

Michigan Team Nutrition's Meeting the Challenge Recipe Book



Videos demonstrating these recipes can be found at:

www.youtube.com/user/miteamnutrition1



These recipes were developed as a part of the Meeting Challenge video series. The videos located at www.youtube.com/user/miteamnutrition1 illustrate how Michigan Child Nutrition professionals are meeting the New School Meal Regulations and the HealthierUS School Challenge (HUSC) criteria. They also feature a Chef demonstrating recipes using whole grains, fruits, and vegetables. Each video focuses on one or more aspects of the New School Meal regulations and shares tips from Child Nutrition Professionals.

Special thanks to the following School Nutrition Teams for allowing Michigan Team Nutrition to shoot on campus:

- Lynna Hassenger, Food Service Director, Okemos Public Schools
 - Marie Wolfe (Lead Elementary Production)
 - And the rest of the OHS food service staff
- Katie McConkie, Director of Food Service, Lamphere Public Schools
- Carl Merkle, Food Service Director, Warren Consolidated Schools
- Beverly Gorecki, Warren Mott High School Head Cook
- Karen Bissett, Food Service Director, Oxford Public Schools

Special thanks to the following School Nutrition Professionals for sharing their successes with us:

- Lorie Grant, Food Service Director, Bay City Public Schools
- Patty Iazzetto, Food Service Director, New Buffalo schools
- Jennifer Dietrich, Food Service Director, West Michigan Academy of Environmental Science
- Mandy Sosnowski, Food Service Director, Frasier Public Schools
- David Rose, Director of Dining Services, Hopkins Public Schools & Mattawan Consolidated Schools

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

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Recipe and Video Link	Page #
Purple Monster Smoothie (http://ow.ly/eqkb4)	1
The Great Green Smoothie (http://ow.ly/eqkb4)	2
Blueberry Hummus with Cinnamon Chips (http://ow.ly/eqkb4)	3
Dressing Florentine (http://ow.ly/eqkf1)	4
Dave's BBQ Sauce (http://ow.ly/eqkf1)	5
Sweet Potato Quesadillas (http://ow.ly/eqkZd)	6
Smokin' Hot & Lime Sweet Potatoes	7
Dipping Sauce for Sweet Potato (http://ow.ly/eqBfV)	8
Cuban Black Bean Salad (http://ow.ly/eqlCo)	9
Three Sisters Salsa (http://ow.ly/eqBav)	10
Stop Light Pepper and Bean Soup (http://ow.ly/eqBPI)	11
Whole Grain Apple Crisp (http://ow.ly/eqCjw)	12
Spicy Chicken Romaine Wrap (http://ow.ly/eqCye)	14
Michigan Salad (http://ow.ly/eqCQ2)	15
Hearty Tuscan Soup (http://ow.ly/eqCV3)	16
Stuffed Crust Super Pizza (http://ow.ly/eqDrJ)	17
Bruschetta Style Hummus (http://ow.ly/eqDwd)	18
White Bean Chicken Chili (http://ow.ly/eqDBR)	19
Whole Grain Fiesta Rice (http://ow.ly/eqDHn)	20
Turkey Florentine Wrap (http://ow.ly/eqE50)	21

003023 - Purple Monster Smoothie : Chef Dave Mac	Attributes
HACCP Process: #1 No Cook Number of Portions: 16 Size of Portion: cup	

Ingredients	Measures	Instructions
		Turn off blender.
904376 Ice..... 009040 BANANAS,RAW..... 050355 ORANGE JUICE, FROM CONCENTRATE, PASTEURI... 001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8.....	1 qt + 2 cups 5 medium (7" to 7-7/8") 1 1/2 cups 2 qts	Layer ingredients in blender in the following order: Ice, ripe bananas, orange juice, and yogurt. Start blender on low speed. Blend for 1 minute.
009054 BLUEBERRIES,FRZ,UNSWTND.....	1 qt + 2 CUPS (unthawed)	Stop blender and add frozen blueberries. Pulsate blender until all ingredients are combined.
		Serve chilled 1 cup portions maintaining temperature at 40° F or below.

*Nutrients are based upon 1 Portion Size (cup)

Calories	177 kcal	Cholesterol	6 mg	Protein	6.84 g	Calcium	220.69 mg	10.36%	Calories from Total Fat
Total Fat	2.04 g	Sodium	85 mg	Vitamin A	28.5 RE	Iron	0.31 mg	5.39%	Calories from Saturated Fat
Saturated Fat	1.06 g	Carbohydrates	34.92 g	Vitamin A	127.9 IU	Water ¹	*263.36* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.57 g	Vitamin C	14.7 mg	Ash ¹	*1.75* g	78.87%	Calories from Carbohydrates
								15.46%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

003163 - The Great Green Smoothie : Chef Dave Mac	Attributes
HACCP Process: #1 No Cook Number of Portions: 8 Size of Portion: cup	

Ingredients	Measures	Instructions
		Turn off blender.
904376 Ice..... 009040 BANANAS,RAW..... 050355 ORANGE JUICE, FROM CONCENTRATE, PASTEURI... 001119 YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8.....	3 cups 2 1/2 medium (7" to 7-7/8") 3/4 cup 1 qt	Layer ingredients in blender in the following order: Ice, ripe bananas, orange juice, and yogurt. Start blender on low speed. Blend for 1 minute.
009054 BLUEBERRIES,FRZ,UNSWTND.....	3 CUPS (unthawed)	Stop blender and add frozen blueberries. Pulsate blender until all ingredients are combined.
011457 SPINACH,RAW.....	1 qt	Add cleaned greens to the smoothie base and blend thoroughly.
		Serve chilled 1 cup portions maintaining temperature at 40° F or below.

