½ teaspoons
Dill weed, dried	Pinch		¼ teaspoon		1 tablespoon + ¾ teaspoon
Black pepper	Pinch		¼ + ⅛ teaspoon		1 teaspoon
Canola oil	2 teaspoons		3 tablespoons + 1 teaspoon		½ cup + 2 tablespoons

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.
4. Cut par-baked potatoes into ½- to ¾-inch wedges. A medium-sized potato should yield about eight wedges.
5. Toss potatoes with oil. Add cornstarch mixture and toss together again.
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 five wedges per plate.

Note:

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

Nutrition Facts			
Serving Size (187g)			
Servings Per Container			
Amount Per Serving			
Calories	170	Calories from Fat	20
% Daily Value*			
Total Fat	2g		3%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	360mg		15%
Total Carbohydrate	35g		12%
Dietary Fiber	2g		8%
Sugars	1g		
Protein	4g		
Vitamin A	0%	Vitamin C	15%
Calcium	2%	Iron	8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

Green Monster Pops

Serving size: ¼ cup. Meal Pattern Requirement(s) met: ¼ cup fruit.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Pineapple, fresh	1 cup	4-5 pounds.	1½ whole (4-5 cups)	13-14 pounds.	4½ whole (~ 3 quarts)
Banana	1 each		3 medium		9 medium
Chopped Spinach	⅓ cup		1½ cups		4½ cups
Chopped Kale	¼ cup		¾ cup		2¼ cups
Water	¼ cup		1 cup		3 cups

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 small Dixie cups and insert treat sticks. Freeze until solid, at least 4 hours.

Variation:

- Use canned or frozen pineapple instead of fresh pineapple: 1½ medium pineapples would be about 1 quart + 3 cups of drained, cubed pineapple; 4½ medium pineapples would be about 5 quarts + 1 cup.

Nutrition Facts

Serving Size (69g)
Servings Per Container

Amount Per Serving

Calories 40 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 1g

Vitamin A 4% • Vitamin C 15%

Calcium 0% • Iron 2%

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

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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Halibut Olympia

Serving size: 2½ ounces. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Breadcrumbs	½ cup		3 cups		2 quarts + 1 cup
Cheddar cheese, shredded	¼ cup		1½ cups		1 quart + ½ cup
Margarine	2 teaspoons		¼ cup		¾ cup
Parsley, dried flakes	½ teaspoon		1 tablespoon		3 tablespoons
Garlic powder	⅛ teaspoon		½ teaspoon		1¼ teaspoon
Pan release spray					
Red onion, thinly sliced (optional)	½ cup		3 cups		2 quarts + 1⅓ cups
Halibut	1 pound	4 pounds 11 ounces		14 pounds	
Salt	⅛ teaspoon		¾ teaspoon		2¼ teaspoon
Lemon juice	½ teaspoon		1 tablespoon		2¼ teaspoon
Yogurt, Greek, plain, fat-free	½ cup		3 cups		2 quarts + 1 cup
Salt	¼ teaspoon		1½ teaspoons		1 tablespoon + 1½ teaspoons
Black pepper	⅛ teaspoon		¾ teaspoon		2¼ teaspoons

1. In medium bowl or food processor, combine breadcrumbs, cheddar cheese, margarine, parsley and garlic powder. Combine with gloved hand or pulse in food processor until fully combined and grainy looking. Set aside.
2. Spray steam table pan (12×20×2½ inches) with pan release spray. Use one pan for 25 servings. Use three pans for 75 servings.
3. Spread onions evenly on bottom of steam table pan and sprinkle with salt (¾ teaspoon for 25 servings, 2¼ teaspoons for 75 servings) 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 layer of halibut on top of the onions.
6. Sprinkle salt (1½ teaspoons for 25 servings, 1 tablespoon + 1½ teaspoons for 75 servings).
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.

Nutrition Facts

Serving Size (155g)		Servings Per Container	
Amount Per Serving			
Calories 180	Calories from Fat 40		
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 1g	5%		
Cholesterol 45mg	15%		
Sodium 450mg	19%		
Total Carbohydrate 12g	4%		
Dietary Fiber 1g	4%		
Sugars 3g			
Protein 22g			
Vitamin A 4%	• Vitamin C 2%		
Calcium 10%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Hamburger Buns

Serving size: 1 bun. Meal Pattern Requirement(s) met: 2 ounces WGR grain.

Ingredients	30 buns Weight	30 buns Volume	60 buns Weight	60 buns Volume	100 buns Weight	100 buns Volume	750 Weight	1,500 Weight
All-purpose flour	1 pound	3½ cups	2 pounds	6¾ cups	3 pounds 4 ounces	11 cups	24.5 pounds	49 pounds
Whole wheat flour	11½ ounces	2¼ cups + 2 tablespoons	1 pound 7 ounces	4¾ cups	2 pounds 7 ounces	7¾ cups + 2 tablespoons	18 pounds	36 pounds
Barley flour	4¾ ounces	1 cup	9½ ounces	2 cups	1 pound	3½ cups	7 pounds 8 ounces	15 pounds
Sugar, granulated	3¼ ounces	½ cup	6½ ounces	1 cup	11 ounces	1⅓ cups	5 pounds	10 pounds
Salt		1½ teaspoons		1 tablespoon		1 tablespoon + 2 teaspoons	8 ounces	1 pounds
Milk, nonfat, dry	1 ounces	½ cup	3 ounces	1 cup	4 ounces	1⅓ cups	2 pounds	4 pounds
Honey	1 ounce	1 tablespoon	2 ounces	2 tablespoons	3 ounces	3 tablespoons + 1 teaspoon	1 pound 8 ounces	3 pounds
Vegetable oil	3 ounces	¼ cup + 2 tablespoons	7 ounces	¾ cup	11 ounces	1¼ cups	5 pounds	10 pounds
Water, local 90°F	1 pound	2 cups	2 pounds	4 cups	3 pounds 5 ounces	6¾ cups	25 pounds	50 pounds
Active dry yeast		2 tablespoons + 2 teaspoons		¼ cup + 4 teaspoons	3 ounces	½ cup + 2 teaspoons	1 pound 8 ounces	3 pounds

- Mix all ingredients for 5 minutes on lowest setting of electric mixer (Hobart, etc.) using dough hook. Increase speed to medium/medium-high and knead for 15 minutes.
- Remove dough and let set 20 minutes on floured surface.
- Process into hamburger buns/rolls and let rise at 100°F for 1 hour.
- Preheat oven to 350°F. Bake for 10 minutes or until golden brown.

Nutrition Facts			
Serving Size (55g)			
Servings Per Container			
Amount Per Serving			
Calories	160	Calories from Fat	35
% Daily Value*			
Total Fat	3.5g		5%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	125mg		5%
Total Carbohydrate	27g		9%
Dietary Fiber	3g		12%
Sugars	4g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

Hot Zucchini Bruschetta

Serving size: ½ cup zucchini mixture + one piece (about 3½×5 inches) barley pizza crust. Meal Pattern Requirement(s) met: ½ cup cooked vegetables and 1½ ounces WGR grain.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Zucchini*	2¾ cup	4 pounds 4 ounces	1 gallon	12 pounds 12 ounces	2 quarts + 1 cup
Onion, finely minced	3 tablespoons	7 ounces	1¼ cups	1 pound 5 ounces	1 quart
Plum tomatoes	½ cup	1 pound 6 ounces	3½ cups + 2 tablespoons	4 pounds.	2 quarts + 2¾ cups
Olive oil	2 teaspoons		3 tablespoons + 2 teaspoons		½ cup + 3 tablespoons
Lemon juice	½ teaspoon		1 tablespoon + ½ teaspoon		3 tablespoons + 2 teaspoons
Parmesan cheese	1 tablespoon		¼ cup + 3 tablespoons		1¼ cup + 1 tablespoon + 1 teaspoon
Garlic powder	¼ teaspoon		1¾ teaspoons		1 tablespoon + 1¼ teaspoons
Basil, dried	¼ teaspoon		1¾ teaspoons		1 tablespoon + 1¼ teaspoons
Oregano, dried	⅛ teaspoon		¾ teaspoons		2½ teaspoons
Thyme, dried	pinch		¼ teaspoon		¾ teaspoon
Black pepper	pinch		¼ teaspoon		¾ teaspoon
Salt	¼ teaspoon		1¾ teaspoons		1 tablespoon + 1¼ teaspoons
Barley Pizza Crust, baked	½ crust		25 servings		75 servings

1. Preheat oven to 400°F.
2. Remove ends of zucchini and dice into ¼-inch cubes. Place in large bowl.
3. Remove core from tomatoes and dice into ¼-inch 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 or hot hold for service.
8. Before serving, cut cooled pizza crust into 25 squares per sheet pan.
9. To serve, place ½ cup (No. 8 scoop) of tomato mixture on each piece of pizza crust. Serve immediately.
CCP: Hold for hot service at 135°F or higher.

*If using large zucchini, slice each one lengthwise and remove seeds from center by scraping with a large spoon. Dice into ¼-inch cubes.

Serving suggestions:

- Replace dried herbs with fresh herbs. Use triple the volume of fresh herbs (for example, use 1 tablespoon + 1¼ teaspoons of fresh basil instead of 1¾ teaspoons of dried basil for a 25-serving batch).

Nutrition Facts

Serving Size (168g)			
Servings Per Container			
Amount Per Serving			
Calories	150	Calories from Fat	20
% Daily Value*			
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	280mg		12%
Total Carbohydrate	28g		9%
Dietary Fiber	4g		16%
Sugars	2g		
Protein 6g			
Vitamin A	10%	Vitamin C	50%
Calcium	4%	Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

Kale Chips

Serving size: 1 cup. Meal Pattern Requirement(s) met: 1/3 cup dark green vegetable.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Kale	1 pound	5 pounds 12 ounces		17 pounds 4 ounces	
Olive oil	2 teaspoons		1/4 cup		3/4 cup
Salt	1/4 teaspoon		2 teaspoons		2 tablespoons

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) and discard stems. Tear leaves into 2- to 3-inch 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 two sheet pans for 25 servings. Use six sheet pans for 75 servings.
4. Bake: conventional oven at 425°F for about 10 minutes; convection oven at 400°F for about 8 minutes.
5. Let cool for 2 minutes. Transfer to a serving dish.

Variations:

- Spray leaves with cooking spray instead of drizzling with oil.
- 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 too long.
- Don't cook more than four sheet pans at a time, or the oven will get too steamy.

