MICHIGAN'S SCHOOL DAY JUST GOT HEALTHIER

SHOWCASE OF CHEFS

FEATURING • Cowboy Stew • Cuban Black Bean Salad • Hearty Tuscany Soup • Michigan Salad • Stuffed Crust Super Pizza • Southwest Michigan Bowl • Sweet Thai Chili Chicken • The Whole Enchilada • And MORE! •

FEATURING CHEF DAVE

SPONSORED BY

Michigan Team Nutrition

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Michigan's School Day Just Got Healthier Showcase of Chefs Recipes

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001331 - Soup hearty Tuscany

Source: Chef Dave Mac
Number of Portions: 144
Size of Portion: cup

Components:		Recipe Subgroups:	Attributes:
Meat/Alt:		Vegetable, Other	
Grains:		Legume	
Fruit:			
Vegetable:	0.5 cup		
Milk:			

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
014429 WATER,TAP,MUNICIPAL..... 902577 Chicken base low sodium Minors..... 901744 Sauce spaghetti GFS..... 905014 BEANS, GREAT NORTHERN, CANNED, SOLIDS AN.... 902263 Ham diced 56g 2z GFS.....	3 1/4 gals + 2 cups 1/2 cup + 1 Tbsp 2 1/4 gals 3 1/4 gals + 2 cups 4 lbs + 8 ozs	Heat water, add chicken base stirring to dissolve. Stir in spaghetti sauce. Add beans and simmer.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011333 PEPPERS,SWT,GRN,RAW..... 990620 CARROTS,FRESH,RAW..... 011143 CELERY,RAW..... 011282 ONIONS,RAW.....	18 medium whole (2-3/5" dia) 18 medium (2-3/4" x 2-1/2") 1 qt + 2 3/4 CUPS (diced) 1 qt + 2 3/4 CUPS (chopped) 2 1/4 CUPS (chopped)	Dice the ham and all vegetables. Add to the simmering mixture.
902545 Basil leaf dried .4g GFS..... 002020 GARLIC POWDER..... 903121 Seasoning zesty no salt 3g.....	1/3 cup + 2 tsp 3 Tbsp 3 Tbsp	Season the soup with basil, garlic powder, and Zesty Seasoning (no salt).
		Serve 1 cup portions.

*Nutrients are based upon 1 Portion Size (cup)

Calories	183	kcal	Cholesterol	7	mg	Protein	11.65	g	Calcium	80.59	mg	5.74%	Calories from Total Fat
Total Fat	1.17	g	Sodium	747	mg	Vitamin A	360.5	RE	Iron	2.51	mg	1.92%	Calories from Saturated Fat
Saturated Fat	0.39	g	Carbohydrates	31.03	g	Vitamin A	1723.6	IU	Water¹	*132.12*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	7.13	g	Vitamin C	21.5	mg	Ash¹	*0.37*	g	67.88%	Calories from Carbohydrates
												25.48%	Calories from Protein

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004137 - Sweet Thai Chili Chicken

Source: Chef Dave/GRPS
Number of Portions: 80
Size of Portion: 1/2 cup

Components:
Meat/Alt: 2 oz
Grains:
Fruit:
Vegetable:
Milk:

Recipe Subgroups:

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BU... 904408 PEPPERS,SWT,RED,RAW..... 902745 Pineapple tidbits in juice unsweet 120g.....	3 1/2 CUPS (chopped) 1 qt + 3 CUPS (chopped) 1 #10 can	Clean and chop onions and red peppers. Drain 1-#10 can of pineapple.
902325 Chicken diced 1/2" wht/dark 40# comm..... 050385 OIL, VEGETABLE.....	10 lbs 1/3 cup + 2 tsp	Combine vegetables, pineapple, and chicken in large bowl or 6" deep full steam table pan. Prepare three 18" x 26" sheet pans by adding 2 TBSP of oil to each pan. Spread one third of the chicken and vegetable mixture on each of the three prepared sheet pans. Roast in 350° F convection oven on low fan for 15 minutes.
014429 WATER,TAP,MUNICIPAL..... 905061 Sauce chili sweet Thai 5g.....	1 qt 1 qt + 2 cups	Add water to the Thai Sauce and heat to 165° F (separate from the chicken). GFS #212176 or comparable is suggested.
		Just before service add heated sauce to the heated chicken mixture. **CCP:** Hold for hot service at 135° F or higher