*Nutrients are based upon 1 Portion Size (cup)

Calories	181 kcal	Cholesterol	6 mg	Protein	7.27 g	Calcium	235.54 mg	10.46%	Calories from Total Fat
Total Fat	2.10 g	Sodium	96 mg	Vitamin A	129.3 RE	Iron	0.72 mg	5.33%	Calories from Saturated Fat
Saturated Fat	1.07 g	Carbohydrates	35.46 g	Vitamin A	1534.5 IU	Water ¹	*277.07* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.90 g	Vitamin C	18.9 mg	Ash ¹	*2.00* g	78.57%	Calories from Carbohydrates
								16.11%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

BLUEBERRY HUMMUS WITH CINNAMON CHIPS

Portion Size: 1

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>	<u>METHOD</u>
<u>12</u>	<u>24</u>	<u>48</u>		
8 oz.	16 oz.		Garbanzo Beans, drained	STEP 1 Combine garbanzo beans, tahini, lemon juice, salt, Cinnamon, cloves, curry powder, honey and oil in a food processor. Process until smooth.
1/8 cup	1/3 cup		Tahini	STEP 2 Fold blueberries into hummus mixture, cover and Refrigerate for at least 1 hour.
1 ½ Tbsps.	3 Tbsps.		Lemon Juice	STEP 3 Cut each corn tortilla into 6 triangles
½ tsp.	1 tsp.		Salt	STEP 4 In a bowl, mix together the cinnamon and granulated sugar.
1 Tbsp.	2 Tbsps.		Ground Cinnamon	STEP 5 Dip the tortillas in water, then into cinnamon and sugar mixture.
¼ tsp.	½ tsp.		Ground Cloves	STEP 6 Place the tortillas on a parchment lined sheet pan and Bake at 350 degrees F. for approx 15 minutes until Nicely browned and crisp.
½ tsp.	1 tsp.		Curry Powder	Garnish with fresh blueberries or min marshmallows.
1 Tbsp.	2 Tbsps.		Honey	Note: Dried cherries or raisins can be substituted for blueberries.
½ Tbsp.	1 Tbsp.		Olive Oil	
½ cup	1 cup		Blueberries, dried commodity	
2	4		6" Round Soft Corn Tortillas	
1 Tbsps.	2 Tbsps.		Ground Cinnamon	
¼ cup	½ cup		Sugar, granulated	
COMPONENTS PER PORTION				
NUTRIENT	Amount per Serving			
Calories			Unit Manager:	
Protein			Chef David Rose, FMP	
Carbohydrates			Hopkins Public Schools	
Fat-total			&	
Saturated Fat			Mattawan Consolidated	
Cholesterol			School	
Vitamin A (RE)				
Vitamin C				
Iron				
Calcium				
Sodium				
Fiber				
% Protein				
% Carbohydrate				
% Total Fat				
% Saturated Fat				

001338 - Dressing Florentine : Chef Dave Mac	Attributes
HACCP Process: #1 No Cook Number of Portions: 36 Size of Portion: TBSP	

Ingredients	Measures	Instructions
004053 OIL,OLIVE,SALAD OR COOKING...	1/3 cup + 2 tsp	Combine all ingredients. Add Mrs. Dash salt alternate: 2 TBSP for 96 TBSP recipe; 1/4 tsp per serving for smaller batches.
009153 LEMON JUC,CND OR BTLD.....	1/3 cup + 2 tsp	
001019 CHEESE,FETA.....	1 1/2 CUPS (crumbled)	
002030 PEPPER,BLACK.....	1 1/8 tsp	

*Nutrients are based upon 1 Portion Size (TBSP)

Calories 37 kcal	Cholesterol 6 mg	Protein 0.91 g	Calcium 31.41 mg	87.10%	Calories from Total Fat
Total Fat 3.59 g	Sodium 70 mg	Vitamin A 8.1 RE	Iron 0.06 mg	30.25%	Calories from Saturated Fat
Saturated Fat 1.25 g	Carbohydrates 0.46 g	Vitamin A 27.1 IU	Water ¹ 5.81 g	*N/A%*	Calories from Trans Fat
Trans Fat ¹ *N/A* g	Dietary Fiber 0.03 g	Vitamin C 0.6 mg	Ash ¹ 0.34 g	4.99%	Calories from Carbohydrates
				9.76%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values

003162 - Dave's BBQ Sauce : Chef Dave Mac	Attributes
HACCP Process: #3 Complex Food Preparation Number of Portions: 256 Size of Portion: TBSP	

Ingredients	Measures	Instructions
902700 Sauce BBQ swt baby Rays 2T..... 014429 WATER,TAP,MUNICIPAL..... 902798 Ketchup 17g RedGold..... 904301 MUSTARD YELLOW PREPARED... 002053 VINEGAR,DISTILLED..... 019334 SUGARS,BROWN.....	2 qts 1 qt 2 cups 1 cup 1 cup 1 CUP (packed)	Mix together all ingredients and simmer for 30 minutes.
		The "heat" in this sauce could be increased by adding Cayenne Pepper, Black Pepper, or a salt-free seasoning such as Zesty Seasoning with no salt and no MSG.
		Yield is 1 gallon of sauce. CCP: Hold for cold service at 41° F or lower.