Nutrition Facts	
Serving Size (9g)	
Servings Per Container	
Amount Per Serving	
Calories 20	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 15%	Vitamin C 15%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Kitchen Sink Pasta Sauce

Serving size: ½ cup. Meal Pattern Requirement(s) met: ½ cup red/orange vegetable.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Onions	¾ cup	1 pound 12 ounces		5 pounds 2 ounces	
Miscellaneous vegetables	¾ cup	1 pound 12 ounces		5 pounds 2 ounces	
Garlic	1 clove or ⅙ teaspoon powder		6-7 cloves, 2 tablespoons + 2 teaspoons minced or ⅔ teaspoon garlic powder		20 cloves, ½ cup minced or 2 teaspoons garlic powder
Olive oil	1½ teaspoons		2 tablespoons + 2 teaspoons		½ cup
Fresh roma tomatoes	1 pound	4 pounds 6 ounces		13 pounds. 2 ounces	
Basil	¾ teaspoon dry or 2 teaspoons fresh		1 tablespoon + 1 teaspoon dried leaves or ¼ cup finely chopped fresh		¼ cup dried leaves or ¾ cup finely chopped fresh
Oregano	½ teaspoon dried or 1 teaspoon fresh		2 teaspoons dried leaves or 2 tablespoons finely chopped fresh		2 tablespoons dried leaves or 6 tablespoons finely chopped fresh
Tomato paste	⅓ cup		2 cups + 2 teaspoons		1 quart + 2 cups + 2 tablespoons
Salt	½ teaspoon		2 teaspoons		2 tablespoons
Pepper, white, ground	pinch		1 teaspoon		1 tablespoon

- Trim, peel and roughly chop onions
- Trim, peel (if desired) and roughly chop miscellaneous vegetables.
- If using fresh garlic, trim and peel garlic.
- Heat oil in 20-quart 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.
- 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.
- Puree the sauce with an immersion blender to break up large pieces.
- Add tomato paste and stir to combine. Stir in salt and pepper. Bring to a simmer and cook until thickened, stirring often to prevent burning, 30-45 minutes.
- If the sauce is too thick, thin with water to the desired consistency. Pour into 6-inch full hotel pan and keep warm on serving line.
CCP: Hold for hot service at 135°F or higher.
- This sauce can be made ahead. Store overnight in covered hotel pans in the refrigerator. CCP: Cool to 70°F within 2 hours and from 70°-41°F within an additional 4 hours.

Variations:

- 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.

Nutrition Facts			
Serving Size (164g)			
Servings Per Container			
Amount Per Serving			
Calories 70	Calories from Fat 15		
	% Daily Value*		
Total Fat 2g			3%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 280mg			12%
Total Carbohydrate 13g			4%
Dietary Fiber 3g			12%
Sugars 7g			
Protein 2g			
Vitamin A 35%	•	Vitamin C 35%	
Calcium 2%	•	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	•	Carbohydrate 4
		•	Protein 4

Macaroni and Cheese with Beef

Serving size: 1 cup. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative and 1 ounce WGR grain.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Whole wheat macaroni, raw	1 cup	1 pound 4 ounces	5 cups	3 pounds 12 ounces	14 cups
Ground beef	2/3 cup	2 pounds 8 ounces	3-4 cups	7 pounds 8 ounces	10-12 cups
Water	1 cup		5 cups		14 cups
Cornstarch	1/2 teaspoon		2 1/2 teaspoons		2 tablespoons
Powdered milk	1/3 cup		2 1/2 cups		6 cups
Ground mustard seed (powder)	1/2 teaspoon		2 1/2 teaspoons		2 tablespoons
Onion powder	1 teaspoon		1 tablespoon + 2 teaspoons		1/4 cup
Garlic powder	1/2 teaspoon		2 1/2 teaspoons		2 tablespoons
Salt	1/8 teaspoon		1 teaspoon		1 tablespoon
Sugar	1/2 teaspoon		2 1/2 teaspoons		2 tablespoons
Margarine	1 tablespoon		1/4 cup + 3 tablespoons		1 1/4 cup
Cheddar, shredded (low-fat)	1 cup	1 pound 4 ounces	5 cups	3 pounds 8 ounces	14 cups
Mozzarella, shredded (low-fat)	1 cup	1 pound 4 ounces	5 cups	3 pounds 8 ounces	14 cups

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.
7. Hold in steam table pans (12x 20x2 1/2 inches). Use one pan for 25 servings, three pans for 75 servings.
CCP: Hold for hot service at 135°F or higher.

Variations:

- Sharp cheddar will produce a cheesier tasting final product.
- Feel free to try other cheeses and cheese blends in place of the cheddar or mozzarella.
- Drain the pasta very well to make sure the final product is creamy and delicious.

Nutrition Facts

Serving Size (172g)		Servings Per Container	
Amount Per Serving			
Calories 290	Calories from Fat 90		
		% Daily Value*	
Total Fat 10g			15%
Saturated Fat 5g			25%
Trans Fat 0.5g			
Cholesterol 40mg			13%
Sodium 540mg			23%
Total Carbohydrate 23g			8%
Dietary Fiber 2g			8%
Sugars 5g			
Protein 25g			
Vitamin A 10%		Vitamin C 0%	
Calcium 35%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Macaroni and Cheese with Broccoli

Serving size: 1 cup. Meal Pattern Requirement(s) met: 1½ ounces meat/meat alternative, 1 ounce WGR grain and ½ cup dark green vegetable.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Whole wheat macaroni, raw	½ cup	1 pound	3½ cups	3 pounds	10½ cups
Broccoli, chopped into ½-inch pieces	1 cup	1 pound 4 ounces	6 cups	3 pounds 12 ounces	18 cups
Water	½ cup	1 pound 8 ounces.	3 cups	4 pounds 8 ounces	9 cups
Cornstarch	¼ teaspoon		2½ teaspoons		2 tablespoons + 1½ teaspoons
Powdered milk	¼ cup + 2 tablespoons		2½ cups		7½ cups
Ground mustard	¼ teaspoon		2½ teaspoons		2 tablespoons + 1½ teaspoons
Salt	pinch		¼ teaspoon		¾ teaspoon
Onion powder	¾ teaspoon		1 tablespoon + 2 teaspoons		¼ cup + 1 tablespoon
Garlic powder	¼ teaspoon		2½ teaspoons		2 tablespoons + 1½ teaspoon
Sugar	¼ teaspoon		2½ teaspoons		2 tablespoons + 1½ teaspoon
Margarine, cut into ½-inch cubes	2½ teaspoons		¼ cup + 1 tablespoon		1¼ cup
Cheddar cheese, shredded	¾ cup	1 pound 4 ounces	5 cups	3 pounds 12 ounces	14½ cups
Mozzarella cheese, shredded	¾ cup	1 pound 4 ounces	5 cups	3 pounds 12 ounces	14½ cups

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!
2. Steam or blanch broccoli. Drain excess water and set aside.
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. Add broccoli and gently stir to combine.
5. Cook, covered, on low for 10-15 minutes until sauce thickens.
CCP: Heat to 140°F or higher for 15 seconds.
6. Hold in steam table pans (12× 20× 2½ inches). Use one pan for 25 servings, three pans for 75 servings.
CCP: Hold for hot service at 135°F or higher.

Tips:

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

Nutrition Facts	
Serving Size (126g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 450mg	19%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 17g	
Vitamin A 10%	Vitamin C 35%
Calcium 35%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Meatloaf

Serving size: 1 slice. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative and ½ cup mixed vegetables.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Carrots	¾ cup	9 ounces	¾ cups	1 pound 9 ounces	11¼ cups
Celery	½ cup	9 ounces	3 cups	1 pound 9 ounces	9 cups
Zucchini	¾ cup	1 pound 9 ounces	4½ cups	5 pounds	13½ cups
Onion	⅓ cup	11 ounces	2 cups	2 pounds	1 quart + 2 cups
Kale (optional)	½ cup	12 ounces	6 cups	2 pounds 4 ounces	18 cups
Salt	¼ teaspoon		1 teaspoon		1 tablespoon
Canola oil	2 teaspoons		3 tablespoons		½ cup + 1 tablespoon
Tomato paste	3 tablespoons	9 ounces	1 cup	27 ounces	3 cups
Eggs, whole	1 each	4 each (8 ounces)	4 each (1 cup)	12 each (1 pound 8 ounces)	12 each (3 cups)
Powdered milk	½ cup	9 ounces	¾ cups	1 pound 9 ounces	10½ cups
Rollled oats, quick cooking/instant	¾ cup	12 ounces	4 cups + 2 tablespoons	2 pounds 4 ounces	12¾ cups
Ground beef, raw	10 ounces	3 pounds 8 ounces		10 pounds 8 ounces	
Parsley, dried	2 teaspoons		1 tablespoon + ½ teaspoon		3 tablespoons + 1½ teaspoons
Onion powder	½ teaspoon		1 tablespoon + ½ teaspoon		3 tablespoons + 1½ teaspoons
Thyme, dried	Pinch		½ teaspoon		1½ teaspoons
Garlic powder	¼ teaspoon		1½ teaspoons		1 tablespoon + 1½ teaspoons
Black pepper	Pinch		¼ teaspoon		¾ teaspoon
Worcestershire	2 teaspoons		3 tablespoons		½ cup + 1 tablespoon
Glaze					
Ketchup	¼ cup		1¼ cups		¾ cups
Apple cider vinegar	1 teaspoon		2 tablespoons + ¾ teaspoon		8 tablespoons + 1 teaspoon
Worcestershire	1 teaspoon		¼ cup + 1½ teaspoons		¾ cup + 1 tablespoon + 1½ teaspoons
Brown sugar	¼ cup		1½ cups		2¼ cups

1. Wash carrots, celery, zucchini and kale.
2. Shred carrots and zucchini in food processor or grate by hand. Set aside.
3. Thinly slice onion and celery.
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.
4. Heat oil in pan, add onions, carrots, celery and salt. Sauté lightly, about 5 minutes.
5. Add zucchini and kale to carrot/celery mixture and sauté lightly, about 5 more minutes.
6. In mixer with paddle attachment, combine tomato paste, eggs, powdered milk and rolled oats. Mix on medium speed for about 2 minutes.

Meatloaf (continued)

7. Add hamburger, sautéed vegetables, herbs, spices and Worcestershire sauce. Mix on medium speed about 2-3 minutes or until well combined. Do not over mix.
8. Place mixture onto prepared (with parchment paper or oiled) sheet pan(s). Use one sheet pan for 25 servings. Use three sheet pans for 75 servings. Form two equal-sized loaves on each pan.
9. Cover with plastic wrap and refrigerate overnight or for a minimum of 3 hours.

Before baking:

10. In a medium-large bowl, combine all ingredients for the glaze. Mix until fully combined.
11. Glaze each loaf with about 1½ cups of glaze.
12. Bake: conventional oven at 350°F for 1½ hours or convection oven at 275°F for 1¼ hours.
CCP: Heat to internal temperature of 155°F or higher for at least 15 seconds.
13. Let stand about 20 minutes. Slice each loaf into 13 slices.
CCP: Hold hold for service at 135°F or higher.

