



Howard County Recipes

Contact:
Mary Klatko
Mary_Klatko@hcpss.org

Asian BBQ Sliders

Portion Size: 2 sliders

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Ketchup		2 ½ c		5 c	<ol style="list-style-type: none"> In kettle, combine ketchup, soy sauce, duck sauce, red pepper flakes ground ginger, mustard, vinegar, brown sugar, onion, and garlic powder. Heat in kettle until it reaches 150 degrees F. Brown the meat in the kettle until the temperature reaches 155 degrees F. Completely drain the fat from the ground beef. Add onions and continue to cook. Add BBQ sauce and continue to cook until product reaches a temperature of 165 degrees F. Hold the product at or above 150 degrees F until service. Put 2 tbsp of meat mixture and ¼ oz of cheddar cheese on the bottom on each slider bun. Place top of bun on each slider. <p>Serve 2 sliders per person</p>
Soy Sauce		¼ c		½ c	
Duck Sauce		1 ¼ c		2 ½ c	
Red Pepper Flakes, crushed		1 tsp		2 tsp	
Ground Ginger		2 tsp		4 tsp	
Mustard, yellow		4 tbsp		8 tbsp	
Cider Vinegar		¾ c		1 ½ c	
Dark Brown Sugar		½ c		1 c	
Onion, fresh, diced		¼ c		½ c	
Garlic Powder		2 tbsp		4 tbsp	
Ground Beef	6 lb 4 oz		12 lbs 8 oz		
Onion, diced		2 1/2 c		5 c	
Whole Wheat Slider Buns (1 ½ oz)		100		200	
Cheddar Cheese, Shredded, low-fat	1 lb 4oz		2 lb 8oz		

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
395	24.91 g	40.83 g	15.12 g	5.66 g	205.01 IU	0.56 mg	698.21 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 1 ½ (SERVING)

Chicken Alfredo with Broccoli

Portion Size: 1 c

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Whole Wheat Linguine	5 lb		10 lb		<ol style="list-style-type: none"> 1. Steam whole wheat linguine in steamer for approx 20 minutes, drain, rinse, and set aside. 2. In a kettle, combine oil, diced chicken, garlic powder, chopped broccoli, reconstituted dry milk, white pepper, chicken stock, and parmesan cheese. Continue cooking until product reaches 165 degrees F. 3. Reduce heat and add linguine. Continue cooking until product reaches a temperature of 165 degrees F. 4. Hold the product at or above 150 degrees F until service.
Water		2 gal		4 gal	
Oil, vegetable		1 c		2 c	
Chicken, diced and cooked	6 ¼ lb		12 ½ lb		
Garlic Powder		2 tbsp		4 tbsp	
Broccoli, fresh, chopped	2 lb		4 lb		
Dry Milk, reconstituted		1 qt		2 qt	
White Pepper		½ tsp		1 tsp	
Chicken Stock, low sodium		1 qt		2 qt	
Parmesan Cheese		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	
348	27.51 g	38.93 g	10.78 g	2.60g	462.46 IU	10.89 mg	278.36 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)

Chicken Salad Wrap

Portion Size: 1/2 c

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Low-Fat Mayonnaise		3 ¼ c		7 ½ c	<ol style="list-style-type: none"> Combine together mayonnaise, mustard, onion, parsley flakes, lemon juice, Worcestershire sauce, and pepper. Add chicken, celery, and red apples to mayonnaise mixture. Stir until totally coated. Cover and chill salad to 41 degrees F or below and hold until service. Top each tortilla with one romaine leaf and ½ c chicken salad. Fold wrap up from bottom. Fold wrap in from the right side. Fold wrap in from the left side. Turn wrap over to fold the top down. Cut wrap on the diagonal. Place the wraps in a 2" steam table pan and cover. Refrigerate to hold at 41 degrees F or below. Serve 2, ½ wraps
Dijon Mustard		1 tbsp		2 tbsp	
Onion, fresh, chopped		½ c		1 c	
Dried Parsley Flakes		1 tbsp		2 tbsp	
Lemon Juice		1 tbsp		2 tbsp	
Worcestershire Sauce		1 tsp		2 tsp	
Pepper		1 tsp		2tsp	
Chicken, cooked and diced	6 lb 4 oz		12 lb 8 oz		
Celery, fresh, finely chopped		1 qt		2 qt	
Red Apples, fresh, diced		¾ qt		1 ½ qt	
12" Whole Wheat Tortilla Wraps		50		100	
Romaine Lettuce Leaves		50		100	

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
301	21.44 g	26.3 g	11.6 g	2.17 g	599.03 IU	2.26 mg	732.65 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 1 ½ (SERVING)

Garden Vegetable Lo Mein with Chicken

Portion Size: 1 c

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Whole Wheat Spaghetti	5 lb		10 lb		<ol style="list-style-type: none"> 1. Steam spaghetti in steamer for approx. 20 minutes, drain, rinse, and set aside. 2. In kettle combine oil, red pepper flakes, chicken, and garlic powder. 3. Add broccoli, carrots, red bell pepper strips, and peas, stirring constantly over high heat for 5-7 minutes or until broccoli is crisp. 4. Add teriyaki sauce and chicken stock. 5. Reduce heat and add spaghetti continue cooking until product reaches a temperature of 165 degrees F. 6. Hold the product at or above 150 degrees F until service. <p>Offer duck sauce as a condiment.</p>
Water		2 gal		4 gal	
Oil, vegetable		2 tbsp		4 tbsp	
Crushed Red Pepper Flakes		1 tsp		2 tsp	
Chicken, diced and cooked	6 lb 4 oz		12 lb 8 oz		
Garlic Powder		2 tbsp		4 tbsp	
Broccoli, chopped, fresh	1 ½ lb		2 lb		
Carrots, coins, fresh	1 lb		2 lb		
Red Bell Pepper, strips, fresh	1 lb		2 lb		
Peas, frozen	1 lb		2 lb		
Teriyaki sauce		1 qt		2 qt	
Chicken Stock, low sodium		1 qt		2 qt	

