Tips From The 10 Tips Nutrition Education Series

Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli.

Include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

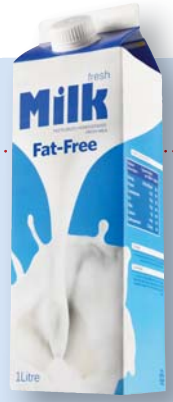
Know what to look for on the ingredient list

Read the ingredient list and choose products that name a whole grain ingredient first on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice."

Add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu.

Don't forget the dairy



Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soymilk (soy beverage) as your beverage.

Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

choosemyplate.gov/healthy-eating-tips/ten-tips.html

Recipes for Healthy Kids Cookbook

Kid-Approved Recipes For School

If you're looking to add to your collection of delicious, kid-approved recipes that are made from healthy ingredients, look no further than the *Recipes for Healthy Kids Cookbook*. The recipes in this cookbook feature foods that children and adults alike should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains. All of these healthy recipes are low in total fat, saturated fat, sugar, and sodium. With fun names such as Porcupine Sliders, Smokin' Powerhouse Chili, and Squish Squash Lasagna, even picky eaters are sure to taste and try these recipes. The featured recipes are standardized for 50 and 100 servings and include no more than 15 ingredients. These kid-tested, kid-approved recipes are sure to please children and be an instant hit in the school cafeteria!

This cookbook features a collection of recipes from the *Recipes for Healthy Kids* Competition. The top recipes in each category have been standardized for cookbooks for home, child care centers, and schools. The cookbooks and recipes are also available from the Team Nutrition Web site at Teamnutrition.usda.gov.

The Challenge From the White House

This cookbook contains the top 30 recipes from the *Recipes for Healthy Kids* Competition, which the U.S. Department of Agriculture (USDA) launched in September 2010 in support of First Lady Michelle Obama's *Let's Move!* initiative. The USDA collaborated with the American Culinary Federation (ACF) and the School Nutrition Association (SNA) on this nationwide competition. Teams of students (grades 4

to 12), school nutrition professionals, chefs, parents, and other interested community members were challenged to partner and create tasty and healthy new recipes. The recipe challenge was created to increase students' intake of foods in these under-consumed competition categories: dark green and orange vegetables, dry beans and peas, and whole grains.

Each "Recipe Challenge Team" used the talents of its team members to create recipes that could be a new creation or a twist on a recipe already being enjoyed at the school. Chefs provided food expertise, while school nutrition professionals shared insight as to what can be accomplished in school settings. Together the chef and school nutrition professional helped kids, parents, and community members to prepare nutritious dishes. Each team held taste-testing events at its school to help ensure that its recipe would be a winner at the competition.

The Recipes for Healthy Kids Competition

After weeks of hard work by the teams, over 340 recipes were submitted to the competition. What followed was an extensive process of reviewing, ranking, and judging. The top three schools with the winning recipe from each category prepared their dish at a national cook-off.

- **Reviewing and ranking:** The 340 eligible recipes were reviewed and ranked within each category by teams of ACF chefs and USDA Food and Nutrition Service (FNS) staff to determine the top 30 recipes, 10 in each of the 3 recipe categories.
- **Onsite judging:** The top 15 teams were visited by a team of three judges, made up of an FNS staff member, an ACF chef, and a school nutrition professional. The judges were met with a warm welcome and much enthusiasm by the recipe challenge teams at each school. The recipes were served to the students. The judges sampled and scored each recipe and chose the First Place Finalists in each recipe category.
- **National cook-off:** The three First Place Finalists competed in a national cook-off held at the ACF National Convention in July 2011. Competing for the Grand Prize were the teams preparing Porcupine Sliders, Central Valley Harvest Bake, and Tuscan Smoked Turkey and Bean Soup. White House chef Sam Kass served as Master of Ceremonies for the cook-off. Judges included FNS Administrator Audrey Rowe; President of the School Nutrition Association, Helen Phillips; and two ACF chefs, Rene Marquis and Shawn Hanlin. Porcupine Sliders was the Grand Prize winner of the *Recipes for Healthy Kids* Competition.
- **Public Choice voting:** In addition to the national cook-off, over 16,000 public votes were cast online to determine the Popular Choice winner from the top 15 semi-finalist recipes at the competition's Web site. The winning recipe, Tasty Tots, received over 2,000 community votes.

Winning Recipes

The top recipes in each category were judged on student involvement, nutrition, creativity and originality, ease of use in schools, and recipe presentation. Recipe category winners received a total of $12,000 to benefit their school meals programs.

GRAND PRIZE WINNER
Recipes for Healthy Kids

These mouth-watering turkey burgers are made with the right amount of spices and a burst of sweet cranberries and served on small whole-grain rolls; watch children delight in the flavors!

Porcupine Sliders

SOUTH EDUCATION CENTER ALTERNATIVE SCHOOL
Richfield, Minnesota

Our Story

For this recipe competition, the South Education Center Alternative (SECA) School created a recipe challenge team, which developed the national cook-off Grand Prize winning Porcupine Sliders.

What exactly are Porcupine Sliders? Meant to be served as an entrée, they are healthy, mouth-watering turkey burgers, high in protein, with just the right amount of spices and a kick of sweet cranberries, all served on whole-grain rolls. Students put their heads together in the school kitchen, mixing and matching the ingredients to find the perfect blend. They worked hard and had fun developing the tasty burger. The addition of brown rice to the burger mixture created a prickly look like little porcupines – thus their name. Then the school's foodservice professionals made the sliders, and the team served them to their classmates that ate school lunch that day. After surveying the lunch room, the team received the positive feedback they needed to enter the competition for the big win!

Porcupine Sliders are a delicious, nutritious, and appetizing new way to get kids to eat healthy. The simple ingredients and easy preparation makes them a favorable choice for a quick menu idea that kids will enjoy!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Wanda Nickolai

CHEF
Todd Bolton (Parasole Restaurant Holdings, Inc.)

COMMUNITY MEMBERS
Theresa Guthrie (Family and Consumer Science Teacher) and Mary Lair (School Nurse, Bloomington Public Health)

STUDENTS
Adilene D., Chris D., Dominic L., and Dolores P.

Porcupine Sliders

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains **Sandwiches F-10r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		3 ½ cups		1 qt 2 ¾ cups	1. Combine water and brown rice in a stockpot and bring to a boil. Cover and cook until water is absorbed, about 30-40 minutes. Fluff. Cover and refrigerate at 40 °F. Critical Control Point: Cool to 41 °F or lower within 4 hours.
Brown rice, long grain, regular, dry	9 ½ oz	1 ½ cups	1 lb 3 oz	3 cups	
Canola oil		2 Tbsp		¼ cup	2. Heat oil. Sauté onions, celery, and garlic for 5-7 minutes or until soft. Cover and refrigerate. Critical Control Point: Cool to 41 °F or lower within 4 hours.
*Fresh onions, diced	6 oz	1 ¼ cups	12 oz	2 ½ cups	
*Fresh celery, diced	14 oz	3 cups	1 lb 12 oz	1 qt 2 cups	
Fresh garlic, minced	2 ½ oz	¼ cup	5 oz	½ cup	
Raw ground turkey, lean	6 lb 15 ½ oz	3 qt 2 cups	13 lb 14 ½ oz	1 gal 3 qt	3. Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and onion mixture. Mix well.
Liquid, whole egg		2 ½ cups		1 qt 1 cup	
Dried cranberries, chopped	12 oz	2 ½ cups	1 lb 8 oz	1 qt 1 cup	
*Fresh baby spinach, chopped	10 oz	2 qt	1 lb 3 ½ oz	1 gal	
Worcestershire sauce		2 Tbsp		¼ cup	
Salt		1 Tbsp		2 Tbsp	
Ground black pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Porcupine Sliders

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains **Sandwiches F-10r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Ground white pepper		½ tsp		1 tsp	
					4. Portion into patties using a No. 8 scoop (½ cup) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans 5. Bake: Conventional oven: 350 °F for 18 minutes Convection oven: 325 °F for 14 minutes DO NOT OVERCOOK. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 6. Critical Control Point: Hold for hot service at 135 °F or higher.
Mini whole-grain rolls (1 oz each)	3 lb 2 oz	50	6 lb 4 oz	100	7. Serve on mini whole-grain rolls 8. If desired serve with lettuce, sliced tomato, red onions, and condiments.
					9. Serve 1 slider.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 slider provides 1 ¾ oz equivalent meat/meat alternate, ⅛ cup other vegetable, and 1 oz equivalent grains.	50 Servings: about 11 lb 8 oz	50 Servings: 50 sliders
	100 Servings: about 23 lb	100 Servings: 100 sliders

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Red onions	8 oz	1 lb
Celery	1 lb 2 oz	2 lb 4 oz
Baby spinach	1 lb 8 oz	3 lb

Nutrients Per Serving

Calories	247.00	Saturated Fat	2.22 g	Iron	2.06 mg
Protein	16.35 g	Cholesterol	85.29 mg	Calcium	64.79 mg
Carbohydrate	25.53 g	Vitamin A	539.83 IU (40.96 RAE)	Sodium	365.57 mg
Total Fat	9.26 g	Vitamin C	1.56 mg	Dietary Fiber	3.14 g

1ST PLACE WINNER
Whole Grains

This whole-wheat pasta dish is bright and fun with fresh broccoli, chicken, and melted cheese that is sure to please.

Chic' Penne

WINOGRAD K-8 ELEMENTARY SCHOOL
Greeley, Colorado

Our Story

Students who have a passion for food and who enjoy a challenge were handpicked by their food science teacher. Once the team was formed, they begin to strategize, and the recipe creation began at a very basic level. With the help of pictures, the team discussed all the foods eligible for the competition. Using a chalkboard, they wrote down what each team member liked to eat and began to form the basic dishes they wanted to try. After a couple of test runs, the team was ready to try out their recipe creation on the Winograd students. Their creation, Chic' Penne, was an instant hit with kids.

Not found at your local fast food restaurant, Chic' Penne has a little hint of black pepper and is anything but ordinary. By combining the best ingredients, this recipe produces a dish that not only looks good, but tastes good too!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Kara Sample, RD, SNS

CHEF
Amanda Smith

COMMUNITY MEMBER
Emily Wigington (AmeriCorps VISTA Volunteer)

STUDENTS
Jace K., Bethany V., Abraham A., and Amairani P.

Chic' Penne

Meal Components: Meat/Meat Alternate-Dark Green Vegetable-Grains **Main Dishes D-53r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to a rolling boil.
Penne pasta, multi-grain, dry	6 lb	1 gal 3 ½ qt	12 lb	3 gal 3 qt	2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.
Granulated garlic		2 Tbsp 2 tsp	3 ½ oz	¼ cup 1 ⅓ Tbsp	3. Toss cooked pasta with garlic. For 50 servings, add 1 Tbsp 1 tsp (reserve remaining garlic for step 5). For 100 servings, add 2 Tbsp 2 tsp garlic (reserve remaining garlic for step 5). 4. Transfer pasta to steam table pan (12" x 20" x 2 ½"). For 50 servings, use, 2 pans. For 100 servings, use 4 pans.
*Fresh broccoli florets, chopped 1"	3 lb 2 oz	1 gal 1 ½ qt	6 lb 4 oz	2 gal 3 qt	5. Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic.
Frozen, cooked diced chicken, thawed, ½" pieces	2 lb	1 qt 2 ½ cups	4 lb	3 qt 1 cup	6. Add broccoli and chicken to pasta. Mix well.
Low-sodium chicken broth		1 cup		2 cups	7. Sauce: Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly. For 50 servings, use 2 qt milk (reserve remaining milk for step 8). For 100 servings, use 1 gal 2 cups milk (reserve remaining milk for step 8).
Salt		2 Tbsp		¼ cup	
Ground black pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Nonfat milk		2 qt 3 cups		1 gal 1 ½ qt	
Enriched all-purpose flour		½ cup	2 ½ oz	1 cup	8. Combine remaining milk with flour and add to broth mixture. Reduce heat to low. Stir constantly for 5 minutes until sauce thickens.
Reduced-fat cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	9. Add cheese. Continue to stir until cheese melts.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chic' Penne

Meal Components: Meat/Meat Alternate-Dark Green Vegetable-Grains **Main Dishes D-53r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Low-fat mozzarella cheese, low moisture, part-skim, shredded	1 lb	1 qt	2 lb	2 qt	
					10. Divide cheese sauce evenly and pour over pasta mixture. 11. Cover with foil and bake: Conventional oven: 350 °F for 8 minutes Convection oven: 350 °F for 4 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					12. Critical Control Point: Hold for hot service at 135 °F or higher.
					13. Portion two 6 fl oz spoodles (1 ½ cups).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

For a creamier sauce, use an equal quantity of fat-free half and half in place of milk.

Serving	Yield	Volume
1 ½ cups (two 6 fl oz spoodles) provides 1 oz equivalent meat/meat alternate, ⅜ cup dark green vegetable, and 1 ¾ oz equivalent grains.	50 Servings: about 27 lb 8 oz	50 Servings: 2 steam table pans
	100 Servings: about 55 lb	100 Servings: 4 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Broccoli	3 lb 2 oz	6 lb 4 oz

Nutrients Per Serving

Calories	299.26	Saturated Fat	2.16 g	Iron	2.32 mg
Protein	18.64 g	Cholesterol	25.88 mg	Calcium	230.49 mg
Carbohydrate	44.43 g	Vitamin A	618.36 IU (77.54 RAE)	Sodium	417.56 mg
Total Fat	5.50 g	Vitamin C	17.23 mg	Dietary Fiber	5.53 g

2ND PLACE WINNER
Whole Grains

A nutritious whole grain called quinoa is mixed with a colorful variety of vegetables.

Mediterranean Quinoa Salad

BELLINGHAM MEMORIAL MIDDLE SCHOOL
Bellingham, Massachusetts

Our Story

Bellingham Memorial Middle School in Bellingham, Massachusetts, serves over 800 students in grades 5-8. The school seeks to establish itself as an exemplary middle school by developing programs that are responsive to student needs.

The parents, staff, and surrounding community work together to promote school ideals and ensure that each student has the opportunity to reach his or her fullest potential as a responsible member of society.

The recipe challenge team consisted of the Director of Food Service, two chefs, 24 students, and the Health and Wellness Specialist from the local YMCA. The team held an afterschool cooking class led by chefs to decide how they would develop a winning recipe. After a discussion on the value of healthy eating and a lesson on basic nutrition, the students were divided into four groups, and each group was assigned a cook-leader. The chosen recipe was Mediterranean Quinoa Salad. It features a nutritious whole grain called quinoa, mixed with a colorful variety of vegetables, including red bell peppers, parsley, and cherry tomatoes, feta cheese, and a light lemon dressing. The enticing side dish was served to over 200 5th and 7th grade students. As anyone can guess, this party of flavors received rave reviews.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Jeanne Sheridan, SNS

CHEF
Rodney Poles (Whole Foods Market, partner chef from *Chefs Move to Schools* chefsmovetoschools.org)

COMMUNITY MEMBERS
Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

STUDENTS
Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains **Grains B-25r**

Ingredients	50 Servings		100 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Quinoa, dry	3 lb 6 oz	2 qt ½ cup	6 lb 12 oz	1 gal 1 cup	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Low-sodium chicken broth		1 gal		2 gal	2. Combine quinoa and broth in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff. Cover and refrigerate at 40 °F.
Lemon juice		½ cup		1 cup	3. Dressing: combine lemon juice, vinegar, garlic, oil, salt, and ground pepper. Mix well. Set aside.
Red wine vinegar		½ cup		1 cup	
Fresh garlic, minced		2 Tbsp		¼ cup	
Extra virgin olive oil		½ cup		1 cup	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground white pepper		1 tsp		2 tsp	
*Fresh red bell peppers, diced	11 oz	2 cups	1 lb 6 oz	1 qt	4. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing.
*Fresh green onions, diced	4 oz	1 cup	8 oz	2 cups	
*Fresh red onions, diced	6 oz	1 cup	12 oz	2 cups	
*Fresh cherry tomatoes, halved	1 lb 6 ½ oz	1 qt	2 lb 13 oz	2 qt	
Black olives, sliced	5 oz	1 cup	9 ½ oz	2 cups	
Feta cheese, crumbled	6 oz	1 cup	12 oz	2 cups	5. Mix in cooled quinoa. Fold in feta cheese and parsley.
*Fresh parsley, finely chopped		2 cups	2 ½ oz	1 qt	
					6. Transfer to a steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 7. Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until service. 8. Portion with 6 fl oz spoodle (¾ cup).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains **Grains B-25r**

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) provides ⅛ cup other vegetable and 1 oz equivalent grains.	50 Servings: about 9 lb	50 Servings: about 1 gallon 2 cups 2 steam table pans
	100 Servings: about 18 lb	100 Servings: about 2 gallons 1 quart 4 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	**50 servings**	**100 servings**
Red bell peppers	14 oz	1 lb 12 oz
Green onions	5 oz	10 oz
Red onions	7 oz	14 oz
Cherry tomatoes	1 lb 7 oz	2 lb 14 oz
Parsley	1 ½ oz	3 oz

Nutrients Per Serving					
Calories	165.87	Saturated Fat	1.21 g	Iron	1.85 mg
Protein	6.66 g	Cholesterol	3.03 mg	Calcium	42.30 mg
Carbohydrate	22.66 g	Vitamin A	414.48 IU (24.27 RAE)	Sodium	278.10 mg
Total Fat	5.62 g	Vitamin C	12.38 mg	Dietary Fiber	2.67 g

Whole Grains

Aztec Grain Salad combines a South American, high-protein grain called quinoa with aromatic roasted butternut squash, crisp apples, and dried cranberries to make a delicious and colorful side dish.

Aztec Grain Salad

NOVI MEADOWS 6TH GRADE UPPER ELEMENTARY SCHOOL
Novi, Michigan

Our Story

Novi Meadows, an upper elementary Blue Ribbon Exemplary School, drew on the talents and hard work of students, staff, parents, and the community to create their unique recipe. The School Nutrition Action Committee (SNAC) brainstormed recipe ideas that would not only fulfill the nutritional requirements of the contest, but would also be appealing to the students. The SNAC wanted to come up with something that was different and chose quinoa as the whole grain to feature in the recipe. Quinoa was then paired with traditional American fall produce to create a unique flavor experience. Aztec Grain Salad was named by the students, and it is a fantastic side dish to offer your students.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
JoAnn Clements

CHEF
Ina Cheatem (Natural Food Chef, Fresh Delights)

COMMUNITY MEMBER
Michelle Thompson

STUDENTS
Cory G., Bryan T., and Jackie D.