Nutrition Facts	
Serving Size (209g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 420mg	18%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 20g	
Vitamin A 70%	• Vitamin C 50%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Oven Vegetable Stir-Fry

Serving size: $\frac{2}{3}$ cup rice and 1 cup vegetables. Meal Pattern Requirement(s) met: $\frac{1}{2}$ cup WGR grain and 1 cup mixed vegetables.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Diced vegetables (suggestions below)	8 cups		3 gallons + 2 cups		9 gallons + 1 quart + 2 cups
<i>Carrot, diced</i>	1½ cups	~2 pounds 12 ounces	2 quarts + ½ cup	~8 pounds 4 ounces	1 gallon + 2 quarts + 2 cups
<i>Onion, diced</i>	¾ cup	~1 pound 8 ounces	1 quart	~4 pounds 8 ounces	3 quarts
<i>Celery, diced</i>	¾ cup	~1 pound	1 quart	~3 pounds	3 quarts
<i>Cabbage, red, chopped</i>	1½ cups	~3 pounds 4 ounces	3 quarts + 1 cup	~9 pounds 12 ounces	2 gallons + 1 quart + 2 cups
<i>Zucchini, diced</i>	¾ cup	~1 pound 4 ounces	1 quart	~3 pounds 12 ounces	3 quarts
<i>Turnip, diced</i>	¾ cup	~1 pound 12 ounces	1 quart	~5 pounds 4 ounces	3 quarts
<i>Cauliflower, diced into ¼-inch pieces</i>	1½ cup	~ 2 pounds	2 quarts + ½ cup	~6 pounds	1 gallon + 2 quarts + 2 cups
<i>Green bell pepper, diced</i>	½ cup	~1 pound 5 ounces	1 quart	~4 pounds	3 quarts
Canola oil	2 teaspoons		¾ cup		2 cups
Soy sauce	1 tablespoon + 1 teaspoon		½ cup		1½ cups
Garlic powder	1 teaspoon		1 tablespoon + 1¼ teaspoons		¼ cup
Ginger, ground	¼-½ teaspoon		2 teaspoons		2 tablespoons
Coriander, ground	¼ teaspoon		1 teaspoon		1 tablespoon
Thyme, ground	⅛ teaspoon		½ teaspoon		1½ teaspoons
Black pepper	⅛ teaspoon		½ teaspoon		1½ teaspoons
Brown rice, cooked	2⅔ cup	~7 pounds 4 ounces	17 cups	~21 pounds	50 cups

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 one 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.
6. Serve immediately or hold for hot service.
CCP: Hold at 135°F or higher
To serve, place $\frac{2}{3}$ cup brown rice (No. 6 scoop) per plate. Top with 1 cup (No. 4 scoops) of vegetables.

Oven Vegetable Stir-Fry (continued)

Variations:

- Serve with 2½ ounces portions of chicken or beef.
- Make sweet and sour chicken or salmon. Use the Salmon Burgers recipe on page 53. Add canned, drained pineapple to the vegetables before serving. For 25 servings, add 8½ cups. For 75 servings, add 25 cups. Toss together and serve over rice.
- Make sweet and sour crispy fish fingers. Use the Crispy Fish Fingers recipe on page 21.

Nutrition Facts	
Serving Size (413g)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 49g	16%
Dietary Fiber 8g	32%
Sugars 8g	
Protein 7g	
Vitamin A 190% • Vitamin C 150%	
Calcium 10% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pasta Primavera

Serving size: 1¼ cups. Meal Pattern Requirement(s) met: ½ cup mixed vegetables and 2 ounces WGR grain.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Whole wheat penne pasta, raw	1 2/3 cups	1 pound 14 ounces	2½ quarts	5 pounds. 4 ounces	1 gallon + 3 quarts
Carrot, diced	¾ cup	1 pound 4 ounces	1¼ quarts	3 pounds 12 ounces	1 gallon
Onion, diced	1/3 cup	10 ounces	2½ cups	1 pound 14 ounces	2 quarts
Broccoli, chopped into ¼-inch florets	1⅔ cups	2 pounds 8 ounces	2½ quarts	7 pounds 8 ounces	2 gallons
Cauliflower, chopped into ¼-inch florets	1¼ cups	1 pound 6 ounces	2 quarts	4 pounds 2 ounces	1½ gallons
Canola oil	2 teaspoons		¼ cup		¾ cup
Salt	¼ teaspoon		1½ teaspoons		1 tablespoon + 1½ teaspoons
Peas, shelled (fresh or frozen)	¼ cup		1¼ cup		¾ cups
Margarine	2 teaspoons		¼ cup		¾ cup
All purpose flour	2 teaspoons		¼ cup		¾ cup
Milk, fat free (reconstituted powder milk or fresh)	1¼ cup		2 quarts		1½ gallons
Garlic powder	¼ teaspoon		2 teaspoons		1½ tablespoons
Salt	½ teaspoon		1 tablespoon		3 tablespoons
Cornstarch	1¼ teaspoon		1 tablespoon + 2 teaspoons		¼ cup + 2 teaspoons
Water	1 tablespoon + 2 teaspoons		⅔ cup		2 cups
Parmesan Cheese	¼ cup		1½ cup		1 quart

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 to stop the cooking process. 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. Cook: 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 until ready to use.
7. In the meantime, melt margarine in a pan over medium heat. Add flour and combine well. Cook for about 5 minutes, stirring almost 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.

Nutrition Facts	
Serving Size (243g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Cholesterol 5mg	2%
Sodium 600mg	25%
Total Carbohydrate 36g	12%
Dietary Fiber 8g	32%
Sugars 9g	
Protein 12g	
Vitamin A 90%	Vitamin C 90%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pasta Primavera (continued)

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 combined. Alternatively, pasta, vegetables and sauce may be combined and poured into a steam table pan, then topped with Parmesan and held for service.
13. Serve immediately or hot hold for service.
CCP: Hot hold at 135°F or higher. Use 1 cup (8-ounce portion server) per plate.

Pink Potato Salad

Serving size: $\frac{2}{3}$ cup. Meal Pattern Requirement(s) met: $\frac{1}{2}$ cup starchy vegetables.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Red potatoes with skins	9-12 ounces	3 pounds 8 ounces	14 cups	10 pounds 8 ounces	42 cups
Beets	3-4 ounces	1 pound 4 ounces	5 cups	3 pounds 12 ounces	15 cups
Canola oil	$\frac{1}{2}$ teaspoon		1 tablespoon		3 tablespoons
Mayonnaise, lite	2 tablespoons	7 ounces	$\frac{3}{4}$ cup + 2 tablespoons	1 pound 5 ounces	2 $\frac{1}{2}$ cups + 2 tablespoons
Sugar	$\frac{1}{4}$ teaspoon		1 $\frac{1}{4}$ teaspoon		1 tablespoon + 2 $\frac{1}{4}$ teaspoons
Salt	$\frac{1}{2}$ teaspoon		2 $\frac{1}{4}$ teaspoons		2 tablespoons + $\frac{3}{4}$ teaspoon
Garlic powder	$\frac{1}{4}$ teaspoon		1 teaspoon		1 tablespoon
Onion powder	$\frac{1}{4}$ teaspoon		1 $\frac{3}{4}$ teaspoon		1 tablespoon + $\frac{3}{4}$ teaspoon
Apple cider vinegar	2 teaspoons		1 tablespoon + $\frac{1}{2}$ teaspoon		$\frac{1}{4}$ cup + $\frac{1}{2}$ teaspoon
Greek yogurt, fat free	2 tablespoons + 1 teaspoon	7 ounces	$\frac{3}{4}$ cup + 2 tablespoons	1 pound 5 ounces	2 $\frac{1}{2}$ cups + 2 tablespoons
Sour cream, fat free	2 tablespoons + 1 teaspoon	7 ounces	$\frac{3}{4}$ cups + 2 tablespoons	1 pound 5 ounces	2 $\frac{1}{2}$ cups + 2 tablespoons
Water	2 tablespoons	5 ounces	$\frac{2}{3}$ cup	15 ounces	2 cups
Celery	$\frac{1}{3}$ cup	10 ounces	2 cups	1 pound 14 ounces	6 cups
Red onion	2 tablespoons	4 ounces	$\frac{3}{4}$ cup	10 ounces	2 $\frac{1}{4}$ cups
Eggs, hard-cooked	1 egg	12 ounces	1 $\frac{1}{2}$ cups (6 eggs)	2 pounds 4 ounces	4 $\frac{1}{2}$ cups (18 eggs)

1. Rinse potatoes and beets well. Trim greens off beets leaving about $\frac{1}{2}$ inch of stem.
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. Chop both beets and potatoes into about $\frac{1}{2}$ -inch cubes.
3. In a medium bowl, prepare dressing by combining mayonnaise, sugar, salt, garlic powder, onion powder, apple cider vinegar, Greek yogurt, sour cream and water. Stir with a whisk until smooth. Pour over chopped beets and potatoes.
4. Dice celery into $\frac{1}{4}$ -inch pieces and add to potato mixture.
5. Finely dice red onion and add to potato mixture.
6. Dice hardboiled egg and add to potato mixture.
7. Mix lightly until all ingredients are well blended.
8. Spread evenly into shallow pan (12×20×2 $\frac{1}{2}$ inches) to a depth of 2 inches or less. Use one pan for 25 servings. Use three pans for 75 servings.
CCP: Cool to 41°F or lower within 4 hours. Refrigerate until ready to serve.

Suggestions:

- Use red potatoes, Yukon gold potatoes or another "waxy" variety. Starchy varieties such as russets will create a very sticky final product.
- Whole beets and potatoes should be of similar size when roasting. If using differing sizes (beets are much larger than the potatoes or potatoes are much larger than the beets), roast them on separate pans to be able to fully roast all of them.
- This recipe should be made the day before it will be served; otherwise, it should sit a minimum of 3 hours before serving to that ensure all of the flavors have properly melded.

Nutrition Facts	
Serving Size (142g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 330mg	14%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 4g	
Vitamin A 4%	Vitamin C 10%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pulled Pork

Serving size: 1/3 cup. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Pork shoulder or butt (4- to 5-pound roasts)	6-8 ounces	4 pounds 8 ounces		13 pounds 8 ounces	
Worcestershire sauce	2/3 teaspoon		2 tablespoons + 2 teaspoons		1/4 cup + 1 tablespoon + 1 teaspoon
Salt	pinch		2/3 teaspoon		2 teaspoons
Chili powder	1 teaspoon		2 tablespoons		1/4 cup + 2 tablespoons
Cumin	1/4 teaspoon		1 1/3 teaspoons		1 tablespoon + 1 teaspoon
Mustard powder	1/2 teaspoon		2 2/3 teaspoons		2 tablespoons + 2 teaspoons
Coriander	pinch		2/3 teaspoon		2 teaspoons
Brown sugar	2 teaspoons		1/4 cup		3/4 cup

- Cut pork roast(s) into 1- to 2-inch cubes and place in steam table pans (20x12x2 1/2 inches) prepared with pan release spray.
- Combine Worcestershire sauce, salt, chili powder, cumin, mustard powder, coriander and brown sugar. Pour over pork cubes and stir to coat.
- Cover each pan tightly with foil and let sit in refrigerator 1 to 24 hours.
- Place pans, still covered, in oven and bake: conventional oven, 320°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.
- Serve 1/3 cup pulled pork on a roll, over noodles or on rice.
CCP: Hold for hot service at 135°F or higher.

Suggestions:

- Serve with 2-4 tablespoons of barbecue sauce for a special treat.
- 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 pound roasts with sauce and roast covered at 275°-300°F for 6-12 hours.