*Nutrients are based upon 1 Portion Size (TBSP)

Calories 26 kcal	Cholesterol 0 mg	Protein 0.00 g	Calcium 0.88 mg	0.00%	Calories from Total Fat
Total Fat 0.00 g	Sodium 104 mg	Vitamin A 7.5 RE	Iron 0.01 mg	0.00%	Calories from Saturated Fat
Saturated Fat 0.00 g	Carbohydrates 6.53 g	Vitamin A 37.5 IU	Water ¹ *4.59* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹ *0.00* g	Dietary Fiber 0.00 g	Vitamin C 0.0 mg	Ash ¹ *0.01* g	100.25%	Calories from Carbohydrates
				0.02%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values

Quesadillas Sweet potato Recipe

Recipe: 001390 Quesadillas Sweet potato Recipe Source: TN10 Recipe Group: ENTREES Recipe HACCP Process: #2 Same Day Service Alternate Recipe Name: Number of Portions: 24 Size of Portion: each

VE#64099 Potato smokin lime&honey Sweet.....24 (1/2)

VE#76101 Tortilla flour lafro azteca 28g 6inch.....48

On half of the tortilla shells, place 1/2 cup (#8 scoop) of potato mixture and spread evenly.

VE#69895 CHICK,DICED,CKD,FROZEN-COMMOD..... 36 OZ Place 1.5 ounces of chicken around the shell.

VE#41028 Cheese cheddar mild shredded 100g comm...12 ounce

VE#75909 Yogurt non-fat plain Dannon.....1 1/2 cup

Sprinkle 1/2 oz of cheese evenly over each filled tortilla shell. Spread 1 TBSP of yogurt on each filled tortilla shell. Cover each with a second tortilla shell. Preheat the grill and spread with a very small amount of vegetable oil. Place the filled shells on the grill and allow them to brown. Turn over to brown the second side. Heat on the second side to 165° F or place on parchment paper and bake until the mixture reaches 165° F.

*Nutrients are based upon 1 Portion Size (each)

Calories 471 kcal Cholesterol 56.92 mg Protein 22.49 g Calcium 215.96 mg 32.64% Calories from Total Fat Total Fat 17.09 g Sodium 658.99 mg Vitamin A 3638.83 RE Iron 2.74 mg 13.86% Calories from Saturated Fat Saturated Fat 7.26 g Carbohydrates 57.69 g Vitamin A 18210.43 IU Water¹ *30.27* g *2.37%* Calories from Trans Fat Trans Fat¹ *1.24* g Dietary Fiber 2.04 g Vitamin C 9.67 mg Ash¹ *0.48* g 48.96% Calories from Carbohydrates 19.09% Calories from Protein

N/A -denotes a nutrient that is either missing or incomplete for an individual ingredient * -denotes combined nutrient totals with either missing or incomplete nutrient data ¹ -denotes optional nutrient values

001329 - Potato smokin lime&honey Sweet : Chef Dave Mac	Attributes
HACCP Process: No HACCP Process Number of Portions: 24 Size of Portion: 1/2 cup	

Ingredients	Measures	Instructions
050495 POTATOES, SWEET, FROZEN, MASHED... 902560 Potato Pearls Excel 1/2c serv 119g..... 902985 Margarine liquid 14g.....	2 qts 1 qt 3/4 cup	Prepare both types of potatoes, melt margarine and combine with po tatoes.
019296 HONEY..... 011980 PEPPERS,CHILI,GRN,CND..... 900701 CUMIN,GROUND..... 902575 Coriander grd .6g..... 002028 PAPRIKA..... 009161 LIME JUC,CND OR BTLD,UNSWTND..... 901665 Sour cream 4- 5# GFS..... 002031 PEPPER,RED OR CAYENNE.....	1/4 cup 2 Tbsp 2 tsp 1 tsp 1/2 tsp 1/4 cup 1/2 cup 1/4 tsp	Add honey, lime juice, sour cream, and all seasonings except cilan tro. Mix well.
		Bake at 350° F until mixture reaches a serving temperature of 135° F (CCP).
902576 Cilantro fresh chopped 4g.....	1/2 cup	Remove potatoes from oven and sprinkle with cilantro. Serve with #8 scoop.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories 183 kcal	Cholesterol 4 mg	Protein 2.02 g	Calcium 42.55 mg	34.39%	Calories from Total Fat
Total Fat 7.00 g	Sodium 219 mg	Vitamin A 3626.7 RE	Iron 0.68 mg	8.46%	Calories from Saturated Fat
Saturated Fat 1.72 g	Carbohydrates 28.55 g	Vitamin A 18148.3 IU	Water ¹ *3.67* g	*0.49%*	Calories from Trans Fat
Trans Fat ¹ *0.10* g	Dietary Fiber 2.04 g	Vitamin C 9.5 mg	Ash ¹ *0.04* g	62.34%	Calories from Carbohydrates
				4.41%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values