Aztec Grain Salad

Meal Components: Red/Orange Vegetable-Fruit–Grains **Grains B-24r**

Ingredients	50 Servings		100 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Quinoa, dry	4 lb 6 oz	2 qt 3 cups	8 lb 12 oz	1 gal 1 ½ qt	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		5 qt 2 cups		2 gal 3 qt	2. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Refrigerate at 40 °F.
*Fresh Granny Smith apples, peeled, cored, cubed ¾"	3 lb 10 oz	2 qt 2 cups	7 lb 4 oz	1 gal 1 qt	3. Combine apples, squash, and canola oil. Add half of the ginger and half of the cinnamon. Reserve remaining ginger and cinnamon for step 6. Toss well to coat.
*Fresh butternut squash, peeled, cubed ½"	4 lb	3 qt 2 cups	8 lb	1 gal 3 qt	
Canola oil		½ cup		1 cup	
Ground ginger		2 tsp		1 Tbsp 1 tsp	
Ground cinnamon		1 Tbsp 2 tsp		3 Tbsp 1 tsp	4. Transfer apple/squash mixture to a sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 5. Roast until squash is soft and slightly brown on the edges. DO NOT OVERCOOK. Conventional oven: 400 °F for 15-20 minutes Convection oven: 400 °F for 12-15 minutes
Frozen orange juice concentrate	12 oz	1 ½ cups	1 lb 8 oz	3 cups	6. Combine orange juice concentrate, olive oil, honey, mustard, vinegar, salt, black pepper, white pepper, cilantro, and remaining ginger and cinnamon. Whisk dressing until combined.
Extra virgin olive oil		⅔ cup		1 ⅓ cups	
Honey		2 Tbsp 2 tsp		⅓ cup	
Dijon mustard		1 Tbsp		2 Tbsp	
Red wine vinegar		1 cup		2 cups	
Salt		1 tsp		2 tsp	
Ground black pepper		⅔ tsp		1 ⅓ tsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Aztec Grain Salad

Meal Components: Red/Orange Vegetable-Fruit–Grains **Grains B-24r**

Ingredients	50 Servings		100 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Ground white pepper		½ tsp		1 tsp	
Fresh cilantro, finely chopped		2 Tbsp Option: Add additional for garnish		¼ cup Option: Add additional for garnish	
Dried cranberries, finely chopped	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	7. In steam table pan (12″ x 20″ x 4″) combine quinoa, apple/squash mixture, cranberries, raisins, and dressing. Mix well. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Option: garnish with additional chopped cilantro. Cover and refrigerate at 40 °F to allow flavors to combine.
Golden raisins, seedless, finely chopped	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	8. Critical Control Point: Cool to 41 °F or lower within 4 hours. Refrigerate until ready to serve
					9. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 cup provides (8 fl oz spoodle) ⅛ cup red/orange vegetable, ⅜ cup fruit, and 1 oz equivalent grains.	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts 2 steam table pans
	100 Servings: about 39 lb 8 oz	100 Servings: about 5 gallons 4 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Granny Smith apples	4 lb 12 oz	9 lb 8 oz
Butternut squash	5 lb	10 lb

Nutrients Per Serving

Calories	297.80	Saturated Fat	0.91 g	Iron	2.36 mg
Protein	6.41 g	Cholesterol	0 mg	Calcium	44.35 mg
Carbohydrate	53.56 g	Vitamin A	3391.52 IU (170.84 RAE)	Sodium	58.43 mg
Total Fat	7.83 g	Vitamin C	15.22 mg	Dietary Fiber	5.56 g

Whole Grains

This rich and creamy recipe gives ordinary chicken alfredo a healthy twist, combining fat-free half and half with canned cream of chicken soup and whole-grain rotini noodles.

Chicken Alfredo With a Twist

VAN BUREN MIDDLE SCHOOL
Kettering, Ohio

Our Story

Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. The school continually strives to be a leader in educational excellence.

The Van Buren Middle School recipe challenge team initially developed nine recipes for testing. From these recipes, five were prepared and served to approximately 500 students. Students were asked to vote for their favorite two recipes and provide comments. The team submitted two recipes to the *Recipes for Healthy Kids* Competition, and the Chicken Alfredo With a Twist recipe proved to be a winner! The team felt that the experience was an excellent way to gain student support and to market healthy choices for the lunch menu.

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains, using whole-grain rotini instead of traditional fettuccine noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo that students will surely delight in eating.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Louise Easterly, LD, SNS

CHEF
Rachel Tilford

COMMUNITY MEMBER
Mary Kozarec (School Nurse)

STUDENTS
Graham B., Jonathan A., Shawnrica W., and Savannah S.

Chicken Alfredo With a Twist

Meal Components: Meat-Grains **Main Dishes D-54r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		6 gal		12 gal	1. Heat water to a rolling boil.
Rotini pasta, whole-grain, dry	4 lb	5 qt 1 ½ cups	8 lb	2 gal 2 ¾ qt	2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well. 3. Pour into steam table pans (12″ x 20″ x 4″). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Critical Control Point: Hold pasta at 135 °F or higher.
Low-fat, reduced-sodium cream of chicken soup, condensed	9 lb 6 oz	1 gal ¾ qt (3 No. 3 cans)	18 lb 12 oz	2 gal 1 ½ qt (6 No. 3 cans)	4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Fat-free half and half		3 qt		1 gal 2 qt	
Ground white pepper		2 tsp		1 Tbsp 1 tsp	
Garlic powder		1 tsp		2 tsp	
Parmesan cheese, grated	1 lb 1 oz	1 ½ qt	2 lb 2 oz	3 qt	
Frozen, cooked diced chicken, thawed, ½″ pieces	6 lb 8 oz	1 gal 1 ¼ qt	13 lb	2 gal 2 ½ qt	
					5. Combine noodles and sauce immediately before serving.
					6. Critical Control Point: Hold for hot service at 135 °F or higher.
					7. Portion with 8 fl oz spoodle (1 cup).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chicken Alfredo With a Twist

Meal Components: Meat-Grains

Main Dishes D-54r

Notes

Keep noodles and sauce separate until serving time to maintain consistency of sauce. Sauce will thicken upon standing.

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 2 oz equivalent meat and 1 oz equivalent grains.	50 Servings: about 26 lb 8 oz	50 Servings: about 3 gallons 2 steam table pans
	100 Servings: about 51 lb	100 Servings: about 6 gallons 4 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Nutrients Per Serving

Calories	344.92	Saturated Fat	3.59 g	Iron	2.34 mg
Protein	29.71 g	Cholesterol	68.68 mg	Calcium	173.98 mg
Carbohydrate	40.85 g	Vitamin A	449.55 IU (28.74 RAE)	Sodium	571.55 mg
Total Fat	8.16 g	Vitamin C	0.38 mg	Dietary Fiber	2.67 g

Whole Grains

In this traditional, spiced Indian dish, tender chicken strips, fresh carrots, diced celery, and brown rice are tossed in a creamy curry sauce and baked until golden.

Chicken Curry Casserole

GARFIELD ELEMENTARY SCHOOL
Washington, District of Columbia

Our Story

The students of Garfield Elementary School were eager to accept the *Recipes for Healthy Kids* Competition challenge. The recipe challenge team began by brainstorming ideas and developing recipes for each category of the competition. Students then prepared the dishes for their peers and used the feedback to perfect the recipes. While all of the dishes were popular at Garfield, the Chicken Curry Casserole gained special attention from the competition judges. This chicken curry recipe originated from a student who was inspired by a favorite dish her aunt makes at home. Chicken Curry Casserole is a dish to warm the heart and please the soul!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Danielle Schaub, RD (Chartwells-Thompson)

CHEF
Clay Berry (Executive Chef, Chartwells-Thompson)

COMMUNITY MEMBER
Sapna Batheja, MS, RD (Project Manager, American Association of School Administrators)

STUDENTS
Mark K., Carmen J., and Samya C.

Chicken Curry Casserole

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains **Main Dishes D-55r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		3 qt 2 cups		1 gal 3 qt	1. Boil water.
Brown rice, long-grain, regular, dry	3 lb	1 qt 3 ½ cups	6 lb	3 qt 3 cups	2. Place 1 lb 8 oz brown rice in each steam table pan (12″ x 20″ x 2 ½″). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
Canola oil		½ cup		1 cup	4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
Low-sodium chicken broth		2 cups		1 qt	6. Cook oil and broth over medium heat for 5 minutes.
*Fresh carrots, shredded	2 lb 3 oz	2 qt 2 cups	4 lb 6 oz	5 qt	7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside.
*Fresh celery, diced	1 lb 7 oz	1 qt ½ cup	2 lb 14 oz	2 qt 1 cup	
*Fresh onions, chopped ½″	1 lb 6 oz	1 qt 1 cup	2 lb 12 oz	2 qt 2 cups	
Curry powder		¼ cup 2 Tbsp	3 oz	¾ cup	8. Combine curry, garlic, pepper, salt, and yogurt. Mix well.
Garlic powder		3 Tbsp		¼ cup 2 Tbsp	
Ground black pepper		1 ½ Tbsp		3 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Low-fat yogurt, plain	2 lb	1 qt	4 lb	2 qt	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chicken Curry Casserole

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains **Main Dishes D-55r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Frozen, cooked fajita chicken strips, thawed, diced 1"	6 lb 4 oz	1 gal	12 lb 8 oz	2 gal	9. Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well. 10. Bake uncovered: Conventional oven: 400 °F for 10 minutes Convection oven: 375 °F for 10 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					11. Critical Control Point: Hold for hot service at 135 °F or higher. 12. Portion with 6 fl oz spoodle or No. 8 scoop (¾ cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle or No. 8 scoop) provides 1 ¼ oz equivalent meat/meat alternate, ⅛ cup other vegetable, and ¾ oz equivalent grains.	50 Servings: about 21 lb	50 Servings: about 2 gallons 2 ½ quarts
	100 Servings: about 42 lb	100 Servings: about 5 gallons 1 quart

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Carrots	2 lb 12 oz	5 lb 8 oz
Celery	1 lb 12 oz	3 lb 8 oz
Mature onions	1 lb 10 oz	3 lb 4 oz

Nutrients Per Serving

Calories	220.32	Saturated Fat	1.34 g	Iron	1.43 mg
Protein	14.33 g	Cholesterol	50.70 mg	Calcium	64.98 mg
Carbohydrate	26.40 g	Vitamin A	3161.50 IU (158.37 RAE)	Sodium	563.78 mg
Total Fat	6.47 g	Vitamin C	2.56 mg	Dietary Fiber	2.81 g

Whole Grains

This colorful, whole-wheat pasta dish is accented with grape tomatoes and Swiss chard, and delicately flavored with basil and garlic. Children will find this dish to be an oodle of noodle delight!

Oodles of Noodles

LINCOLN JUNIOR HIGH SCHOOL
Skokie, Illinois

Our Story

When the Assistant Principal asks you to work on a recipe challenge project, you roll up your sleeves and get busy! For the recipe challenge team at Lincoln Junior High School, foodservice members, teachers, students, parents, and a chef all came together on Saturdays to cook, taste, and adjust recipes.

At the start of the project, a handful of students and teachers brainstormed a list of their favorite foods and ideas that they thought might work for this project. Teams were formed that represented each of the contest categories. Each team prepared its initial recipe during a weekend cooking session.

Using the feedback provided by the team, the chef adjusted each of the recipes and prepared them for a student taste testing. Thirty students tasted the recipes and were asked to comment and share whether they would eat the dish if it were served again. Based on their feedback, the school submitted three recipes as part of the contest. They were thrilled that one of their recipes, Oodles of Noodles, was selected and featured in this cookbook.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Kathy Jones

CHEF
Patsy Bentivegna

COMMUNITY MEMBERS
Joe Cullota (Teacher) and Maggie Nessim (Board Member and Parent)

STUDENTS
Sarah B., Matt L., Elizabeth D., Vanessa L., and Hannah W.

Oodles of Noodles

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Grains B-26r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		4 gal		8 gal	1. Heat water to a rolling boil.
Penne pasta, whole-wheat, dry	5 lb 8 oz	1 gal 3 qt	11 lb	3 gal 2 qt	2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.
Extra virgin olive oil		⅔ cup		1 ⅓ cups	3. Heat oil. In a roasting pan/square head pan (20 ⅞″ x 17 ⅜″ x 7″) on top of stove, sauté half of tomatoes over medium heat for 2 minutes until skins soften. DO NOT OVERCOOK. Tomatoes should maintain their shape. Reserve remaining tomatoes for step 6.
*Fresh grape tomatoes, halved	6 lb	1 gal	12 lb	2 gal	
Dried basil		¼ cup		½ cup	4. Add basil, salt, pepper, and garlic.
Sea salt		2 Tbsp		¼ cup	
Ground black pepper		1 Tbsp		2 Tbsp	
Fresh garlic, minced	4 oz	½ cup	8 oz	1 cup	
Whole-wheat flour	7 oz	1 ½ cups	14 oz	3 cups	5. Sprinkle flour over tomatoes. Sauté over medium heat for an additional 1-2 minutes. When mixture begins to thicken add broth. Bring to a boil uncovered. Reduce heat to low.
Low-sodium vegetable broth		1 gal ½ cup		2 gal 1 cup	
*Fresh Swiss chard, stems removed, chopped	2 lb 8 oz	3 qt 1 cup	5 lb	1 gal 2 ½ cups	6. Add Swiss chard and the remaining tomatoes. Simmer over low heat, uncovered, for 2 minutes or until Swiss chard is wilted. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
					7. Pour over pasta and serve. 8. Critical Control Point: Hold for hot service at 135 °F or higher.
					9. Portion with 8 fl oz ladle (1 cup).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Oodles of Noodles

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Grains B-26r**

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides ⅛ cup red/orange vegetable, ⅛ cup other vegetable, and 2 oz equivalent grains.	50 Servings: about 20 lb 8 oz	50 Servings: about 2 gallons 2 qt
	100 Servings: about 40 lb	100 Servings: about 5 gallons

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	**50 servings**	**100 servings**
Grape tomatoes	6 lb 4 oz	12 lb 4 oz
Swiss Chard	2 lb 12 oz	5 lb 8 oz

Nutrients Per Serving					
Calories	234.73	Saturated Fat	0.56 g	Iron	5.37 mg
Protein	8.69 g	Cholesterol	0 mg	Calcium	49.85 mg
Carbohydrate	43.44 g	Vitamin A	1519.19 IU (75.96 RAE)	Sodium	323.28 mg
Total Fat	4.00 g	Vitamin C	14.79 mg	Dietary Fiber	5.33 g

Whole Grains

This surprisingly peppy side dish combines spicy green chilies, cilantro, and toasted pepitas with the nutty flavor of quinoa, giving this dish a Latino flair that will spice up any menu.

Peppy Quinoa

SARTELL MIDDLE SCHOOL
Sartell, Minnesota

Our Story

The recipe challenge team at Sartell Middle School decided to feature quinoa as its key ingredient. From South America, this versatile whole grain can be prepared in many different ways. As a light and fluffy alternative to rice or couscous, students are sure to enjoy quinoa—a nutty-flavored whole grain.

The team members all had one thing in common: a passion for serving healthy food to students. The recipes the team developed were based on the suggestions of the students. Each team member did research individually before coming together as a group to decide which recipes to make. Once the recipes were developed, a tasting session was held in order to fine-tune the recipes.

In the end, three recipes were developed by the team and taste-tested by the entire student body. On tasting day, the students were given a brief survey to obtain their feedback on each recipe. More than 300 surveys were completed, and the results were overwhelmingly positive for Peppy Quinoa, which is when the team realized that they had a winning recipe in their hands. Move over pasta, quinoa is in the house!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Janice Sweeter

CHEF
Paul Ruszat

COMMUNITY MEMBERS
Kelly Radi (Parent) and Lori Domburg (Teacher)

STUDENT
Bryan S.

Peppy Quinoa

Meal Components: Other Vegetable-Grains **Grains B-27r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Pepitas (pumpkin seeds), dried	3 ¾ oz	1 cup	7 ½ oz	2 cups	1. Roast pepitas in oven until light brown and aromatic: Conventional oven: 350 °F for 10 minutes Convection oven: 350 °F for 7 minutes
Quinoa, dry	4 lb 2 oz	2 qt	8 lb 4 oz	1 gal	2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		1 gal 1 qt		2 gal 2 qt	3. Combine quinoa, water, and base in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked.
Low-sodium chicken base	5 oz	¼ cup 2 Tbsp	10 oz	¾ cup	
					4. Lightly coat steam table pan (12″ x 20″ x 2 ½″) with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 5. Transfer quinoa to steam table pan.
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 ¼ cups	6. Add onions, chilies, and garlic. Mix well.
Canned diced green chilies	2 lb 6 oz	1 qt ⅔ cup	4 lb 12 oz	2 qt 1 ⅓ cups	
Fresh garlic, minced	4 oz	½ cup	8 oz	1 cup	
					7. Cover pan with parchment paper and then seal with a sheet of aluminum foil. 8. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 350 °F for 30 minutes Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Peppy Quinoa

Meal Components: Other Vegetable-Grains **Grains B-27r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Fresh cilantro, chopped	5 oz	1 qt 3 cups	10 oz	3 qt 2 cups	9. Toss in cilantro, green onions, pepitas and optional lime juice to taste.
*Fresh green onions, diced	3 oz	1 cup	6 oz	2 cups	
Fresh lime juice (optional)		1 to 2 cups		2 cups to 1 qt	
					10. Hold for hot service at 135 °F or higher. 11. Portion with No. 8 scoop (½ cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
½ cup (No. 8 scoop) provides ⅛ cup other vegetable and 1 ¼ oz equivalent grains.	50 Servings: about 12 lb	50 Servings: about 6 gallons 1 quart 2 steam table pans
	100 Servings: about 24 lb	100 Servings: about 12 gallons 2 quarts 4 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Mature onions	1 lb 2 oz	2 lb 4 oz
Green onions	8 oz	1 lb

Nutrients Per Serving

Calories	174.70	Saturated Fat	0.49 g	Iron	2.31 mg
Protein	6.38 g	Cholesterol	0.28 mg	Calcium	34.49 mg
Carbohydrate	28.60 g	Vitamin A	243.85 IU (12.13 RAE)	Sodium	93.07 mg
Total Fat	3.85 g	Vitamin C	9.53 mg	Dietary Fiber	3.42 g

Whole Grains

This delicious combination of five different whole grains, three vegetables, and chicken makes for a tasty entrée on any menu.

Rainbow Rice

HIGHLAND ELEMENTARY SCHOOL
Cheshire, Connecticut

Our Story

Highland Elementary School is a dynamic and exciting place to work or to go to school. Students were eager to hear about the recipe competition and were challenged to submit an essay describing why they would like to be chosen for the recipe challenge team.

After meeting to decide which recipe would appeal most to the kids, the team developed two recipes that were entered into the contest. During the recipe tasting, Rainbow Rice was an instant smash hit with the students and received great reviews. Rainbow Rice is exactly that – a colorful rainbow of healthy vegetables, wholesome grains, and protein. Rainbow rice is certainly a wonderful way to introduce children to a variety of grains that they are sure to enjoy: brown rice, wild rice, barley, quinoa, and bulgur wheat.

Creating and sampling the recipes was a wonderful learning experience for the entire team. Packed with whole grains and colorful vegetables, this recipe is a sure winner for those wanting a healthy dish without sacrificing taste. The team believes that once you have tasted "Rainbow Rice," you will feel like you've gone over the rainbow!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Susan Zentek

CHEF
Patricia D'Alessio (Personal Chef, LLC)

COMMUNITY MEMBERS
Rebecca Frost (Teacher) and Katie Guerette (Teacher)

STUDENTS
Luke E., Randi C., Shane C., Maya G., and Jami P.