Nutrition Facts

Serving Size (45g)		Servings Per Container	
Amount Per Serving			
Calories 100	Calories from Fat 50		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 40mg	13%		
Sodium 55mg	2%		
Total Carbohydrate 1g	0%		
Dietary Fiber 0g	0%		
Sugars 1g			
Protein 11g			
Vitamin A 0%	• Vitamin C 0%		
Calcium 0%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Pumpkin Pancakes

Serving size: 2 pancakes. Meal Pattern Requirement(s) met: 1½ ounces WGR grain, ¾ ounce meat/meat alternative.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Whole wheat flour	½ cup		3 cups		9 cups
Enriched all-purpose flour	½ cup		2 cups		6 cups
Brown sugar	1 tablespoon + 1 teaspoon		½ cup		1½ cups
Baking powder	1 tablespoon		⅓ cup		1 cup
Kosher salt	¾ teaspoon		1 tablespoon + 1 teaspoon		¼ cup
Nonfat cottage cheese	1/3 cup		2 cups		1 quart + 2 cups
Nonfat milk	1 cup		1 quart + 1½ cups		1 gallon
Eggs	1 each		8 each		24 each
Pumpkin puree	½ cup		3 cups		9 cups
Ground cinnamon	¾ teaspoon		1 tablespoon + 1 teaspoon		¼ cup
Ground ginger	½ teaspoon		2 teaspoons		2 tablespoons
Ground nutmeg	½ teaspoon		2 teaspoons		2 tablespoons
Vegetable oil	3 tablespoons		1 cup		3 cups

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-ounce 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.

Nutrition Facts	
Serving Size (158g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Cholesterol 60mg	20%
Sodium 800mg	33%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 9g	
Vitamin A 40%	Vitamin C 2%
Calcium 25%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pumpkin Pie Bars

Serving size: 1 bar. Meal Pattern Requirement(s) met: ½ ounce WGR grain and ⅓ cup red/orange vegetable. Best when made a day ahead. Once cool, cover tightly with foil and refrigerate overnight until ready to serve.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Crust:					
Barley flour	1½ cup	13 ounces	¾ cup	2 pounds 8 ounces	2 quart + ¼ cup
Powdered (confectioners) sugar	¾ cup	6 ounces	1½ cup	1 pound 2 ounces	1 quart + ½ cup
Salt	¼ teaspoon		⅜ teaspoon		1⅛ teaspoon
Canola oil (or other trans-fat free oil)	¼ cup + tablespoons		¾ cup		2¼ cups
Filling:					
Pumpkin Puree (baked pumpkin or canned)	1¾ cup	14 ounces	¾ cups	2 pounds 10 ounces	2 quarts + 1 cup
Milk	1½ cup	1 pound 4 ounces	3 cups	3 pounds 12 ounces	2 quarts + 1 cup
Eggs	3 each	12 ounces	6 each	2 pounds 4 ounces	18 each
White sugar	¼ cup + 2 tablespoons	5 ounces	¾ cup	15 ounces	2¼ cup
Brown sugar, packed	¼ cup + 2 tablespoons	7 ounces	¾ cup	1 pound 5 ounces	2¼ cup
Salt	⅛ teaspoon		⅜ teaspoon		1⅛ teaspoon
Nutmeg	pinch		⅛ teaspoon		⅜ teaspoon
Cinnamon	1½ teaspoons		1 tablespoon		3 tablespoons
Allspice (optional)	⅛ teaspoon		⅜ teaspoon		1⅛ teaspoon
Ginger (optional)	⅛ teaspoon		⅜ teaspoon		1⅛ teaspoon

- 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 steam table pan(s) (20×12×2½ inches). Use one pan for 25 servings. Use three pans for 75 servings.
- Bake until golden brown: conventional oven, 350°F for 12-15 minutes; convection oven, 325°F for 9-12 minutes.
- Remove from oven and set aside to cool while making filling.
- Meanwhile, in stand mixer on medium fitted with a whisk (or in large bowl by hand with large whisk), mix pumpkin, milk, eggs, white and brown sugar, salt, nutmeg, cinnamon, all-spice and ginger (if using) until fully combined, about 2-3 minutes.
- Pour mixture over crust and spread evenly. Return to oven.
- Bake until filling has set: conventional oven, 350°F for 1 hour to 1 hour 15 minutes; convection oven, 325°F for 50-55 minutes.
- Remove from oven. Let cool completely.
CCP: Cool to 70°F or lower within 2 hours. Cool from 70°F to 41°F within remaining 4 hours.
- Cut each pan into 25 pieces.
- Cover tightly and refrigerate.
CCP: Store at 41°F or below until ready to serve.

Nutrition Facts

Serving Size (76g)		Serving Size (76g)	
Servings Per Container		Servings Per Container	
Amount Per Serving			
Calories 220	Calories from Fat 90		
% Daily Value*			
Total Fat 10g	15%		
Saturated Fat 1g	5%		
Cholesterol 45mg	15%		
Sodium 180mg	8%		
Total Carbohydrate 30g	10%		
Dietary Fiber 2g	8%		
Sugars 17g			
Protein 4g			
Vitamin A 25%		Vitamin C 2%	
Calcium 4%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories: 2,000 2,500			
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Pumpkin Squares

Serving size: 1 piece. Meal Pattern Requirement(s) met: ½ ounce WGR grain and ⅓ cup red/orange vegetable. Best when made a day ahead. Once cool, cover tightly with foil and refrigerate overnight until ready to serve.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Whole-wheat flour	1¼ cup	9¼ ounces	2½ cups	1 pound 11½ ounces	7½ cups
All-Purpose Flour	1 cup + 1 tablespoon	5½ ounces	1 cup + 2 teaspoons	16¼ ounces	3 cups + 2 tablespoons
Baking powder	1¼ teaspoon		2½ teaspoons		2 tablespoons + 1½ teaspoons
Ground cinnamon	1¼ teaspoon		2½ teaspoons		2 tablespoons + 1½ teaspoons
Baking soda	½ teaspoon + ⅛ teaspoon		1¼ teaspoon		1⅞ teaspoons (1 ¾ teaspoon + ⅛ teaspoon)
Kosher salt	¼ teaspoon		½ teaspoon		1¼ teaspoon
Eggs	3 eggs		6 large (or equivalent liquid eggs)		17½ (or equivalent liquid eggs)
Pumpkin puree	1 cup		2 cups + 1 tablespoon		6¼ cups
Granulated sugar	1 cup		2 cups + 1 tablespoon		6¼ cups
Vegetable oil	¾ cup		1½ cups		4½ cups

1. Preheat convection oven to 350°F or conventional oven to 375°F. Coat sheet pans with cooking spray. Use one half-sheet pan for 25 servings or three half-sheet pans for 75 servings.
2. Whisk 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 over mix. Scrape mixture onto the prepared sheet pan(s) and spread evenly.
3. Bake until a toothpick inserted in the center comes out clean, about 15-25 minutes.

Nutrition Facts			
Serving Size (76g)			
Servings Per Container			
Amount Per Serving			
Calories	220	Calories from Fat	90
		% Daily Value*	
Total Fat	10g		15%
Saturated Fat	1g		5%
Cholesterol	45mg		15%
Sodium	180mg		8%
Total Carbohydrate	30g		10%
Dietary Fiber	2g		8%
Sugars	17g		
Protein	4g		
Vitamin A	25%	Vitamin C	2%
Calcium	4%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

Reindeer and Red Cabbage

Serving size: 1½ cups. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative, 2 ounces WGR grain and 1 cup cooked mixed vegetables.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Reindeer meat, ground, raw	11 ounces	4 pounds 4 ounces		12 pounds 8 ounces	
Onion, finely diced	¼ cup + 2 tablespoons	13 ounces	2¾ cup	2 pounds 6 ounces	2 quarts + ½ cup
Garlic powder	¼ teaspoon		1 teaspoon		1 tablespoon
Water	¾ cups water		1 quart		3 quarts
Red cabbage, shredded	10 cups	8 pounds 8 ounces	3 gallons + 3 quarts	22 pounds	11 gallons
Onion, diced	1¼ cups	2 pounds 2 ounces	2 quarts	6 pounds 4 ounces	1 gallon + 2 quarts
Tomato sauce	2 cups	7 pounds. 8 ounces	3 quarts	22 pounds 8 ounces	2 gallons + 1 quarts
Tomato paste	2 tablespoons		¾ cup		2¼ cups
Beef broth, low sodium	1 cup		1 quart + 2½ cups		1 gallon + 2¾ cup
Apple cider vinegar	1 tablespoon + 2 teaspoons		⅔ cup		2 cups
Salt	½ teaspoon		1 tablespoon		3 tablespoons
Black Pepper	⅛ teaspoon		1 teaspoon		1 tablespoon
Garlic powder	1½ teaspoons		3 tablespoons		½ cup + 1 tablespoon
Thyme, dried, ground	⅛ teaspoon		¾ teaspoon		2¼ teaspoons
Brown rice, cooked	1½ cups	4 pounds 4 ounces	2 quarts + 1 cup	12 pounds 8 ounces	1 gallon + 2 quarts + 3 cups

- In skillet, combine reindeer, diced onion, garlic powder and water.
- 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.
- In a steam table pan, combine reindeer mixture, cabbage, onion, tomato sauce, tomato paste, beef broth, apple cider vinegar, salt, pepper, garlic, thyme and cooked rice. Cover tightly with foil.
- 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.
- Serve: 1½ cups (three No. 8 scoops) per plate.

Nutrition Facts	
Serving Size (585g)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Cholesterol 50mg	17%
Sodium 980mg	41%
Total Carbohydrate 41g	14%
Dietary Fiber 8g	32%
Sugars 14g	
Protein 23g	
Vitamin A 45%	Vitamin C 170%
Calcium 10%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Reindeer Ratatouille

Serving size: $\frac{1}{3}$ cup reindeer and $\frac{1}{2}$ cup vegetables. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative and $\frac{1}{2}$ cup cooked mixed vegetables.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Reindeer roast, bone-in	2 pounds	12 pounds		36 pounds	
Worcestershire sauce	2 teaspoons		$\frac{1}{4}$ cup		$\frac{3}{4}$ cup
Brown sugar	2 teaspoons		$\frac{1}{4}$ cup		$\frac{3}{4}$ cup
Garlic powder	$\frac{1}{4}$ teaspoon		$1\frac{1}{4}$ teaspoons		1 tablespoon + 1 teaspoon
Onion powder	$\frac{1}{4}$ teaspoon		$1\frac{1}{4}$ teaspoons		1 tablespoon + 1 teaspoon
Salt	pinch		$\frac{1}{2}$ teaspoon		$1\frac{1}{2}$ teaspoon
Coriander, dried ground	pinch		$\frac{1}{2}$ teaspoon		$1\frac{1}{2}$ teaspoon
Thyme, dried, ground	pinch		$\frac{1}{2}$ teaspoon		$\frac{3}{4}$ teaspoon
Oregano, dried	pinch		$\frac{1}{4}$ teaspoon		$\frac{3}{4}$ teaspoon
Ratatouille					
Water	2 teaspoons		$\frac{1}{4}$ cup water		$\frac{3}{4}$ cup
Cornstarch	$\frac{1}{2}$ teaspoon		2 teaspoons		2 tablespoons
Zucchini, diced	$\frac{1}{2}$ cup	1 pound	$3\frac{1}{3}$ cups	3 pounds	2 quarts + 1 cup
Bell pepper, diced	$\frac{1}{3}$ cup	14 ounces	$2\frac{1}{4}$ cups	2 pounds	1 quart + 2 cups
Onion, diced	3 tablespoons	6 ounces	1 cup	1 pound	3 cups
Thyme, dried	pinch		$\frac{1}{8}$ teaspoon		$\frac{1}{4}$ teaspoon
Basil, dried	pinch		$\frac{1}{4}$ teaspoon		$\frac{3}{4}$ teaspoon
Sage, dried, ground	pinch		$\frac{1}{16}$ teaspoon		$\frac{1}{8}$ teaspoon
Parsley, dried	$\frac{1}{8}$ teaspoon		$\frac{1}{2}$ teaspoon		$1\frac{1}{2}$ teaspoons
Garlic powder	pinch		$\frac{1}{4}$ teaspoon		$\frac{3}{4}$ teaspoon
Salt	$\frac{1}{8}$ teaspoon		$\frac{1}{2}$ teaspoon		$1\frac{1}{2}$ teaspoons
Black pepper	pinch		$\frac{1}{8}$ teaspoon		$\frac{1}{4}$ + $\frac{1}{8}$ teaspoon
Red wine vinegar	1 teaspoon		2 tablespoons + 1 teaspoon		$\frac{1}{4}$ cup + 2 tablespoons
Tomato, canned, diced with juice	$\frac{1}{2}$ cup		$3\frac{1}{3}$ cups		2 quarts + 1 cup
Tomato paste	$\frac{1}{2}$ teaspoon		$2\frac{1}{4}$ teaspoons		2 tablespoons
Beef broth	$\frac{1}{2}$ cup		$3\frac{1}{3}$ cups		2 quarts + 1 cup

To cook the roast:

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 and up to 24 hours.
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 three days ahead of time.
3. When meat has cooled enough to handle, use gloves to pull apart and clean, removing bones, silver skin 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.