002947 - Dipping Sauce for sweet potato : Chef Dave Mac	Attributes
HACCP Process: No HACCP Process Number of Portions: 32 Size of Portion: TBSP	

Ingredients	Measures	Instructions
902915 Sour cream lite 32g..... 902164 Yogurt plain 227g 8oz Dannon... 901522 SUGARS,BROWN,LIGHT..... 902732 Vanilla imit flavoring 100g.....	3/4 cup 1 1/4 cups 1/4 CUP (packed) 1 tsp	Combine all ingredients to form a smooth dipping sauce. Hold at 41° F. or less. Portion for 1 TBSP servings.

*Nutrients are based upon 1 Portion Size (TBSP)

Calories 17 kcal	Cholesterol 2 mg	Protein 0.62 g	Calcium 26.43 mg	19.61%	Calories from Total Fat
Total Fat 0.38 g	Sodium 13 mg	Vitamin A 7.5 RE	Iron 0.01 mg	9.81%	Calories from Saturated Fat
Saturated Fat 0.19 g	Carbohydrates 2.87 g	Vitamin A 37.5 IU	Water ¹ *0.02* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹ *0.00* g	Dietary Fiber 0.00 g	Vitamin C 0.2 mg	Ash ¹ *0.01* g	66.82%	Calories from Carbohydrates
				14.39%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values



004080 - Cuban Black Bean Salad

Source: Iowa Gold Star
 Number of Portions: 24
 Size of Portion: 1/2 cup

Components:

Meat/Alt:
 Grain/Bread:
 FV/J: 0.5 oz
 Milk:

Recipe Subgroups:

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
904539 Beans black canned..... 902969 Corn cut IQF KE 90g..... 011333 PEPPERS,SWT,GRN,RAW..... 011821 PEPPERS,SWT,RED,RAW..... 011282 ONIONS,RAW.....	1 qt + 1/4 cup 2 1/2 cups 1 1/4 cups 1 1/4 cups 1/3 CUP (chopped)	Rinse and drain the black beans. Clean and mince green peppers, red peppers, and onions. Combine drained beans, thawed corn and minced fresh vegetables in a large bowl.
009153 LEMON JUC,CND OR BTLD..... 002029 PARSLEY,DRIED..... 900701 CUMIN,GROUND..... 799903 GARLIC,GRANULATED..... 904540 Salsa Homemade Chef Dave..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F...	1/4 cup 1 Tbsp 1/2 Tbsp 1 tsp 2 cups 2 Tbsp	Prepare dressing by combining lemon juice, parsley, cumin, granulated garlic, salsa, and oil. Pour dressing over salad and toss lightly to combine. Refrigerate until service. CCP: Cool to 41° F or lower within 4 hours.
042155 CHEESE,MONTEREY,LOW FAT.....	1 CUP (shredded)	Portion salad with #8 scoop (1/2 cup). Sprinkle Monterey Jack cheese (optional) on top before serving. Yield: 3 quarts CCP: Hold for cold service at 41° F or lower.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	88 kcal	Cholesterol	3 mg	Protein	5.29 g	Calcium	54.98 mg	24.91%	Calories from Total Fat
Total Fat	2.45 g	Sodium	139 mg	Vitamin A	72.9 RE	Iron	0.92 mg	7.80%	Calories from Saturated Fat
Saturated Fat	0.77 g	Carbohydrates	12.70 g	Vitamin A	385.5 IU	Water ¹	*40.45* g	*0.30%*	Calories from Trans Fat
Trans Fat ¹	*0.03* g	Dietary Fiber	3.67 g	Vitamin C	25.5 mg	Ash ¹	*0.37* g	57.40%	Calories from Carbohydrates
								23.91%	Calories from Protein



002945 - Salsa homemade

Source: Chef Dave Mac
 Number of Portions: 32
 Size of Portion: 1/4 cup

Components:
 Meat/Alt:
 Grain/Bread:
 F/V/J: 0.25 oz
 Milk:

Recipe Subgroups:

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 011333 PEPPERS,SWT,GRN,RAW..... 011282 ONIONS,RAW..... 011979 PEPPERS,JALAPENO,RAW.....	1 qt + 2 CUPS (chopped or sliced) 3 1/2 CUPS (chopped) 2 CUPS (chopped) 1/4 CUP (sliced)	Wash all vegetables, chop, and mix together.
903121 Seasoning zesty no salt 3g..... 002031 PEPPER,RED OR CAYENNE..... 002020 GARLIC POWDER..... 009152 LEMON JUICE,RAW..... 902576 Cilantro fresh chopped 4g.....	3 Tbsp 1/2 tsp 1 tsp 1/4 cup 1/4 cup	Add remaining ingredients to vegetable mixture and combine well. Cover and refrigerate at 41° F or less until service. Serve 1/4 cup (#16 scoop) for 1/4 cup F/V.

