



Garrett County Recipes

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Baked Ziti with Tomato Sauce, Ricotta, Mozzarella and Fresh Spinach

Portion Size: 8 oz

Portion Utensil: Spatula

Equipment needed: Large pot, 2 inch hotel pan, mixing bowl

Developed by: Garrett County Public Schools

Ingredients	24 servings		48 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Canned tomatoes		1 each #10		2 each #10	<ol style="list-style-type: none"> Smash whole tomatoes till they are separated. Sauté carrots and onions until soft. Add smashed tomatoes. Simmer for 30 minutes. Season with salt and Italian seasoning. Brown ground beef and sausage. Drain fat (reserve 3 tbsp). Mix ricotta, beaten egg and spinach. Boil ziti in salted water until al dente. Drain. Put thin layer of sauce on bottom of hotel pan. Layer mozzarella cheese and ricotta cheese mixed with spinach. Layer ziti. Layer of sauce and mozzarella cheese. Place in a 350 degree F oven for 25 minutes uncovered. Cut 24 portions out of 1 pan.
Carrot, raw, grated		3 c		6 c	
Onion, raw, chopped		2 c		4 c	
Ground beef	3 lb		6 lb		
Italian Sausage	½ lb		1 lb		
Whole Wheat Ziti	2 ¾ lb		5 ½ lb		
Ricotta Cheese, part skim milk	1 ½ lb		3 lb		
Large whole eggs	4 each		8 each		
Grated mozzarella, low-fat	12 oz		1 ½ lb		
Spinach (blanched and chopped)	2 lb		4 lb		
Italian seasoning		to taste		to taste	
Salt and pepper		to taste		to taste	

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
449	28.86 g	45.13 g	18.35 g	8.03 g	*	24.85 mg	401 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)

* data unavailable

Chicken and White Bean Stew

Portion Size: 8 oz

Portion Utensil: 8 oz ladle

Equipment needed: Large shallow pot, slotted spoon

Developed by: Garrett County Public Schools

Ingredients	25 servings		50 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Olive Oil		¼ c		½ c	<ol style="list-style-type: none"> Heat olive oil in pot. Sauté celery, onion and carrot until soft. Season items in number 2, salt and pepper and Italian Seasoning. Deglaze with orange juice. Add Chicken Stock and bring to a simmer. Add shredded chicken, tomatoes and roasted peppers. Simmer 15 minutes. Add butternut squash, cannellini beans, and kale 10 minutes before service. Bring up to temperature, minimum 165 degrees F. Season if necessary.
Celery, diced		3 c		6 c	
Onion, diced		2 c		4 c	
Carrot, diced		4 c		8 c	
Salt and Pepper		to taste		to taste	
Italian Seasoning		2 tbsp		4 tbsp	
Orange Juice		2 c		4 c	
Chicken Stock		3 qt		6 qt	
Cooked Chicken Breast, shredded	3 lb 4 oz		7 ½ lb		
Diced Tomatoes		4 c		8 c	
Roasted Red Peppers, diced		2 c		4 c	
Butternut squash, par Cook & diced		4 c		8 c	
Cannellini Beans		4 c		8 c	
Kale, blanched		6 ½ c		13 c	

Nutritional Analysis (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	Contribution to meal pattern:
224	21.86 g	18.58 g	7.17 g	1.62 g	3393.55 IU	43.08 mg	912.27 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT 1 (C) GRAIN/ BREAD (SERVING)

Chicken Salad on Whole Wheat

Portion Size: 6 oz

Equipment needed: 6 oz scoop, mixing bowl, rubber spatula

Developed by: Garrett County Public Schools

Ingredients	25 servings		50 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Grilled chicken breast	5 lb		10 lb		1. Dice cooked chicken breast and place in large mixing bowl. 2. Add mayonnaise, orange juice, sliced almonds and celery. 3. Mix and season with salt and pepper. 4. Refrigerate until service. 5. Toast whole wheat bread and place 6 oz portion for each sandwich.
Low-fat mayonnaise		3 c		6 c	
Orange juice		1 c		2 c	
Sliced almonds		2 c		4 c	
Diced celery		2 c		4 c	
Salt and pepper		to taste		to taste	
Whole wheat bread		50 slices		100 slices	

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
441	33.23 g	28.35 g	21.22 g	4.35 g	93.14 IU	3.88 mg	545.66 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 2 (SERVING)

Fresh Strawberry and Granola Parfait

Portion Size: 8 oz

Equipment needed: Vita Mix blender

Developed by: Garrett County Public Schools

Ingredients	25 servings		50 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Sliced Strawberries		12 ½ c		25 c	1. Take half of the strawberries (6 or 12 c) and puree with yogurt and honey. 2. Place 25 or 50 8 oz clear cups on a large sheet pan. 3. Fill cups with ½ of yogurt mixture and ½ of the strawberries. 4. Start another layer with remaining yogurt. Add remaining strawberries. 5. Refrigerate until service. 6. Top with ¼ c of granola.
Low-Fat Vanilla Yogurt	3 qt ½ c		6 qt 1 c		
Honey		½ c		1 c	
Sugar free granola		6 ½ c		13 c	

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
254	9.73 g	45.83 g	4.65 g	1.59 g	70.58 IU	48.14 mg	134.35 mg	MEAT /MEAT ALTERNATE 1 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD (SERVING)

Hot Ham, Broccoli, and Cheese in Whole Wheat Pita

Portion Size: ½ pita

Equipment needed: Panini press

Developed by: Garrett County Public Schools

Ingredients	24 servings		48 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Broccoli florets (Blanched)		12 c		24 c	1. Cut pita rounds in half to make twenty four half moon pockets. 2. Fill pita halves with ½ c broccoli florets, 3 oz sliced ham and 1 slices of cheese. 3. Refrigerate until service. 4. Place pita in 300 degrees F Panini press for about five minutes.
Whole wheat pita rounds, 2.3 oz		12 each		24 each	
Sliced ham, low-sodium	4 ½ lb		9 lb		
American Cheese, low-sodium	12 oz	24 slices	24 oz	48 slices	