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

Calories	161	kcal	Cholesterol	54	mg	Protein	17.76	g	Calcium	10.17	mg	21.04%	Calories from Total Fat
Total Fat	3.77	g	Sodium	247	mg	Vitamin A	81.8	RE	Iron	1.06	mg	4.66%	Calories from Saturated Fat
Saturated Fat	0.84	g	Carbohydrates	17.66	g	Vitamin A	509.4	IU	Water¹	*27.79*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	0.96	g	Vitamin C	20.9	mg	Ash¹	*0.11*	g	43.82%	Calories from Carbohydrates
												44.05%	Calories from Protein

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004090 - Cilantro Brown Rice

Source: Chef Dave Mac
Number of Portions: 300
Size of Portion: 1/2 cup

Components:
Meat/Alt:
Grains: 1 oz
Fruit:
Vegetable:
Milk:

Recipe Subgroups:
Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011143 CELERY,RAW..... 011282 ONIONS,RAW..... 004053 OIL,OLIVE,SALAD OR COOKING..... 900778 GARLIC,GRANULATED.....	1 qt + 2 1/4 CUPS (chopped) 1 qt + 2 1/4 CUPS (chopped) 1 1/2 cups + 1 Tbsp 1/4 cup + 1/2 tsp	Dice vegetables and saute' with garlic in a very small amount of oil.
014429 WATER,TAP,MUNICIPAL..... 902577 Chicken base low sodium Minors..... 903121 Seasoning zesty no salt 3g..... 020040 RICE,BROWN,MEDIUM-GRAIN,RAW.... 902576 Cilantro fresh chopped 4g..... 011297 PARSLEY,RAW.....	6 1/4 gals 3/4 cup + 1/2 Tbsp 3/4 cup + 1/2 Tbsp 3 gals + 2 cups 3 1/8 cups 3 1/8 CUPS (chopped)	Combine water, chicken base and zesty seasoning and bring to a boil. Add rice, vegetables, cilantro and parsley. Cover and simmer for 40 minutes. Check during cooking process and stir lightly, but do not over stir. **CCP:** Hold for hot service at 135° F or higher
		Convection Oven Method: Saute' rice, vegetables, and garlic. Place in a steam table pan. Add water with chicken base, zesty seasoning, cilantro and parsley. Stir to blend. Cover and place in 350° F. convection oven on low fan for 30-35 minutes until the water has been absorbed. Try not to stir the mixture. **CCP:** Hold for hot service at 135° F or higher

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

Calories	130	kcal	Cholesterol	0	mg	Protein	2.59	g	Calcium	17.90	mg	14.63%	Calories from Total Fat
Total Fat	2.11	g	Sodium	20	mg	Vitamin A	13.1	RE	Iron	0.65	mg	2.27%	Calories from Saturated Fat
Saturated Fat	0.33	g	Carbohydrates	25.00	g	Vitamin A	110.1	IU	Water¹	*88.37*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	1.20	g	Vitamin C	2.8	mg	Ash¹	*0.53*	g	76.99%	Calories from Carbohydrates
												7.97%	Calories from Protein

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004136 - The Whole Enchilada

Source: Chef Dave Mac
Number of Portions: 72
Size of Portion: each

Components:

Meat/Alt:	2 oz
Grains:	1 oz
Fruit:	
Vegetable:	0.5 cup
Milk:	