003079 - Stop Light Pepper & Bean Soup : Chef Dave Mac	Attributes
HACCP Process: #2 Same Day Service	
Number of Portions: 32	
Size of Portion: 1/2 cup	

Ingredients	Measures	Instructions
904089 BEANS,NAVY,MATURE SEEDS,RAW..... 014429 WATER,TAP,MUNICIPAL.....	1 lb + 4 ozs 3 qts	A mixture of dry beans may be used. Wash and soak beans in water overnight under refrigeration. Discard water in the morning
902577 Chicken base low sodium Minors..... 014429 WATER,TAP,MUNICIPAL.....	2 Tbsp 1 1/2 gals	Combine chicken base with water and bring stock to a boil.
901735 Green chilis..... 902263 Ham diced 56g 2z GFS..... 903121 Seasoning zesty no salt 3g..... 904424 Sauce hot tabasco 5g..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	2 Tbsp 2 cups 2 tsp 2 tsp 2 QTS (chopped or sliced)	Add green chilis, diced ham, Zesty Seasoning, Tabasco Sauce, tomatoes, and beans.
904408 PEPPERS,SWT,RED,RAW..... 904407 PEPPERS,SWT,GRN,RAW..... 011951 PEPPERS,SWEET,YELLOW,RAW..... 901064 ONIONS,RED,RAW..... 004044 OIL,SOYBN,SALAD OR COOKING..... 014429 WATER,TAP,MUNICIPAL.....	1/2 CUP (chopped) 1 CUP (chopped) 1/2 CUP (chopped) 1/2 CUP (chopped) 2 Tbsp 2 cups	Clean and dice peppers and onions. Mix with oil and roast for 5 minutes in 350° F. convection oven. Add roasted vegetables and water to soup. Continue to simmer soup for a minimum of 3 hours to cook the beans until tender.
904290 Corn cut IQF 90g..... 902576 Cilantro fresh chopped 4g.....	1 qt 3 Tbsp	Add frozen corn and cilantro. Bring to a boil and simmer for 20 minutes. Serve 1/2 cup portions.
		Note: This is a soup that will have more flavors when prepared a day ahead. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours CCP: Heat to 165° F or higher for at least 15 seconds

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	107 kcal	Cholesterol	5 mg	Protein	6.72 g	Calcium	49.87 mg	16.22%	Calories from Total Fat
Total Fat	1.94 g	Sodium	160 mg	Vitamin A	51.6 RE	Iron	1.27 mg	2.72%	Calories from Saturated Fat
Saturated Fat	0.33 g	Carbohydrates	17.38 g	Vitamin A	504.8 IU	Water ¹	*336.76* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.25 g	Vitamin C	20.0 mg	Ash ¹	*1.15* g	64.69%	Calories from Carbohydrates
								25.00%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Whole Grain Apple Crisp

Dessert

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour, enriched	13 ½ oz	3 cups			<ol style="list-style-type: none"> For topping: Combine flours, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and margarine. Mix until crumbly. Set aside for step 6. For filling: Drain apples, reserving juice. For 100 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for step 5. Place 5 lb 9 oz (2 qt 3 ¾ c) apples into each steam table pan (12" x 20" x 2 ½"). For 100 servings, use 2 pans. Sprinkle 1 lb. sugar, 1 Tbsp cornstarch, 1 ½ tsp cinnamon, and ¼ c lemon juice over apples in each pan. Stir to combine.
Whole wheat flour	14 ½ oz	3 ½ cup			
Rolled oats	1 lb 2 oz	1 qt 2 ¼ cups			
Or	Or	Or			
Rolled wheat	1 lb 2 oz	1 qt 2 cups			
Brown sugar	1 lb 14 oz	1 qt			
Ground cinnamon		3 Tbsp			
Ground nutmeg (optional)		3 Tbsp			
Salt		1 tsp			
Margarine	2 lb	1 qt			
Apples, canned, unsweetened, sliced, solid, packed in water	11 lb 2 oz	1 gal 2 ½ qt (2 No.10 can)			
Water, as needed					
Sugar	2 lbs	1 qt			
Cornstarch		2 Tbsp			
Ground cinnamon		1 Tbsp			

Continued on next page

Whole Grain Apple Crisp continued

Frozen lemon juice concentrate, reconstituted		½ cup			<ol style="list-style-type: none"> 5. Pour 1 ½ c liquid over apples in each pan. 6. Sprinkle 3 lb 6 oz (approximately 2 qt 1 c) topping evenly over apples in each steam table pan. 7. Bake until topping is browned and crisp and filling is bubbling around edges: Conventional oven: 425°F for 35-45 min; Convection oven: 350°F for 25-35 min 8. Cut each pan 5 x 10 (50 pieces per pan). <p>Total weight cooking: 9 lb 15 oz/pan</p>
---	--	-------	--	--	---

Serving Size	1 Serving Provides	Yield
1 piece	¼ c of fruit. For Enhanced Meal Pattern only: 1 piece also provides ¼ serving grains/breads.	About 20 lb, 12 oz or 2 steam table pans; 100 Servings

