

Child Nutrition & Wellness
Kansas State Department of Education
Presents

Sock It To Sodium



Recipe Booklet

A Lesson for School Food Service Employees
New April 2012

This class was developed by Child Nutrition & Wellness, Kansas State Department of Education. Class content and activities were adapted from the following sources:

- *Sodium Quiz and facts*. American Heart Association, (n.d.). Retrieved March 2012 from <http://www.heart.org>.
- Choose My Plate. United States Department of Agriculture. (2010). Retrieved March 2012 from <http://www.choosemyplate.gov>
- *Dietary Guidelines for Americans*. United States Department of Agriculture. Retrieved March 2012 from <http://www.health.gov>
- *Dietary Reference Intakes: Electrolytes and water*. Institute of Medicine. Retrieved March 2012 from [http://www.iom.edu/Global/News%20Announcements/~media/442A08B899F44DF9AAD083D86164C75B.ashx](http://www.iom.edu/Global/News%20Announcements/~/media/442A08B899F44DF9AAD083D86164C75B.ashx)
- *Salt FAQs*. Salt Institute. Retrieved March 2012 from www.saltinstitute.org
- Sodium Intake Stats. Center for Disease Control and Prevention. Retrieved on March 2012 from www.cdc.gov
- *Be Salt Savvy*. United States Department of Agriculture – Team Nutrition. Retrieved on March 2012 from http://www.fns.usda.gov/tn/Resources/DGfactsheet_sodium.pdf

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*** Sock It To Sodium ***
Recipe Booklet
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Spaghetti & Meat Sauce

Main Dish

HACCP: #2 Same Day service

Healthier Kansas Recipe 170
(USDA D-35 modified)

Ingredients	12 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef, 80/20 Spaghetti Sauce, canned	2 lbs. 2 oz. 3 lbs. 6 oz.	 ½ of #10 can			<ol style="list-style-type: none"> 1. Purchase a canned spaghetti sauce with no more than 700 mg of sodium and 2 mg of fat per ½ cup serving. 2. Brown ground beef. Chop into ¼ to ½ -inch pieces as beef is browning. Drain. Rinse with hot water. Drain. 3. Add spaghetti sauce. CCP: Heat to 160° F or above for at least 15 seconds.
Water Spaghetti, whole grain, dry Pan Release Spray	 1 lbs. 4 oz.	1 ½ gal. As needed			<ol style="list-style-type: none"> 4. Bring water to a boil. 5. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. Run cold water over spaghetti to cool slightly. 6. Stir noodles into meat sauce. 7. Divide mixture equally into steam table pans (12" x 20" x 4") which have been lightly coated with pan release spray. Use 3 pans for every 100 servings. 8. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135 F or greater) per pan and mix gently. CCP: Hold for hot service at 135° F or above.
					Note: USDA Recipes D-35 Spaghetti Sauce may be used in place of purchased spaghetti sauce.

Spaghetti & Meat Sauce, continued

Serving Size	1 Serving Provides	Yield
8 oz. spoodle (1 cup)	2 oz. M/MA + .0.5 cup vegetable (red/orange) 1.69 units G/B (WGR)	12 servings

Nutrients Per Serving

Calories	402	Vitamin A	505.57IU	Iron	4.27 mg
Protein	25.73 gm	Vitamin C	9.1 mg	Calcium	60.74 mg
Carbohydrate	47.77 gm	Fiber	6.69 gm	Cholesterol	60.03 mg
Fat	12.67 gm	% Fat	28.35%	Sodium	637.5 mg
Saturated Fat	4.24 gm	% Saturated Fat	9.49%		

Spaghetti & Meat Sauce - Low Sodium

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Better Homes and Gardens (www.bhg.com/recipes)