Recipe Subgroups:
Vegetable, Red/Orange
Legume

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
901491 SQUASH,WNTR,BUTTRNUT,RAW.....	1 gal + 2 CUPS (cubes)	Peel, remove seeds and shred the squash.
004053 OIL,OLIVE,SALAD OR COOKING..... 011215 GARLIC,RAW..... 011282 ONIONS,RAW..... 011333 PEPPERS,SWT,GRN,RAW..... 011632 PEPPERS,JALAPENO,CND,SOL&LIQUIDS..... 002030 PEPPER,BLACK..... 900701 CUMIN,GROUND.....	2 Tbsp 3/4 cup 1 qt + 2 CUPS (diced) 1 qt + 2 CUPS (diced) 3/4 CUP (diced) 1/2 Tbsp 3/4 cup	Saute garlic, onions, green peppers, and spices in olive oil until the onions carmelize (about 5 minutes).
901833 Beans black canned GFS..... 050345 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, LO...	1 gal + 2 cups 4 lbs + 8 ozs	Drain and rinse black beans to reduce sodium by about 40%. Combine drained black beans, squash and sauteed` vegtables. Mix thoroughly. Mix in 1/2 of the cheese. Steam the mixture to 135° F.
902598 Tortilla flour lafro azteca 28g 6inch.....	72 each	Place 1/2 cup (#8 scoop) of mixture in each tortilla shell and fold into egg roll shape.
902621 Salsa mild fresh 28g GFS.....	3 qts	Place 1/2 of the salsa in the bottom of a steam table pan and place enchiladas in pan. Cover with the remaining salsa. Sprinkle the remaining cheese on top.
		Bake at 300° F for 30 minutes to reach 135° F (CCP). Serve.

*Nutrients are based upon 1 Portion Size (each)

Calories	256	kcal	Cholesterol	16	mg	Protein	13.53	g	Calcium	312.30	mg	29.52%	Calories from Total Fat
Total Fat	8.39	g	Sodium	757	mg	Vitamin A	218.5	RE	Iron	2.47	mg	15.41%	Calories from Saturated Fat
Saturated Fat	4.38	g	Carbohydrates	32.58	g	Vitamin A	926.1	IU	Water¹	*51.75*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	4.06	g	Vitamin C	21.6	mg	Ash¹	*0.43*	g	50.93%	Calories from Carbohydrates
												21.16%	Calories from Protein

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004128 - Cowboy Stew (hs)

Source: GRPS/Chef Dave
Number of Portions: 144
Size of Portion: 3/4 cup

Components:
Meat/Alt: 2 oz
Grains:
Fruit:
Vegetable: 0.5 cup
Milk:

Recipe Subgroups:
Legume

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050553 BEANS, CANNED, VEGETARIAN, LOW-SODIUM, B... 011282 ONIONS,RAW..... 901735 Green chilis..... 002030 PEPPER,BLACK..... 902585 Sauce Buffalo Wing redhot Franks..... 904540 Salsa Homemade Chef Dave..... 019334 SUGARS,BROWN.....	4 1/2 gals 3 CUPS (chopped) 3 cups 1/3 cup + 2 tsp 2 Tbsp 3 qts + 3 cups 1 qt + 1/2 CUP (packed)	Drain about half of the sauce from the canned baked beans and place the beans and remaining sauce in a 4" deep steam table pan. Stir in onions, green chilies, pepper, red hot sauce, salsa, and brown sugar.
903917 Beef taco filling reduced fat comm 90g.....	18 lbs	Stir prepared taco meat into bean mixture. **CCP:** Heat to 165° F or higher for at least 15 seconds
		Serve a 6 oz. Spoodle (3/4 cup) with a portion of corn bread or taco scoops.

*Nutrients are based upon 1 Portion Size (3/4 cup)

Calories	230	kcal	Cholesterol	13	mg	Protein	14.54	g	Calcium	96.87	mg	16.87%	Calories from Total Fat
Total Fat	4.31	g	Sodium	342	mg	Vitamin A	127.6	RE	Iron	2.94	mg	5.59%	Calories from Saturated Fat
Saturated Fat	1.43	g	Carbohydrates	38.37	g	Vitamin A	639.4	IU	Water¹	*27.48*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	6.95	g	Vitamin C	15.1	mg	Ash¹	*0.18*	g	66.71%	Calories from Carbohydrates
												25.27%	Calories from Protein

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003105 - Stuffed Crust Super Pizza

Source: Chef Dave Mac
Number of Portions: 256
Size of Portion: each

Components:

Meat/Alt: 2 oz
Grains: 2.75 oz
Fruit:
Vegetable:
Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
902784 Broccoli cuts froz 87g..... 011457 SPINACH,RAW..... 011282 ONIONS,RAW..... 904407 PEPPERS,SWT,GRN,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 902120 Sauce pizza w/basil 61g redpk.....	3 qts 3 qts 1 QT (chopped) 1 QT (chopped) 1 GAL (chopped) 3 gals	Dice and finely chop all vegetables. Combine vegetables with pizza sauce.
904440 Dough pizza WG 16" sheeted..... 902538 Pan coating spray 0g KE..... 902684 Cheese mozz lt shrd fz 28g comm.....	32 each 32 lbs	Spray pizza trays with cooking spray. Place 8 thawed whole grain pizza dough sheets on prepared pizza trays. Rich's #09718 or comparable product is suggested. Stretch the edges of the dough and fold in 1/2 cup of cheese per pie forming a stuffed crust. Spread 2 cups of vegetable pizza sauce on each pie. Cover with 1 lb. (4 cups) of low fat, shredded mozzarella cheese.
902895 Seasoning pizza Ital mix 3g TrdE.....	1 Tbsp + 1 tsp	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.

*Nutrients are based upon 1 Portion Size (each)

Calories	322	kcal	Cholesterol	18	mg	Protein	23.48	g	Calcium	430.44	mg	22.32%	Calories from Total Fat
Total Fat	7.98	g	Sodium	779	mg	Vitamin A	132.4	RE	Iron	3.08	mg	11.34%	Calories from Saturated Fat
Saturated Fat	4.06	g	Carbohydrates	41.30	g	Vitamin A	806.9	IU	Water¹	*16.33*	g	*0.00%*	Calories from Trans Fat

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Trans Fat¹	*0.00*	g	Dietary Fiber	6.87	g	Vitamin C	8.2	mg	Ash¹	*0.10*	g	51.31%	Calories from Carbohydrates
												29.17%	Calories from Protein

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002517 - Salad Michigan

Source: Chef Dave Mac
Number of Portions: 72
Size of Portion: each
Alternate Recipe Name: Michigan Salad

Components:

Meat/Alt:	2 oz
Grains:	
Fruit:	0.375 cup
Vegetable:	2.125 cup
Milk:	

Recipe Subgroups:
Vegetable, Green
Vegetable, Other
Legume

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011333 PEPPERS,SWT,GRN,RAW..... 902847 Carrot baby whl cleaned 57g.....	1 qt + 1/2 CUP (sliced) 1 qt + 1/2 cup	Prepare peppers and carrots by washing and cutting in Julienne style.
902578 Edamame.....	4 lbs + 8 ozs	Roast the edamame beans until soft.
902607 Lettuce iceberg 1"cut..... 011251 LETTUCE,COS OR ROMAINE,RAW..... 902670 Spinach leaf raw 30g.....	3 gals 3 GALS (shredded) 3 gals	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.....	9 lbs 1 qt + 1/2 cup 1 qt + 2 CUPS (slices)	Assemble individual salads by layering ingredients on top of lettuce mix: Cooked 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.....	3 cups 1 1/2 cups 1 1/2 cups 3 cups 3/4 cup 3/4 cup 1 Tbsp	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.

*Nutrients are based upon 1 Portion Size (each)

Calories	314	kcal	Cholesterol	53	mg	Protein	23.93	g	Calcium	71.56	mg	36.95% Calories from Total Fat
Total Fat	12.89	g	Sodium	107	mg	Vitamin A	941.3	RE	Iron	4.24	mg	4.59% Calories from Saturated Fat

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Saturated Fat	1.60	g	Carbohydrates	28.64	g	Vitamin A	7034.2	IU	Water¹	*49.94*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	5.12	g	Vitamin C	20.2	mg	Ash¹	*0.28*	g	36.48%	Calories from Carbohydrates
												30.48%	Calories from Protein

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004133 - Wrap turkey Florentine

Source: Chef Dave Mac
Number of Portions: 48
Size of Portion: each

Components:

Meat/Alt:	2 oz
Grains:	1.25 oz
Fruit:	
Vegetable:	0.5 cup
Milk:	