Reindeer Ratatouille (continued)

- 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 47. Quantities will be the same for 25 and 75 servings.

To make the ratatouille:

- Combine water and cornstarch to make a slurry.
- Combine all ingredients in a large pot, including the cornstarch and water slurry.
- Stir to combine.
- 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.

To serve: Place 2½ ounces (~⅓ cup or No. 12 scoop) of shredded reindeer meat on plate, top with ½ cup (4-ounce portion server) of vegetables.

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. Leftovers will freeze well and may be used in any recipe that calls for shredded beef.

Nutrition Facts

Serving Size (207g)		Servings Per Container	
Amount Per Serving			
Calories 170	Calories from Fat 60		
% Daily Value*			
Total Fat 7g	11%		
Saturated Fat 2.5g	13%		
Cholesterol 55mg	18%		
Sodium 290mg	12%		
Total Carbohydrate 7g	2%		
Dietary Fiber 1g	4%		
Sugars 4g			
Protein 21g			
Vitamin A 10%	• Vitamin C 45%		
Calcium 2%	• Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Roasted Fish, Crispy Slaw Wrap

Serving size: 1 wrap. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, ⅞ cup other vegetable and 1½ ounces equivalent grains. A half wrap provides 1¼-ounce equivalent meat, ⅛ cup dark green vegetable, ¼ cup red/orange vegetable, ⅜ cup other vegetable and ¾ ounce WGR grain.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Fresh red cabbage, shredded	1½ cup	1 pound 9 ounces	2 quarts + ½ cup	4 pounds 11 ounces	1 gallon + 2 quarts + 1½ cups
Fresh white cabbage, shredded	½ cup	1 pound 9 ounces	2½ cups	4 pounds 11 ounces	1 quart + 3½ cups
Fresh carrots, shredded	1 cup	1 pound 9 ounces	1 quart + 1 cup	4 pounds 11 ounces	3 quarts + 3 cups
Fresh bok choy, julienne sliced	½ cup	12 ounces	2½ cups	2 pounds 4 ounces	1 quart + 3 ½ cups
Fresh cilantro, chopped	2 tablespoons		½ cup		1½ cups
Vinaigrette dressing (premade)			2⅓ cup		1 quart + 3 cups
Frozen tilapia fillets, thawed (4-ounce portions)	4 pieces	6 pounds 4 ounces	25 pieces	18 pounds 12 ounces	75 pieces
Extra-virgin olive oil	1 tablespoon		¼ cup		¾ cup
Salt-free chili-lime seasoning blend	2½ teaspoons	1 ounces	¼ cup + 1 tablespoon	3 ounces	¾ cup + 3 tablespoons
Fresh romaine lettuce, julienne sliced	½ cup	13 ounces	1 quart + 2½ cups	2 pounds 7 ounces	1 gallon + 2½ cups
Whole-grain tortillas, 8-inch (1.7 ounces each)	4 each	25 each	25 each	75 each	75 each
Fresh avocados, sliced into ¼-inch slices	4 slices	7½ ounces	25 slices	1 pound 6½ ounces	75 slices
Fresh limes, cut into quarters	1 lime	5 ounces	25 quarters (~7 limes)	15 ounces	25 quarters (~19 limes)

- Combine red cabbage, white cabbage, carrots, bok choy, cilantro and balsamic dressing to make slaw.
CCP: Cool to 41°F or lower within 4 hours. Cover and refrigerate until ready to serve.
- Place tilapia portions on sheet pan (18×26×1 inches) lined with parchment paper and lightly coated with pan release spray. For 50 servings, use two pans. For 100 servings, use four pans.
- Brush oil on tilapia and sprinkle with salt-free seasoning.
- Roast: conventional oven, 375°F for 12 minutes; convection oven, 375°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.
CCP: Hold for hot service at 135°F or higher.
- Place ¼ cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 8 fluid ounces (No. 4 scoop or 1 cup) slaw and one slice of avocado. Squeeze lime on top of filling. Roll in the form of a burrito and seal.

Suggestions:

- Spray each fillet with cooking oil instead of brushing with olive oil.
- Replace salt-free **chili lime seasoning** with your own homemade taco seasoning. For 25 servings:

Nutrition Facts

Serving Size (307g)
Servings Per Container

Amount Per Serving

Calories 360 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 2g **10%**

Cholesterol 55mg **18%**

Sodium 690mg **29%**

Total Carbohydrate 33g **11%**

Dietary Fiber 6g **24%**

Sugars 4g

Protein 28g

Vitamin A 140% • Vitamin C 60%

Calcium 6% • Iron 8%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Taco Seasoning

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Chili powder	¼ teaspoon		1⅓ teaspoon		1 tablespoon + 1 teaspoon
Cumin	⅛ teaspoon		¾ teaspoon		2¼ teaspoons
Coriander, ground	pinch		⅜ teaspoon		1⅛ teaspoons
Onion powder	⅛ teaspoon		¾ teaspoon		2¼ teaspoons
Garlic powder	⅛ teaspoon		¾ teaspoon		2¼ teaspoons
Salt	pinch		⅜ teaspoon		1⅛ teaspoons

Salmon and Vegetable Burger

Serving size: 1 burger plus bun and condiments. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative, 2 ounces WGR grain and 1/3 cup vegetable.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Salmon, canned	1 1/2 cups	3 pounds 2 ounces	2 quarts + 2 cups	9 pounds 6 ounces	1 gallon + 3 quarts + 1 cup
Carrots, fresh, shredded	1/2 cup	13 ounces	3 cups	2 pounds 7 ounces	
Celery, fresh, thinly sliced	3/4 cup	13 ounces	2 1/2 cups	2 pounds 7 ounces	
Onion, fresh, thinly sliced	3 tablespoons	6 ounces	1 cup + 2 tablespoons	1 pound 3 ounces	
Zucchini, shredded	1/2 cup	13 ounces	3 1/4 cups	2 pounds 7 ounces	2 quarts + 1 3/4 cups
Eggs	2 each	18 ounces	9 each (2 1/4 cups)	3 pounds 10 ounces	27 each (1 quart + 2 1/4 cups)
Breadcrumbs	3 tablespoons		1 cup		3 1/4 cups
Dill weed, dried	pinch		1/2 teaspoon		1 1/2 teaspoon
Garlic powder	pinch		1/2 teaspoon		1 1/2 teaspoon
Lemon juice (optional)	1/2 teaspoon		2 teaspoons		2 teaspoons
Whole grain barley hamburger buns (or other whole grain bun)	4 buns		25 buns		75 buns
Ketchup					
Mayonnaise, lite					

- Place salmon in large bowl or in mixer bowl fitted with paddle attachment.
- Add carrots, celery, onion, zucchini, eggs, breadcrumbs, dill weed, garlic powder and lemon juice to salmon. Stir until fully combined.
- Spray sheet pans well with pan release spray. Use a heaping 1/2 cup (No. 8 scoop) per patty. Form each into a patty about 3/4 inch thick. Place patties on sheet pan about 1 inch apart.
- Bake until fully cooked and each patty holds together: conventional oven, 400°F for 18-20 minutes; convection oven, 375°F for 15-18 minutes.
CCP: Heat to 165°F or higher for 15 seconds.
- Serve immediately or hold for hot service.
CCP: Hold for heat service at 135°F or higher.
To serve, place 1 1/2 teaspoons lite mayonnaise and 1 1/2 teaspoons of ketchup on each bun. Place one burger inside each bun and serve.

Variations:

- Cooked, boneless, skinless salmon may replace the canned salmon if desired. Add 1 teaspoon of salt for 25 servings or 1 tablespoon of salt for 75 servings.

Nutrition Facts	
Serving Size (203g)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Cholesterol 125mg	42%
Sodium 500mg	21%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 24g	
Vitamin A 60%	• Vitamin C 10%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Salmon Burgers (or Balls)

Serving size: 2½-ounce patty. Meal Pattern Requirement(s): 2 ounces meat/meat alternative.

Ingredient	4 servings Volume	20 servings Weight	20 servings Volume	50 servings Weight	50 servings Volume	100 servings Weight (Volume)	100 servings
Salmon	1½ cups (8 ounces)	2 pounds 3 ounces	~ 8 cups	5 pounds 8 ounces	~ 20 cups	11 pounds	~ 40 cups
Fresh, finely chopped onion	2 tablespoons	2½ ounces	½ cup	6 ounces	1¼ cups	12 ounces	2½ cups
Egg	1 egg	6 ounces	4 eggs	1 pound	10 eggs	2 pounds	20 eggs
Bread crumbs	¼ cup	4 ounces	1 cup	10 ounces	2½ cups	1 pound 4 ounces	5 cups
Garlic powder	¾ teaspoon		1 tablespoon		2½ tablespoons	2 ounces	1 tablespoon + 2 teaspoons
Mustard powder	¼ teaspoon		1 teaspoon		2½ teaspoons	1 ounce	1 tablespoon + 2 teaspoons
Salt	¼ teaspoon		1 teaspoon		2½ teaspoons	1 ounce	1 tablespoon + 2 teaspoons
Dried parsley flakes	1½ teaspoons		2 tablespoons		2 tablespoons	1 ounce	¼ cup
Fresh, finely chopped celery	2 tablespoons	4¼ ounces	¾ cup	8 ounces	2 cups	1 pound	4 cups

1. Bake boneless salmon fillets on sheet pan, covered in foil, until fully cooked.
2. Remove salmon from oven and cool enough to handle (or place in fridge until ready to use).
3. Remove flesh from skin and place the salmon meat into large bowl. Add all other ingredients on ingredient list. Mix by hand, in a mixer or with spoon until fully combined.
4. Form into patties and cook on hot griddle, lightly oiled, at 350°F. Or bake in the oven at 350°F for 20 minutes or until salmon reaches an internal temperature of 165°F and flesh bounces back when touched.