Rainbow Rice

Meal Components: Meat-Dark Green Vegetable-Red/Orange Vegetable-Grains **Main Dishes D-56r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, regular, dry	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	1. Combine brown rice, brown and wild rice blend, barley, water, and base in stockpot. For 50 servings. add 2 ½ qt water and 2 Tbsp 2 tsp base. For 100 servings, add 1 gal 1 qt water and ⅓ cup base. Reserve remaining base for step 4. 2. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff. Critical Control Point: Hold at 135 °F or higher.
Brown and wild rice blend, dry	10 oz	1 ½ cups	1 lb 4 oz	3 cups	
Barley, quick pearl, dry	13 ½ oz	1 qt	1 lb 11 oz	2 qt	
Quinoa, dry	6 ½ oz	1 cup	13 oz	2 cups	3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. 4. Combine quinoa, bulgur wheat, water, and remaining base in a stockpot. For 50 servings, add 1 qt 2 cups water and 2 Tbsp base. For 100 servings, add 3 qt water and ¼ cup base. Bring to a boil. Reduce heat to low and stir occasionally. Simmer until water is completely absorbed, about 15 minutes. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Critical Control Point: Hold at 135 °F or higher.
Bulgur wheat, dry	10 oz	2 cups	1 lb 3 ½ oz	1 qt	
Low-sodium chicken base	2 ½ oz	¼ cup 2 tsp	5 oz	½ cup 1 ⅓ Tbsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Rainbow Rice

Meal Components: Meat-Dark Green Vegetable-Red/Orange Vegetable-Grains **Main Dishes D-56r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh carrots, diced	2 lb 8 oz	2 qt	5 lb	1 gal	5. Combine carrots, red peppers, oil, and salt. Toss to coat.
*Fresh red bell pepper, diced	2 lb 11 oz	6 ½ cups	5 lb 6 oz	3 qt 1 cup	
Extra virgin olive oil		2 Tbsp 2 tsp		4 Tbsp 4 tsp	
Kosher salt		2 tsp		1 Tbsp 1 tsp	
					6. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. Transfer vegetables to steamtable pan. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 7. Roast: Conventional oven: 375 °F 10 minutes Convection oven: 350 °F for 10 minutes
Frozen, cooked diced chicken, thawed, ½" pieces	7 lb	1 gal 3 qt	14 lb	3 gal 2 qt	8. Fold in rice/barley combination, quinoa/bulgur combination, chicken, and spinach. Return to oven and bake for 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
*Fresh baby spinach, chopped	1 lb 4 oz	2 qt	2 lb 8 oz	1 gal	
					9. Critical Control Point: Hold for hot service at 135 °F or higher. 10. Portion with 8 fl oz spoodle (1 cup).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Rainbow Rice

Meal Components: Meat-Dark Green Vegetable-Red/Orange Vegetable-Grains

Main Dishes D-56r

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 2 oz equivalent meat, ⅛ cup dark green vegetable, ⅛ cup red/orange vegetable, and 1 oz equivalent grains.	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts 2 steam table pans
	100 Servings: about 38 lb 8 oz	100 Servings: about 5 gallons 4 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	**50 servings**	**100 servings**
Carrots	3 lb	6 lb
Red bell peppers	3 lb 6 oz	6 lb 12 oz
Baby spinach	1 lb 7 oz	2 lb 14 oz

Nutrients Per Serving					
Calories	232.21	Saturated Fat	1.01 g	Iron	3.46 mg
Protein	22.22 g	Cholesterol	55.41 mg	Calcium	28.50 mg
Carbohydrate	28.16 g	Vitamin A	5414.43 IU (270.72 RAE)	Sodium	159.37 mg
Total Fat	4.15 g	Vitamin C	37.41 mg	Dietary Fiber	4.50 g

Tips for Choosing Whole-grain Foods

Search the label

Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and other prepared foods. Look at the Nutrition Facts labels to find choices lower in sodium, saturated (solid) fat, and sugars.

Nutrition Facts
Serving Size 2/3 cup (51g)
Servings Per Container About 9

Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
Calories	240	280
Calories from Fat	70	70
	% Daily Value**	
Total Fat 8g*	**12%**	**12%**
Saturated Fat 2.5g	**13%**	**13%**
Trans Fat 0g		
Cholesterol 0mg	**0%**	**0%**
Sodium 50mg	**2%**	**5%**
Total Carbohydrate 37g	**12%**	**14%**
Dietary Fiber 3g	**12%**	**12%**
Sugars 13g		
Protein 4g	**8%**	**16%**
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	6%	6%

Look for the word "whole" at the beginning of the ingredient list

Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, wild rice, and whole rye. Foods that say "multi-grain," "100% wheat," "high fiber," or are brown in color may not be a whole-grain product.

Find the fiber on label

If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

Is gluten in whole grains?

People who can't eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

Keep a lid on it

When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing the possibility of bug infestations or moisture.

What's the shelf life?

Since the oil in various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2 to 3 months and in the freezer for 6 to 8 months.

Wrap it up

Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.

Whole Grains

Inspired by a popular children's book with a similar title, this hot main dish creatively combines brown rice, spinach, eggs, and ham to create a great wholesome meal that satisfies the pickiest of eaters.

Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

MCDOUGLE ELEMENTARY SCHOOL/CULBRETH MIDDLE SCHOOL
Chapel Hill, North Carolina

Our Story

A local restaurant owner and chef worked with the recipe challenge team comprised of students from McDougle Elementary School and Culbreth Middle School. The team developed this recipe using the chef's cooking style, consisting of North Carolina ingredients and Asian-inspired flavors. The Stir-Fried Green Rice, Eggs, and Ham is a beautifully presented colorful dish that will be an instant kid favorite, not only due to the recipe's name, but also its taste!

Students from three area elementary schools, a middle school, and the local high school participated in developing the recipes and tasting the food. The students were very excited to participate in the program knowing that their decisions could help make changes on their school menu.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Ryan McGuire

CHEF
Andrea Reusing (Owner, Lantern Restaurant)

COMMUNITY MEMBERS
Joe Palladino (Cafeteria Manager at Culbreth Middle School) and Liz Cartano (District Manager of the Food and Nutrition Department for Chapel Hill Carrboro City Schools)

STUDENT
Bridget P.

Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

Meal Components: Meat/Meat Alternate-Dark Green Vegetable-Grains **Main Dishes D-57r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		1 gal 2 ½ qt		3 gal 1 qt	1. Boil water.
Brown rice, long-grain, regular, dry	5 lb 10 oz	3 qt 2 cups	11 lb 4 oz	1 gal 3 qt	2. Place 2 lb 13 oz brown rice in each steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Pour boiling water (3 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly.
					4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
Salt		2 ½ tsp		1 Tbsp 2 tsp	6. Add salt to brown rice. Mix well. Set aside.
Liquid eggs OR Fresh large eggs, beaten		1 qt 1 cup OR 20		2 qt 2 cups OR 40	7. Whisk eggs and water. For 50 servings, ½ cup water. For 100 servings, 1 cup water. 8. Lightly coat pan with pan release spray. Cook half of egg mixture. Chop and set aside for step 12. Reserve other half of egg mixture for step 11.
Vegetable oil		½ cup 2 Tbsp		1 ¼ cups	9. Sauté ham in vegetable oil over high heat for 2 minutes or until ham begins to brown.
Extra-lean turkey ham, diced ¼"	1 lb 8 oz	1 qt	3 lb	2 qt	10. Reduce heat to medium. Mix in brown rice. 11. Add remaining egg mixture. Stir frequently for about 5 minutes, or until cooked.
*Fresh green onions, diced	10 oz	1 qt	1 lb 4 oz	2 qt	12. Mix in onions, spinach, chopped egg, sesame oil, and soy sauce. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Stir-Fried Green Rice, Eggs, and Ham (Turkey Ham)

Meal Components: Meat/Meat Alternate-Dark Green Vegetable-Grains **Main Dishes D-57r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Frozen chopped spinach, thawed, drained OR * Fresh spinach, chopped	3 lb OR 5 lb	1 qt 2 cups OR 2 gal	6 lb OR 10 lb	3 qt OR 4 gal	
Sesame oil		2 Tbsp 2 tsp		⅓ cup	
Low-sodium soy sauce		2 Tbsp		¼ cup	
					13. Critical Control Point: Hold for hot service at 135 °F or higher. 14. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides ½ oz equivalent meat/meat alternate, ⅛ cup dark green vegetable, and 1 ½ oz equivalent grains.	50 Servings: about 19 lb 8 oz	50 Servings: about 2 gallons 2 quarts
	100 Servings: about 38 lb	100 Servings: about 4 gallons 3 quarts

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Green onions	12 oz	1 lb 8 oz
Spinach	5 lb 12 oz	11 lb 8 oz

Nutrients Per Serving

Calories	238.44	Saturated Fat	1.36 g	Iron	1.33 mg
Protein	8.76 g	Cholesterol	73.69 mg	Calcium	53.46 mg
Carbohydrate	34.96 g	Vitamin A	1960.62 IU (120.34 RAE)	Sodium	312.64 mg
Total Fat	7.09 g	Vitamin C	0.82 mg	Dietary Fiber	3.24 g

POPULAR CHOICE WINNER
Recipes for Healthy Kids

A healthy, kid-friendly alternative to traditional "fried" potatoes, Tasty Tots are made with sweet potatoes and garbanzo beans (chickpeas).

Tasty Tots

BELLINGHAM MEMORIAL MIDDLE SCHOOL
Bellingham, Massachusetts

Our Story

The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team learned how to execute the contest's recipe development during an afterschool cooking class led by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together to form a unique, delicious dish. This variation of a classic side dish is a yummy addition to any menu.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Jeanne Sheridan, SNS

CHEF
Rodney Poles (Whole Foods Market, partner chef from *Chefs Move to Schools* chefsmovetoschools.org)

COMMUNITY MEMBERS
Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

STUDENTS
Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

Tasty Tots

Meal Components: Red/Orange Vegetable-Other Vegetable **Vegetables I-23r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh sweet potatoes, peeled, coarsely shredded	12 lb	2 gal 2 qt	24 lb	5 gal	1. Spread shredded sweet potatoes evenly on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 2. Bake sweet potatoes until slightly tender. DO NOT OVERCOOK. Conventional oven: 350 °F for 20 minutes Convection oven: 350 °F for 15 minutes
Canned low-sodium garbanzo beans (chickpeas), with liquid	6 lb 14 oz	1 gal 3 cups (1 No. 10 can)	13 lb 12 oz	2 gal 1 ½ qt (2 No. 10 cans)	3. Puree garbanzo beans, including the liquid, in a food processor to a smooth consistency. Yields: For 50 servings, about 3 qt 2 ½ cups (6 lb 12 oz). For 100 servings, about 7 qt 1 cup (13 lb 8 oz).
Vegetable oil		1 cup		2 cups	4. Combine sweet potatoes, pureed garbanzo beans, oil, salt, garlic, onions, pepper, onion powder, cinnamon, and flour. Mix well. Refrigerate at 40 °F for 40-50 minutes to make tots easier to form.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
*Fresh green onions, finely diced	6 oz	1 ¾ cups	12 oz	3 ½ cups	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
Onion powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Enriched all-purpose flour	2 ½ oz	½ cup	5 oz	1 cup	
					5. Using a No. 40 scoop, place mixture 1-inch apart on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 50 servings, use 4 pans. Make 300 tots. For 100 servings, use 8 pans. Make 600 tots.

Tasty Tots

Meal Components: Red/Orange Vegetable-Other Vegetable **Vegetables I-23r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
					6. Cover tots on sheet pan with layer of parchment paper then use a second sheet pan and lightly press to flatten tots. 7. Bake until light brown: Conventional oven: 400 °F for 12 minutes Convection oven: 400 °F for 9 minutes Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. 8. Critical Control Point: Hold at 135 °F or higher for hot service. 9. Serve 6 tots.

Serving	Yield	Volume
6 tots provides: ⅜ cup red/orange vegetable and ¼ cup other vegetable.† †The legumes in this recipe contribute to the *other vegetable subgroup* and not the *meat/meat alternate component* since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the vegetable component because of its function as a vegetable in the meal. FACT: Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.	50 Servings: about 14 lb 10 oz	50 Servings: 300 tots
	100 Servings: about 29 lb 4 oz	100 Servings: 600 tots

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Marketing Guide		
Food as Purchased for	**50 servings**	**100 servings**
Sweet potatoes	19 lb 12 oz	39 lb 8 oz
Green onions	7 ½ oz	15 oz

Nutrients Per Serving					
Calories	186.22	Saturated Fat	0.41 g	Iron	1.52 mg
Protein	4.79 g	Cholesterol	0 mg	Calcium	55.16 mg
Carbohydrate	31.66 g	Vitamin A	15408.01 IU (772.01 RAE)	Sodium	381.06 mg
Total Fat	4.92 g	Vitamin C	18.61 mg	Dietary Fiber	5.54 g

1ST PLACE WINNER
Dark Green and Orange Vegetables

A succulent side dish that provides a striking contrast of flavors and textures.

Central Valley Harvest Bake

JOSHUA COWELL ELEMENTARY SCHOOL
Manteca, California

Our Story

The rich agricultural region of Manteca, California, grows many crops annually, including winter squash, pumpkin, corn, watermelon, and almonds. Therefore, the recipe challenge team's goal was to develop a dish that featured a locally grown, dark green or orange vegetable. The team selected butternut squash because of its flavor and colorful eye appeal and the fact that it was grown in the school district's garden. This squash is a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin. The team discovered that even though a large quantity of butternut squash is grown in their area, many students had never tasted it. It was important to the team to develop a recipe that would introduce students to a delicious, healthy vegetable.

This succulent side dish combines the sweetness of butternut squash with the spicy kick of jalapenos and red peppers and is baked together with black beans, red quinoa, and granola for an absolutely delightful mouthful. It complements a variety of entrées, including grilled chicken or roast turkey.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Sandy Helsel

CHEF
Bryan Ehrenholm (Owner, Pure Joy Bakery and The Lunch Pail Restaurant)

COMMUNITY MEMBERS
Bonnie Bennett (School Principal) and Mary Tolan-Davi, RD (Community Registered Dietitian)

STUDENTS
Cameron H., Genesis M., Andrew R., Matthew M., and Elizabeth B.

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable **Vegetables I-20r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh butternut squash, peeled, cubed ½"	10 lb 8 oz	2 gal ½ qt	21 lb	4 gal 1 qt	1. Toss squash in half of oil reserving the other half for step 3. Transfer to a sheet pan (18"x 26"x 1") lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 2. Roast uncovered until lightly brown around the edges: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Hold at 135 °F or higher.
Extra virgin olive oil		¼ cup 1 Tbsp		½ cup 2 Tbsp	
*Fresh red onions, diced	8 oz	1 ½ cups	1 lb ½ oz	3 cups	3. Toss onions, jalapeno peppers, and red peppers with remaining oil.
*Fresh jalapeno peppers, finely diced		⅓ cup	3 oz	¾ cup	
*Fresh red bell peppers, diced	8 ½ oz	1 ½ cups	1 lb 1 oz	3 cups	4. Line a sheet pan (18"x 26"x 1") with aluminum foil or a nonstick pan liner. Spread vegetable mixture on sheet pan. 5. Roast: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes Check mixture after 10 minutes. Cook vegetables until they soften and turn brown around the edges. DO NOT OVERCOOK. Remove from oven. Critical Control Point: Hold at 135 °F or higher.
Red quinoa, dry	2 oz	¼ cup	4 oz	½ cup	6. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		¾ cup		1 ½ cup	7. Combine quinoa and water in a covered saucepan and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked.

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable **Vegetables I-20r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	1 lb 1 oz OR 1 lb 1 oz	2 cups (¼ No. 10 can) OR 2 cups	2 lb 2 oz OR 2 lb 2 oz	1 qt (½ No. 10 can) OR 1 qt	8. Combine squash, black beans, quinoa, and oregano.
Fresh oregano, chopped		½ cup 2 Tbsp		1 ¼ cups	
Sweetened applesauce	1 lb 9 oz	2 ⅔ cups (¼ No. 10 can)	2 lb 2 oz	1 qt 1 ⅓ cups (½ No. 10 can)	9. Mix in applesauce, salt, and optional lime juice.
Kosher salt		2 tsp		1 Tbsp 1 tsp	
Fresh lime juice (optional)		¼ cup		½ cup	
					10. Fold in onion and pepper mixture.
					11. Lightly coat steam table pan (12"x 20"x 2 ½") with pan release spray. Pour mixture into pan, pressing to gently to pack. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Low-fat granola, no fruit	1 lb	1 qt ½ cup	2 lb	2 qt 1 cup	12. Sprinkle granola evenly over the top. 13. Bake until heated through and granola is lightly browned: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 22 minutes Critical Control Point: Heat for 135 °F or higher for at least 15 seconds.
					14. Critical Control Point: Hold for hot service at 135 °F or higher. 15. Portion with No. 8 scoop (½ cup).

Central Valley Harvest Bake

Meal Components: Red/Orange Vegetable-Other Vegetable **Vegetables I-20r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher. OR Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry black beans = about 2 ½ cups dry or 4 ½ cups cooked beans.

Serving	Yield	Volume
½ cup (No. 8 scoop) provides: ⅜ cup red/orange vegetable and ⅛ cup other vegetable.	50 Servings: about 14 lb	50 Servings: 2 steam table pans
	100 Servings: about 28 lb 8 oz	100 Servings: 4 steam table pans

Marketing Guide

Food as Purchased for	50 servings	100 servings
Butternut squash	12 lb 8 oz	25 lb
Red onions	10 oz	1 lb 4 oz
Jalapeno peppers	2 oz	4 oz
Red bell peppers	11 oz	1 lb 6 oz
Dry black beans	8 ½ oz	1 lb 1 oz

Nutrients Per Serving

Calories	97.43	Saturated Fat	0.32 g	Iron	1.01 mg
Protein	2.03 g	Cholesterol	0 mg	Calcium	43.98 mg
Carbohydrate	20.26 g	Vitamin A	8911.78 IU (478.72 RAE)	Sodium	114.57 mg
Total Fat	1.92 g	Vitamin C	18.56 mg	Dietary Fiber	3.65 g

Know your farmer. Know your food.

Fruits and vegetables do not have to travel as far when you buy from local farmers. Farms can also be a great place to learn about where your food comes from.

Celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmers market is a great source of seasonal produce.

2ND PLACE WINNER
Dark Green and Orange Vegetables

This main dish creatively combines southwest spices with an Asian cooking style, blending the flavors of locally grown produce with fajita chicken strips, all stir-fried to perfection.

Stir-Fry Fajita Chicken, Squash, and Corn

MONUMENT VALLEY HIGH SCHOOL
Kayenta, Arizona

Our Story

Located in the northeastern corner of Arizona on the Navajo Indian Reservation, Monument Valley High School is part of the Kayenta Unified School District. For the recipe challenge, two student teams worked together to help prepare and sample dishes.

The team ultimately developed Stir-Fry Fajita Chicken, Squash, and Corn. This dish combines the mildly sweet flavor of butternut squash and the individual flavors of onions, corn, red peppers, and diced chilies brought together with a blend of black pepper, cumin, garlic powder, and diced tomatoes. The Stir-Fry Fajita Chicken, Squash, and Corn dish uses the natural flavors from vegetables and spices to make a savory meal, which can only be matched by the aroma produced when cooking.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Cathy Getz

CHEF
Paul Gray (Head Cook, Anasazi Inn)

COMMUNITY MEMBERS
Samantha J. Interpreter, RD, LT USPHS RDF-5 and Mike Williams

STUDENTS
Kevin B. and Brett B.