Recipe Subgroups:
Vegetable, Other
Whole Grain Rich

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
001393R Dressing Florentine..... 905062 Tortilla flour ultragrain 8" 38g.....	2 cups 48 each	Spread 2 tsp of Florentine Dressing on the bottom 1/4 of each tortilla (GFS #882700 or equivalent suggested) laying north to south.
902322 Turkey brst ovn 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.....	6 lbs 3 qts 1 qt + 2 CUPS (chopped or sliced) 1 qt + 2 CUPS (slices) 3 CUPS (chopped)	On each tortilla layer 2 oz turkey, 1/4 C spinach and 1/4 C of 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 for service. **CCP:** Hold for cold service at 41° F or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	201	kcal	Cholesterol	17	mg	Protein	12.24	g	Calcium	59.33	mg	32.45%	Calories from Total Fat
Total Fat	7.23	g	Sodium	381	mg	Vitamin A	71.2	RE	Iron	1.78	mg	13.04%	Calories from Saturated Fat
Saturated Fat	2.90	g	Carbohydrates	23.32	g	Vitamin A	918.7	IU	Water¹	*54.28*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	2.71	g	Vitamin C	7.4	mg	Ash¹	*0.50*	g	46.52%	Calories from Carbohydrates
												24.41%	Calories from Protein

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001393 - Dressing Florentine

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

Components:	Recipe Subgroups:	Attributes:
Meat/Alt:		
Grains:		
Fruit:		
Vegetable:		
Milk:		

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
004053 OIL,OLIVE,SALAD OR COOKING....	2/3 cup	Prepare dressing by combining all ingredients.
009153 LEMON JUC,CND OR BTLD.....	2/3 cup	
001019 CHEESE,FETA.....	1 CUP (crumbled)	
002030 PEPPER,BLACK.....	2 tsp	

*Nutrients are based upon 1 Portion Size (TBSP)

Calories	54	kcal	Cholesterol	4	mg	Protein	0.70	g	Calcium	24.30	mg	92.70%	Calories from Total Fat
Total Fat	5.52	g	Sodium	53	mg	Vitamin A	6.1	RE	Iron	0.08	mg	22.28%	Calories from Saturated Fat
Saturated Fat	1.33	g	Carbohydrates	0.61	g	Vitamin A	21.3	IU	Water¹	7.31	g	*N/A%*	Calories from Trans Fat
Trans Fat¹	*N/A*	g	Dietary Fiber	0.05	g	Vitamin C	1.3	mg	Ash¹	0.27	g	4.53%	Calories from Carbohydrates
												5.23%	Calories from Protein

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004132 - Southwest Cantina Bowl

Source: Chef Dave Mac
Number of Portions: 96
Size of Portion: each

Components:

Meat/Alt:	2 oz
Grains:	1 oz
Fruit:	
Vegetable:	1.5 cup
Milk:	

Recipe Subgroups:
Vegetable, Green
Legume
Whole Grain Rich

Attributes:

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW....	12 GALS (shredded)	Arrange all ingredients on a work table to assemble individual entree salads. Place 2 cup (2 oz) of Romaine lettuce in a bowl or salad container.
004089R Cuban Black Bean Salad.....	96 (1/2 cup)	Place a #8 scoop of Cuban Black Bean Salad on top of the bed of Romaine lettuce.
004090R Cilantro Brown Rice.....	96 (1/2 cup)	Place a #8 scoop of Cilantro Rice on top of the bed of Romaine lettuce.
004087R Citrus Herb Marinade w/Chicken.....	96 (1/4 cup)	Place a #16 scoop of Citrus Herb Marinated Chicken on top of the bed of Romaine lettuce.
004086R Guacamole Sauce..... 904540 Salsa Homemade Chef Dave.....	3 qts 3 qts	Serve with a choice of Guacamole Sauce or Salsa. **CCP:** Refrigerate until served.
		Serving Notes: 1. May be served with 1 oz eg WG Loco Bread or WG Tortilla/Nacho Chips. 2. These items can be served warm in a burrito style, but add only 1/2 c of Romaine lettuce.