Serving Suggestions:

- Serve on a 51% whole grain bun with lettuce, tomato and desired dressing.
- Serve on a bed of brown rice with sweet and sour sauce or teriyaki sauce.
- Serve in a whole-grain tortilla with brown rice and other desired ingredients to make a wrap, taco or burrito.

Nutrition Facts

Serving Size (74g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Cholesterol 55mg	18%
Sodium 180mg	8%
Total Carbohydrate 5g	2%
Sugars 1g	
Protein 12g	
Vitamin A 6%	Vitamin C 4%
Calcium 4%	Iron 4%
Not a significant source of trans fat and dietary fiber.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Salmon Fillets

Ideas for serving baked salmon fillets.

Place salmon fillets onto oiled sheet pans, skin-side down.

- Drizzle each fillet with canola or olive oil and honey. Sprinkle with salt and garlic powder.
- Drizzle each fillet with canola or olive oil. Generously sprinkle with brown sugar, garlic powder, salt, black pepper and dried dill weed.
- Lightly spread Dijon mustard over each fillet. Sprinkle with whole grain breadcrumbs, onion powder, salt and pepper.
- Brush fillets with a balsamic vinegar glaze.
- Drizzle each fillet with canola or olive oil. Sprinkle with brown sugar. Drizzle in lemon juice.
- Lightly spread mayonnaise over each fillet. Sprinkle with salt and pepper.
- Lightly spread mayonnaise over each fillet. Sprinkle generously with Parmesan cheese.
- Drizzle each fillet with canola or olive oil. Generously sprinkle with Parmesan cheese.
- Glaze each fillet with sweet and sour sauce.
- Glaze each fillet with teriyaki sauce.
- Glaze each fillet with brown sugar and soy sauce.

Dipping Sauce Ideas for Salmon

- Plain low-fat yogurt or low-fat sour cream with lemon juice, garlic and salt
- Plain low-fat yogurt or low-fat sour cream with lemon juice, dill, salt and pepper
- Mayonnaise and low-fat sour cream with garlic powder, lemon juice and black pepper
- Plain low-fat yogurt or low-fat sour cream with cucumber (pulverized or chopped), dried dill weed and lemon juice

Salmon Perok Casserole

Serving size: 1 cup. Meal Pattern Requirement(s) met: ½ cup vegetables and 2 ounces protein per serving.

Ingredients	4 servings Volume	20 servings Weight	20 servings Volume	50 servings Weight	50 servings Volume	100 servings Weight	100 servings Volume
Margarine or butter, melted	1 tablespoon	3 ounces	⅓ cup	8 ounces	¾ cup	16.5 ounces	1½ cup
Bread crumbs	¼ cup	6 ounces	1⅓ cups	14 ounces	3⅓ cups	1 pound 12 ounces	6⅓ cups
Brown rice	½ cup	1 pounds	2 cups	2 pounds 8 ounces	4 cups	5 pounds	8 cups
Salt	⅛ teaspoon		¾ teaspoon		2 teaspoons	1 ounce	1 tablespoon + 1 teaspoon
Water	1 cups	3 pounds 5 ounces	5 cups	8 pounds 4 ounces	12½ cups	16 pounds 8 ounces	25 cups
Onion, shredded	½ cups	10 ounces	2½ cups	1 pounds 8 ounces	6¼ cups	3 pounds	12½ cups
Carrot, shredded	½ cups	10 ounces	2½ cups	1 pounds 8 ounces	6¼ cups	3 pounds	12½ cups
Celery, shredded	½ cups	10 ounces	2½ cups	1 pounds 8 ounces	6¼ cups	3 pounds	12½ cups
Zucchini, shredded	¾ cups	13 ounces	3½ cups	2 pounds 2 ounces	8¾ cups	4 pounds 4 ounces	17½ cups
Peas	½ cups	7 ounces	1⅓ cups	1 pounds	4 cups	2 pounds	8 cups
Salt	⅓ teaspoon		1⅓ teaspoons	1 ounce	1 tablespoon + 1 teaspoon	2 ounces	2 tablespoons + 2 teaspoons
Sugar	1 teaspoon		2 tablespoons	2 ounces	¼ cup + 1 tablespoon	3 ounce	½ cup + 2 tablespoons
Ground thyme	⅛ teaspoon				1¼ teaspoons		2½ teaspoons
Dill	¼ teaspoon		¾ teaspoon		2 teaspoons		1 tablespoon + 1 teaspoon
Parsley flakes	⅓ teaspoon		1⅓ teaspoons		1 tablespoon + 1 teaspoon		2 tablespoons + 2 teaspoons
Garlic powder	⅓ teaspoon		1⅓ teaspoons		1 tablespoon + 1 teaspoon	1 ounce	2 tablespoons + 2 teaspoons
Onion powder	⅓ teaspoon		1⅓ teaspoons		1 tablespoon + 1 teaspoon	1 ounce	2 tablespoons + 2 teaspoons
Barley flour	2½ teaspoons		¼ cup	4 ounces	½ cup + 2 tablespoons	8 ounces	1¼ cups
Shredded 2% mild cheddar	½ cup	7 ounces	2 cups	1 pound	5 cups	2 pounds	10 cups
Salmon, roughly ¼-inch dice	½ pound (1¾ cups)	2 pounds 8 ounces	9 cups	6 pounds 4 ounces	22½ cups	12 pounds 8 ounces	45 cups
Egg	2 eggs	1 pounds 2 ounces	10 eggs	2 pounds 4 ounces	20 eggs	4 pounds 8 ounces	40 eggs
Lemon juice	1¼ teaspoons	1 ounces	2 tablespoons	3 ounces	¼ cup + 1 tablespoon	5 ounces	½ cup + 2 tablespoons

- Combine margarine with bread crumbs and set aside.
- Combine water, rice and first portion of salt. Bring to a boil, reduce heat and simmer, covered, about 30 minutes to par-cook.
- Combine all ingredients well with par-cooked rice. Pack lightly into greased pan. Top with crumb topping. Alternatively, pie crust may be used to top casserole. Bake at 375°F for 1 hour 15 minutes until topping is golden brown and internal temperature of casserole reaches 160°F. Allow to sit 10 minutes before serving.

Amount / Serving		% Daily Value*	Amount / Serving		% Daily Value*
Total Fat 13g		20%	Total Carbohydrate 46g		15%
Saturated Fat 3.5g		18%	Dietary Fiber 4g		16%
Trans Fat 0.5g			Sugars 5g		
Cholesterol 55mg		18%	Protein 22g		
Sodium 690mg		29%			
Calories from Fat 120					
Vitamin A 60%			Vitamin C 20%		
			Calcium 15%		
			Iron 15%		

Nutrition Facts

Serving Size (205g)
Servings Per Container
Calories 400
Calories from Fat 120

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Calories: 2,000 2,500

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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Strawberry Spinach Salad

Serving size: 1¼ cups. Meal Pattern Requirement(s) met: ½ cup dark leafy green vegetable, ⅓ other vegetable and ⅓ cup fruit.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Sunflower seeds, pumpkin seeds or slivered almonds (optional)	⅓ cup	10 ounces	2 cups	1 pound 14 ounces	1 quart + 2 cups
Cucumbers	1¼ cup	1½ pounds	2 quarts	4½ pounds	1 gallon + 2 quarts
Fresh strawberries	1¼ cup	1 pound 10 ounces	2 quarts	4 pounds 14 ounces	1 gallon + 2 quarts
Romaine lettuce	3 cups	1 pound 2 ounces	1 gallon + 3 cups	3 pounds 6 ounces	3 gallons + 2 quarts
Baby spinach	3 cups	1 pound 6 ounces	1 gallon + 1 quart	4 pounds 2 ounces	3 gallons + 3 quarts
Balsamic vinegar	1 tablespoon + 1 teaspoon		¼ cup		¾ cup
Maple syrup	1½ teaspoons		3 tablespoons		½ cup + 1 tablespoon
Dijon mustard	¼ teaspoon		1½ teaspoons		1 tablespoon + 1½ teaspoons
Garlic powder	⅛ teaspoon		¾ teaspoon		2¼ teaspoons
Kosher salt	⅛ teaspoon		½ teaspoon		1½ teaspoons
Pepper, black, ground	⅛ teaspoon		½ teaspoon		1½ teaspoons
Vegetable oil or olive oil	1 tablespoon + 1 teaspoon		½ cup		1½ cups

1. Toast sunflower (or pumpkin) seeds or slivered almonds 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 ¼ inch thick.
3. Hull strawberries and cut into ¼-inch-thick slices.
4. Trim romaine and cut into 1-inch 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.

Variations:

- Try replacing the maple syrup for equal parts Alaska birch syrup.

Nutrition Facts	
Serving Size (123g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g 5%	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 3g 12%	
Sugars 4g	
Protein 4g	
Vitamin A 80% • Vitamin C 45%	
Calcium 6% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Superfood Salad

Serving size: 1 cup. Meal Pattern Requirement(s) met: 1 cup mixed vegetables. This superfood salad was tested and approved by both kids and parents. It is a great way to use up that kale in your school gardens. This recipe is great because it holds well.

Dressing:

Ingredients	4 servings Volume	20 servings Weight	20 servings Volume	50 servings Weight	50 servings Volume	100 servings Weight	100 servings Volume
Sugar	2 tablespoons	2 ounces	½ cup + 2 tablespoons	6 ounces	1¼ cup + 2 tablespoons	11 ounces	3¾ cups
Vinegar	1 tablespoon		¼ cup + 1 tablespoon		¾ cup + 1 tablespoon	6 ounces	1½ cups + 2 tablespoons
Water	¼ cup	5 ounces	1¼ cups	12½ ounces	3 cups + 2 tablespoons	1 pound 9 ounces	6¼ cups
Cornstarch	1 teaspoon		1 tablespoon + 2 teaspoons		¼ cup		½ cup
Salt	½ teaspoon		½ teaspoon		1¼ teaspoons		2½ teaspoons
Poppy seeds (optional)	1 teaspoon		1 tablespoon + 2 teaspoons		3 tablespoons		¼ cup + 2 tablespoons
Vegetable oil	2 tablespoons		½ cup + 2 tablespoons	6 ounces	1¼ cup	12½ ounces	2½ cups
Lemon juice	1 teaspoon		1 tablespoon + 2 teaspoons		3 tablespoons + 1 teaspoon		¼ cup + 3 tablespoons

Combine all ingredients, whisking well to incorporate cornstarch. Bring to a boil, reduce heat and simmer 2 minutes. Cool before adding to salad. May be made up to 2 days in advance.

Salad:

Ingredients	4 servings Volume	20 servings Weight	20 servings Volume	50 servings Weight	50 servings Volume	100 servings Weight	100 servings Volume
Kale, finely shredded, tough ribs removed	2 cups	4 ounces	5 cups	10 ounces	10 cups	20 ounces	20 cups
Purple cabbage, finely shredded	1 cup	8 ounces	5 cups	1 pound 4 ounces	10 cups	2 pounds 8 ounces	20 cups
Red onion, very thinly sliced	¼ cup	2 ounces	1¾ cups	4.5 ounces	3 cups	9 ounces	6 cups
Carrot, shredded	½ cup	5 ounces	2½ cups	12.5 ounces	6 cups	1 pound 9 ounces	12 cups
Sliced almonds (optional)	½ cup	5 ounces	2½ cups	15 ounces	6¼ cups	1 pound 14 ounces	12½ cups
Fresh blueberries	¾ cup	10 ounces	3¾ cups	1 pound 9 ounces	9½ cups	3 pounds 2 ounces	19 cups

Toss all ingredients together with dressing. Allow to sit 12 to 36 hours before serving.