Stir-Fry Fajita Chicken, Squash, and Corn

Meal Components: Meat-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-60r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		1 gal 2 cups		1 gal 1 qt	1. Boil water.
Brown rice, long-grain, regular, dry	6 lb	3 qt 3 cups	12 lb	1 gal 3 ½ qt	2. Place 3 lb brown rice in each steam table pan (12″ x 20″ x 2 ½″). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Pour water (3 quarts per steam table pan) over brown rice. Stir. Cover pans tightly.
					4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
Granulated garlic		2 tsp		1 Tbsp 1 tsp	6. Sprinkle brown rice with granulated garlic and half of salt-free seasoning, reserving the other half for step 8. Mix well. Fold in cilantro. Critical Control Point: Hold at 135 °F or higher.
Salt-free chili-lime seasoning blend		¼ cup 2 tsp		½ cup 1 ⅓ Tbsp	
Fresh cilantro, chopped		½ cup		1 cup	
Canola oil		1 cup		2 cups	7. Heat oil in a roasting pan/square head pan (20 ⅞″ x 17 ⅜″ x 7″) on top of stove. Sauté onions for 2-3 minutes.
*Fresh onions, diced	2 lb	1 qt 2 ¼ cups	4 lb	3 qt ½ cup	
Frozen, cooked fajita chicken strips, thawed	8 lb	2 gal	16 lb	4 gal	8. Add chicken, squash, and remaining salt-free seasoning. Stir-fry over high heat for 10 minutes or until squash is tender.
*Fresh butternut squash, peeled, cubed ½″	8 lb	1 gal 2 ½ qt	16 lb	3 gal 1 qt	
*Fresh red bell peppers, diced ½″	2 lb	1 qt 2 cups	4 lb	3 qt	9. Add red peppers, corn, green chilies, tomatoes, black pepper, cumin, and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 minutes to maintain crunchiness of vegetables. DO NOT OVERCOOK.
Frozen corn, thawed, drained	4 lb	2 qt 3 cups	8 lb	1 gal 1 ½ qt	
Canned, diced green chilies	2 lb	1 qt (1 No. 10 can)	4 lb	2 qt (2 No. 10 cans)	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Stir-Fry Fajita Chicken, Squash, and Corn

Meal Components: Meat-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-60r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium diced tomatoes	2 lb 4 oz	1 qt ½ cup (½ No. 10 can)	4 lb 8 oz	2 qt 1 cup (1 No. 10 can)	
Ground black pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground cumin		2 Tbsp		¼ cup	
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	10. Reduce heat to low and simmer for 2 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					11. Critical Control Point: Hold for hot service at 135 °F or higher. 12. Portion 6 fl oz spoodle (¾ cup) stir-fry over No. 8 scoop (½ cup) brown rice.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) stir-fry mixture over ½ cup (No. 8 scoop) brown rice provides 1 ¼ oz equivalent meat, ⅜ cup red/orange vegetable, ⅛ cup starchy vegetable, ¼ cup other vegetable, and 1 oz equivalent grains.	50 Servings: about 25 lb stir-fry about 12 lb brown rice	50 Servings: about 3 gallons stir-fry about 1 gallon 2 quarts brown rice
	100 Servings: about 50 lb stir-fry about 24 lb brown rice	100 Servings: about 6 gallons stir-fry about 3 gallons brown rice

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Mature onions	2 lb 6 oz	4 lb 12 oz
Butternut squash	9 lb 10 oz	19 lb 4 oz
Red bell peppers	2 lb 8 oz	5 lb

Nutrients Per Serving

Calories	396.34	Saturated Fat	1.69 g	Iron	2.37 mg
Protein	19.52 g	Cholesterol	62.31 mg	Calcium	57.97 mg
Carbohydrate	58.87 g	Vitamin A	7346.86 IU (359.04 RAE)	Sodium	574.40 mg
Total Fat	10.01 g	Vitamin C	44.16 mg	Dietary Fiber	7.06 g

Dark Green and Orange Vegetables

This dish offers a sweet mixture of brown rice, juicy pineapple, tasty chicken, and bok choy, tossed with sweet and sour sauce and wrapped in a fresh, crisp romaine lettuce leaf.

Bok Choy Wrappers

WINOGRAD K-8 ELEMENTARY SCHOOL
Greeley, Colorado

Our Story

Students with a passion for food were handpicked by their food science teacher. The culinary knowledge of their school nutrition professional, and a local chef, along with the organizational skills of a community member, rounded out this recipe challenge team. They combined their love of food, clever personalities, and amazing ideas to create recipes students would enjoy.

They began by writing down favorite foods of the team members, and used this list to craft basic dishes to try in the kitchen. The team experimented with different techniques and ingredients that everyone would enjoy.

They decided to use bok choy as a main ingredient. This dark-green leafy Chinese cabbage with a light, sweet flavor is a new vegetable to most students. They knew that presentation would be the key in getting students to try it. After much experimentation, a recipe was developed that is truly a hands-on experience, the Bok Choy Wrappers.

This recipe challenged kids to try something new. Bok Choy Wrappers are not your typical wrap! They let you eat with your hands by making a wrap of crisp romaine lettuce leaves filled with a delicious and nutritious combination of chicken, pineapple, brown rice, and of course, bok choy!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Kara Sample, RD, SNS

CHEF
Amanda Smith

COMMUNITY MEMBER
Emily Wigington (AmeriCorps VISTA Volunteer)

STUDENTS
Jace K., Bethany V., Abraham A., and Amairani P.

Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains **Sandwiches F-11r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	1. Boil water.
Brown rice, long-grain, regular, dry	5 lb	3 qt ½ cup	10 lb	1 gal 2 ¼ qt	2. Place 2 lb 8 oz brown rice in each steam table pan (12″ x 20″ x 2 ½″). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Pour water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly.
					4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
*Fresh bok choy, sliced ¼″	3 lb 6 oz	1 gal	6 lb 12 oz	2 gal	6. Combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Pour into steam table pans (12″ x 20″ x 2 ½″). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Canned pineapple tidbits, in 100% juice	6 lb 10 oz	3 qt (1 No. 10 can)	13 lb 4 oz	1 gal 2 qt (2 No. 10 cans)	
Frozen, cooked chicken strips, thawed	6 lb 2 oz	1 gal 2 qt	12 lb 4 oz	3 gal	
Sweet and sour sauce		1 qt 2 cups		3 qt	
Low-sodium soy sauce		2 Tbsp		¼ cup	
					7. Bake: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 20 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 8. Critical Control Point: Hold for hot service at 135 °F or higher.
*Fresh romaine lettuce, outer leaves, rinsed, dry	5 lb	100 leaves	10 lb	200 leaves	9. Top each romaine lettuce leaf with a 6 fl oz spoodle (¾ cup) of filling. Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve immediately.
					10. Serve 2 wraps.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains

Sandwiches F-11r

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Students can assemble their own lettuce wraps. Portion 1 ½ cups filling alongside 2 romaine lettuce leaves.
May also serve over a bed of romaine lettuce.

Extra lettuce leaves can be used for making salads.

Serving	Yield	Volume
Two wraps provide 1 oz equivalent meat, ¾ cup dark green vegetable, ⅛ cup fruit, and 1 ½ oz equivalent grains. One wrap provides ½ oz equivalent meat, ⅜ cup dark green vegetable, and ¾ oz equivalent grains.	50 Servings: about 27 lb (filling) about 5 lb (Romaine lettuce)	50 Servings: about 3 gallons 1 ½ quarts (filling) about 3 quarts (Romaine lettuce) 100 wraps
	100 Servings: about 54 lb (filling) about 10 lb (Romaine lettuce)	100 Servings: about 6 gallons 3 quarts (filling) about 6 quarts (Romaine lettuce) 200 wraps

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Bok choy	4 ½ lb	9 lb
Romaine lettuce	8 lb	16 lb

Nutrients Per Serving (2 wraps)

Calories	376.10	Saturated Fat	2.32 g	Iron	2.20 mg
Protein	12.83 g	Cholesterol	22.64 mg	Calcium	71.00 mg
Carbohydrate	56.18 g	Vitamin A	4449.94 IU (223.51 RAE)	Sodium	376.84 mg
Total Fat	11.15 g	Vitamin C	27.55 mg	Dietary Fiber	5.22 g

Dark Green and Orange Vegetables

This appealing main dish combines seasoned chicken, sweet pineapple, and crunchy shredded vegetables, topped with a delicious poppy seed dressing all wrapped in a warm, whole-wheat tortilla.

Crunchy Hawaiian Chicken Wrap

MOUNT LEBANON ELEMENTARY SCHOOL
Pendleton, South Carolina

Our Story

Mount Lebanon Elementary School is located in beautiful, historic Pendleton, South Carolina. For this competition, the "Healthy Kids Committee" at Mount Lebanon worked diligently with a local chef to develop, test, and prepare a recipe. Using a list of basic food items that Mount Lebanon students liked the best, the team worked together to create a tasty wrap served as a main dish. The recipe was a hit with students on the first try. The team tested the recipe twice and then served it to a small group of students. To narrow down the choices, this wrap was cooked once with fish and once with chicken. The students were split half and half on which one they liked the best, so the team opted for chicken.

As its name suggests, Crunchy Hawaiian Chicken Wrap is a deliciously crunchy recipe with a refreshing hint of tropical sweetness. By popular demand, the recipe is currently featured on the Mount Lebanon Elementary School menu.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Vikki Mullinax

CHEF
Lorett Arnold-Hayes (Owner and Chef, 1826 on the Green)

COMMUNITY MEMBER
Kristi Martin (School Nurse)

STUDENT
Chandler W.

Crunchy Hawaiian Chicken Wrap

Meal Components: Meat-Dark Green Vegetable-Red/Orange Vegetable-Other Vegetable-Grains **Sandwiches F-12r**

Ingredients	50 Servings		100 Servings		Directions Process #1: No Cook
	Weight	Measure	Weight	Measure	
Light mayonnaise	1 lb	2 cups	2 lb	1 qt	1. To make dressing, combine mayonnaise, vinegar, sugar, poppy seeds, onion powder, garlic powder, and chili powder. Mix well. Refrigerate at 40 °F.
White vinegar		1 ½ cups		3 cups	
Sugar	1 lb	2 cups	2 lb	1 qt	
Poppy seeds		2 Tbsp 2 tsp	2 ½ oz	¼ cup 1 ⅓ Tbsp	
Onion powder		¼ cup	2 oz	½ cup	
Garlic powder		¼ cup	2 oz	½ cup	
Chili powder		¼ cup	2 oz	½ cup	
*Fresh broccoli, shredded	3 lb	1 gal	6 lb	2 gal	2. Combine broccoli, carrots, spinach, and pineapple. Mix in dressing and chicken. Critical Control Point: Cool to 41 °F or lower within 4 hours.
*Fresh carrots, shredded	2 lb	2 ½ qt	4 lb	1 gal 2 qt	
*Fresh baby spinach, chopped	12 ½ oz	1 qt 1 cup	1 lb 9 oz	2 qt 2 cups	
Canned crushed pineapple, in 100% juice, drained	1 lb 5 oz	2 ½ cups (¼ No. 10 can)	2 lb 10 oz	1 qt 1 cup (½ No. 10 can)	
Frozen, cooked diced chicken, thawed, ½" pieces	6 lb 8 oz	1 gal 1 ¼ qt	13 lb	2 gal 2 ½ qt	
Whole-wheat tortillas, 10" (1.8 oz each)		50		100	3. Portion filling with No. 6 scoop (⅔ cup) onto center of each tortilla. Roll in the form of a burrito and seal. Cut diagonally in half. 4. Critical Control Point: Hold for cold service at 41 °F or lower.
					5. Serve 1 wrap (two halves).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Crunchy Hawaiian Chicken Wrap

Meal Components: Meat-Dark Green Vegetable-Red/Orange Vegetable-Other Vegetable-Grains **Sandwiches F-12r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

May prepare filling 1 day ahead for flavors to blend.

Suggestion: Keep wraps and filling separate and assemble at time of serving to prevent tortillas from getting soggy. Or serve slaw/chicken mixture and tortilla separately and allow kids to build their own.

Serving	Yield	Volume
1 wrap (two halves) provides 2 oz equivalent meat, ¼ cup dark green vegetable, ⅛ cup red/orange vegetable, ⅛ cup other vegetable, and 1 ¾ oz equivalent grains. ½ wrap (one half) provides 1 oz equivalent meat, ⅛ cup dark green vegetable, ⅛ cup other vegetable, and ¾ oz equivalent grains.	50 Servings: about 16 lb	50 Servings: about 2 gallons 50 wraps
	100 Servings: about 32 lb	100 Servings: about 4 gallons 100 wraps

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Broccoli	3 lb 12 oz	7 lb 8 oz
Carrots	2 lb 8 oz	5 lb
Baby spinach	15 oz	1 lb 12 oz

Nutrients Per Serving (1 wrap)

Calories	307.83	Saturated Fat	1.63 g	Iron	4.40 mg
Protein	23.78 g	Cholesterol	53.24 mg	Calcium	82.96 mg
Carbohydrate	41.50 g	Vitamin A	3845.42 IU (193.13 RAE)	Sodium	408.49 mg
Total Fat	6.38 g	Vitamin C	27.36 mg	Dietary Fiber	5.45 g

Dark Green and Orange Vegetables

Inspired by autumn vegetables found at farmers markets, Harvest Delight is an irresistible, brilliantly colored roasted vegetable and fruit medley side dish.

Harvest Delight

THE PROTESTANT GUILD FOR HUMAN SERVICES, INC.
Waltham, Massachusetts

Our Story

The recipe challenge team was formed when the students at The Guild expressed an interest in learning how to cook healthier, fresher meals. To meet this need, the Harvest Delight dish was created featuring locally grown ingredients seasoned with fresh aromatic herbs and a subtle taste of maple. In existence since 1940, The Guild is a residential school for students ages 6 to 22 years. The school serves students with mental health issues, autism, developmental disabilities, and emotional and behavioral challenges.

The Harvest Delight recipe was initially served in the school's residence hall for a small group of students. The students enjoyed the dish and gave it high ratings.

Harvest Delight was then served to the entire student body. Over 90 percent of the students who evaluated the recipe rated it "very good" to "excellent." The team was overjoyed with the recipe's positive feedback and was happy to find a fresh vegetable dish that is popular with the students. Who knew that sweet potatoes, butternut squash, carrots, spinach, dried cranberries, and apples could cause so much excitement? The colorful and delicious blend of vegetables, fruits, and herbs of Harvest Delight is sure to please any student!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Doreen Mangini, PhD

CHEF
Chef Florentine

COMMUNITY MEMBER
Erin Ridge (Special Education Teacher, The Guild School)

STUDENT
Samantha I.

Harvest Delight

Meat Components: Red/Orange Vegetable-Other Vegetable-Fruit **Vegetables I-21r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh carrots, ¼″ slices	3 lb	2 qt 2 cups	6 lb	1 gal 1 qt	1. Place carrots in a perforated steam table pan (12″ x 20″ x 2 ½″). Cover and steam for 10 minutes or until tender.
*Fresh sweet potatoes, peeled, cubed 1″	3 lb	1 qt 2 cups	6 lb	3 qt	2. Toss carrots, sweet potatoes, squash, and onions with the oil and salt. Line sheet pan (18″ x 26″ x 1″) with parchment paper and spray with pan release spray. Spread vegetables evenly on sheet pan. For 50 servings, use 4 pans. For 100 servings, use 8 pans Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking: Conventional oven: 425 °F for 25 minutes Convection oven: 425 °F for 18 minutes
*Fresh butternut squash, peeled, cubed ½″	3 lb	1 qt 2 ⅔ cups	6 lb	3 qt 1 ⅓ cups	
*Fresh red onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 ¼ cups	
Olive oil		⅔ cup		1 ⅓ cups	
Sea salt		2 tsp		1 Tbsp 1 tsp	
*Fresh green apples, peeled, cubed ½″ Note: Place apples in a bowl of water with a squirt of lemon juice to prevent them from browning. Drain when ready to use.	4 lb	3 qt 2 ⅔ cups	8 lb	1 gal 3 ¾ qt	3. Combine apples, thyme, oregano, sage, rosemary, and garlic.
Fresh thyme, finely chopped		3 Tbsp		¼ cup 2 Tbsp	
Fresh oregano, finely chopped		3 Tbsp		¼ cup 2 Tbsp	
Fresh sage, finely chopped		3 Tbsp		¼ cup 2 Tbsp	
Fresh rosemary, finely chopped		2 Tbsp		¼ cup	
Minced garlic		2 Tbsp 1 tsp		¼ cup 2 tsp	4. Remove vegetables from oven. Lower heat to 400 °F. Add apple mixture. Spread evenly. Roast uncovered until slightly tender: Conventional oven: 400 °F for 15 minutes Convection oven: 400 °F for 10 minutes 5. Remove vegetable/apple mixture from oven. Transfer to a steam table pan (12″ x 20″ x 2½″) lightly coated with pan release spray. For 50 servings use 2 pans. For 100 servings, use 4 pans.

Harvest Delight

Meat Components: Red/Orange Vegetable-Other Vegetable-Fruit **Vegetables I-21r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Maple syrup		¼ cup 1 Tbsp		½ cup 2 Tbsp	6. Drizzle with maple syrup and toss to coat. Roast until tender: Conventional oven: 400 °F for 8 minutes Convection oven: 400 °F for 5 minutes Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
*Fresh spinach, coarsely chopped	11 oz	1 qt 2 cups	1 lb 5 oz	3 qt	7. Remove vegetable/apple mixture from oven and gently toss in spinach. Mix in cranberries and serve.
Dried cranberries, finely chopped	2 oz	⅓ cup	4 oz	⅔ cup	
					8. Critical Control Point: Hold for hot service at 135 °F or higher. 9. Portion with 4 fl oz spoodle or No. 8 scoop (½ cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
½ cup (4 fl oz spoodle or No. 8 scoop) provides ⅜ cup red/orange vegetable, ⅛ cup other vegetable, and ⅛ cup fruit.	50 Servings: about 18 lb	50 Servings: about 1 gallon 2 quarts 2 steam table pans
	100 Servings: about 36 lb	100 Servings: about 3 gallons 4 steam table pans

Marketing Guide

Food as Purchased for	50 servings	100 servings
Carrots	4 lb 4 oz	8 lb 8 oz
Sweet potatoes	4 lb	8 lb
Butternut squash	3 lb 8 oz	7 lb
Red onions	1 lb 2 oz	2 lb 4 oz
Green apples	5 lb 2 oz	10 lb 4 oz
Spinach	12 ½ oz	1 lb 8 ½ oz

Nutrients Per Serving

Calories	92.61	Saturated Fat	0.43 g	Iron	1.56 mg
Protein	1.20 g	Cholesterol	0 mg	Calcium	37.86 mg
Carbohydrate	16.16 g	Vitamin A	11203.66 IU (560.18 RAE)	Sodium	102.64 mg
Total Fat	3.14 g	Vitamin C	10.94 mg	Dietary Fiber	3.13 g

Dark Green and Orange Vegetables

A combination of colors and textures that overflows with fresh vegetables, spicy fish, and a burst of citrus, all contained in a whole-wheat tortilla, with fresh avocado.