Ingredients	12 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Onion, chopped	1 lb.	2-3 large (2 ½ cups)			<ol style="list-style-type: none"> 1. Chop/dice onion, green pepper, and celery into small pieces. 2. In a large stock pot, cook vegetables in hot oil with garlic until vegetables are tender. 3. Stir in the tomato, tomato paste, water, parsley, dried herbs, sugar, and black pepper. Bring to a boil; reduce heat. Simmer, covered, for 30 minutes. Uncover and simmer for 10-15 minutes more or to desired consistency, stirring occasionally. <p>CCP: Heat to 160° F or above for at least 15 seconds.</p>
Green Sweet Pepper, chopped	½ lb.	1 ¼ cups (approx.)			
Celery, chopped	4 oz.	¾ cups (approx.)			
Cloves Garlic, minced		5 cloves			
Olive or Canola Oil	4 oz.	½ cup			
Diced Tomatoes, no added salt	4 lbs. 12 oz.	¾ #10 can			
Tomato Paste , no added salt	15 oz.				
Water		¾ cup			
Parsley, dried		1 Tbsp. + 2 tsp.			
Basil, dried		2 tsp.			
Oregano, dried		2 ½ tsp.			
Marjoram, dried		1 Tbsp. + 2 tsp.			
Sugar		2 ½ tsp.			
Black Pepper		½ tsp.			

Spaghetti & Meat Sauce - Low Sodium, continued

Water		1 ½ gal.			<ol style="list-style-type: none"> 4. Bring water to a boil. 5. Break noodles in pieces. Slowly add to boiling water. Stir constantly until water boils again. Cook 8-10 minutes or until tender; stir occasionally. Do not overcook. Drain well. Run cold water over spaghetti to cool slightly. 6. Brown ground beef. Chop into ¼ to 1/2-inch pieces as beef is browning. Drain. Rinse with hot water. Drain. 7. Stir noodles and meat to spaghetti sauce. 8. Divide mixture equally into steam table pans (12" x 20" x 4") which have been lightly coated with pan release spray. 9. Cover to retain moisture. If mixture sits for an extended period of time and becomes dry, add approximately 2 cups of hot water (135 F or greater) per pan and mix gently. <p>CCP: Hold for hot service at 135° F or above. CCP: Heat to 160° F or above for at least 15 seconds.</p>
Spaghetti, whole grain, dry	1 lbs. 4 oz.				
Ground beef, 80/20	2 lbs. 2 oz.				
Pan Release Spray		As needed			
					<p>Note: You may substitute fresh herbs in for the dried herbs. The conversion is 1 Tbsp. fresh for every 1 tsp. dried herbs.</p>

Serving Size	1 Serving Provides	Yield
8 oz. spoodle (1 cup)	2 oz. M/MA + 1.7 cup vegetable (1.28 cup red/orange + 0.435 cup other) 1.69 units G/B (WGR)	12 servings

Nutrients Per Serving

Calories	483	Vitamin A	1306.3 IU	Iron	4.97 mg
Protein	26.11 gm	Vitamin C	37.33 mg	Calcium	136.04 mg
Carbohydrate	49.78 gm	Fiber	7.75 gm	Cholesterol	60.03 mg
Fat	20.77 gm	% Fat	38.73%	Sodium	291.98 mg
Saturated Fat	4.93 gm	% Saturated Fat	9.19%	Trans Fat	0 gm

Taco Meat

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 76
(USDA D-13 modified)

Ingredients	12 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, ground 80/20, raw	1 lb. 10 oz.				<ol style="list-style-type: none"> 1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse in hot water. Drain. Continue immediately. 2. Add remaining ingredients and blend well. If preparing with purchased seasoning mix, use amount indicated on the package. 3. Bring to a boil. Reduce heat and simmer for 25-30 minutes stirring as needed. <p>CCP: Heat to 160° F for at least 15 seconds.</p> <p>CCP: Hold for hot service at 135° F or higher</p>
Dehydrated Onion Flakes		1 ½ tsp.			
Pepper		½ tsp.			
Tomato Paste	3 oz.	6 Tbsp.			
Purchased Taco Seasoning Mix		½ of 3.25 pkg. (4 Tbsp. + 1 ½ tsp.)			
Salt		½ tsp.			
Sugar, Brown		1 ½ tsp.			
Water		1 cup			