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
222	21.85 g	21.85 g	6.38 g	3.01 g	596.17 IU	31.67 mg	829 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD 1 (SERVING)

Peach, Carrot, and Yogurt Smoothie

Portion Size: 8 oz

Portion Utensil: Pitcher

Equipment needed: Vita Mix blender

Developed by: Garrett County Public Schools

Ingredients	25 servings		50 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Orange Juice		3 c		6 c	1. Add orange and carrot juices to blender. 2. Add frozen peaches and puree on low speed. 3. Slowly increase speed and add yogurt and ice cubes until thoroughly combined.
Carrot Juice		3 c		6 c	
Frozen Peaches, diced		6 ½ c		13 c	
Plain, Low-Fat Yogurt		14 c		28 c	
Ice Cubes		2 c		4 c	

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
151	6.76 g	26.12 g	1.94 g	1.19 g	818.93 IU	67.52 mg	101.16 mg	MEAT /MEAT ALTERNATE 1 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD (SERVING)

Quesadilla with Black Beans, Roasted Pork, Cheddar Cheese, Diced Tomato and Romaine

Portion Size: 8 oz

Equipment needed: Panini press, sauce pot, knife, cutting board

Developed by: Garrett County Public Schools

Ingredients	25 servings		50 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
8 inch whole wheat tortillas 1 ¼ oz each		25		50	<ol style="list-style-type: none"> 1. Take whole wheat tortillas and evenly spread ¼ c of black bean puree on one side of tortilla. 2. Place 3 oz roasted pork and ¼ c cheese on one half of the tortilla. 3. Fold over and press down. 4. Refrigerate until ready for service. 5. Combine diced tomato and lime juice and season with salt and pepper. 6. Refrigerate until service. 7. Brush tortilla lightly with olive oil on both sides. 8. Place in Panini press (350 degrees F) about 4 minutes. 9. Top ¼ c lettuce and ¼ c tomato mixture.
Seasoned Black Beans, pureed		1 #10 can		2 #10 can	
Pork Loin, shredded	5 lb		10 lb		
Cheddar Cheese, shredded low-sodium		8 c		16 c	
Lime juice		½ c		1 c	
Salt and pepper		to taste		to taste	
Fresh Tomato, diced		4 c		8 c	
Romaine Lettuce, shredded		4 c		8 c	
Olive oil		2 c		4 c	

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
778	34.11 g	49.53 g	29.3 g	13.92 g	822.86 IU	24.52 mg	869 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD 1 (SERVING)

Twice Baked Sweet Potato with Bacon and Spinach

Portion Size: ½ potato

Equipment needed: Sheet pans, medium spoon, pastry bag

Developed by: Garrett County Public Schools

Ingredients	28 servings		56 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Medium Sweet Potatoes		14 each		28 each	<ol style="list-style-type: none"> 1 Rub sweet potatoes with olive oil and kosher salt. 2. Bake at 350 degrees F for 1 hour or until fork tender. 3. Scoop out flesh of sweet potato, mash, add bacon, margarine and season with salt and pepper. 4. Place blanched 2 oz spinach in scooped out sweet potato shell and pipe or scoop sweet potato mixture back into shell. 5. Bake at 400 degrees F for 10 minutes. 6. Top with jack cheese.
Olive Oil		¼ c		½ c	
Kosher salt		1 tbsp		2 tbsp	
Crisp Cooked Bacon	2 lb	300 slices	4 lb	600 slices	
Melted Margarine	¼ lb		½ lb		
Salt and pepper		to taste		to taste	
Blanched Spinach	3 lb		6 lb		
Monterey Jack Cheese, shredded	1 ½ lb		3 lb		

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	MEAT /MEAT ALTERNATE (OZ)	VEGETABLE/FRUIT ¾ (C)	GRAIN/ BREAD (SERVING)
231	15.57 g	15.42 g	9.31 g	2.65 g	14643 IU	6.33 mg	945 mg			

Whole Grain Blueberry Crisp

Portion Size: 8 oz

Equipment needed: Large shallow pot, slotted spoon

Developed by: Garrett County Public Schools

Ingredients	25 servings		50 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Lemons		3 each		6 each	1. Zest and juice lemons. Mince lemon zest. 2. Mix the berries, honey, lemon juice and zest into a large bowl. 3. Spray 2 inch hotel with non stick cooking spray. 4. Add berry mixture. Spread out evenly in two inch hotel pan. 5. For topping: combine the flour, brown sugar, oats, cinnamon, almonds and salt in the bowl of a food processor. Add small pieces of cold margarine and pulse until a crumb like mixture forms. 6. Sprinkle crumb like mixture evenly over berry mixture. 7. Bake at 400 degrees F for 20 minutes or until browned and bubbly.
Fresh Blueberries		7 pint		14 pint	
Honey		1 c		2 c	
Whole Wheat Flour		2 c		4 c	
Brown Sugar		1 c		2 c	
Rolled Oats		1 c		2 c	
Almonds, sliced		1 c		2 c	
Cinnamon, ground		½ tbsp		1 tbsp	
Salt, table		1 tsp		2 tsp	
Margarine (cold)	½ lb		1 lb		

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	MEAT /MEAT ALTERNATE (OZ)
279	3.99 g	46.36 g	10.22 g	1.63 g	379.52 IU	17.64 mg	180 mg	VEGETABLE/FRUIT ½ (C)
								GRAIN/ BREAD (SERVING)