Roasted Fish Crispy Slaw Wrap

LIBERTY MIDDLE SCHOOL
Orlando, Florida

Our Story

There are many benefits to living in Orlando, Florida. Liberty Middle School realized this when they learned a local chef from Universal Studios in Orlando would be a member on the recipe challenge team. At the initial meeting with the students, the chef used this opportunity to discuss the importance of making healthy food choices. As a focus of one of his lessons, he introduced the students to new ingredients, including bok choy which was used in their recipe submission. The recipe also used whole-wheat tortilla wraps, meeting the need to integrate more whole grains into kids' diets. Together with the school's kitchen staff, the recipe team helped to develop Roasted Fish Crispy Slaw Wrap.

The recipe was entered into the contest under the Vegetable category and was selected as one of the top 15 recipes in the contest. The excitement leading up to their final contest placement was uncontrollable with the judging day being May 5, "Cinco de Mayo." What a great day for a celebration! The team is ecstatic to have their recipe featured in this cookbook and is sure that other students will enjoy this crunchy, tasty delight!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Sharon Springer

CHEF
Ed Colleran (Executive Sous Chef, Universal Studios)

COMMUNITY MEMBER
Sarah Thornquest (Physical Education Teacher)

STUDENTS
Joshua A., Tyler W., Kimberly A., Shalima D., and Priscilla R.

Roasted Fish Crispy Slaw Wrap

Meal Components: Meat-Dark Green Vegetable-Red/Orange Vegetable–Other Vegetable-Grains **Sandwiches F-13r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh red cabbage, shredded	3 lb 2 oz	1 gal 1 cup	6 lb 4 oz	2 gal 2 cups	1. Combine red cabbage, white cabbage, carrots, bok choy, cilantro, and balsamic dressing to make slaw.
*Fresh white cabbage, shredded	3 lb 2 oz	3 qt 1 cup	6 lb 4 oz	1 gal 2 ½ qt	2. Critical Control Point: Cool to 41 °F or lower within 4 hours. Cover and refrigerate until ready to serve.
*Fresh carrots, shredded	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt	
*Fresh bok choy, julienne sliced	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 2 cups	
Fresh cilantro, chopped		1 cup	3 oz	2 cups	
Light Balsamic vinaigrette dressing		1 qt ⅔ cup		2 qt 1 ⅓ cups	
Frozen Tilapia filets, thawed (4 oz portions)	12 lb 8 oz	50 pieces	25 lb	100 pieces	3. Place Tilapia portions on sheet pan (18″ x 26″ x 1″) lined with parchment paper and lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Extra virgin olive oil		½ cup		1 cup	4. Brush oil on Tilapia and sprinkle with salt-free seasoning.
Salt-free chili-lime seasoning blend	2 oz	½ cup 2 Tbsp	3¼ oz	1 ¼ cups	
					5. Roast: Conventional oven: 375 °F for 12 minutes Convection oven: 375 °F for 9 minutes When done, fish will flake easily with a fork. Critical Control Point: Heat to 145 °F or higher for at least 15 seconds. 6. Critical Control Point: Hold at 135 °F or higher.
*Fresh romaine lettuce, julienne sliced	1 lb 10 oz	3 qt ½ cup	3 lb 4 oz	1 gal 2 ¼ qt	7. Place ¼ cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 8 fl oz spoodle (1 cup) slaw and one slice of avocado. Squeeze lime on top of filling. Roll in the form of a burrito and seal.
Whole-grain tortillas, 8″ (1.7 oz each)		50		100	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Roasted Fish Crispy Slaw Wrap

Meal Components: Meat-Dark Green Vegetable-Red/Orange Vegetable–Other Vegetable-Grains **Sandwiches F-13r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh avocadoes, sliced ¼"	15 oz	50 slices	1 lb 14 oz	100 slices	
*Fresh limes, cut into quarters	10 oz	50 quarters (about 14 limes)	1 lb 4 oz	100 quarters (about 28 limes)	
					8. Cut diagonally in half and serve.
					9. Portion 1 wrap (two halves).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 wrap (two halves) provides: 2 ½ oz equivalent meat, ⅛ cup dark green vegetable, ¼ cup red/orange vegetable, ⅞ cup other vegetable, and 1 ½ oz equivalent grains. ½ wrap (one half) provides: 1 ¼ oz equivalent meat, ⅛ cup red/orange vegetable, ½ cup other vegetable, and ¾ oz equivalent grains.	50 Servings: about 31 lb 8 oz	50 Servings: about 4 gallons 50 wraps
	100 Servings: about 63 lb	100 Servings: about 8 gallons 100 wraps

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Red Cabbage	3 lb 12 oz	7 lb 8 oz
White Cabbage	3 lb 8 oz	7 lb
Carrots	3 lb 12oz	7 lb 8 oz
Bok choy	2 lb	4 lb
Romaine Lettuce	2 lb 8 oz	5 lb
Avocadoes	1 lb 8 oz	3 lb
Limes	14	28

Nutrients Per Serving (1 wrap)

Calories	341.64	Saturated Fat	1.50 g	Iron	2.55 mg
Protein	28.83 g	Cholesterol	50.42 mg	Calcium	69.44 mg
Carbohydrate	36.67 g	Vitamin A	6406.03 IU (349.68 RAE)	Sodium	540.54 mg
Total fat	10.10 g	Vitamin C	46.84 mg	Dietary fiber	5.74 g

Dark Green and Orange Vegetables

A chili made of a blend of vegetables, black beans, and smokey spices all served with ancient Aztec whole-grain quinoa.

Smokin' Powerhouse Chili

WEST JUNIOR HIGH SCHOOL
Minnetonka, Minnesota

Our Story

Hopkins West Junior High School is located just across the Hopkins border in Minnetonka, Minnesota. It was one of the first middle schools in the State to receive the Blue Ribbon National Schools of Excellence award from the U.S. Department of Education. It was also named one of the "100 Highly Effective Middle Level Schools" by the National Association of Secondary School Principals.

The recipe challenge team developed dishes that were prepared by the school nutrition staff and then offered to students during their lunch hour. A "Meet the Chef" table was set up for students to submit their recipe evaluation forms and suggestions. In the end, the results showed that the Smokin' Powerhouse Chili was a success among students. It stands apart because of its warm, rich flavors.

As the recipe challenge team describes it, their vegetarian quinoa chili is "the bomb!" As a main dish, it has a smoky blend of spices coupled with some of Minnesota's best harvest. Smokin' Powerhouse Chili is the perfect dish to help you warm up from the inside out on a cold winter's day!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Barbara Mechura

CHEF
Jenny Breen, MS (Co-owner, Good Life Catering)

COMMUNITY MEMBERS
Mary Jo Martin (Parent and School Nurse) and Sue Nefzger (Parent and Family and Consumer Science Teacher)

STUDENTS
Ryan K., Liam P., Ty L., Miranda H., and Matt H.

Smokin' Powerhouse Chili

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Additional Vegetable-Grains **Main Dishes D-58r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	3 lb	2 qt 1 ⅜ cups	6 lb	1 gal 2 ¾ cups	1. Coat a roasting pan/square head pan (20 ⅞" x 17 ⅜" x 7") with pan release spray. Sauté onions and garlic for 2 minutes. 2. Add half of the stock and bring to a boil over medium high heat. Reserve remaining vegetable stock for step 4.
Fresh garlic, minced	4 oz	½ cup	8 oz	1 cup	
Low-sodium vegetable stock		1 qt 2 ¼ cups	6 lb 8 oz	3 qt ½ cup	
*Fresh carrots, diced ½"	3 lb 2 oz	3 qt 2 ⅔ cups	6 lb 4 oz	1 gal 1 ½ qt	3. Add carrots, red peppers, and ground chipotle pepper (optional). Simmer uncovered over low-medium heat for 10 minutes.
*Fresh red bell peppers, diced	1 lb 8 oz	1 qt ½ cup	3 lb	2 qt 1 cup	
Dry ground chipotle pepper, (optional)		2 Tbsp		¼ cup	
Canned low-sodium diced tomatoes	5 lb 13 oz	3 qt 2 cups (1 ⅓ No. 10 cans)	11 lb 10 oz	1 gal 3 qt (2 ⅔ No. 10 cans)	4. Add remaining stock, tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Stir occasionally. Continue to simmer over low heat, uncovered, for 15 minutes.
Canned low-sodium tomato sauce	3 lb 7 oz	1 qt 3 ½ cups (⅔ No. 10 can)	6 lb 14 oz	3 qt 3 cups (1 ⅓ No. 10 cans)	
Fresh cilantro, chopped	2 ½ oz	2 cups	5 oz	1 qt	
Chili powder	2 oz	½ cup	4 oz	1 cup	
Ground cumin		½ cup	3 ½ oz	1 cup	
Salt		2 tsp		1 Tbsp 1 tsp	
*Fresh sweet potatoes, peeled, diced ½"	2 lb 4 oz	1 qt 2 ½ cups	4 lb 4 oz	3 qt 1 cup	5. Steam sweet potatoes until soft (about 10-15 minutes) in a perforated steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Smokin' Powerhouse Chili

Meal Components: Meat Alternate-Legume Vegetable–Red/Orange Vegetable–Other Vegetable–Additional Vegetable–Grains **Main Dishes D-58r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans drained, rinsed OR *Dry black beans, cooked (See Notes Section)	6 lb OR 6 lb	1 gal (2 ½ No. 10 cans) OR 1 gal	12 lb OR 12 lb	2 gal (5 No. 10 cans) OR 2 gal	6. Add beans, corn, and sweet potatoes to vegetable mixture. Simmer uncovered over low heat for 10 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Frozen corn, thawed, drained	2 lb	1 qt 2 cups	4 lb	3 qt	7. Critical Control Point: Hold for hot service at 135 °F or higher.
Quinoa, dry	2 lb	1 qt 1 cup	4 lb	2 qt 2 cups	8. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		1 qt 3 cups		3 qt 2 cups	9. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. 10. Critical Control Point: Hold for hot service at 135 °F or higher.
					11. Portion 8 fl oz ladle (1 cup) chili. Serve with No. 16 scoop (¼ cup) cooked quinoa. 12. If desired, serve chili with ¼ cup brown rice in place of quinoa.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Smokin' Powerhouse Chili

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Additional Vegetable-Grains **Main Dishes D-58r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Mature onions	3 lb 8 oz	7 lb
Carrots	4 lb 8 oz	9 lb
Red bell peppers	2 lb	3 lb 12 oz
Sweet potatoes	3 lb	5 lb 8 oz
Dry black beans	3 lb 8 oz	7 lb

Nutrients Per Serving

Calories	183.60	Saturated Fat	0.18 g	Iron	2.98 mg
Protein	7.45 g	Cholesterol	0 mg	Calcium	62.80 mg
Carbohydrate	37.50 g	Vitamin A	9023.99 IU (434.86 RAE)	Sodium	255.97 mg
Total Fat	1.66 g	Vitamin C	38.82 mg	Dietary Fiber	7.60 g

Serving	Yield	Volume
1 cup (8 fl oz ladle) chili and ¼ cup (No. 16 scoop) quinoa provides: **Legume as Meat Alternate:** 1 oz equivalent meat alternate, ½ cup red/orange vegetable, ⅛ cup other vegetable, ⅛ cup additional vegetable, and ½ oz equivalent grains. OR **Legume as Vegetable:** ¼ cup legume vegetable, ½ cup red/orange vegetable, ⅛ cup other vegetable, ⅛ cup additional vegetable, and ½ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	50 Servings: about 27 lb 100 Servings: about 56 lb	50 Servings: about 3 gallons 2 quarts 2 steam table pans 100 Servings: about 7 gallons 4 steam table pans

Dark Green and Orange Vegetables

This savory recipe is made with a slightly sweet tomato sauce deliciously tucked between layers of whole-wheat lasagna noodles, butternut squash, and spinach, all nestled under part-skim mozzarella cheese.

Squish Squash Lasagna

LIBERTY ELEMENTARY SCHOOL
Powell, Ohio

Our Story

The recipe team from Liberty Elementary School made it a goal to create a recipe that would be enjoyed by kids. Students wanted a new lunch menu with more flavor and variety. They started the recipe development process by surveying 4th and 5th grade students. After the survey results were compiled, the team decided to test two recipes and conduct a student taste test to measure the quality of the recipes. With feedback from students, the team developed Squish Squash Lasagna, featuring butternut squash. This savory vegetable has a deep orange color and sweet, nutty taste similar to pumpkin that children are sure to enjoy.

After sampling the dish, some students returned for second helpings. That's when the team knew that this recipe was a hit! Students at Liberty Elementary School were thrilled to learn that this recipe could be a part of their daily lunch program. Squish Squash Lasagna offers students a flavorful dining experience. Excite students by making this dish a part of your planned lunch menu!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Jackie Billman

CHEF
Jeff Lindemeyer (Executive Chef, Cameron Mitchell Restaurants)

COMMUNITY MEMBERS
Nicole Hancock and Michelle Lounsbury

STUDENTS
Tori L., Alexis H., Leah L., and Buddy F.

Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-59r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	1 lb 8 oz	1 qt ¾ cups	3 lb	2 qt 1 ½ cups	1. To make tomato sauce, sauté onions and garlic in oil for 2-3 minutes. Add tomatoes, oregano, thyme, and basil. Simmer over low heat, uncovered, for 30 minutes, stirring occasionally.
Fresh garlic, minced	3 oz	¼ cup 1 ½ tsp	6 oz	½ cup 1 Tbsp	
Canola oil		2 tsp		1 Tbsp 1 tsp	
Canned low-sodium diced tomatoes	6 lb 4 oz	3 qt (1 No. 10 can)	12 lb 8 oz	6 qt (2 No. 10 cans)	
Dried oregano		1 ½ tsp		1 Tbsp	
Dried thyme		1 ½ tsp		1 Tbsp	
Dried basil		1 ½ tsp		1 Tbsp	
Whole-wheat lasagna sheets, no-boil, 3 ½" x 7" sheets	2 lb 6 ¼ oz	64 sheets	4 lb 12 ¾ oz	128 sheets	2. Place pasta sheets in hot water for 7-10 minutes. Remove sheets as dish is assembled.
*Fresh butternut squash, peeled, sliced ¼"	9 lb 4 oz	140 slices	18 lb 8 oz	280 slices	
*Fresh spinach, sliced ⅛"	1 lb	1 qt 2 ½ cups	2 lb	3 qt 1 cup	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-59r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
					3. Assembly: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Spread ingredients evenly across each pan. First layer: a. 16 lasagna sheets, slightly overlapping approximately 1" b. 2 ½ cups tomato sauce (about 1 lb 2 oz) c. about 2 ½ cups spinach (4 oz) d. 2 lb 5 oz squash slightly overlapping (35 slices) Second layer: Repeat first layer Third layer: a. 2 ½ cups tomato sauce (about 1 lb 2 oz)
					4. Cover with foil and bake until squash is fork tender: Conventional oven: 350 °F for 60-75 minutes Convection oven: 350 °F for 40-55 minutes
					5. Remove from oven. Sprinkle 12 ½ oz (3 ⅛ cups) cheese evenly over each pan of lasagna. 6. Bake uncovered until cheese starts to brown slightly: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
					7. Remove from oven and allow to set for 15 minutes before serving. 8. Critical Control Point: Hold for hot service at 135 °F or higher.
					9. Portion: Cut each pan 5 x 5 (25 pieces per pan).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 piece provides ½ oz equivalent meat alternate, ⅝ cup red/orange vegetable, ⅛ cup other vegetable, and ¾ oz equivalent grains.	50 Servings: about 19 lb 8 oz	50 Servings: 2 steam table pans
	100 Servings: about 38 lb 8oz	100 Servings: 4 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	**50 Servings**	**100 Servings**
Mature onions	1 lb 12 oz	3 lb 8 oz
Butternut squash	11 lb	22 lb
Baby spinach	1 lb 2 ½ oz	2 lb 5 oz

Nutrients Per Serving					
Calories	175.41	Saturated Fat	1.58 g	Iron	1.15 mg
Protein	7.59 g	Cholesterol	7.65 mg	Calcium	149.17 mg
Carbohydrate	29.05 g	Vitamin A	9102.60 IU (455.95 RAE)	Sodium	83.24 mg
Total Fat	3.72 g	Vitamin C	18.19 mg	Dietary Fiber	4.94 g

Tips for Affordable Fruits and Veggies

Try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

Keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

Dark Green and Orange Vegetables

This hearty main dish combines the sweetness of orange sweet potatoes and robustness of black beans, with the surprise addition of Swiss chard and a light touch of cumin. Serve over brown rice or whole-wheat couscous for a warm delight!

Sweet Potato and Black Bean Stew

SKYLINE HIGH SCHOOL
Oakland, California

Our Story

What can happen when you put sweet potatoes and black beans together? Well, if you are part of the recipe challenge team at Skyline High School, you get Sweet Potato and Black Bean Stew. Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. Its recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The team started out with several recipes that led to a recipe cook-off, which eventually resulted in the development and submission of two recipes. Both recipes received overwhelmingly positive responses from the Skyline High School student body. The team is excited to have both recipes, Sweet Potato and Black Bean Stew and Spanish Chickpea Stew, represented in this cookbook.

The wonderful combination in the Sweet Potato and Black Bean Stew recipe is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion by the addition of flavorful Swiss chard, a delicately mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew will warm the soul and feed the mind.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Donnie Barclift

CHEF
Jenny Huston

COMMUNITY MEMBERS
Rusty Hopewell (Health Center Nutritionist) and Sage Moore

STUDENTS
Karen M., Quailyn S., and Rudy R.

Sweet Potato and Black Bean Stew

Meal Components: Meat Alternate-Legume Vegetable-Dark Green Vegetable-Red/Orange Vegetable-Other Vegetable **Soups H-08r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Dried New Mexican chili peppers, whole		6		12	1. In a roasting pan/square head pan (20 ⅞″ x 17 ⅜″ x 7″) on top of stove, sauté chili peppers and onions in oil for 2-3 minutes.
*Fresh onions, diced	3 lb 2 oz	2 qt 3 cups	6 lb 4 oz	1 gal 1 qt	
Vegetable oil		1 cup	1 lb	2 cup	
Ground cumin		3 Tbsp		¼ cup 2 Tbsp	2. Add cumin and sauté for 2 minutes.
*Fresh sweet potatoes, peeled, cubed ½″	6 lb	1 gal 1 qt	12 lb	2 gal 2 qt	3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil.
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	24 lb 4 oz OR 24 lb 4 oz	2 gal 2 ⅔ qt (6 No. 10 cans) OR 2 gal 2 ⅔ qt	48 lb 8 oz OR 48 lb 8 oz	5 gal 1 ⅓ qt (12 No. 10 cans) OR 5 gal 1 ⅓ qt	
Orange juice		1 qt 2 cups		3 qt	
Low-sodium chicken stock		2 qt		1 gal	4. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender.
Red wine vinegar		½ cup		1 cup	5. Remove chilies and discard. Add vinegar, salt, pepper, and Swiss chard. Cover. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
*Fresh Swiss chard, no stems, chopped ½″ OR Frozen Swiss chard, chopped	2 lb OR 1 lb 8 oz	2 qt 2 cups OR 1 qt ½ cup	4 lb OR 3 lb	1 gal 1 qt OR 2 qt 1 cup	
					6. Critical Control Point: Hold for hot service at 135 °F or higher. 7. Portion with 8 fl oz ladle (1 cup).