Serving Size	1 Serving Provides	Yield
#16 scoop (1/4 cup)	#16 scoop: 1.5 oz M/MA	12 servings: #16 scoop

Nutrients Per #16 Scoop Serving

Calories	143	Vitamin A	254.6 IU	Iron	1.5 mg
Protein	13.31 gm	Vitamin C	3.05 mg	Calcium	12.27 mg
Carbohydrate	3.64 gm	Fiber	0.48 gm	Cholesterol	45.91 mg
Fat	8.13 gm	% Fat	51.04 %	Sodium	360.97 mg
Saturated Fat	3.19 gm	% Saturated Fat	19.90 %		

Variation: Taco Burger: Scoop taco meat mixture into taco shell. Top each taco with ½ ounce shredded cheese.

Taco Meat - Low Sodium

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 76
(USDA D-13 modified)

Ingredients	12 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, ground 80/20, raw	1 lb. 10 oz.				<ol style="list-style-type: none"> 1. Brown ground beef. Chop into 1/4 to 1/2-inch pieces as beef is browning. Drain. Rinse in hot water. Drain. Continue immediately. 2. Add remaining ingredients and blend well. If preparing with purchased seasoning mix, use amount indicated on the package. CCP: Heat to 160° F for at least 15 seconds. 3. Bring to a boil. Reduce heat and simmer for 25-30 minutes stirring as needed. CCP: Hold for hot service at 135° F or higher
Dehydrated Onion Flakes		1 ½ tsp.			
Pepper, Black		½ tsp.			
Tomato Paste	6 oz.	6 Tbsp.			
Mexican Seasoning Mix (see Healthier Kansas Recipe 79)*		4 Tbsp. + 1 ½ tsp.			
Sugar, Brown Water		1 ½ tsp. 1 cup			

Serving Size	1 Serving Provides	Yield
#16 scoop (¼ cup)	#16 scoop: 1.5 oz. M/MA	12 servings: #16 scoop

Nutrients Per #16 Scoop Serving

Calories	145	Vitamin A	607.66 IU	Iron	2.2 mg
Protein	13.55 gm	Vitamin C	1.88 mg	Calcium	24.14 mg
Carbohydrate	3.56 gm	Fiber	0.99 gm	Cholesterol	45.91 mg
Fat	8.46 gm	% Fat	52.52 %	Sodium	118.27 mg
Saturated Fat	3.21 gm	% Saturated Fat	19.92 %		

Variation: Taco Burger: Scoop taco meat mixture on bun. Top each taco burger with ½ ounce shredded cheese.

Mexican Seasoning Mix

Seasonings

HACCP: Non-Hazardous/Other

**Recipe Source: Healthier
Kansas Menus
(USDA G-01A modified)**

Ingredients	Cups		3 ¾ Cup		Directions
	Weight	Measure	Weight	Measure	
Chili Powder			1.9 oz.	1 ¾ cups	<ol style="list-style-type: none"> 1. Mix all ingredients together well. 2. Store in an airtight container in a cool, dry place. During hot weather store in the refrigerator. 3. Use ¼ cup + 3 Tbsp. per 10 lbs. of ground beef, adjusting to taste.
Cumin, ground			1.33 oz.	1 ⅓ cups	
Paprika			0.48 oz.	¼ cup + 3 Tbsp.	
Onion Powder			0.67 oz.	¼ cup + 3 Tbsp.	