*Nutrients are based upon 1 Portion Size (each)

Calories	384	kcal	Cholesterol	58	mg	Protein	27.56	g	Calcium	129.69	mg	25.82%	Calories from Total Fat
Total Fat	11.03	g	Sodium	246	mg	Vitamin A	385.3	RE	Iron	3.42	mg	5.62%	Calories from Saturated Fat
Saturated Fat	2.40	g	Carbohydrates	47.47	g	Vitamin A	9011.7	IU	Water¹	*275.86*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	7.93	g	Vitamin C	53.0	mg	Ash¹	*1.72*	g	49.40%	Calories from Carbohydrates
												28.68%	Calories from Protein

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004087 - Citrus Herb Marinade w/Chicken

Source: Chef Dave Mac
Number of Portions: 24
Size of Portion: 1/4 cup

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

HACCP Process: #1 No Cook

Recipe Subgroups:

Attributes:

Ingredients	Measures	Instructions
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 902576 Cilantro fresh chopped 4g.....	2 medium whole (2-3/5" dia) 2 Tbsp	Prepare tomatoes by washing and dicing. Prepare cliantro by cleaning and chopping.
004053 OIL,OLIVE,SALAD OR COOKING..... 019335 SUGARS,GRANULATED..... 009153 LEMON JUC,CND OR BTLD.....	3 Tbsp 2 Tbsp 1 cup	Combine oil, sugar, and lemon juice. Add to prepared tomatoes and cilantro and coat the vegetables.
902325 Chicken diced 1/2" wht/dark 40# comm.....	3 lbs	Place cooked chicken in marinade and refrigerate at 41° F or less for 2-6 hours stirring occasionally to thoroughly coat the chicken. Serve cold as an entree or part of a salad. Note: Fajita chicken may be used in this recipe, however, the sodium content will increase considerably. **CCP:** Refrigerate until served.

*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	111	kcal	Cholesterol	54	mg	Protein	17.68	g	Calcium	2.17	mg	36.07%	Calories from Total Fat
Total Fat	4.44	g	Sodium	30	mg	Vitamin A	7.6	RE	Iron	0.78	mg	7.43%	Calories from Saturated Fat
Saturated Fat	0.91	g	Carbohydrates	2.11	g	Vitamin A	92.1	IU	Water¹	*19.09*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	0.16	g	Vitamin C	4.0	mg	Ash¹	*0.09*	g	7.63%	Calories from Carbohydrates
												63.87%	Calories from Protein

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004089 - Cuban Black Bean Salad

Source: Iowa Gold Star
Number of Portions: 96
Size of Portion: 1/2 cup

Components:

Meat/Alt:
Grains:
Fruit:
Vegetable: 0.5 cup
Milk:

Recipe Subgroups:

Vegetable, Other
Legume

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 gal + 1 cup 2 qts + 2 cups 1 qt + 1 cup 1 qt + 1 cup 1 1/3 CUPS (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 cup 1/4 cup 2 Tbsp 1 Tbsp + 1 tsp 2 qts 1/2 cup	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 QT (shredded)	Portion salad with #8 scoop (1/2 cup). Sprinkle Monterey Jack cheese (optional) on top before serving. **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	Water¹	*40.45*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	3.67	g	Vitamin C	25.5	mg	Ash¹	*0.37*	g	57.40%	Calories from Carbohydrates

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	23.91% Calories from Protein

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004086 - Guacamole Sauce

Source: Chef Dave Mac
Number of Portions: 48
Size of Portion: TBSP

Components:
Meat/Alt:
Grains:
Fruit:
Vegetable:
Milk:

Recipe Subgroups:

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
904995 Guacamole Sauce.....	1 cup	Blend all ingredients together to make a sauce.
902616 Yogurt non-fat plain Dannon.....	1 cup	
904540 Salsa Homemade Chef Dave...	1 cup	
		CCP: Hold for cold service at 41° F or lower.

*Nutrients are based upon 1 Portion Size (TBSP)

Calories	15	kcal	Cholesterol	0	mg	Protein	0.28	g	Calcium	9.20	mg	49.37%	Calories from Total Fat
Total Fat	0.84	g	Sodium	24	mg	Vitamin A	10.9	RE	Iron	0.02	mg	9.90%	Calories from Saturated Fat
Saturated Fat	0.17	g	Carbohydrates	1.32	g	Vitamin A	54.6	IU	Water¹	*4.88*	g	0.00%	Calories from Trans Fat
Trans Fat¹	0.00	g	Dietary Fiber	0.24	g	Vitamin C	2.6	mg	Ash¹	*0.02*	g	34.34%	Calories from Carbohydrates
												7.22%	Calories from Protein

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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.

