



# Washington County Recipes

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# Baked Spaghetti

Portion Size: 4 x 5 cut

Developed by: Washington County Public Schools

Ingredients	60 servings		120 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Spaghetti, whole grain, dry	3 ¼ lb		7 ½ lb		<ol style="list-style-type: none"> <li>1. Cook spaghetti al dente; drain. Put in prepared 2" steam table pan.</li> <li>2. Preheat convection oven to 325 degrees F.</li> <li>3. Combine all ingredients and bring mixture to a boil. Reduce heat and simmer for 15 minutes. Add sauce to cooked spaghetti. Bake covered for approx. 30 minutes or until temp reaches 165 degrees F.</li> <li>4. Top pan with cheese. Bake an additional 5 minutes or until cheese is melted.</li> </ol>
Chicken, diced, cooked, meat only	7 ½ lb		15 lb		
Spaghetti sauce, red gold, low sodium		3 #10 can		6 #10 can	
Garlic, fresh, minced		6 cloves		12 cloves	
Oregano leaves, dried		½ c		1 c	
Peppers, sweet, green, raw		1 qt sliced		2 qt sliced	
Celery, raw		1 qt diced		2 qt diced	
Mushrooms, pieces and stems		1 qt diced		2 qt diced	
Onions, raw		1 ½ qt sliced		3 qt sliced	
Pimento, canned		1 c sliced		2 c sliced	
Olives, ripe, canned	½ lb sliced		1 lb sliced		
Cheese, cheddar, reduced fat/sodium	2 ½ lb shred		5 lb shred		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
322	29g	38g	8g	3g	6410 IU	87mg	335mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)

# Beef Enchilada Pie

Portion Size: ½ c

Developed by: Washington County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Oil, vegetable		2 tbsp		4 tbsp	<ol style="list-style-type: none"> <li>Sauté onion and garlic in vegetable oil over medium heat until tender.</li> <li>Blend in flour. Stir in broth, milk, chili and cumin.</li> <li>Cook &amp; stir until thick and bubbly. Reduce heat and simmer approx. 5 min.</li> <li>Turn off heat and mix in yogurt</li> <li>Spray 2" steam table pans and spoon 3 cups sauce in bottom of pans.</li> <li>Lay 1/2 of tortillas on top of sauce.</li> <li>Layer ½ shredded beef over tortillas and top w/ 3 cups sauce and 3 cups cheese.</li> <li>Repeat ending with cheese &amp; pimentos.</li> <li>Bake uncovered at 350 for 20 - 30 minutes until temp 165 degrees F.</li> <li>Sprinkle w/ sliced spring onions. May be served with low fat sour cream and salsa.</li> </ol>
Onions, raw		2 ½ c		5 c	
Garlic, raw minced		5 tbsp		10 tbsp	
Flour, all purpose, white,		1 ½ c		2 ½ c	
Broth, chicken, low sodium	70 oz		140 oz		
Milk, skim	110 oz		220 oz		
Peppers, jalapeño diced	16 oz		32 oz		
Cumin ground		2 ½ tbsp		5 tbsp	
Tortillas, corn (2 oz)		100		200	
Yogurt, plain, low fat		5 c		10 c	
Beef, shredded	6 ¼ lb		12 ½ lb		
Cheese, mozzarella, low fat shred	2 lb		4 lb		
Cheese, cheddar, shred, reduced fat/sodium	2 lb		4 lb		
Pimento, canned, diced		5 c		10 c	
Onions, spring or scallions, sliced		12 medium		25 medium	

## Nutritional Analysis (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium
345	29.73 g	32.9 g	10.48 g	5.46 g	1233.99 IU	19.82 mg	584.74 mg

## Contribution to meal pattern:

MEAT /MEAT ALTERNATE	2 (OZ)
VEGETABLE/FRUIT	(C)
GRAIN/ BREAD	2 (SERVING)

# Chicken Gumbo

Portion Size: 1 ½ c

Developed by: Washington County Public Schools

Ingredients	32 servings		64 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Onions, raw		½ qt, sliced		1 qt, sliced	1. Heat oil and cook onions, peppers, celery & garlic in kettle. 2. Add chicken stock, bay leaf, undrained tomatoes, chili powder & pepper sauce. Bring to boil. Reduce heat and simmer uncovered 15 minutes. 3. Add cooked chicken, okra, rice and parsley flakes. Heat to boiling and reduce heat. Cover and simmer until rice is done - approx. 15 minutes. 4. Remove bay leaves and serve in ½, 6" pans.
Peppers, sweet, green, raw		½ qt, sliced		1 qt, sliced	
Celery, raw chopped		2 c		4 c	
Oil, vegetable, soybean		½ c		1 c	
Garlic, fresh		6 cloves		12 cloves	
Chicken stock		½ gal		1 gal	
Spices, bay leaf		4 leaves		8 leaves	
Tomatoes, canned, diced	¾ # 10 can		1 ½ # 10 can		
Sauce, pepper or hot		¼ c		½ c	
Chili powder		¼ c		½ c	
Chicken, diced, cooked, meat only	4 lb		8 lb		
Okra, frozen, unprepared	3 lb		6 lb		
Parsley flakes		1 c		2 c	
Rice, long grain, brown, dry	2 lb		4 lb		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
190	19.92 g	15.11 g	7.18 g	1.02 g	1102.17 IU	22.03 mg	626.99 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD 1 (SERVING)