Sweet Potato and Black Bean Stew

Meal Components: Meat Alternate-Legume Vegetable-Dark Green Vegetable-Red/Orange Vegetable-Other Vegetable **Soups H-08r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

In place of the New Mexican Chilies use California, Anaheim, or Ancho chilies. If using powdered chili use Ancho Chili Powder and use 1 Tbsp per chili.

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Mature onions	3 lb 9 oz	7 lb 2 oz
Sweet potatoes	7 lb 8 oz	15 lb
Dry black beans	9 lb 6 oz	18 lb 12 oz
Swiss chard	2 lb 2 oz	4 lb 4 oz

Nutrients Per Serving

Calories	222.48	Saturated Fat	0.34 g	Iron	3.95 mg
Protein	10.35 g	Cholesterol	0 mg	Calcium	103.07 mg
Carbohydrate	43.48 g	Vitamin A	8847.71 IU (442.39 RAE)	Sodium	578.59 mg
Total Fat	4.43 g	Vitamin C	25.75 mg	Dietary Fiber	12.25 g

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides: **Legume as Meat Alternate:** 3 oz equivalent meat alternate, ⅛ cup dark green vegetable, ¼ cup red/orange vegetable, and ¼ cup other vegetable. OR **Legume as Vegetable:** ¾ cup legume vegetable, ⅛ cup dark green vegetable, ¼ cup red/orange vegetable, and ¼ cup other vegetable. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	50 Servings: about 32 lb 100 Servings: about 65 lb 8 oz	50 Servings: about 4 gallons 100 Servings: about 8 gallons

1ST PLACE WINNER
Dry Beans and Peas

This hearty soup will surely tantalize taste buds with tender smoked turkey chunks, Navy beans, and a colorful array of veggies, all simmered in a deliciously seasoned broth.

Tuscan Smoked Turkey and Bean Soup

IRA B. JONES ELEMENTARY SCHOOL
Asheville, North Carolina

Our Story

Asheville, North Carolina, located in the heart of the Blue Ridge Mountains, is known for its heritage, arts, and fine dining. Ira B. Jones Elementary School in Asheville shares a taste of another well-known region of fine dining–Tuscany–as its recipe team prepared Tuscan Smoked Turkey and Bean Soup. The recipe challenge team worked together to develop the recipe, and a number of students tasted and evaluated the recipe before it was submitted to the competition.

After Ira B. Jones Elementary School received semifinalist status, 350 servings of the Tuscan Smoked Turkey and Bean Soup were prepared for a special lunch menu celebration. Asheville Mayor Terry Bellamy attended the event to give her support and presented a proclamation declaring May 24, 2011, as "Healthy Kids Challenge Day," encouraging students to focus on healthy choices through food and physical activity.

The team's hard work paid off! The recipe features Navy beans, which are actually white in color, but got their popular name because they were a staple food of the U.S. Navy in the early 20th century. Tuscan Smoked Turkey and Bean Soup is sure to tease and please the senses and warm the toes! Delizioso!!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Susan Bowers

CHEF
Denny Trantham (Executive Chef, The Grove Park Inn Resort and Spa)

COMMUNITY MEMBERS
Tara Jardine (School Volunteer Coordinator and AmeriCorps Representative) and Sarah Cain (Principal)

STUDENT
Nichelle B.

Tuscan Smoked Turkey and Bean Soup

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable **Soups H-12r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh onions, diced ½"	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 cups	1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large stockpot. Sweat vegetable mixture over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
*Fresh celery, diced	12 oz	2 ½ cups	1 lb 8 oz	1 qt 1 cup	
*Fresh carrots, diced	12 oz	2 ½ cups	1 lb 8 oz	1 qt 1 cup	
*Fresh kale, no stems, coarsely chopped	1 lb	3 qt ½ cup	2 lb	1 gal 2 ¼ qt	
Canned low-sodium tomato paste	9 oz	1 cup (⅓ No. 2 ½ can)	1 lb 2 oz	2 cups (⅔ No. 2 ½ can)	
Fresh garlic, minced		½ cup		1 cup	
Low-sodium chicken stock		2 gal		4 gal	2. Add stock, beans, salt, and pepper. 3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
Canned low-sodium Navy beans, drained, rinsed OR *Dry Navy beans, cooked (See Notes Section)	5 lb 12 oz OR 5 lb 12 oz	3 qt 3 ⅓ cups (1 ½ No. 10 cans) OR 3 qt 3 ⅓ cups	11 lb 8 oz OR 11 lb 8 oz	1 gal 3 ¾ qt (3 No. 10 cans) OR 1 gal 3 ¾ qt	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground black pepper		1 tsp		2 tsp	
Smoked turkey breast, ¼" pieces	2 lb 12 oz	2 qt	5 lb 8 oz	1 gal	4. Add turkey, parsley, thyme, and basil. Stir well. Simmer a minimum of 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
*Fresh parsley, chopped		¼ cup		½ cup	
Fresh thyme, finely chopped		¼ cup		½ cup	
Fresh basil, finely chopped		¼ cup		½ cup	
					5. Critical Control Point: Hold for hot service at 135 °F or higher. 6. Portion with 8 fl oz ladle (1 cup).

Tuscan Smoked Turkey and Bean Soup

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable **Soups H-12r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry Navy beans = about 2 ¼ cups dry or 5 ⅞ cups cooked beans.

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides: **Legume as Meat Alternate:** 1 ½ oz equivalent meat/meat alternate, ⅛ cup red/orange vegetable, and ⅛ cup other vegetable. OR **Legume as Vegetable:** ½ oz equivalent meat, ¼ cup legume vegetable, ⅛ cup red/orange vegetable, and ⅛ cup other vegetable. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	50 Servings: about 25 lb 8 oz 100 Servings: about 50 lb	50 Servings: about 3 gallons 100 Servings: about 6 gallons

Marketing Guide

Food as Purchased for	50 servings	100 servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Celery	14 ½ oz	1 lb 13 oz
Carrots	14 ½ oz	1 lb 13 oz
Kale	1 lb 8 oz	3 lb
Dry Navy beans	2 lb 10 oz	5lb 4 oz
Parsley	1 oz	2 oz

Nutrients Per Serving

Calories	134.55	Saturated Fat	0.67 g	Iron	2.28 mg
Protein	14.51 g	Cholesterol	20.68 mg	Calcium	61.62 mg
Carbohydrate	13.62 g	Vitamin A	3058.35 IU (152.89 RAE)	Sodium	524.69 mg
Total Fat	2.83 g	Vitamin C	7.00 mg	Dietary Fiber	3.66 g

2ND PLACE WINNER
Dry Beans and Peas

Flavored with ground red chili, cumin, garlic, and a touch of tomatoes, these lentils have a "salsa flavor" that kids are sure to love. Even better, this tasty lentil-based recipe can be served as a side item or main dish.

Lentils of the Southwest

SWEENEY ELEMENTARY SCHOOL
Santa Fe, New Mexico

Our Story

Sweeney Elementary is a large K through 5th grade elementary school on the south side of Santa Fe, New Mexico. The school celebrates the diversity of its students and emphasizes equality and access to programs for all students.

The recipe challenge team came together to create this delicious dish with the support of Cooking with Kids, a nonprofit organization in Santa Fe that provides hands-on nutrition education each year to elementary school students in public schools. The students helped pick recipe names, and the Cooking with Kids Super Chef engaged the students in conversation, critique, and feedback on the recipes. Over 30 students in 5th grade actively created and evaluated several trial recipes, which were sampled by more than 400 students. This led to the development of the final recipe, Lentils of the Southwest.

Lentils have so much potential for school food service menus. Packed with protein, vitamins, and fiber, they are easy to cook and have great versatility. Lentils of the Southwest can be served as a side dish to make the perfect New Mexican lunch. When accompanied by brown rice, this lentil recipe becomes a tasty and hearty main dish. The team is very happy that their recipe was chosen as a finalist to be represented in the cookbook.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Judi Jacquez (Director, Student Nutrition Services)

CHEF
Rocky Durham

COMMUNITY MEMBERS
Jane Stacey (Cooking with Kids Program Director) and Anna Farrier (Cooking with Kids Community Liaison)

STUDENTS
Melanie S., Jailey B., Marisol B., Diana O., and Nicole A.

Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable **Vegetables I-24r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Lentils, brown or green, dry	1 lb 13 ½ oz	1 qt ½ cup	3 lb 11 oz	2 qt 1 cup	1. Rinse lentils and sort out any unwanted materials. Drain well.
Water		2 qt ½ cup		1 gal 1 cup	2. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 30-40 minutes.
*Fresh onions, diced	8 oz	1 ¾ cups	1 lb	3 ½ cups	3. Sauté onions and garlic in oil for 5 minutes or until tender. Stir in cumin, red chili pepper, and chili powder. Cook for 2-3 minutes over low heat.
Fresh garlic, minced		2 Tbsp		¼ cup	4. Combine onions and garlic with cooked lentils. Add water. For 50 servings, add 3 cups water. For 100 servings, add 1 qt 2 cups water. 5. Stir in tomatoes and salt. Bring to a boil. Reduce heat and simmer uncovered for 20 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Extra virgin olive oil		2 Tbsp		¼ cup	
Ground cumin		2 Tbsp 2 tsp		⅓ cup	
Ground red chili pepper		2 Tbsp		¼ cup	
Chili powder		1 Tbsp		2 Tbsp	
Canned low-sodium diced tomatoes OR *Fresh tomatoes, diced	1 lb 8 oz OR 1 lb 8 oz	3 cups (¼ No. 10 can) OR 3 cups	3 lb OR 3 lb	1 qt 2 cups (½ No. 10 can) OR 1 qt 2 cups	
Salt		1 Tbsp		2 Tbsp	
Fresh cilantro, finely chopped	2 oz	3 cups	4 oz	1 qt 2 cups	6. Stir in cilantro before serving.
					7. Critical Control Point: Hold for hot service at 135 °F or higher. 8. Portion with 2 fl oz ladle (¼ cup).

Lentils of the Southwest

Meal Components: Meat Alternate-Legume Vegetable **Vegetables I-24r**

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¼ cup (2 fl oz ladle) provides: **Legume as meat alternate:** 1 oz equivalent meat alternate. OR **Legume as vegetable:** ¼ cup legume vegetable. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.*	50 Servings: about 9 lb 100 Servings: about 17 lb	50 Servings: about 1 gallon 1 quart 100 Servings: about 2 gallons l quart

Marketing Guide		
Food as Purchased for	**50 Servings**	**100 Servings**
Dry lentils, brown or green	1 lb 14 oz	3 lb 11 oz
Mature onions	12 oz	1 lb 6 oz
Tomatoes	1 lb 12 oz	3 lb 8 oz

Nutrients Per Serving					
Calories	68.66	Saturated Fat	0.11 g	Iron	1.84 mg
Protein	4.56 g	Cholesterol	0 mg	Calcium	15.21 mg
Carbohydrate	10.96 g	Vitamin A	251.11 IU (10.38 RAE)	Sodium	141.83 mg
Total Fat	0.92 g	Vitamin C	2.80 mg	Dietary Fiber	4.16 g

Dry Beans and Peas

This delicious recipe mixes together black-eyed peas, savory smoked turkey ham, fresh vegetables, and a secret ingredient, kale, to make up this warm, winter-wonder soup!

Confetti Soup

BURKE MIDDLE AND HIGH SCHOOL
Charleston, South Carolina

Our Story

Located in Charleston, South Carolina, Burke Middle and High School takes pride in sharing its rich history of 96 years of intellectual enlightenment. The school strives to help each student reach his/her individual potential while achieving measurable success in the classroom.

This does not stop inside the school, but reaches outside to the community, and was evident in the collaboration to create Confetti Soup!

This recipe challenge team formed a dynamic group with a local restaurant chef as their lead. The chef invited the team members to his restaurant to begin developing recipes for the competition. They worked to perfect the recipes and later prepared the recipes for the students to try. All of their hard work resulted in Confetti Soup. This isn't your everyday soup—students will surely be asking for more!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Erin Boudolf, RD

CHEF
Craig Deihl

COMMUNITY MEMBERS
Jennifer Moore (The Medical University of South Carolina's Boeing Center for Promotion of Healthy Lifestyles in Children and Families) and Coleen Martin (The Medical University of South Carolina's Boeing Center for Promotion of Healthy Lifestyles in Children and Families)

STUDENTS
Auja R., Keshawn J., Quatifah L., and Tyler M.

Confetti Soup

Meal Components: Meat/Meat Alternate-Legume Vegetable-Other Vegetable **Soups H-09r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canola oil		¼ cup 1 Tbsp		½ cup 2 Tbsp	1. Heat oil in a roasting pan/square head pan (20 ⅞" x 17 ⅜" x 7") on top of stove. Sauté onions and celery for 2-3 minutes or until tender.
*Fresh onions, diced	1 lb 14 oz	1 qt 2 cups	3 lb 12 oz	3 qt	
*Fresh celery, diced	1 lb 14 oz	1 qt 2 cups	3 lb 12 oz	3 qt	
*Fresh carrots, diced	1 lb 14 oz	1 qt 2 cups	3 lb 12 oz	3 qt	2. Add carrots, salt, pepper, fennel, and crushed red pepper (optional). Sauté for an additional 2-3 minutes.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground black pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Fennel seed, whole		2 tsp		1 Tbsp 2 tsp	
Crushed red pepper (optional)		1 tsp		2 tsp	
Canned black-eyed peas, drained, rinsed OR Frozen black-eyed peas (See Notes Section)	5 lb 10 oz OR 5 lb 10 oz	3 qt 1 cup (1 ⅓ No. 10 cans) OR 1 gal	11 lb 4 oz OR 11 lb 4 oz	1 gal 2 ½ qt (2 ⅔ No. 10 cans) OR 2 gal	3. Add peas and water. Cook uncovered over medium heat for 20-25 minutes.
Water		1 gal 3 qt		3 gal 2 qt	
Turkey Ham, extra lean, diced ¼"	3 lb	1 qt 2 ½ cups	6 lb	3 qt 1 cup	4. Add turkey ham and kale. Cook covered over low heat for an additional 10 minutes or until kale is tender. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
*Fresh kale, coarsely chopped	4 oz	2 ½ cups	8 oz	1 qt 1 cup	
*Fresh parsley, finely chopped		⅔ cup		1 ⅓ cups	5. Critical Control Point: Hold for hot service at 135 °F or higher. Add parsley immediately before serving.
					6. Portion with 8 fl oz ladle (1 cup).

Confetti Soup

Meal Components: Meat/Meat Alternate-Legume Vegetable-Other Vegetable

Soups H-09r

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Cooking time increases if frozen black-eyed peas are used. Cook until peas are soft.

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides : **Legume as Meat Alternate:** 1 ½ oz equivalent meat/meat alternate and ¼ cup other vegetable. OR **Legume as Vegetable:** ½ oz equivalent meat, ¼ cup legume vegetable, and ¼ cup other vegetable. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	50 Servings: about 23 lb	50 Servings: about 3 gallons
	100 Servings: about 44 lb	100 Servings: about 5 gallons 2 quarts

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Mature Onions	2 lb 4 oz	4 lb 8 oz
Celery	2 lb 4 oz	4 lb 8 oz
Carrots	2 lb 4 oz	4 lb 8 oz
Kale	5 oz	10 oz
Parsley	1 ½ oz	3 oz

Nutrients Per Serving

Calories	94.09	Saturated Fat	0.40 g	Iron	1.26 mg
Protein	7.92 g	Cholesterol	17.53 mg	Calcium	34.80 mg
Carbohydrate	10.39 g	Vitamin A	3033.33 IU (151.67 RAE)	Sodium	487.58 mg
Total Fat	2.83 g	Vitamin C	4.22 mg	Dietary Fiber	2.55 mg

Dry Beans and Peas

A delicious combination of pizza and taco, this recipe is made with whole-grain tostada shells, refried beans, shredded cheese, and a stack of colorful veggies.

Eagle Pizza

BYARS ELEMENTARY SCHOOL
Byars, Oklahoma

Our Story

Byars Elementary School is located approximately an hour southeast of Oklahoma City. It is one of the few pre-kindergarten through 8th grade schools in the State. Byars is an old railroad town that was a thriving community in the early 1900s. The train is gone but the locomotion energy prevails as when community members teamed up with the school to pursue the recipe challenge. During the development phase, the recipe challenge team decided to name their creation after the school mascot. Taste-tested by the student body, Eagle Pizza was a winner.

Eagle Pizza will give kids the power and energy they need for a busy day. Take your meals to the top by offering Eagle Pizza, and your students will soar like an eagle when they choose this yummy main dish!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Vickie Spray

CHEF
Ruth Burrows, DTR

COMMUNITY MEMBER
Sandra Walck (past School Board Member)

STUDENTS
Gracie S., Braden P., Shawn M., Shawn T., and Travis W.

Eagle Pizza

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-61r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh spinach, julienne sliced	5 oz	1 qt	10 oz	2 qt	1. Combine lettuce and spinach in bowl. Set aside.
*Fresh romaine lettuce, julienne sliced	8 oz	1 qt	1 lb	2 qt	
Salt-free chili-lime seasoning blend OR Salt-free taco seasoning blend (See Notes Section)		¼ cup 2 Tbsp OR ¼ cup 2 Tbsp		¾ cup OR ¾ cup	2. Mix salt-free seasoning and beans. Set aside.
Canned low-sodium refried pinto beans, fat-free	7 lb 12 oz	3 qt 1 ½ cups (1 ¼ No. 10 cans)	15 lb 8 oz	1 gal 2 ¾ qt (2 ¼ No. 10 cans)	
*Fresh green bell peppers, diced	2 lb	1 qt 2 cups	4 lb	3 qt	3. Sauté green peppers, onions, and corn for 3-4 minutes in a pan coated with pan release spray. Set aside.
*Fresh onions, diced	2 lb	1 qt 2 ¼ cups	4 lb	3 qt	
Canned low-sodium corn, drained, rinsed	3 lb 6 oz	1 qt 2 cups (1 No. 10 can)	6 lb 12 oz	3 qt (2 No. 10 cans)	
Tostada shells (round) (0.5 oz each)		50		100	4. Portion beans with No. 16 scoop (¼ cup) on each tostada shell. Spread evenly.
Reduced-fat Mexican cheese blend, shredded	1 lb	1 qt	2 lb	2 qt	5. Top with ⅓ cup vegetable mixture. Sprinkle with 1 Tbsp cheese.
					6. Place tostadas on a sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 4 pans. For 100 servings, use 8 pans. Bake until cheese is melted: Conventional oven: 350 °F for about 5 minutes Convection oven: 350 °F for about 3 minutes Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. 7. Critical Control Point: Hold for hot service at 135 °F or higher.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Eagle Pizza

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-61r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh carrots, shredded	1 lb 8 oz	1 qt 3 ½ cups	3 lb	1 gal 3 cups	8. Top each tostada with: 1 Tbsp 1 tsp spinach/lettuce mixture 2 Tbsp carrots 1 Tbsp salsa 1 Tbsp sour cream Serving suggestion: serve toppings in individual soufflé cups
Low-sodium salsa, mild	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Fat-free sour cream	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
					9. Serve one tostada pizza.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Eagle Pizza

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-61r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Salt-free taco seasoning blend

For 25 servings:
1 Tbsp dried onion
1 Tbsp chili powder
1 ½ tsp cumin
1 ½ tsp crushed red pepper
1 ½ tsp garlic powder
¾ tsp oregano
1 ½ tsp cornstarch

For 50 servings:
2 Tbsp dried onion
2 Tbsp chili powder
1 Tbsp cumin
1 Tbsp crushed red pepper
1 Tbsp garlic powder
1 ½ tsp oregano
1 Tbsp cornstarch

Combine all ingredients. Store in airtight container.