Nutrients Per Serving

Calories	200	Vitamin A	325 IU	Iron	1 mg
Protein	2 g	Vitamin C	0.9 mg	Calcium	20 mg
Carbohydrate	32 g	Dietary Fiber	2 g	Cholesterol	0 mg
Fat	7.5 g	% Fat	34 %	Sodium	100 mg
Saturated Fat	1.4 g	% Saturated Fat	6 %		

001341 - Wrap spicy chicken Romaine : Chef Dave Mac	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 24 Size of Portion: each	

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW.....	3 head	Wash, cut and trim 2 Romaine leaves per serving to equal 1/4 C veg (1 oz by weight). Place in boiling water for 1-2 minutes to blanch the leaves. Remove and chill immediately.
011143 CELERY,RAW..... 011282 ONIONS,RAW..... 011333 PEPPERS,SWT,GRN,RAW..... 990620 CARROTS,FRESH,RAW.....	1 1/2 CUPS (chopped) 1 CUP (chopped) 1 1/2 CUPS (chopped) 1 1/2 CUPS (diced)	Dice vegetables. Saute' vegetables in a small amount of oil until soft.
903340 CHICK,DICED,CKD,FROZEN-COMMOD.....	3 lbs	Add diced chicken to the vegetable saute'.
902585 Sauce Buffalo Wing redhot Franks..... 001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ... 902553 Dressing buttermilk Red Cal 30ml.....	1/2 cup 1/2 cup 1/3 cup + 2 tsp	Prepare sauce by combining Buffalo Wing Sauce, yogurt and ranch dressing. Add sauce to chicken and vegetables and combine.
		Weigh 2.5 ounces of chicken and vegetable filling mixture. Divide in half and place half on each of two blanched and chilled Romaine leaves. Roll egg roll style. Two rolls equal one serving. Suggested accompaniment is Brown Rice Pilaf.

*Nutrients are based upon 1 Portion Size (each)

Calories	149 kcal	Cholesterol	52 mg	Protein	17.86 g	Calcium	52.68 mg	34.49%	Calories from Total Fat
Total Fat	5.71 g	Sodium	214 mg	Vitamin A	560.1 RE	Iron	1.54 mg	8.53%	Calories from Saturated Fat
Saturated Fat	1.41 g	Carbohydrates	6.43 g	Vitamin A	8379.4 IU	Water ¹	*145.32* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.36 g	Vitamin C	12.1 mg	Ash ¹	*1.32* g	17.26%	Calories from Carbohydrates
								47.96%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values



002517 - Salad Michigan

Source: Chef Dave Mac
 Number of Portions: 12
 Size of Portion: each
 Alternate Recipe Name: Michigan Salad

Components:

Meat/Alt: 1.5 oz
 Grain/Bread:
 F/V/J: 2.25 oz
 Milk:

Recipe Subgroups:

Vegetable, Green

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011333 PEPPERS,SWT,GRN,RAW..... 902847 Carrot baby whl cleaned 57g.....	3/4 CUP (sliced) 3/4 cup	Prepare peppers and carrots by washing and cutting in Julienne style.
902578 Edamame.....	12 ozs	Roast the edamame beans until soft.
902607 Lettuce iceberg 1"cut..... 011251 LETTUCE,COS OR ROMAINE,RAW..... 902670 Spinach leaf raw 30g.....	2 qts 2 QTS (shredded) 2 qts	Mix the lettuces together. Place 2 cups of mixed lettuces in each serving container.
902512 Chicken diced 40# comm..... 050354 CHERRIES, RED, TART, DRIED, PITTED, SWEE..... 009003 APPLES,RAW,WITH SKIN.....	2 lbs 3/4 cup 1 CUP (slices)	Assemble individual salads by layering ingredients on top of lettuce mix: Chicken (2 oz), cherries (1 TBSP), apples slices (4 per salad), edamame beans (1 oz), green peppers (1 TBSP) and carrots (1 TBSP).
004053 OIL,OLIVE,SALAD OR COOKING..... 050355 ORANGE JUICE, FROM CONCENTRATE, PASTEURI... 009153 LEMON JUC,CND OR BTLD..... 019296 HONEY..... 904063 Sauce hot tabasco 5g..... 904064 Sauce GenTso Orange..... 002033 POPPY SEED.....	1/2 cup 1/4 cup 1/4 cup 1/2 cup 1 Tbsp 1 Tbsp 1/2 tsp	Prepare dressing by whipping the oil, juices, and honey. Add seasonings and whip. If a hotter dressing is desired the hot sauce can be doubled in amount.
		Keep assembled salads refrigerated at 41° F or below until service. Serve each salad with 2 TBSP of dressing. Salads may be dressed lightly prior to service with no more than 2 TBSP of dressing per salad.