*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	17	kcal	Cholesterol	0	mg	Protein	0.58	g	Calcium	10.44	mg	6.37%	Calories from Total Fat
Total Fat	0.12	g	Sodium	3	mg	Vitamin A	51.0	RE	Iron	0.23	mg	1.42%	Calories from Saturated Fat
Saturated Fat	0.03	g	Carbohydrates	3.84	g	Vitamin A	453.0	IU	Water¹	*58.53*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	0.89	g	Vitamin C	23.6	mg	Ash¹	*0.29*	g	92.18%	Calories from Carbohydrates
												13.93%	Calories from Protein

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004131 - Cheerios Bkd Sweet Potato

Source: Chef Dave Mac
Number of Portions: 36
Size of Portion: 1/2 cup

Components:

Meat/Alt:
Grains:
Fruit:
Vegetable: 0.5 cup
Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011507 SWEET POTATO,RAW,UNPREP....	18 sweetpotato, 5" long	Wash sweet potatoes and cut in half lengthwise.
902396 Margarine solid 30-1# GFS.....	1/3 cup + 2 tsp	Spray sheet pan, place potatoes on the pan and add melted margarine. Bake 15-20 minutes at 350° low fan. Test for doneness.
001388R Topping Cheerios.....	1 1/8 cups	Prepare Topping recipe. Remove baked potatoes from the oven. Place 1/2 TBSP of topping on the open half of each potato half. Return the potatoesto the oven for about 5 minutes to brown the topping.

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

Calories	123	kcal	Cholesterol	0	mg	Protein	1.12	g	Calcium	28.33	mg	31.06%	Calories from Total Fat
Total Fat	4.26	g	Sodium	65	mg	Vitamin A	1323.7	RE	Iron	0.70	mg	4.94%	Calories from Saturated Fat
Saturated Fat	0.68	g	Carbohydrates	20.45	g	Vitamin A	9320.5	IU	Water¹	*50.32*	g	*3.64%*	Calories from Trans Fat
Trans Fat¹	*0.50*	g	Dietary Fiber	2.04	g	Vitamin C	1.7	mg	Ash¹	*0.67*	g	66.23%	Calories from Carbohydrates
												3.64%	Calories from Protein

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001388 - Topping Cheerios

Source: Chef Dave Mac
Number of Portions: 48
Size of Portion: TBSP

Components:	Recipe Subgroups:	Attributes:
Meat/Alt:		
Grains:		
Fruit:		
Vegetable:		
Milk:		

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
902359 Cereal Cheerios bulk 4-29z.....	3 cups	Crush Cheerios to make fine crumbs. Combine with brown sugar and oil to form topping.
019334 SUGARS,BROWN.....	3 CUPS (packed)	
902526 Oil salad veg soybean 14g GFS...	1 cup	

*Nutrients are based upon 1 Portion Size (TBSP)

Calories	102	kcal	Cholesterol	0	mg	Protein	0.20	g	Calcium	17.66	mg	42.35%	Calories from Total Fat
Total Fat	4.79	g	Sodium	14	mg	Vitamin A	6.3	RE	Iron	0.60	mg	5.89%	Calories from Saturated Fat
Saturated Fat	0.67	g	Carbohydrates	14.74	g	Vitamin A	31.2	IU	Water¹	*0.18*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	0.19	g	Vitamin C	0.4	mg	Ash¹	*0.06*	g	57.89%	Calories from Carbohydrates
												0.80%	Calories from Protein

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002947 - Dipping Sauce for sweet potato

Source: Chef Dave Mac
Number of Portions: 128
Size of Portion: TBSP

Components:	Recipe Subgroups:	Attributes:
Meat/Alt:		
Grains:		
Fruit:		
Vegetable:		
Milk:		

HACCP Process: #1 No Cook

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

*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	Water¹	*0.02*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	0.00	g	Vitamin C	0.2	mg	Ash¹	*0.01*	g	66.82%	Calories from Carbohydrates
												14.39%	Calories from Protein

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