*If using immediately, do not add cornstarch.

TIP: Prepare one tostada pizza using exact measurements and use it as a guide to assemble remaining pizzas.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Spinach	6 oz	12 oz
Romaine lettuce	12 ½ oz	1 lb 9 oz
Green bell peppers	2 lb 8 oz	5 lb
Mature onions	2 lb 4 oz	4 lb 8 oz
Carrots	2 lb 2 oz	4 lb 4 oz

Nutrients Per Serving

Calories	205.96	Saturated Fat	2.16 g	Iron	1.78 mg
Protein	8.86 g	Cholesterol	6.85 mg	Calcium	172.57 mg
Carbohydrate	32.20 g	Vitamin A	3226.56 IU (177.20 RAE)	Sodium	289.72 mg
Total Fat	5.69 g	Vitamin C	20.38 mg	Dietary Fiber	5.99 g

Serving	Yield	Volume
1 tostada pizza provides: **Legume as Meat Alternate:** 1 ¼ oz equivalent meat alternate, ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ⅛ cup other vegetable, and ½ oz equivalent grains. OR **Legume as Vegetable:** ¼ cup legume vegetable, ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ⅛ cup other vegetable, and ½ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	50 Servings: about 23 lb 8 oz 100 Servings: about 48 lb	50 Servings: 50 tostada pizzas 100 Servings: 100 tostada pizzas

Salt and Sodium
Tips to help you cut back

Think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

Enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

Fill up on veggies and fruits—they are naturally low in sodium

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

Adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.

Skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter and the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

Read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled "low sodium," "reduced sodium," or "no salt added."

Pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

Dry Beans and Peas

This main dish is filled with hearty, healthy ingredients. Its colorful vegetables are layered with crunchy corn chips, smooth black beans, flavorful cumin, oregano, and lively salsa, and baked to perfection as an aromatic, savory casserole.

Fiesta Mexican Lasagna

ITHACA CITY SCHOOL DISTRICT
Ithaca, New York

Our Story

At the Ithaca City School District in picturesque Ithaca, New York, their mission is to educate every student to become a life-long learner. The team's chef is a co-owner of a local restaurant which is considered one of the "pioneer" restaurants for preparing and serving healthy, local, plant-based meals.

The New York Coalition for Healthy School Food was just beginning to work with the school district on a project that develops and implements plant-based entrées, using local organic beans as much as possible, and a team was created. For its entry into the *Recipes for Healthy Kids* Competition, the team worked to create Fiesta Mexican Lasagna.

While developing the recipe, team members spoke with students to gain feedback on the recipe and conducted numerous tastings, which allowed the team to modify the recipe accordingly. The team and students were thrilled that the recipe was selected as a finalist. Fiesta Mexican Lasagna features golden butternut squash, corn, and peppers roasted until sweet and the natural flavors caramelize together. This deliciously spicy spin on an Italian classic will leave your students wanting more!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Denise Agati (Food Service Director)

CHEF
Wynnie Stein (Chef, Moosewood Restaurant)

COMMUNITY MEMBERS
Amie Hamlin (Executive Director, New York Coalition for Healthy School Food) and Eric Smith (Owner, Cayuga Pure Organics)

STUDENTS
Alyia C. and Josie W. (Middle School Students)

Fiesta Mexican Lasagna

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-62r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canola oil		¼ cup 1 Tbsp		½ cup 2 Tbsp	1. Combine oil, green peppers, corn, and half of onions. Reserve remaining onions for step 5. Toss to coat. Transfer to a sheet pan (18″ x 26″ x 1″). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 2. Roast uncovered until lightly brown around edges: Conventional oven: 350 °F for 20 minutes Convection oven: 350 °F for 12 minutes
*Fresh green bell peppers, diced	10 oz	1 ½ cups	1 lb 4 oz	3 cups	
Canned low-sodium corn, drained, rinsed	3 lb	1 qt 2 ½ cups (⅔ No. 10 can)	3 lb	3 qt 1 cup (1 ⅓ No. 10 cans)	
*Fresh onions, diced	3 lb	2 qt	6 lb	3 qt 2 cups	
*Fresh butternut squash, peeled, cubed ½″	3 lb 8 oz	3 qt 3 cups	7 lb	3 gal 3 ½ qt	3. Place squash in perforated steam table pan (12″ x 20″ x 2 ½″) and steam for 15 minutes or until tender. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. Mash squash until smooth. Add roasted vegetables, half of oregano and half of cumin. Reserve remaining oregano and cumin for step 5. Mix well. Set aside.
Ground oregano		1 Tbsp 1 tsp		2 Tbsp 2 tsp	5. Lightly coat nonstick pan with pan release spray. Sauté remaining onions, oregano, and cumin with garlic, chili powder, paprika, and salt for 5 minutes or until soft.
Ground cumin		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Chili powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fiesta Mexican Lasagna

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-62r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	8 lb 8 oz OR 8 lb 8 oz	3 qt 3 ⅓ cups (2 ¼ No. 10 cans) OR 3 qt 3 ⅓ cups	17 lb OR 17 lb	1 gal 3 ½ qt (4 ½ No. 10 cans) OR 1 gal 3 ½ qt	6. Puree onion mixture and beans in a food processor to a smooth consistency. If needed, add water to make puree smoother: For 50 servings, use about ¼ cup water. For 100 servings, use about ½ cup water. Set aside.
Canned low-sodium meatless spaghetti sauce	5 lb 8 oz	2 qt 2 cups (1 No. 10 can)	11 lb	1 gal 1 qt (2 No. 10 cans)	7. Combine spaghetti sauce and salsa. Set aside.
Canned low-sodium salsa, mild	3 lb 8 oz	1 qt 3 cups (½ No. 10 can)	7 lb	3 qt 2 cups (1 ⅛ No. 10 cans)	
Low-sodium tortilla chips	3 lb	About 530 chips	6 lb	About 1060 chips	8. For 50 servings, crumble 1 lb tortilla chips for topping. Reserve remaining 2 lb whole tortilla chips for lasagna layers. For 100 servings, crumble 2 lb tortilla chips for topping. Reserve remaining 4 lb whole tortilla chips for lasagna layers.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fiesta Mexican Lasagna

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-62r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
					9. Assembly: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. First layer: a. 1 qt ¼ cup sauce Second layer: a. 8 oz whole chips (about 85 chips), slightly overlapping b. 1 qt 1 cup (about 2 lb 4 oz) bean mixture c. 1 qt ½ cup (about 1 lb 15 oz) squash/vegetable mixture Third layer: Repeat second layer Fourth layer: a. 1 qt ¼ cup sauce b. 8 oz crumbled chips, about 2 ½ cups 10. Tightly cover pans. 11. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 350 °F for 30 minutes Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. 12. Remove from oven. Uncover. Allow to set for 15 minutes before serving. 13. Critical Control Point: Hold at 135 °F or higher.
					14. Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾" square).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fiesta Mexican Lasagna

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry black beans = about 2 ½ cups dry or 4 ½ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Green bell peppers	1 lb	1 lb 12 oz
Mature onions	3 lb 8 oz	7 lb
Butternut squash	4 lb 4 oz	8 lb 8 oz
Dry black beans	2 lb 12 oz	5 lb 8 oz

Nutrients Per Serving

Calories	263.63	Saturated Fat	0.51 g	Iron	2.35 mg
Protein	8.71 g	Cholesterol	1.00 mg	Calcium	120.21 mg
Carbohydrate	52.16 g	Vitamin A	3768.71 IU (179.72 RAE)	Sodium	425.06 mg
Total Fat	4.09 g	Vitamin C	15.61 mg	Dietary Fiber	9.37 g

Serving	Yield	Volume
1 piece provides: **Legume as Meat Alternate:** 1 oz equivalent meat alternate,⅜ cup red/orange vegetable, ¼ cup starchy vegetable, ⅛ cup other vegetable, and ¾ oz equivalent grains. OR **Legume as Vegetable:** ¼ cup legume vegetable, ⅜ cup red/orange vegetable, ¼ cup starchy vegetable, ⅛ cup other vegetable, and ¾ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	50 Servings: about 36 lb 100 Servings: about 72 lb	50 Servings: 2 steam table pans 100 Servings: 4 steam table pans

Dry Beans and Peas

This delicious main dish features a quinoa and black bean filling seasoned with cumin, chili powder, lime juice, and a medley of shredded carrots, red peppers, red onion, and reduced-fat cheddar cheese.

Fiesta Wrap

CHARTER OAK INTERNATIONAL ACADEMY
West Hartford, Connecticut

Our Story

Charter Oak International Academy, nestled in the midst of the West Hartford, Connecticut School District, is a thriving magnet school with students from 20 countries, speaking 14 languages! For the contest the recipe challenge team included students from three schools involved in the *Chefs Move to Schools* program or *Farm to School* pilot program and one of the founders of "Growing Great Schools," a newly formed parent advocacy group. The team's objectives were to improve the nutritional quality of meals being served in schools and to connect students with their food sources. To test the recipe, Fiesta Wrap was served to over 250 students, and an overwhelming majority gave the recipe a "thumbs-up." This winning creation combines spices, whole grains, legumes, and vibrant vegetables to create a taste that is unforgettable. To top it off, kids can crown their wraps with fresh tomatoes, lettuce, and corn salsa.

The team was excited to work on the contest and was even more thrilled when their recipe was chosen to be featured in this cookbook.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Sharon Riley (Area Manager, School Nutrition Services)

CHEF
Hunter Morton (Executive Chef, Max's Downtown Restaurant)

COMMUNITY MEMBER
Alicia Brown (Parent)

STUDENTS
Cole C., Sasha W., Remie H., Noa B., and Niranda M.

Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains **Sandwiches F-14r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Quinoa, dry	13 oz	2 cups	1 lb 10 oz	1 qt	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		1 qt		2 qt	2. Combine quinoa and water in a covered stock pot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff. Set aside.
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	6 lb 12 oz OR 6 lb 12 oz	1 gal (1 ¾ No. 10 cans) OR 1 gal	13 lb 8 oz OR 13 lb 8 oz	2 gal (3 ½ No. 10 cans) OR 2 gal	3. Place half of the black beans in a large bowl and lightly hand mash, using gloved hands. Some beans should remain whole. For 50 servings, mash to yield about 3 qt 1 cup. For 100 servings, mash to yield about 1 gal 2 ½ qt.
*Fresh carrots, shredded	11 oz	2 ⅔ cups	1 lb 6 oz	1 qt 1 ⅓ cups	Filling: 4. Combine quinoa, mashed beans, carrots, cheese, red peppers, onions, chili powder, cumin, lime juice, and salt. Mix thoroughly.
Reduced fat white cheddar cheese, shredded	6 oz	2 cups	12 oz	1 qt	
*Fresh red bell peppers, diced	11 oz	2 cups	1 lb 6 oz	1 qt	
*Fresh red onions, diced	11 oz	2 cups	1 lb 6 oz	1 qt	
Chili powder		2 Tbsp		¼ cup	
Ground cumin		3 Tbsp		¼ cup 2 Tbsp	
Lime juice		3 Tbsp		¼ cup 2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Whole-wheat tortillas, 6″ (0.9 oz each)		50		100	5. Using a No. 8 scoop (½ cup), spread filling on bottom third of tortilla. Roll in the form of a burrito and seal. If preferred, spread filling on half the tortilla and fold in half like a taco.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains **Sandwiches F-14r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Vegetable oil		½ cup		1 cup	6. Brush filled wraps lightly with oil and place seam side down on sheet pan (18″ x 26″ x 1″). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					7. Bake until golden brown: Conventional oven: 325 °F for 15 minutes Convection oven: 300 °F for 10 minutes Critical Control Point: Heat to 135 °F for at least 15 seconds. 8. Critical Control Point: Hold for hot service at 135 °F or higher. 9. If desired, serve with fresh diced tomatoes, corn salsa, lettuce, and/or salsa.
					10. Serve 1 wrap.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains

Sandwiches F-14r

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

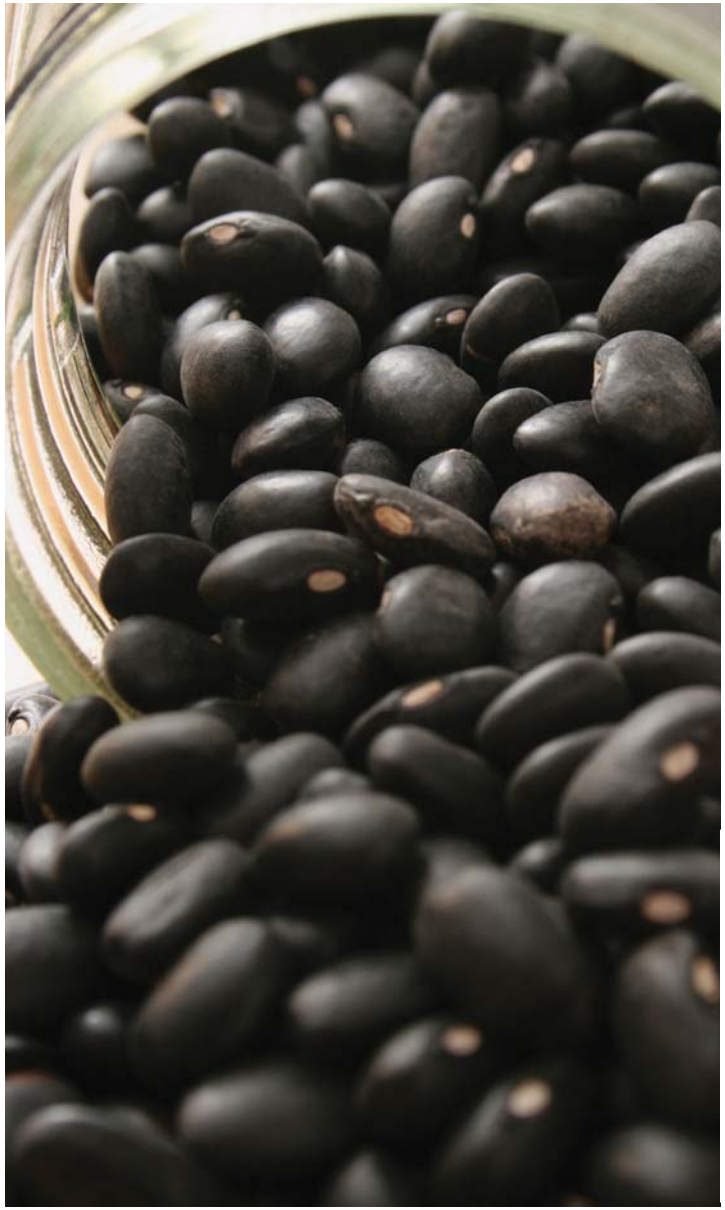
Food as Purchased for	50 Servings	100 Servings
Dry black beans	1 lb 12 oz	3 lb 8 oz
Carrots	13 ¼ oz	1 lb 10 ½ oz
Red bell peppers	13 ¾ oz	1 lb 11 ½ oz
Red onions	12 ½ oz	1 lb 9 oz

Nutrients Per Serving

Calories	175.48	Saturated Fat	0.63 g	Iron	2.05 mg
Protein	6.86 g	Cholesterol	1.91 mg	Calcium	61.64 mg
Carbohydrate	26.93 g	Vitamin A	1465.09 IU (77.28 RAE)	Sodium	346.18 mg
Total Fat	5.07 g	Vitamin C	11.98 mg	Dietary Fiber	5.16 g

Serving	Yield	Volume
1 wrap provides: **Legume as Meat Alternate:** 1 oz equivalent meat alternate and 1 oz equivalent grains. OR **Legume as Vegetable:** ¼ cup legume vegetable and 1 oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	50 Servings: about 12 lb (filling)	50 Servings: about 1 gallon 2 quarts (filling) 50 wraps
	100 Servings: about 23 lb 8 oz (filling)	100 Servings: about 3 gallons (filling) 100 wraps

Dry Beans and Peas



Dry Beans and Peas

This hearty dish is a perfect blend of spinach, sweet potatoes, red potatoes, northern beans, tomatoes, and chicken. To round out the dish, the flavors of carrots, celery, onions, and garlic take this stew to the next level!

Harvest Stew

DAVID D. JONES ELEMENTARY SCHOOL
Greensboro, North Carolina

Our Story

When the recipe challenge team came together to work on this recipe challenge project, they had no idea what they had gotten themselves into. Their first task was figuring out how to organize a tasting event because their school had over 750 students. The team then began experimenting with different ingredients and recipes and held small taste testing sessions to gather feedback and make improvements. All of their hard work led to the development of Harvest Stew.

This flavorful dish was created to satisfy the palate of students, teachers, and staff while being a filling, nutritious meal to fuel them for the rest of their day. Initially when the Harvest Stew recipe was created, it was prepared with kale. However, spinach was substituted because it was more readily available for the school district.

Over 600 students sampled the recipe during their lunch period. Parents of students were also encouraged to attend the tasting with their children. Parents, students, and teachers were enthusiastic about the new recipe and overwhelmingly enjoyed the dish, with 70 percent of the students approving of the recipe. The school is proud that North Carolina sweet potatoes from their *Farm to School* program were featured in this stew.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Pam Cecil

CHEF
Matthias Hartmann

COMMUNITY MEMBERS
Jen Schell (Parent) and Amanda Hester (Nutritionist)

STUDENTS
Maria S., Bailey P., Nemiah I., Jalen W., and Ayatollah H.