001331 - Soup hearty Tuscany

Source: Chef Dave Mac
 Number of Portions: 32
 Size of Portion: cup

Components:

Meat/Alt:
 Grain/Bread:
 F/V/J: 0.5 oz
 Milk:

Recipe Subgroups:

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
014429 WATER,TAP,MUNICIPAL.....	3 qts	Heat water, add chicken base stirring to dissolve. Stir in spaghetti sauce. Add beans and simmer.
902577 Chicken base low sodium Minors.....	2 Tbsp	
901744 Sauce spaghetti GFS.....	2 qts	
050479 BEANS, GREAT NORTHERN, CANNED, SOLIDS AN...	3 qts	
902263 Ham diced 56g 2z GFS.....	1 lb	
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	4 medium whole (2-3/5" dia)	Dice the ham and all vegetables. Add to the simmering mixture.
011333 PEPPERS,SWT,GRN,RAW.....	4 medium (2-3/4" x 2-1/2")	
990620 CARROTS,FRESH,RAW.....	1 1/2 CUPS (diced)	
011143 CELERY,RAW.....	1 1/2 CUPS (chopped)	
011282 ONIONS,RAW.....	1/2 CUP (chopped)	
902545 Basil leaf dried .4g GFS.....	1 Tbsp + 1 tsp	Season the soup with basil and garlic powder.
002020 GARLIC POWDER.....	1 tsp	
		Serve 1 cup portions.



003105 - Stuffed Crust Super Pizza

Source: Chef Dave Mac
 Number of Portions: 64
 Size of Portion: each

Components:

Meat/Alt: 2 oz
 Grain/Bread: 2.75 oz
 F/V/J:
 Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
902784 Broccoli cuts froz 87g.....	3 cups	Dice and finely chop all vegetables. Combine vegetables with pizza sauce.
011457 SPINACH,RAW.....	3 cups	
011282 ONIONS,RAW.....	1 CUP (chopped)	
904407 PEPPERS,SWT,GRN,RAW.....	1 CUP (chopped)	
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	1 QT (chopped)	
902120 Sauce pizza w/basil 61g redpk.....	3 qts	
904440 Dough pizza WG 16" sheeted.....	8 each	Spray pizza trays with cooking spray. Place 8 thawed whole grain pizza dough sheets on prepared pizza trays. Stretch the edges of the dough and fold in 1/2 cup of cheese per pie forming a stuffed crust.
902538 Pan coating spray 0g KE.....		
902684 Cheese mozz lt shrd fz 28g comm.....	8 lbs	
902895 Seasoning pizza Ital mix 3g TrdE.....	1 tsp	Spread 2 cups of vegetable pizza sauce on each pie. Cover with 1 lb. (4 cups) of low fat, shredded mozzarella cheese. Season each pie by sprinkling 1/4 tsp basil and 1/4 tsp oregano on top.
		Baking Instructions: Convection Oven, 375° F., high fan, 8-9 minutes. Combo Conveyor Oven, 350° F., 10 minutes. Impinger Oven, 7-8 minutes.
		Cut each pizza into 8 equal pieces.



003081 - Bruschetta Style Hummus

Source: Chef Dave Mac

Number of Portions: 50

Size of Portion: 1/2 cup

Components:

Meat/Alt: 2 oz
 Grain/Bread:
 F/V/J:
 Milk:

Recipe Subgroups:

Legume

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
000801 BEANS GARBANZO ,CANNED..... 011215 GARLIC,RAW.....	2 #10 Can 4 cloves	Drain beans. In a food processor or blender, puree beans and peeled garlic cloves to a smooth dipping consistency. DO NOT OVER BLEND! Strain if necessary and chill.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 904407 PEPPERS,SWT,GRN,RAW..... 011282 ONIONS,RAW..... 004053 OIL,OLIVE,SALAD OR COOKING.....	6 medium whole (2-3/5" dia) 6 medium (2-3/4" x 2-1/2") 3 medium (2-1/2" dia) 1/4 cup	Clean and cube raw vegetables. Toss with olive oil and roast in 350° F. convection oven for 5 minutes. Chop roasted vegetables in blender or food processor to coarse consistency. Strain to remove excess juice. Chill.
009153 LEMON JUC,CND OR BTLD..... 012698 SESAME BUTTER,TAHINI,KRNL UNSPEC.....	1/4 cup 1/2 cup	Mix together chilled bean puree, roasted vegetables, lemon juice and Tahini (sesame) paste. CCP: Hold for cold service at 41° F or lower.
		Serving suggestions: Serve on Pita Bread with a mixed green salad; serve with tomatoes and cucumber; serve with Tabouleh (USDA Recipe E-23) and Pita Bread.

003080 - White Bean Chicken Chili : Chef Dave Mac	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 8 Size of Portion: cup	

Ingredients	Measures	Instructions
014429 WATER, TAP, MUNICIPAL..... 902577 Chicken base low sodium Minors..... 901744 Sauce spaghetti GFS..... 050550 BEANS, CANNED, GREAT NORTHERN, LOW-SODIU...	3 qts 2 Tbsp 2 cups 1 lb + 14 ozs	Heat water and add chicken base to make stock. Add spaghetti sauce and beans. Simmer.
902512 Chicken diced 40# comm.....	1 lb	Dice chicken and add to simmering soup.
011529 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE..... 990130 PEPPERS, MILD GRN CHILI, CND, DRND..... 011333 PEPPERS, SWT, GRN, RAW..... 011143 CELERY, RAW..... 011282 ONIONS, RAW.....	2 medium whole (2-3/5" dia) 4 ozs 1/4 CUP (chopped) 1/4 CUP (chopped) 1/4 CUP (chopped)	Drain chilies. Clean and dice all fresh and canned vegetables. Add to soup.
002030 PEPPER, BLACK..... 002009 CHILI POWDER..... 901073 OREGANO LEAVES, DRIED..... 002020 GARLIC POWDER.....	1 tsp 1 tsp 1 TSP (ground) 1/2 tsp	Add seasonings and mix well.
904290 Corn cut IQF 90g.....	1 cup	Add frozen corn, bring to a boil and simmer until corn and all other vegetables are tender. Serve 1 cup portions. Handle leftovers using proper cooling and heating techniques. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours CCP: Heat to 165° F or higher for at least 15 seconds

