

# Sizzling School Lunches

Indiana Cooks with Chef Cyndie



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# General Tips and Tricks

## Work Space

- Use a terrycloth towel or cabinet liner to secure your cutting board and prevent it from slipping.
- For proper counter height, measure from the floor to your elbow and then subtract four inches.
- To bring work surface up to you, stack your cutting boards, or take full sheet pans and place them under your cutting board, upside down.
- Consider using vegetable processing tables, to put manual equipment at a better (shorter) height.

## Knives

- The taller you are, the more you can see what you are slicing, as well as the tip of the knife in the same span. This is why shorter people are uncomfortable with longer blades.
- How to hold a knife: grip the base of the blade with finger and thumb; place other fingers on handle.  
Other hand - make a claw, so no finger nails are showing.
- Cutting directly on metal instantly dulls your knife.



# Apple Wedges with Strawberry Yogurt Dip

## Tips

- Apple slices are more appealing than whole apples.
- To prevent browning, dip apples into an acid, like half lemon juice-half pineapple juice immediately after cutting.
- Adding pineapple juice eliminates the acidic smell of the lemon juice.



# Apple Wedges with Strawberry Yogurt Dip Recipe

## Ingredients

Apples, 125 – 138 ct	24 apples
Lemon juice	5 fl oz
Pineapple juice	5 fl oz
Grapes, red seedless	96 grapes (2 1/2 lbs)

## Dip Ingredients

Strawberry yogurt	24 fl oz
Cranberry sauce, jellied	24 fl oz

## Directions

1. To prepare the apples, wash and cut apples into wedges using the Sunkist Sectionizer.
2. Immediately dip apple wedges in an acid, such as half lemon juice and half pineapple juice or orange juice.
3. Place 3 apple wedges in each portion cup.
4. Using a No. 30 scoop, top each portion cup with 2 Tbsp dip.
5. Place two grapes on top of dip for garnish.

## Instructions for Dip:

1. Combine strawberry yogurt and cranberry sauce.
2. Puree until smooth using immersion blender, verticle cutter mixer (VCM), or food processor.

**\*Makes 48 1/2 cup servings**



# Butternut Squash Bake

## Tips

- Younger squash is easier to chew than older squash, because the skin thickens with age.
- Cut the squash so that all the pieces are about the same size.
- You may use sweet potatoes instead of butternut squash, or you may use a combination of sweet potatoes and butternut squash.
- This is a great classroom taste-test recipe.



# Butternut Squash Bake Recipe

## Ingredients

Butternut squash, peeled and cut into 2 inch pieces	20 pounds
Oil, canola or olive	2 cups
Maple syrup	1 cup
Onion powder	2 tablespoons
Pepper	2 teaspoons

## Directions

1. Spray two full-sized steam table pans with oil. Place 10 lbs of cut vegetables on each pan.
2. Equally divide the oil and syrup among the pans, and mix to thoroughly coat the vegetables.
3. Sprinkle the onion powder and pepper equally among the pans, then mix again to evenly distribute.
4. Cover the pans with wax paper (to steam), and then also cover the pans with foil.
5. Place the pans in a preheated oven following the time and temperature for your type of oven:

Convection oven: 375°F about 25-35 minutes

Conventional oven: 400°F about 30-40 minutes

Cook until the vegetables are soft but not mushy.

6. Uncover the pans and continue baking until the vegetables just start to brown - about 20 minutes.

**Makes approximately 50 1/2 cup servings.**



# Chili-Roasted Sweet Potatoes

## Tips

- Use long, skinny sweet potatoes to cut into strips or “fries.”
- Cut the wedges or sticks as equally as possible for even cooking.
- Arrange the potatoes in a single layer on the baking pan so that the potatoes become crispy.



# Chili-Roasted Sweet Potatoes

## Recipe

### Ingredients

Sweet potatoes, fresh	16 lbs 8 oz
Chili powder	1 Tbsp
Sugar	1 Tbsp
Black pepper	½ tsp
White pepper	½ tsp
Granulated garlic	½ tsp
Salt	½ tsp
Vegetable oil	1 cup

Note: You may use pre-cut sweet potato wedges or sticks instead of fresh, whole sweet potatoes.