Harvest Stew

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable **Soups H-10r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup 1 Tbsp		¾ cup	1. Heat oil in a roasting pan/square head pan (20 ⅞″ x 17 ⅜″ x 7″) on top of stove. Sauté onions, carrots, and celery for 5 minutes until slightly browned.
*Fresh onions, diced	1 lb 4 oz	3 cups	2 lb 8 oz	1 ½ qt	
*Fresh carrots, diced	12 oz	2 cups	1 lb 8 oz	1 qt	
*Fresh celery, diced	1 lb 1 oz	3 ⅓ cups	2 lb 2 oz	1 qt 2 ⅔ cups	
Enriched all-purpose flour	3 oz	½ cup 1 Tbsp	6 oz	1 cup 2 Tbsp	2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered.
Water		2 qt 2 cups		1 gal 1 qt	
Low-sodium chicken base		1 Tbsp		2 Tbsp	
Salt-free seasoning		1 tsp		2 tsp	3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.
Garlic powder		1 Tbsp		2 Tbsp	
Canned low-sodium diced tomatoes	3 lb 4 oz	1 qt 2 ½ cups (½ No. 10 can)	6 lb 8 oz	3 qt 1 cup (1 No. 10 can)	4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.
*Fresh sweet potatoes, peeled, cubed 1″	1 lb 8 oz	1 qt 3 cups	3 lb	3 qt 2 cups	
*Fresh red potatoes, unpeeled, cubed 1″	1 lb 8 oz	1 qt	3 lb	2 qt	
Frozen, cooked diced chicken, thawed, ½″ pieces	1 lb 10 oz	1 qt 1 ⅓ cups	3 lb 4 oz	2 qt 2 ⅔ cups	5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)	7 lb OR 7 lb	3 qt 1 ⅓ cups (1 ¾ No. 10 cans) OR 3 qt 1 ⅓ cups	14 lb OR 14 lb	1 gal 2 ⅔ qt (3 ½ No. 10 cans) OR 1 gal 2 ⅔ qt	

Harvest Stew

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable **Soups H-10r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh baby spinach, chopped	5 oz	2 cups	10 oz	1 qt	
					6. Critical Control Point: Hold for hot service at 135 °F or higher. 7. Portion with 6 fl oz ladle (¾ cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry great northern beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

Nutrients Per Serving

Calories	123.71	Saturated Fat	0.27 g	Iron	1.88 mg
Protein	7.95 g	Cholesterol	13.14 mg	Calcium	50.22 mg
Carbohydrate	18.19 g	Vitamin A	3426.42 IU (162.53 RAE)	Sodium	57.37 mg
Total Fat	2.24 g	Vitamin C	8.83 mg	Dietary Fiber	5.03 g

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 8 oz	3 lb
Carrots	15 oz	1 lb 14 oz
Celery	1 lb 4 ½ oz	2 lb 9 oz
Sweet potatoes	2 lb	4 lb
Red potatoes	1 lb 8 ¾ oz	3 lb 1 ½ oz
Dry great northern beans	2 lb 8 oz	5 lb
Baby spinach	6 oz	12 oz

Serving	Yield	Volume
¾ cup (6 fl oz ladle) provides: **Legume as Meat Alternate:** 1 ½ oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ⅛ cup additional vegetable. OR **Legume as Vegetable:** ½ oz equivalent meat, ¼ cup legume vegetable, ¼ cup red/orange vegetable and ⅛ cup additional vegetable. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts
	100 Servings: about 37 lb 8 oz	100 Servings: about 4 gallons 3 quarts

Dry Beans and Peas

Rolled up in a whole-wheat tortilla are avocado, white beans, lettuce, and shredded purple cabbage that pack a powerful purple punch in this delicious vegetarian wrap.

Purple Power Bean Wrap

NEWMAN ELEMENTARY SCHOOL
Needham, Massachusetts

Our Story

The Newman Elementary School is the largest elementary school in the Needham Public School District. Serving over 700 students in preschool through the 5th grade, Newman offers an engaging and supportive learning environment for all children.

The recipe competition was a great opportunity for the students to play a major role in sustaining a healthy school environment. Six students helped out with the recipe challenge. When great northern beans became available, the team took the challenge of preparing beans in a recipe that kids would eat and enjoy. The recipe challenge team worked for several weeks in the school kitchen trying different recipes that combined puréed beans with a variety of different ingredients.

They eventually decided that avocado and purple cabbage yielded the best color and flavor combination for the entrée. The end result was called Purple Power Bean Wrap. It's sure to surprise and delight your students!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Steve Farrell

CHEF
Sue Findlay

COMMUNITY MEMBERS
Kim Benner (Parent) and Anne Hayek (Parent)

STUDENTS
James B., John B., Maeve B., Sophie F-W., Becca S., and Chloé M.

Purple Power Bean Wrap

Meal Components: Meat Alternate-Legume Vegetable-Dark Green Vegetable-Other Vegetable-Grains **Sandwiches F-15r**

Ingredients	50 Servings		100 Servings		Directions Canned Beans Process #1: No Cook Dried Beans Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)	6 lb OR 6 lb	2 qt 3 ⅓ cups (1 ⅓ No. 10 cans) OR 2 qt 3 ⅓ cups	12 lb OR 12 lb	1 gal 1 ¾ qt (2 ⅔ No. 10 cans) OR 1 gal 1 ¾ qt	1. Puree beans in food processor to a smooth consistency. Set aside. Yields: For 50 servings, about 3 qt 2 cups. For 100 servings, about 1 gal 1 ¼ qt.
*Fresh avocados, peeled, seeded	2 lb 12 oz	About 6	5 lb 8 oz	About 12	2. Puree avocado, lemon zest and juice, garlic, oil, chili powder, and salt to a smooth consistency. Mix in pureed beans.
*Fresh lemons, zested then juiced	About 6	2 Tbsp zest 1 cup juice	About 12	¼ cup zest 2 cups juice	
Fresh garlic cloves, minced		½ cup		1 cup	
Extra virgin olive oil		¼ cup 2 Tbsp		¾ cup	
Chili powder		1 Tbsp		2 Tbsp	
Salt		1 ½ Tbsp		3 Tbsp	
*Fresh purple cabbage, finely shredded	2 lb 4 oz	2 qt 2 cups	4 lb 8 oz	1 gal 1 qt	3. Combine shredded cabbage with bean mixture. Cover and refrigerate at 40 °F for no more than 2 hours to avoid avocado oxidizing and turning brown.
Whole-wheat tortillas, 10" (1.8 oz each)		50		100	4. Using a No. 10 scoop (⅜ cup) spread filling on bottom half of tortilla.
*Fresh romaine lettuce, shredded	3 lb 4 oz	1 gal 2 ½ qt	6 lb 8 oz	3 gal 1 qt	5. Add ½ cup of lettuce and roll in the form of a burrito and seal.
					6. Cut diagonally in half. 7. Critical Control Point: Hold for cold service at 41 °F or lower.
					8. Portion 1 wrap (two halves).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Purple Power Bean Wrap

Meal Components: Meat Alternate-Legume Vegetable-Dark Green Vegetable-Other Vegetable-Grains **Sandwiches F-15r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Avocadoes vary in size according to the season. Please measure this product by weight and not by produce amounts.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry great northern beans = about 2 ⅜ cups dry or 5 ¼ cups cooked beans.

Nutrients Per Serving (1 wrap)

Calories	274.40	Saturated Fat	0.77 g	Iron	2.48 mg
Protein	7.62 g	Cholesterol	0 mg	Calcium	53.97 mg
Carbohydrate	37.91 g	Vitamin A	2879.83 IU (143.99 RAE)	Sodium	424.25 mg
Total Fat	9.53 g	Vitamin C	23.56 mg	Dietary Fiber	8.36 g

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Dry great northern beans	2 lb 2 oz	4 lb 4 oz
Avocados	6 (4 lb)	12 (8 lb)
Lemons	6 (2 lb)	12 (4 lb)
Purple cabbage	2 lb 12 oz	5 lb 8 oz
Romaine lettuce	4 lb 12 oz	9 lb 8 oz

Serving	Yield	Volume
1 wrap provides: **Legume as Meat Alternate:** 1 oz equivalent meat alternate, ¼ cup dark green vegetable, ¼ cup other vegetable, and 1 ¾ oz equivalent grains. OR **Legume as Vegetable:** ¼ cup legume vegetable, ¼ cup dark green vegetable, ¼ cup other vegetable, and 1 ¾ oz equivalent grains. ½ wrap provides: **Legume as Meat Alternate:** ½ oz equivalent meat alternate, ⅛ cup dark green vegetable, ⅛ cup other vegetable, and ¾ oz equivalent grains. OR **Legume as Vegetable:** ⅛ cup legume vegetable, ⅛ cup dark green vegetable, ⅛ cup other vegetable, and ¾ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	50 Servings: about 22 lb 100 Servings: about 43 lb	50 Servings: 50 wraps 100 Servings: 100 wraps

Dry Beans and Peas

The mild spicing of cumin and paprika, the heartiness of chickpeas, the soothing taste of spinach, the slight acidity of tomatoes, and the sweetness of golden raisins, create a delicious stew that will make your mouth water.

Spanish Chickpea Stew

SKYLINE HIGH SCHOOL
Oakland, California

Our Story

Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. The recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The opportunity to participate in the challenge was presented to the cooking academy, and several students participated. The team partnered with a local chef who brought in three concepts for recipes that the students prepared and tasted. The aromas that resulted from cooking the recipes enticed even more students to join the team.

After conducting taste tests and receiving approvals by the students, the team eventually submitted not one, but two stew recipes which were both selected to be featured in this cookbook: Spanish Chickpea Stew and Sweet Potato and Black Bean Stew.

The hearty Spanish Chickpea Stew will make a delightful addition to any menu. The flavors of this stew are well-balanced by the slight acidity of the tomatoes, creating a delicious main dish when served over brown rice or whole-wheat couscous.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Donnie Barclift

CHEF
Jenny Huston

COMMUNITY MEMBERS
Rusty Hopewell (Health Center Nutritionist) and Sage Moore

STUDENTS
Karen M., Quailyn S., and Rudy R.

Spanish Chickpea Stew

Meal Components: Meat Alternate-Legume Vegetable–Dark Green Vegetable-Other Vegetable-Fruit **Soups H-11r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Extra virgin olive oil		1 ½ cups		3 cups	1. Heat oil in roasting pan/square head pan (20 ⅞″ x 17 ⅜″ x 7″). Add garlic and sauté for 2-3 minutes. Add onions. Continue to sauté for 5-7 minutes until the onions are translucent.
Fresh garlic, minced	3 oz	¼ cup 1 ⅓ Tbsp	6 oz	½ cup 2 ⅔ Tbsp	
*Fresh onions, diced	5 lb	1 gal	10 lb	2 gal	
Sweet paprika		¼ cup 1 ⅓ Tbsp		½ cup 2 ⅔ Tbsp	2. Mix in paprika and cumin.
Ground cumin		1 Tbsp		2 Tbsp	
Frozen spinach, chopped	4 lb 8 oz	1 gal 2 qt	9 lb	3 gal	3. Add spinach and sauté for 15 minutes.
Canned low-sodium garbanzo beans (chickpeas), drained, rinsed OR *Dry garbanzo beans (chickpeas), cooked (See Notes Section)	8 lb 2 oz OR 8 lb 2 oz	1 gal 1 qt (2 No. 10 cans) OR 1 gal 1 qt	16 lb 4 oz OR 16 lb 4 oz	2 gal 2 qt (4 No. 10 cans) OR 2 gal 2 qt	4. Mix in garbanzo beans (chickpeas), raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump.
Golden seedless raisins	2 lb 6 oz	1 qt 3 ½ cups	4 lb 12 oz	3 qt 3 cups	
Canned low-sodium diced tomatoes	2 lb 10 oz	1 qt 1 cup (½ No. 10 can)	5 lb 4 oz	2 qt 2 cups (1 No. 10 can)	
Low-sodium chicken stock		3 qt ½ cup		1 gal 2 ¼ qt	
Red wine vinegar		½ cup		1 cup	5. Add vinegar, salt, and pepper. Mix well. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
					6. Critical Control Point: Hold at 135 °F for hot service. 7. Portion with 8 fl oz ladle (1 cup).

Spanish Chickpea Stew

Meal Components: Meat Alternate-Legume Vegetable–Dark Green Vegetable-Other Vegetable-Fruit **Soups H-11r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry garbanzo beans (chickpeas) = about 2 ½ cups dry or 6 ¼ cups cooked garbanzo beans (chickpeas).

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides: **Legume as Meat Alternate:** 1 ½ oz equivalent meat alternate, ⅛ cup dark green vegetable, ¼ cup other vegetable, and ⅛ cup fruit. OR **Legume as Vegetable:** ⅜ cup legume vegetable, ⅛ cup dark green vegetable, ¼ cup other vegetable, and ⅛ cup fruit. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	50 Servings: about 27 lb 8 oz 100 Servings: about 55 lb	50 Servings: 3 gallons 2 quarts 100 Servings: about 5 gallons

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Mature onions	4 lb 8 oz	9 lb
Dry garbanzo beans (chickpeas)	3 lb 4 oz	6 lb 8 oz

Nutrients Per Serving

Calories	241.00	Saturated Fat	1.10 mg	Iron	2.22 mg
Protein	7.80 g	Cholesterol	0 mg	Calcium	93.35 mg
Carbohydrate	37.92 g	Vitamin A	3324.60 IU (158.85 RAE)	Sodium	156.06 mg
Total Fat	7.90 g	Vitamin C	6.53 mg	Dietary Fiber	5.62 g

Dry Beans and Peas

This warm and wonderful vegetarian chili will light up your palate with three flavorful beans mixed together with vegetables and spices, surrounded by crunchy corn tortilla chips, and sprinkled with a blend of cheeses.

Vegetable Chili Boat

CEDAR CLIFF HIGH SCHOOL
Camp Hill, Pennsylvania

Our Story

Cedar Cliff High School, located near Hershey, Pennsylvania, is committed to quality education that prepares students to be responsible adults. To foster this commitment, it seized the recipe competition as an opportunity to involve students, parents, and community members in a real-life challenge of creating a nutritious recipe kids enjoy.

The recipe team, which included a chef, a student team member, and the school nutrition professional, created the Vegetable Chili Boat recipe. More than 250 students selected the chili and were surveyed. The results were overwhelmingly positive, with the majority of the students stating that they would purchase the meal again. The team decided to launch the Vegetable Chili Boat as its contest entry. This recipe packs a punch with southwest flavor! It is a delight to the eye and a fiesta for the mouth!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Todd Stoltz

CHEF
Thomas Long, CEC AAC (Executive Chef, Sodexo at Holy Spirit Hospital)

COMMUNITY MEMBER
Jaci Scott, (Family and Consumer Science Teacher)

STUDENT
Tessa L.

Vegetable Chili Boat

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-63r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canola oil		⅓ cup 1 tsp		¾ cup 2 tsp	1. Heat oil in a roasting pan/square head pan (20 ⅞"x 17 ⅜" x 7") on top of stove.
*Fresh onions, diced	1 lb 6 ½ oz	1 qt ⅔ cup	2 lb 13 oz	2 qt 1 ⅓ cups	2. Sauté onions and green peppers for 2-4 minutes. Add beans and chili powder. Stir well. Cook for 1-2 minutes.
*Fresh green bell peppers, diced	1 lb ½ oz	3 cups	2 lb 1 oz	1 qt 2 cups	
Canned low-sodium pinto beans, drained, rinsed OR *Dry pinto beans, cooked (See Notes Section)	1 lb 5 oz OR 1 lb 5 oz	3 cups (½ No. 10 can) OR 3 cups	2 lb 10 oz OR 2 lb 10 oz	1 qt 2 cups (1 ⅛ No. 10 cans) OR 1 qt 2 cups	
Canned low-sodium kidney beans, drained, rinsed OR *Dry kidney beans, cooked (See Notes Section)	1 lb 5 ½ oz OR 1 lb 5 ½ oz	3 ⅓ cups (½ No. 10 can) OR 3 ⅓ cups	2 lb 11 oz OR 2 lb 11 oz	1 qt 2 ⅔ cups (1 ⅛ No. 10 cans) OR 1 qt 2 ⅔ cups	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	2 lb 6 oz OR 2 lb 6 oz	1 qt ½ cup (⅔ No. 10 can) OR 1 qt ½ cup	2 lb 12 oz OR 2 lb 12 oz	2 qt 1 cup (1 ⅓ No. 10 cans) OR 2 qt 1 cup	
Chili powder	5 oz	¾ cup	10 oz	1 ½ cups	
Canned low-sodium diced tomatoes	2 lb 11 oz	1 qt 1 cup (½ No. 10 can)	5 lb 6 oz	2 qt 2 cups (1 No. 10 can)	3. Add diced tomatoes, stock, and hot sauce. Bring to a boil over medium-high heat. Reduce heat. Simmer uncovered for 10 minutes.
Low-sodium chicken stock		2 qt ⅔ cup		1 gal 1 ⅓ cups	
Hot sauce		2 tsp		1 Tbsp 1 tsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Vegetable Chili Boat

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-63r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium tomato paste	1 lb 2 oz	2 cups (⅔ No. 2 ½ can)	2 lb 4 oz	1 qt (⅓ No. 10 can)	4. Add tomato paste and mix well. Cook for an additional 10 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
					5. Pour into serving pans. 6. Critical Control Point: Hold for hot service at 135 ° F or higher.
Reduced-fat cheddar cheese, shredded	7 oz	2 cups	14 oz	1 qt	7. Combine cheddar and mozzarella cheeses.
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	7 oz	2 cups	14 oz	1 qt	
Low-sodium tortilla chips	1 lb 2 oz	124 chips	2 lb 4 oz	248 chips	
					8. Portion with 6 fl oz ladle (¾ cup) into an 8 oz paper boat or bowl. Garnish with 2-3 chips and 1 tablespoon cheese blend.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Vegetable Chili Boat

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-63r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ⅜ cups dry or 5 ¼ cups cooked beans.
1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.
1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 10 oz	3 lb 4 oz
Green bell peppers	1 lb 6 oz	2 lb 12 oz
Dry pinto beans	6 oz	12 oz
Dry kidney beans	14 oz	1 lb 12 oz
Dry black beans	1 lb	2lb

Nutrients Per Serving

Calories	141.07	Saturated Fat	1.16 g	Iron	1.73 mg
Protein	7.26 g	Cholesterol	4.28 mg	Calcium	117.93 mg
Carbohydrate	20.72 g	Vitamin A	1226.43 IU (63.57 RAE)	Sodium	159.49 mg
Total Fat	4.20 g	Vitamin C	14.13 mg	Dietary Fiber	5.04 g

Serving	Yield	Volume
¾ cup (6 fl oz ladle) provides: **Legume as Meat Alternate:** 1 oz equivalent meat alternate, ¼ cup red/orange vegetable, and ¼ oz equivalent grains. OR **Legume as Vegetable:** ¼ oz equivalent meat alternate, ⅛ cup legume vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and ¼ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously*	50 Servings: about 18 lb 100 Servings: about 36 lb	50 Servings: about 2 gallons 1 quart 100 Servings: about 4 gallons 2 quarts

Serving Food Safely

Food safety should be kept in mind at all times, especially when adding new recipes to your menu. The following tips may be used to help ensure that the healthy and delicious meal options you serve are also safe to eat.

Preparation

- Always wash hands with warm water and soap for 20 seconds before and after handling food.
- Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water.
- Cutting boards, utensils, and countertops can be sanitized by using a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water.
- Marinate meat and poultry in a covered dish in the refrigerator.

Thawing

- **Refrigerator:** The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.
- **Cold Water:** For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
- **Microwave:** Cook meat and poultry immediately after microwave thawing.

Cooking

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F as measured with a food thermometer. Cook all poultry to an internal temperature of 165 °F as measured with a food thermometer.

Serving

- Hot food should be held at 140 °F or warmer.
- Cold food should be held at 40 °F or colder.
- Perishable food should not be left out more than 2 hours at room temperature (1 hour when the temperature is above 90 °F).

For more information on food safety, please visit http://www.fsis.usda.gov

U.S. Department of Agriculture
Food and Nutrition Service
FNS-441
October 2012

The U.S. Department of Agriculture (USDA) prohibits discrimination in all of its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex (including gender identity and expression), marital status, familial status, parental status, religion, sexual orientation, political beliefs, genetic information, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write to USDA, Assistant Secretary for Civil Rights, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, S.W., Stop 9410, Washington, DC 20250-9410; or call toll-free at (866) 632-9992 (English) or (800) 877-8339 (TDD) or (866) 377-8642 (English Federal-relay) or (800) 845-6136 (Spanish Federal-relay). USDA is an equal opportunity provider and employer.