Fruit and Oatmeal Bars

Desserts

HACCP: Non-Hazardous/Other

**Recipe Source: Healthier US
School Challenge Celebration**

Ingredients	32 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pan Release Spray Parchment Paper		As needed			1. Heat oven to 350°F. 2. Line a 2" long pan (12x20) with parchment paper, letting a few inches hang over the side of the pan. Spray with pan release or brush with oil.
Canola Oil or other vegetable oil	6 oz.	¾ cup			3. Spread oats and seed on another baking pan and toast in the oven just until golden and fragrant, 6 to 8 minutes, shaking pan once. 4. In a sauce pan, combine oil, honey, brown sugar, maple syrup, and salt. Stir over medium heat until smooth and hot. 5. In a mixing bowl, toss together toasted oats and seeds, dried fruit and cinnamon. Pour hot sugar mixture over and stir until well combined. 6. While mixture is warm, transfer to prepared baking pans, pressing into pans evenly with an offset spatula. 7. Bake until brown, 25 to 30 minutes. Transfer pan to rack and let cool completely. 8. Using the overhanging foil or paper, lift out of pan and place on a work surface. Cut into 4 x 8 bars. Note: This recipe is used at the White House.
Quick Oats	12 oz.	4 cups			
Mixed Seeds, salted (sunflower, sesame, pumpkin, etc.)		1 cup			
Honey	12 oz.	1 cup			
Dark Brown Sugar	4 oz.	¾ cup			
Maple Syrup	8 oz.	2/3 cup			
Salt		½ tsp.			
Mixed Dried Fruit, diced (at least 3 different kinds)		3 cups			
Ground Cinnamon		2 tsp.			

Serving Size	1 Serving Provides	Yield
2 ½ x 2 ½ inch bar	0.33 oz. M/MA, 0.5 cup fruit, 1 G/B (WGR)	32 servings

Nutrients Per Serving

Calories	218	Vitamin A	411.89 IU	Iron	1.15 mg
Protein	2.95 gm	Vitamin C	0.75 mg	Calcium	27.24 mg
Carbohydrate	35.29 gm	Fiber	2.84 gm	Cholesterol	0 mg
Fat	8.07 gm	% Fat	33.32%	Sodium	59.09 mg
Saturated Fat	0.7 gm	% Saturated Fat	2.88%	Trans Fat	0.00 gm

Fruit and Oatmeal - Low Sodium

Desserts

HACCP: Non-Hazardous/Other

Recipe Source: Healthier US
School Challenge Celebration

Ingredients	32 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Pan Release Spray Parchment Paper		As needed			<ol style="list-style-type: none"> 1. Heat oven to 350°F. 2. Line a 2" long pan (12x20) pan with parchment paper, letting a few inches hang over the side of the pan. Spray with pan release or brush with oil.
Canola Oil or other vegetable oil	6 oz.	¾ cup			<ol style="list-style-type: none"> 3. Spread oats and seed on another baking pan and toast in the oven just until golden and fragrant, 6 to 8 minutes, shaking pan once. 4. In a sauce pan, combine oil, honey, brown sugar, maple syrup. Stir over medium heat until smooth and hot. 5. In a mixing bowl, toss together toasted oats and seeds, dried fruit and cinnamon. Pour hot sugar mixture over and stir until well combined. 6. While mixture is warm, transfer to prepared baking pans, pressing into pans evenly with an offset spatula 7. Bake until brown, 25 to 30 minutes. Transfer pan to rack and let cool completely. 8. Using the overhanging foil or paper, lift out of pan and place on a work surface. Cut into 4 x 8 bars.
Quick Oats	12 oz.	4 cups			
Mixed Seeds, unsalted (sunflower, sesame, pumpkin, etc.)		1 cup			
Honey	12 oz.	1 cup			
Dark Brown Sugar	4 oz.	¾ cup			
Maple Syrup	8 oz.	⅔ cup			
Mixed Dried Fruit, diced (at least 3 different kinds)		3 cups			
Ground Cinnamon		2 tsp.			