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
	Total Fat 37g		57%	Total Carbohydrate 44g
Saturated Fat 2.5g		13%	Dietary Fiber 7g	28%
Trans Fat 0g			Sugars 27g	
Cholesterol 0mg		0%	Protein 9g	
Sodium 500mg		21%		
Vitamin A 210% • Vitamin C 120% Calcium 15% • Iron 10%				

Serving Size (315g)
Servings Per Container
Calories 520
Calories from Fat 330

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sweet and Sour Fish

Serving size: 1/3 cup brown rice, 3 ounces fish, 1/4 cup sweet and sour sauce. Meal Pattern Requirement(s) met: 2 ounces meat/meat alternative and 2 ounces WGR grain.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Crispy Fish Fingers (recipe on page 23)	4 servings	4 pounds 4 ounces		12 pounds 12 ounces	
Cooked brown rice	1 1/3 cup	4 pounds	8-8 1/2 cups	12 pounds	26 cups
Sauce					
Water	1 tablespoon + 1 teaspoon		1/2 cup		1 cup
Cornstarch	1 tablespoon		1/4 cup + 1 tablespoon		3/4 cup + 3 tablespoons
Water	1 cup		5 3/4 cups (1 quart + 1 3/4 cup)		17 3/4 cup (1 gallon + 1 3/4 cup)
White vinegar	2 tablespoons + 1 teaspoon		3/4 cup + 3 tablespoons		2 3/4 cup + 1 tablespoon
Sugar, white	3 tablespoons + 1 teaspoon		1 1/4 cup + 1 tablespoon + 1 teaspoon		4 cups
Ketchup	1 tablespoon + 2 teaspoons		1/2 cup + 2 tablespoons		1 3/4 cup + 2 tablespoons
Salt	1/4 teaspoon		1 1/4 teaspoons		1 tablespoon + 3/4 teaspoon
Pepper, black, ground	1/8 teaspoon		1/2 teaspoon		1 1/2 teaspoons
Vegetable oil or olive oil	1 tablespoon + 1 teaspoon		1/2 cup		1 1/2 cups

1. Cook fish sticks according to Crispy Fish Fingers recipe on page 21.
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, white 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 occasionally to prevent sticking.
5. To serve, place 2/3 cup brown rice on plate, top with 3 ounces of fish sticks and 1/4 cup (2 ounces) sweet and sour sauce. Or serve sweet and sour sauce on the side in 2-ounce cups with lids.

Nutrition Facts			
Serving Size (175g)			
Servings Per Container			
Amount Per Serving			
Calories	160	Calories from Fat	20
% Daily Value*			
Total Fat	2.5g		4%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	60mg		20%
Sodium	400mg		17%
Total Carbohydrate	21g		7%
Dietary Fiber	0g		0%
Sugars	14g		
Protein	12g		
Vitamin A	2%	Vitamin C	0%
Calcium	4%	Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

Taco Meat

Use in tamale pie, breakfast burritos or any other dish calling for taco meat. Serving size: Varies Meal Pattern Requirement(s) met: Will vary by recipe.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Cooked ground beef, pork or shredded chicken	8 ounces	3 pounds 2 ounces		9 pounds 6 ounces	
Onion, raw	2 tablespoons	10 ounces		1 pound 14 ounces	
Salt	1/8 teaspoon		3/4 teaspoon		2 1/4 teaspoons
Garlic powder	1/2 teaspoon		1 tablespoon + 1 teaspoon		1/4 cup
Black pepper	1/8 teaspoon		1 teaspoon		1 tablespoon
Chili powder	1 teaspoon		2 tablespoons + 1/4 teaspoon		1/4 cup + 2 1/4 teaspoons
Cumin	1/2 teaspoon		1 tablespoon		3 tablespoons
Onion powder	1/2 teaspoon		2 1/3 teaspoons		2 tablespoons + 1 teaspoon
Coriander	1/4 teaspoon		1 1/2 teaspoons		1 tablespoons + 1 1/2 teaspoons
Oregano	1/8 teaspoon		3/4 teaspoon		2 1/4 teaspoons
Tomato paste	1/4 cup	9 ounces		1 pounds 2 ounces	
Tomatoes in juice, no salt added	1/2 cup	1 pound		3 pounds	
Water	2 tablespoons	6 ounces	3/4 cup	1 pound 2 ounces	2 1/4 cups

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

Variations:

- Make this recipe with any type of meat: shredded pork, canned chicken chunks or game meat such as canned or cooked, shredded moose or caribou.
- This recipe works great in tacos and burritos, too.

Nutrition Facts	
Serving Size (117g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 240mg	10%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 18g	
Vitamin A 8%	• Vitamin C 10%
Calcium 2%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tamale Pie

Serving size: 1 piece. Meal Pattern Requirement(s) met: 1½ ounces meat/meat alternative, ⅓ cup vegetables and 1 serving of WGR grain.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Canola	¾ teaspoon		1 tablespoon + 1 teaspoon		¼ cup
Carrot	1 cup	13 ounces	5⅓ cups	2 pounds 6 ounces	16 cups
Onion	⅓ cup	8 ounces	1⅓ cup	1 pound 8 ounces	5 cups
Celery	⅓ cup	8 ounces	2 cups (~1 bunch)	1 pound 8 ounces	6 cups (~3 bunches)
Zucchini	½ cup	13 ounces	3 cups	2 pound 6 ounces	9 cups
Salt	⅛ teaspoon		¾ teaspoon		2¼ teaspoons
Mexican seasoned ground beef, shredded pork or shredded chicken.	12 ounces	4 pounds 6 ounces		13 pounds 2 ounces	
Cornbread Topping					
Barley flour	¼ cup	8 ounces	1½ cup	1 pound 8 ounces	4½ cups
Cornmeal	¼ cup	8 ounces	1½ cup	1 pound 8 ounces	4½ cups
Sugar	1 tablespoon		¼ cup + 3 tablespoons		1½ cup
Salt	⅛ teaspoon		½ teaspoon		1½ teaspoon
Baking powder	½ teaspoon		2¼ teaspoon		2 tablespoon + 1 teaspoon
Oil	1 tablespoon		¼ cup + 2 tablespoons		¾ cup
Egg	1 egg	6 ounces	3 eggs	1 pound 2 ounces	9 eggs
Milk	¼ cup	12 ounces	1½ cup	2 pounds 4 ounces	4½ cups
Shredded cheese	1 cup	4½ ounces		12½ ounces	

- In food processor, grate carrots and zucchini. Use slicing attachment to finely slice onions and celery or chop finely by hand.
- Heat canola oil in pan over medium. Add carrot, onion, celery, zucchini and salt. Sauté for about 5-7 minutes.
- Add Mexican meat. Stir until well combined. (CCP: Heat to 165°F for at least 15 seconds.)
- Spread mixture into steam table pans (20×12×2½ inches) sprayed with pan release spray. Use one pan for 25 servings. Use three pans for 75 servings. *Meat and vegetable portion may be made ahead and refrigerated overnight. CCP: Cool to 70°F within 2 hours and from 70°-41°F within an additional 4 hours.*
- Blend barley flour, cornmeal, sugar, salt and baking powder in mixer on low for 1 minute.
- In a separate bowl, mix oil, eggs and milk.
- Pour wet ingredients into dry ingredients and blend for 2-3 minutes on medium until just combined. Batter may be lumpy.
- Pour mixture over meat mixture in each pan and spread into corners of pan.
- Bake: conventional oven, 400°F for 30-35 minutes; convection oven: 350° F for 25-30 minutes. (CCP: Heat to 165°F or higher for at least 15 seconds.)
- Sprinkle 4-5 ounces of cheese over cornbread in each pan. (CCP: Hold for hot service at 135°F or higher.)
- Cut each pan into 25 portions. Serve with taco sauce (optional).

Variations:

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

Nutrition Facts

Serving Size (159g)		Servings Per Container	
Amount Per Serving			
Calories 230	Calories from Fat 80		
% Daily Value*			
Total Fat 9g	14%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 50mg	17%		
Sodium 310mg	13%		
Total Carbohydrate 23g	8%		
Dietary Fiber 3g	12%		
Sugars 7g			
Protein 15g			
Vitamin A 60%	•		Vitamin C 15%
Calcium 6%	•		Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	• Carbohydrate 4 • Protein 4

Teriyaki Salmon Caesar Salad

Serving size: 1 cup lettuce, 3-4 croutons and 2½ ounces teriyaki salmon. Meal Pattern Requirement(s) met: 1 cup fresh vegetables and 2 ounces meat/meat alternative.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Salmon fillet, raw, boneless	12 ounces	4 pounds 8 ounces		13 pounds 8 ounces	
Prepared teriyaki sauce	3 tablespoons		1 cup		2¾ cups
Romaine lettuce	4 cups	2 pounds 6 ounces	1 gallon + 2 quarts + 1 cup	7 pounds 2 ounces	4 gallons + 2 quarts + 3 cups
Parmesan cheese	¼ cup	6 ounces	1⅓ cup	1 pound	1 quart
Croutons, whole grain	½ cup	5 ounces	¾ cup	13 ounces	2 quarts + 1¾ cups
Dressing					
Yogurt, plain, fat free	¼ cup		1⅓ cups		1 quart + 3 tablespoons
Mayonnaise, lite	1 tablespoon + 2 teaspoons		½ cup + 1 teaspoon		¾ cup + 1 tablespoon
Sugar	½ teaspoon		¾ teaspoons		2 tablespoons + 2½ teaspoons
Lemon Juice	½ teaspoon		¾ teaspoons		2 tablespoons + 2½ teaspoons
Olive Oil	1 teaspoon		1 tablespoon + 2½ teaspoons		¼ cup + 1 tablespoon + 1 ½ teaspoons
Water	2½ teaspoons		2 tablespoons + 2 teaspoons		½ cup + 1 teaspoon
Garlic Powder	½ teaspoon		¾ teaspoons		2 tablespoons + 2½ teaspoons
Salt	⅛ teaspoon		1 teaspoon		1 tablespoon
Mustard, dried, ground	pinch		⅔ teaspoon		2 teaspoons
Black pepper	pinch		⅛ teaspoon		¼ + ⅛ teaspoon
Teriyaki sauce					
Soy sauce, low sodium	1 tablespoon + ½ teaspoons		½ cup + 2 teaspoons		1½ cups + 2 tablespoons
Brown sugar, packed	1 tablespoon + 1½ teaspoons		½ cup + 2 teaspoons		1½ cups + 2 tablespoons
Pineapple juice	1 tablespoon + 1½ teaspoons		½ cup + 2 tablespoons		1 ¾ cups + 2 tablespoons
Apple cider Vinegar	½ teaspoon		¾ teaspoons		2 tablespoons + 2¼ teaspoons
Canola oil	½ teaspoon		¾ teaspoons		2 tablespoons + 2¼ teaspoons
Garlic powder	pinch		¼ + ⅛ teaspoon		1 teaspoon
Ginger, dry, ground	pinch		⅛ teaspoon		½ teaspoon
Cornstarch	¼ teaspoon		1½ teaspoons		1 tablespoon + 1½ teaspoons
Water	1 teaspoon		2 tablespoons + 2½ teaspoons		½ cup + 1½ teaspoons

Spray sheet pans with pan release spray.