*Nutrients are based upon 1 Portion Size (cup)

Calories	290 kcal	Cholesterol	54 mg	Protein	29.49 g	Calcium	104.86 mg	11.10%	Calories from Total Fat
Total Fat	3.57 g	Sodium	550 mg	Vitamin A	113.5 RE	Iron	4.89 mg	0.52%	Calories from Saturated Fat
Saturated Fat	0.17 g	Carbohydrates	36.88 g	Vitamin A	790.2 IU	Water ¹	*408.74* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	8.00 g	Vitamin C	19.7 mg	Ash ¹	*0.83* g	50.92%	Calories from Carbohydrates
								40.72%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

003106 - Whole Grain Fiesta Rice : NFSMI	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 cup	

Ingredients	Measures	Instructions
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 011282 ONIONS,RAW..... 904407 PEPPERS,SWT,GRN,RAW.....	1/4 cup 1/2 CUP (chopped) 2 CUPS (chopped)	Heat vegetable oil in a skillet over medium-high heat. Add the diced onions and green bell pepper. Saute' until the onions are translucent and the peppers are crisp and tender, about 5 minutes.
014429 WATER,TAP,MUNICIPAL..... 903809 TOMATOES,CRUSHED,CND,HTD..... 002009 CHILI POWDER..... 900701 CUMIN,GROUND..... 002028 PAPRIKA..... 002026 ONION POWDER.....	3 qts + 3 cups 1 qt + 3 1/4 cups 2 Tbsp 1 1/2 Tbsp 1/2 Tbsp 1/2 Tbsp	Add the water, tomatoes, and seasonings. Bring to a boil.
020040 RICE,BROWN,MEDIUM-GRAIN,RAW.....	1 qt + 3 cups	Divide the uncooked rice evenly into 2 steam table pans (12"x20"x2 1/2"). Add half (about 3 qt) of the water-vegetable mixture to the rice in each pan. Cover tightly with foil.
		Bake until all of the liquid has been absorbed and the rice is tender. Conventional oven: 350° F. for 20-30 minutes Convection oven: 325° F. Remove from the oven and allow to stand for 5 minutes, covered. Remove the foil from the pan. Using 2 forks, fluff up the rice and combine with the vegetables. Portion using a #8 (1/2 cup) scoop or a 4 oz. Spoodle. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories 124 kcal	Cholesterol 0 mg	Protein 3.06 g	Calcium 20.61 mg	14.65%	Calories from Total Fat
Total Fat 2.01 g	Sodium 117 mg	Vitamin A 60.4 RE	Iron 1.05 mg	1.85%	Calories from Saturated Fat
Saturated Fat 0.25 g	Carbohydrates 24.00 g	Vitamin A 356.2 IU	Water ¹ *111.13* g	*0.20%*	Calories from Trans Fat
Trans Fat ¹ *0.03* g	Dietary Fiber 1.54 g	Vitamin C 10.8 mg	Ash ¹ *1.44* g	77.64%	Calories from Carbohydrates
				9.90%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values

001392 - Wrap turkey Florentine : Chef Dave Mac	Attributes
HACCP Process: #1 No Cook Number of Portions: 24 Size of Portion: each	

Ingredients	Measures	Instructions
001393R Dressing Florentine..... 902620 Tortilla flour 8" pressed lafro azteca 3.....	2 1/4 cups 24 EACH	Spread 1 1/2 TBSP of Florentine Dressing on the bottom 1/4 of the bread laying north to south.
902322 Turkey brst ovr rstd 2-9-10# 125.02 gm J..... 011457 SPINACH,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011205 CUCUMBER,WITH PEEL,RAW..... 901064 ONIONS,RED,RAW.....	3 lbs 1 qt + 2 cups 3 CUPS (chopped or sliced) 3 CUPS (slices) 1 1/2 CUPS (chopped)	Layer turkey, spinach and remaining vegetables over the dressing evenly moving from left to right.
		Roll up starting at the south end moving to the north end. Cut in half and serve.

*Nutrients are based upon 1 Portion Size (each)

Calories 251 kcal	Cholesterol 23 mg	Protein 13.15 g	Calcium 91.14 mg	44.14%	Calories from Total Fat
Total Fat 12.33 g	Sodium 606 mg	Vitamin A 79.3 RE	Iron 1.86 mg	12.03%	Calories from Saturated Fat
Saturated Fat 3.36 g	Carbohydrates 23.92 g	Vitamin A 946.4 IU	Water ¹ *61.66* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹ *0.00* g	Dietary Fiber 2.75 g	Vitamin C 8.5 mg	Ash ¹ *0.85* g	38.07%	Calories from Carbohydrates
				20.93%	Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values					