Serving Size	1 Serving Provides	Yield
2 ½ x 2 ½ inch bar	0.33 oz. M/MA, 0.5 cup fruit, 1 G/B (WGR)	32 servings

Nutrients Per Serving

Calories	218	Vitamin A	411.89 IU	Iron	1.15 mg
Protein	2.95 gm	Vitamin C	0.75 mg	Calcium	27.21 mg
Carbohydrate	35.29 gm	Fiber	2.84 gm	Cholesterol	0 mg
Fat	8.07 gm	% Fat	33.32%	Sodium	22.25 mg
Saturated Fat	0.7 gm	% Saturated Fat	2.88%	Trans Fat	0.00 gm

Bean Ranch Dip

Misc. HACCP: #1 No Cook Recipe Source: Adapted from National Cancer Institute

Ingredients	25 Servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Great Northern Beans (rinsed and drained) Garlic Cold Water	6 lbs.	1 #10 can 3 ¼ tsp. 1 ¼ cups			1. Blend beans and garlic in a blender, adding enough cold water for the desired consistency. 2. Blend for 2 minutes to make it silky smooth 3. Use spatula to scrape the mixture into a medium bowl.
Lowfat Plain Yogurt Cayenne Pepper Black Pepper Chives, fresh chopped Parsley, fresh chopped Tarragon, dried Salt Lemon Juice	1 lb. 10 oz.	3 ¼ cups 1 tsp. 1 ½ tsp. ¼ cup + 2 Tbsp. ¼ cup + 2 Tbsp. 1 ½ tsp. 1 ½ tsp. ¼ cup + 2 Tbsp.			4. Stir in yogurt, cayenne, chives, parsley, and tarragon, salt and lemon juice. 5. Serve chilled in a bowl.
					Serve with a mixture of fresh vegetables

Serving Size	1 Serving Provides	Yield
4 oz.	1.54 oz. M/MA (Beans counted as M/MA) or 0.26 M/MA + 0.32 cup vegetable (Legumes)	25 servings

Nutrients Per Serving

Calories	111	Vitamin A	156.93 IU	Iron	1.39 mg
Protein	7.45 gm	Vitamin C	3.88 mg	Calcium	100 mg
Carbohydrate	19.21 gm	Fiber	3.97 gm	Cholesterol	1.77 mg
Fat	0.81 gm	% Fat	6.58%	Sodium	167.2 mg
Saturated Fat	0.4 gm	% Saturated Fat	3.24%	Trans Fat	0.00 gm

Bean Ranch Dip – Low Sodium

Misc

HACCP: #1 No cook

Recipe Source: Adapted from
National Cancer Institute

Ingredients	25 Servings		_ Servings		Directions
	Weight	Measure	Weight	Measure	
Great Northern Beans (rinsed and drained)	6 lbs.	1 #10 can			1. Blend beans and garlic in a blender, adding enough cold water for the desired consistency. 2. Blend for 2 minutes to make it silky smooth. 3. Use spatula to scrape the mixture into a medium bowl.
Garlic		3 ¼ tsp.			
Cold Water		1 ¼ cups			
Lowfat Plain Yogurt	1 lb. 10 oz.	3 ¼ cups			4. Stir in yogurt, cayenne, chives, parsley, and tarragon, and lemon juice. 5. Serve chilled in a bowl.
Cayenne Pepper		1 tsp.			
Black Pepper		1 ½ tsp.			
Chives, fresh chopped		¼ cup + 2 Tbsp.			
Parsley, fresh chopped		¼ cup + 2 Tbsp.			
Tarragon, dried		1 ½ tsp.			
Lemon Juice		¼ cup + 2 Tbsp.			
					Serve with a mixture of fresh vegetables

Serving Size	1 Serving Provides	Yield
4 oz.	1.54 M/MA (Beans counted as M/MA) or 0.26 M/MA + 0.32 cup vegetable (Legumes)	25 servings

Nutrients Per Serving

Calories	111	Vitamin A	156.93 IU	Iron	1.39 mg
Protein	7.45 gm	Vitamin C	3.88 mg	Calcium	99.93 mg
Carbohydrate	19.21 gm	Fiber	3.97 gm	Cholesterol	1.77 mg
Fat	0.81 gm	% Fat	6.58 %	Sodium	25.76 mg
Saturated Fat	0.4 gm	% Saturated Fat	3.24 %	Trans Fat	0.00 gm