### Directions

1. Wash the sweet potatoes very well, scrubbing thoroughly.
2. Leave the skin on the potatoes, and cut into wedges about 1½ inches thick. You may use a 6 cut potato wedger (wall mount is easiest to use) to cut the potatoes into wedges.
3. Place sweet potatoes in a large mixing bowl. Combine the chili powder, sugar, black pepper, white pepper, granulated garlic and salt. Drizzle potatoes with oil and sprinkle with seasoning, mixing well to coat evenly.
4. Place seasoned potatoes on sheet pans (product is crispier if parchment pan liners are not used). For 50 servings use two sheet pans. Do not crowd the sweet potatoes on the pan
5. Bake at 400°F for 12 - 15 minutes, or until tender and browned in spots.

**Makes approximately 50 1/2 cup servings.**



# Cranberry-Orange Granola Bar

## Tips

- Be sure to put aluminum foil or parchment paper in the pan so the bars don't stick to the pan after they bake.

-Run your knife under hot water or coat it with nonstick spray for easy cutting.



# Cranberry-Orange Granola Bars

## Recipe

### Ingredients

Margarine, melted	2/3 cup
Brown sugar, light	1 cup
Corn syrup, white	1 cup
Orange extract	1 ½ teaspoons
Oatmeal, quick-cook	1 ½ lbs
Dried cranberries	1 cup

Option: Use honey in place of the corn syrup.

### Directions

1. In a large bowl, combine melted margarine brown sugar, corn syrup and orange extract.
2. Add the oatmeal and cranberries. Wearing a clean pair of plastic gloves, use your hands to combine all the ingredients.
3. Spread the mixture on a ½ inch baking sheet – again, hands work best.
4. Bake at 350°F for approximately 8 to 10 minutes.
5. Watch carefully so the bars do not get too brown.
6. Cut pan 8x4 for 32 bars.



# Crunchy Baked Sweet Potatoes

## Tips

- Use short, fat potatoes for cutting into wedges.
- It may be beneficial to use frozen sweet potatoes for quick preparation.
- Be careful not to crowd the pan so the potatoes will roast evenly and get crispy. The potatoes should be arranged in a single layer on the pan.



# Crunchy Baked Sweet Potatoes

Recipe by: Chef Dave, Michigan

## Recipe

### Ingredients

Sweet potato, fresh	18 potatoes (approx. 5" long)
Margarine, melted	½ cup + 2 teaspoon
Cheerio topping (see recipe for topping below)	1 1/8 cups

### Potatoes Directions

1. Wash potatoes and cut in half lengthwise.
2. Spray a sheet pan, and place potatoes on pan. Add melted margarine and bake for approximately 15-20 minutes at 350 degrees. Set fan on low setting.
3. While the potatoes bake, prepare topping recipe. Remove baked potatoes from the oven. Place ½ tablespoon of topping on the open half of each potato. Return the potatoes to the oven for about 5 minutes to brown the topping.

**Makes approximately 36 1/2 potato servings**

### Topping Recipe

Cheerios, plain	3 cups
Brown sugar, light	3 cups (packed)
Vegetable oil	1 cup

### Directions:

1. Crush Cheerios to make fine crumbs.
2. Combine with brown sugar and oil to form topping.

### Dipping Sauce Recipe

Lite sour cream	3 cups
Plain low-fat yogurt	1 quart + 1 cup
Light brown sugar	1 cup (packed)
Vanilla extract	1 tablespoon + 1 teaspoon

### Directions

1. Combine all ingredients to form a smooth dipping sauce. Portion for 1 tablespoon servings.



# Crustless Broccoli Quiche

## Tips

- This is a great recipe to try at home!
- If you use this recipe at school, give it a fun name like “Superhero Breakfast Pie” to make it more appealing to the kids.