# Fruit Slaw

Portion Size: ½ c

Developed by: Washington County Public Schools

Ingredients	20 servings		40 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Cabbage, raw shredded		6 c		12 c	1. Gently combine shredded cabbage, drained mandarin oranges, sliced grapes, sliced celery and diced apples. 2. Combine yogurt, orange juice concentrate and toss with salad, sprinkle sunflower seeds.
Mandarin oranges, canned, light syrup, drained	16 oz		32 oz		
Grapes, American, raw		1 c		2 c	
Celery, raw fine slice		1 c		2 c	
Apples, raw with skin		1 medium		2 medium	
Yogurt, plain, low fat	16 oz		32 oz		
Orange juice concentrate, unswtnd		2 tbsp		4 tbsp	
Sunflower seeds, honey roasted	4 oz		8 oz		

**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)
80	2.94 g	11.72 g	2.86 g	0.55 g	369.14 IU	15.7 mg	42.38 mg	VEGETABLE/FRUIT 1/3 (C)
								GRAIN/ BREAD (SERVING)

# Mandarin Orange Chicken

Portion Size: ½ c

Developed by: Washington County Public Schools

Ingredients	50 servings		100 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Chicken, diced, cooked, meat only	10 lb 8 oz		20 lb 14 oz		<ol style="list-style-type: none"> <li>1. Combine cooked diced chicken, canned mushroom pieces, celery, onions and flour in lexon and marinate overnight. Hold at 41 degrees F or lower.</li> <li>2. Combine water, juice concentrate, ginger, chicken base and plum sauce (liquid ingredients).</li> <li>3. Heat oil in kettle - add combined ingredients from step 1 and heat until onions and celery are soft.</li> <li>4. Gradually add liquid ingredients and bring to boil.</li> <li>5. Reduce heat and add frozen sugar snap peas. Stir. Hold at 165 degrees F.</li> <li>6. Serve over brown rice that has been garnished with orange zest &amp; green onions.</li> </ol>
Mushrooms, pieces and stems		1 ¼ gal		2 ½ gal	
Flour, whole wheat		1 c		2 c	
Onions, raw diced		1 qt 1 ¼ c chopped		2 qt 2 ½ c chopped	
Base, chicken, dry	1 ½ oz		3 oz		
Celery, raw diced		½ qt		1 qt	
Water, warm		½ gal		1 gal	
Orange juice, frz conc, unsweetened	3 lb 3 oz		6 lb 6 oz		
Ginger, ground		¼ c		½ c	
Sauce, plum, ready to serve		¾ c		1 ½ c	
Oil, vegetable		½ c		1 c	
Peas, edible-pod, frozen or raw	5 lb		10 lb		

**Nutritional Analysis** (does not include condiments):

**Contribution to meal pattern:**

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium	
274	32.08 g	22.15 g	8.43 g	1.59 g	505.62 IU	61.39 mg	471.62 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD (SERVING)

# White Chicken Chili

Portion Size: 1 c

Developed by: Washington 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. Heat oil in kettle over med heat, add onions, cook until tender, approx. 3 min. Add garlic. Stir and cook 1 minute. 2. Add remaining ingredients except for cheese and bring to boil ~ stirring. Simmer and hold at 165 degrees F. Pour into serving pans. 3. Add shredded cheese over pan to melt. Serve over rice w/ 1 c scoop.
Onions, raw, chop		1 ½ qt		3 qt	
Garlic, raw, chop		½ c		1 c	
Peppers, chili, green canned, chopped	2 lb		4 lb		
Cumin ground		¾ c		1 ½ c	
Oregano leaves, dried ground		⅓ c		⅔ c	
Chili powder		½ c		1 c	
Pepper, red or cayenne		2 tbsp		¼ c	
Base, chicken, dry	½ lb		1 lb		
Chicken, diced, cooked, meat only	10 ½ lb		20 lb		
Water, hot		½ gal		1 gal	
Beans, great northern, canned		2 #10 can, drained		4 #10 can, drained	
Cheese, cheddar, yellow, reduced fat, shred	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	
323	42.59 g	21.49 g	10.6 g	2.5 g	537.68 IU	11.11 mg	712.87 mg	MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD (SERVING)