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
318	26.13 g	48.30 g	6.14 g	1.18 g	5960 IU	19.43 mg	504 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)

Hummus and Veggie Bagel

Portion Size: 1 each

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Chickpeas, canned drained		5 ¼ c		10 ½ c	<ol style="list-style-type: none"> 1. Combine chickpeas, oil, and garlic powder, lemon juice, black pepper, and water. Process in chopper until pureed to make hummus. Hummus yields: 1 qt. 2. Roast vegetables in oven. 3. Cover and chill to 41 degrees F or below. 4. Spread 2 tsp of the hummus on each side of the bagel and layer each side with ¾ oz of Swiss cheese and ¼ c roasted vegetables. 5. Place bagels on a sheet pan and cover. Refrigerate to hold at 41 degrees F or below until service. 6. Serve chilled and open faced.
Oil, vegetable		¼ c		½ c	
Garlic Powder		1 tbsp		2 tbsp	
Black Pepper		1 tbsp		2 tbsp	
Lemon Juice		¾ c		1 ½ c	
Water		½ c		1 c	
Bell Peppers, sliced, fresh	1 lb 4 oz		2 lb 8 oz		
Green Squash, sliced, fresh	1 lb 4 oz		2 lb 8oz		
Onion, sliced, fresh	2 lb		4 lb		
Yellow Squash, sliced, fresh	1 lb 8 oz		3 lb		
Swiss Cheese, sliced	5 lb		10 lb		
Bagels (2 oz)	50		100	100	

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
369	17.59 g	44.76 g	13.21 g	6.75 g	716.42 IU	23.12 mg	540.06 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD 2 (SERVING)

Roasted Corn Salsa

Portion Size: ¼ c

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Frozen Corn, thawed	4 lb 8 oz		9 lb		<ol style="list-style-type: none"> 1. Preheat oven to 400 degrees F. 2. Toss corn with vegetable oil to coat and roast until product reaches 150 degrees F. 3. Toss onion, bell pepper, cilantro, garlic powder, lemon juice, and pepper with roasted corn. 4. Cover and refrigerate for 2 to 4 hours or until product reaches a temperature of 41 degrees F or below. 5. Hold at 41 degrees F or below until service.
Oil, vegetable		2 tbsp		4 tbsp	
Chopped Onion, fresh		1 c		2 c	
Chopped Bell Pepper, fresh		1 c		2 c	
Chopped Cilantro, fresh		3 tbsp		6 tbsp	
Garlic Powder		1 tsp		2 tsp	
Lemon Juice		3 tbsp		6 tbsp	
Pepper		¼ tsp		½ tsp	

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
45	1.34 g	9.65 g	0.86 g	0.13 g	25.58 IU	6.23 mg	2.07 mg	MEAT /MEAT ALTERNATE (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD (SERVING)

Simple Slaw

Portion Size: ¼ c

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Oil, vegetable		½ c		1 c	1. Mix together oil, garlic, ginger, vinegar, soy sauce, honey, mustard and water and refrigerate to 41 degrees F or below. Dressing yields: ¾ qt. 2. Combine cabbage slaw mix, oranges, and onions. 3. Add dressing and toss to coat. 4. Hold at 41 degrees F or below until service.
Garlic Powder		1 tbsp		2 tbsp	
Ground Ginger		1 tsp		2 tsp	
White Vinegar		1 c		2 c	
Soy Sauce		½ c		1 c	
Honey		¾ c		1 ½ c	
Mustard, dijon		1 tbsp		2 tbsp	
Water		¾ c		1 ½ c	
Cabbage Slaw Mix	5 lb		10 lb		
Mandarin Oranges, drained	2 lb 1 oz	¾ qt	4 lb 2 oz	1 ½ qt	
Sliced Onions		¼ c		½ c	

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)
61	.72 g	10.13 g	2.21 g	.16 g	249 IU	3.86 mg	94.63 mg	VEGETABLE/FRUIT ¼ (C)
								GRAIN/ BREAD (SERVING)

Teriyaki Green Beans

Portion Size: ¼ c

Developed by: Howard County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Soy sauce, low sodium		1 c		2 c	<ol style="list-style-type: none"> 1. In sauce pan on stove top, mix the soy sauce, water, brown sugar, Worcestershire sauce, vinegar, oil, onion powder, garlic powder, ginger, and cornstarch. 2. Cook ingredients stirring occasionally until thick and reaches a temperature of 150 degrees F. 3. Steam green beans until temperature reaches 150 degrees F. 4. Combine cooked green beans with teriyaki marinade to coat. 5. Add sesame seeds to mixture. 6. Hold product at or above 150 degrees F until service.
Water		1 c		2 c	
Brown sugar		¾ c		1 ½ c	
Worcestershire sauce		¼ c		½ c	
White vinegar		3 tbsp		6 tbsp	
Vegetable Oil		3 tbsp		6 tbsp	
Onion Powder		¼ c		½ c	
Garlic Powder		1 tbsp		2 tbsp	
Ginger, ground		1 tsp		2 tsp	
Cornstarch		2 tbsp		4 tbsp	
Green beans, frozen	5 lb		10 lb		
Sesame Seeds		¼ c		½ c	

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
51	1.67 g	7.62 g	1.98 g	0.3 g	251.01 IU	1.87 mg	174.71 mg	MEAT /MEAT ALTERNATE (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD (SERVING)