# Crustless Broccoli Quiche

Recipe from MA Farm to School Cookbook

## Recipe

### Ingredients

Cheddar cheese, shredded	2 lbs
Broccoli, fresh	2 lbs 10 oz ( <i>About 2 bunches</i> )
Carrots, sliced or shredded	1 lb
Onion, Spanish, small dice	12 oz ( <i>About 2 ½ cups</i> )
Eggs	2 qts, 1 cup ( <i>43 eggs</i> )
Milk, 1%	3 qts
Flour, all purpose	3 ¼ cups ( <i>14 oz</i> )
Salt	1 Tbsp
Oregano	2 ½ tsp
Pepper, black	¾ tsp
Baking Powder	½ tsp

Directions on next page.

# Crustless Broccoli Quiche

Recipe from MA Farm to School Cookbook

## Recipe

### Directions:

1. Lightly coat two 1/2" steamtable pans with pan release spray. Using 1 pound of the cheese, sprinkle shredded cheese evenly on the pans (1/2 pound of cheese per pan).
2. Chop broccoli crowns into small florets. If you are using the stems, remove about two inches from the ends and discard. Peel remaining stems with a knife and slice thinly.
3. Steam the broccoli and carrots together for 5 to 10 minutes until cooked but not mushy. Cooking time will depend on the intensity of your steamer. (Alternatively, use a pot to cook vegetables. Bring 2 inches of water to a boil. Add vegetables, cover and cook. Drain vegetables.)
4. Sprinkle the broccoli, carrots and onions between the two pans containing the cheese.
5. Beat eggs in a mixer or (large bowl with a whisk) until thoroughly combined, about 2 minutes. Add milk, flour, salt, oregano, pepper and baking powder. Set mixer on low speed and mix until thoroughly combined, about 4 minutes.
6. Slowly pour 2 qt plus 3 cups batter evenly into each pan. Sprinkle with the remaining cheese.
7. Bake until quiche is set, rotating pans or covering with foil as necessary about half-way through cooking (to cook evenly and prevent heavy browning).

Convection oven: 350° F about 25-35 minutes

Conventional oven: 350° F about 35-45 minutes

8. Cut each pan.

**Makes approximately 50 servings.**



# Fruit Salsa

## Tips

- Be careful not to let the salsa sit for too long before serving. The pineapple acts as a tenderizer and will make the other fruit mushy if left to sit too long.
- Don't throw away the pineapple core! It can be used in many sauces, it can be grilled, and it can be frozen and used for teething babies.
- Kiwi is very sensitive to ethylene gas, which is released from other produce. Be careful not to store kiwi with other fruits or vegetables, as this will cause the kiwi to ripen more quickly.

# Fruit Salsa

# Recipe

## Ingredients

Strawberries, fresh	6 lbs
Apples – Gala, Fuji, cored and diced	9 medium
Kiwi Fruit – Ripe	9 medium
Light Brown Sugar	3 Tbsp
Apple Jelly	3 Tbsp
Orange Juice	1 qt

## Directions

1. Wash, hull and slice strawberries
2. Dice apples and add just enough orange juice to coat apples (to prevent browning).
3. Peel and dice kiwi fruit
4. In a large bowl, combine strawberries, apple and kiwi.
5. In a separate bowl, combine brown sugar, jelly and orange juice (including juice used to prevent apples from browning). Drizzle over fruit and toss gently to combine.

**Makes 50 1/2 cup servings**



# Garden Chili

## Tips

- This recipe can be made the day before.
- It can also be frozen for later use.
- This recipe is very versatile! Try it on top of a baked potato or nachos.



# Garden Chili

Recipe by: Denver Public Schools

## Recipe

### Ingredients

Onion, diced	12 oz	Salt	1 3/4 tsp
Carrots, sliced	3 oz	Pepper, black	1 tsp
Zucchini, diced	6 oz	Pinto beans, drained, rinsed	19 oz
Celery, diced	8 oz	Tomatoes, canned crushed or diced	32 oz
Green pepper, diced	3 oz	Water	6 fl oz
Olive or vegetable oil	1 tsp	Lemon Juice	1 Tbsp
Garlic, dehydrated	3/4 tsp	Cheese, shredded	1 lb
Oregano	2 tsp		
Cumin	2 tsp		
Chili Powder	2 tsp		

### Directions

1. Wash, trim, and chop onions, carrots, zucchini, celery, and green pepper.
2. Heat oil and sauté onions until transparent.
3. Add carrots and celery, garlic, oregano, cumin, chili powder, salt, and pepper to onions. Cook until tender-crisp. Add beans, green peppers, zucchini, tomatoes, water, and lemon juice to vegetable and herb mixture.
4. Cook for approximately 30 to 40 minutes.
5. Ladle  $\frac{3}{4}$  cup serving into bowls and top with 1 Tbsp of shredded cheese.