Salmon:

1. Place fillets on sheet pans with skin side down. Space fillets about 1 inch apart.
2. Brush the top of each salmon fillets with teriyaki glaze.
3. 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.

Teriyaki Salmon Caesar Salad (continued)

4. Serve hot or cold.
 CCP: Hold for hot service at 135°F or higher
 CCP: Hold for cold service at 41°F or below

Salad:

- 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 ½-inch to 1-inch pieces. Place in large bowl. Add Parmesan cheese and slowly add dressing. Gently toss to evenly coat lettuce with dressing.

Serve:

Place 1 cup dressed romaine lettuce on plate. Add 3-4 croutons per serving. Top with 2½ ounces portion of salmon per serving.

Nutrition Facts	
Serving Size (168g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3.5g	18%
Cholesterol 50mg	17%
Sodium 520mg	22%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 20g	
Vitamin A 80%	• Vitamin C 8%
Calcium 15%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Winter Squash and Root Vegetables

Serving size: 1 cup. Meal Plan Requirement(s): 1 cup vegetables. Winter squash and root vegetables grow extremely well in Alaska and farmers have an abundance of these crops, but it can sometimes be hard to know what to do with them.

Roasted Winter Squash and Root Vegetables

Roasting squash and root vegetables whole or cubed in the oven is one of the easiest and most delicious ways to prepare these nutritious vegetables.

One pound of squash or root vegetable pieces will yield about two 1-cup servings or four ½-cup servings.

	4 servings	20 servings	50 servings	100 servings
Serving size = 1 cup	~ 2 pounds	~ 10 pounds	~ 25 pounds	~ 50 pounds
Serving size = ½ cup	~ 1 pound	~ 5 pounds	~ 12½ pounds	~ 25 pounds

Wash all vegetables and remove necessary skins, rinds, etc. Cut squash and/or root vegetables of choice into ½-inch to ¾-inch cubes. Place each type on a separate sheet tray (i.e., squash on one sheet pan, beets on a separate pan).

Bake in preheated 325°F oven according to the following times:

- Squash: 20-25 minutes
- Beets: 45-50 minutes
- Turnips: 35-40 minutes
- Rutabaga: 40-45 minutes
- Parsnips: 40-45 minutes

Baked Whole Winter Squash

Winter squash can easily be roasted whole. Preheat oven to 400°F. Place whole squash on baking sheet and bake until skin is browned and papery and a fork inserted reveals very tender flesh, about 45-60 minutes.

Baked Cut Winter Squash

Cut squash in half or into pieces. Remove seeds and “strings,” unless it’s spaghetti squash (for spaghetti squash, the “strings” are the squash). Put squash halves or pieces in the baking dish, cut side down. Add about ¼ inch of water to baking dish. Bake uncovered at 350°F, until tender, about 45 minutes.

Microwaved Whole Winter Squash

Pierce squash several times with a knife and place in microwave-safe dish. Microwave on high power for 6 to 7 minutes. Rotate squash and turn over. Microwave another 6 to 7 minutes. Let stand for 5 minutes.

Microwaved Cut Winter Squash

Cut squash in half. Remove seeds and “strings.” Put about ¼ inch of water in a microwave-safe baking dish.

Steamed Squash or Root Vegetables

Peel and seed desired squash or root vegetables. Cut into pieces. Bring about 2 inches of water to a boil in a large pot with a lid; place vegetables in steamer basket and put into boiling water. Cover and steam until tender, about 12-25 minutes.

Boiled Root Vegetables

Peel desired root vegetables (turnips, rutabagas, etc.), cut into quarters. Place in large pot. Add water to fully submerge vegetable pieces. Boil about 10-15 minutes, until vegetables are fork tender but not falling apart.

Mashed or Pureed Squash or Root Vegetables

Roasted, boiled or steamed squash and root vegetables can be mashed or pureed.

One pound of mashed or pureed squash will yield about one and a half 1-cup servings or three ½-cup servings.

	4 servings	20 servings	50 servings	100 servings
Serving size = 1 cup	~ 2½-3 pounds	~ 13½ pounds	~ 33½ pounds	~ 67 pounds
Serving size = ½ cup	~ 1½ pounds	~ 7 pounds	~ 17 pounds	~ 33½ pounds

To make pureed or mashed root vegetables, turnips, rutabagas and parsnips can easily be boiled. Remove skin and chop into quarters. Boil for about 10-12 minutes.

Serving ideas for pureed squash and/or root vegetables:

Add the following ingredients. Mix and match or try your own ideas:

- Olive oil, salt and pepper
- Olive oil and Parmesan cheese
- Sour cream and chives
- Butter or oil and honey with cinnamon (a pinch of nutmeg and/or allspice)
- Butter or oil and brown sugar with cinnamon (a pinch of nutmeg and/or allspice)
- Cinnamon and applesauce

For all cooking methods, times will vary depending on the size and variety of vegetable.

Roasted Squash and Beets

Preheat oven to 325°F. Evenly distribute beets one layer deep on sheet pans. Drizzle generously with olive oil. Sprinkle with salt and pepper. Toss lightly. Roast for 45-50 minutes, stirring occasionally.

Evenly distribute squash one layer deep on sheet pans. Drizzle generously with olive oil. Sprinkle with salt and pepper. Toss lightly. Roast for 20-25 minutes, stirring occasionally.

Place ¾ cup squash and ¼ cup beets per tray and gently toss together.

Roasted Squash with Parmesan Cheese

Preheat oven to 325°F. Evenly distribute root vegetables one layer deep on sheet pans. Drizzle generously with canola or olive oil. Sprinkle with Parmesan cheese, pepper and garlic. Toss lightly. Roast according to cooking times above. Stir occasionally.

Evenly distribute squash one layer deep on sheet pans. Drizzle generously with olive oil. Sprinkle with Parmesan cheese, pepper and garlic. Toss lightly. Roast for 20-25 minutes, stirring occasionally.

Place ¾ cup squash and ¼ cup root vegetable per tray and gently toss together.

Winter Vegetable Soup with Noodles

Serving size: 1 cup. Meal Pattern Requirement(s) met: 1/8 cup red/orange vegetable, 1/4 cup dark green vegetable, and 1/8 cup bean/legumes or 1/2 ounces meat/meat alternative and 1/2 ounce WGR grain.

Ingredient	4 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Kale, collard greens or Swiss chard	4 cups	2 pounds		6 pounds	
Carrots	3/4 cup	1 pound		3 pounds	
Onions	1/4 cup		1 large		3 large
Vegetable oil	1 teaspoon		2 tablespoons		1/2 cup + 2 tablespoons
Chopped garlic	3/4 teaspoon		1 tablespoon + 1 1/2 teaspoons		1/4 cup + 1 1/2 teaspoons
Kosher salt	1 teaspoon		1 tablespoon + 1/2 teaspoon, divided		3 tablespoons + 1 1/2 teaspoons, divided
Butternut squash, diced, peeled, seeded (1/2-inch pieces)	1/3 cup		2 cups		1 quart + 2 cups
Turnips, diced, peeled (1/2-inch pieces)	3 tablespoons		1 cup		3 cups
Water	7 1/2 cups		2 gallons + 3 quarts + 2 cups		8 gallons + 2 quarts + 2 cups
Whole wheat macaroni noodles	1 1/2 cups		2 quarts		1 gallon + 2 quarts
Dry green lentils			1 cup		3 cups
Chicken base	1 1/4 teaspoon		2 tablespoons + 1 1/2 teaspoons		1/4 cup + 3 tablespoons + 1 1/2 teaspoons
Ground black pepper	1/8 teaspoon		1 teaspoon		1 tablespoon

1. Remove tough ribs from kale (or collard greens or Swiss chard). Cut into 1/2-inch pieces.
2. Trim and peel carrots and onions. Cut into 1/2-inch dice.
3. Heat oil in a large stockpot over medium heat. Add the onion, garlic and part of salt (1 1/2 teaspoons for 25 servings and 1 tablespoon + 1 1/2 teaspoons 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 gallon + 2 quarts for 25 servings and 4 gallons + 2 quarts 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 cups for 25 servings, 1 quart + 2 cups for 75 servings), lentils and salt (1/2 teaspoon for 25 servings and 1 1/2 teaspoons 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 (1 gallon + 1 quart for 25 servings and 3 gallons + 3 quarts for 75 servings), salt (1 1/2 teaspoons for 25 servings and 1 tablespoon + 1 1/2 teaspoons for 75 servings), chicken base and pepper to the pot. Bring to a simmer and cook for 20 minutes.
7. 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 and ladle soup over the top, or stir the cooked noodles into the pot of soup.
CCP: Hold for hot service at 135°F or higher.

Tips:

- Replace lentils with canned beans. Use 2 cups for 25 servings. Use 1 quart + 2 cups for 75 servings.
- Make things easier on yourself, use par-baked squash instead of raw squash.
- Use a sturdier noodle like macaroni in place of the egg noodles.

Zucchini Muffins

Serving size: 1 muffin. Meal Pattern Requirement(s) met: 2 ounces WGR grain and 1/8 cup vegetables (when raw).

Ingredient	12 servings Volume	25 servings Weight	25 servings Volume	75 servings Weight	75 servings Volume
Sugar	3/4 cup	12 ounces	1 2/3 cup	2 pounds 4 ounces	1 quart + 1 cup
Canola oil	1/4 cup	5 ounces	1/2 cup	15 ounces	1 1/2 cups
Applesauce	1/4 cup	4 ounces	1/2 cup	12 ounces	1 1/2 cups
Eggs	2 eggs	6 ounces	3 eggs	1 pound 2 ounces	9 each
Zucchini, shredded	1 1/2 cups zucchini	1 pound 2 ounces	3 1/3 cups	3 pounds 6 ounces	2 quarts + 2 cups
Vanilla	1 1/2 teaspoons		1 tablespoon		3 tablespoons
All-purpose flour	1/2 cup	5 ounces	1 1/4 cups	15 ounces	3 3/4 cups
Whole wheat flour	3/4 cup	5 ounces	1 1/4 cups	15 ounces	3 3/4 cups
Barley flour	1/2 cup	5 ounces	1 1/4 cups	15 ounces	3 3/4 cups
Salt	1/2 teaspoon		1 teaspoon		1 tablespoon
Baking soda	1/2 teaspoon		1 teaspoon		1 tablespoon
Baking powder	1/8 teaspoon		1/4 teaspoon		3/4 teaspoon
Cinnamon	1 1/2 teaspoons		1 tablespoon		3 tablespoons

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.
4. 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 a heaping 1/3 cup (No. 12 scoop, 2 1/4 ounces) of batter into each prepared muffin cup.
6. Bake: conventional oven, 350°F for 20-25 minutes, until toothpick inserted into the center of a muffin comes out clean; convection oven: 325°F for 16-20 minutes, until toothpick inserted into the center of a muffin comes out clean. CCP: Heat to 165°F for 15 seconds.
7. Cool completely and serve.

Nutrition Facts	
Serving Size (67g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g 3%	
Cholesterol 20mg	7%
Sodium 105mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 2g 8%	
Sugars 14g	
Protein 3g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Sources

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