Alternate service: Serve over baked potato half.

**Makes approximately 10 1/2 cup servings.**



# Kale Chips

## Tips

- Watch the kale to make sure it doesn't burn, but don't be afraid to let it get crispy! The more chip-like, the better.
- Try this recipe with a variety of spices and seasonings, such as chili powder or garlic salt.



# Kale Chips

## Recipe

### Ingredients

Kale, curly leaf, washed and trimmed	1 lb
Olive oil	1 Tbsp+ 1 tsp
Salt	3/4 tsp

Optional ingredient: add grated parmesan cheese

### Directions

1. Wash and drain kale very well. Put kale in a mixing bowl.
2. Add olive oil and salt.
3. Toss well to coat all the kale leaves. Place on a sheet pan with parchment paper.
4. Bake at 350° F until very crispy. Do not burn.



# Pineapple Jalapeño Slaw

## Tips

- For quicker preparation, use prepackaged slaw instead of slicing the cabbage yourself.
- Serve this side with foods that kids will recognize as foods that usually go with coleslaw (i.e. hamburgers or hot dogs).
- This is a good dish to use for classroom taste-testing!



# Pineapple Jalapeño Slaw

Recipe by: Chef Garrett Berdan

## Recipe

### Ingredients

Green cabbage, fresh, chopped	5.75 pounds
Pineapple tidbits, drained (reserve juice)	1 pound
2 fresh Jalapeno chilies, ribs and seeds removed, finely minced	2 chilies
Reduced-fat mayonnaise	2 cups
Lowfat buttermilk	2 cups
Pineapple juice	1/2 cup
Sugar	1/2 cup
Salt	1 Tbsp
Ground black pepper	1/2 tsp

### Directions

1. Combine the cabbage, pineapple and minced jalapeno.
2. Mix together the mayonnaise, buttermilk, pineapple juice, sugar, salt and pepper.
3. Pour dressing over cabbage and mix until evenly dressed.

**\*Makes 50 1/2 cup servings.**

Recipe by Chef Garrett Berdan, RD  
Updated May 16, 2013



# Roasted Brussels Sprouts

## Tips

- Use frozen Brussels sprouts for this recipe. Just be sure not to let them thaw before cooking, as this could make them soggy.

- Be careful not to crowd the pan. Arrange the Brussels sprouts in a single layer.



# Roasted Brussels Sprouts

## Recipe

### Ingredients:

Frozen Brussels sprouts, cut in half	1 lb
Olive oil	2 Tbsp

### Directions

1. Preheat convection oven to 375 °F.
2. Cut sprouts in half. To prevent injury, wear a safety glove on the hand not holding the chef's knife.
3. Pour olive oil over sprout halves. Toss and coat well.
4. Place up to 4 pounds of sprouts on each full sized sheet pan. Do not overload pan because the bottom layer will steam, not roast.
5. Roast at 375° F until golden brown and al dente.

**Suggested serving: 1/2 cup**



# Sesame Green Beans

## Tips

-Commodity green beans may be used for this recipe.

- This is a great side dish for Asian entrees. The sauce would be great over rice, chicken or veggies.



# Sesame Green Beans

## Recipe

### Ingredients

Green beans, whole, frozen	40 pounds
Teriyaki sauce, low sodium	2 quarts + 2 cups
Sesame seeds	2 ½ cups

### Directions

1. Place sesame seeds on a lined half sheet pan, 18x13. Bake at 325°F for 3 minutes. (May be necessary to turn fan off or place pan on top of the pan to toast seeds.)
2. Place a 2 lb bag of green beans into each 12x10x2 steam table pan (or two 2 lb bags into each 12x20x2 STP).
3. Add ½ cup teriyaki sauce to each 2 lb of green beans.
4. Steam for 3 to 5 minutes until tender.
5. Transfer to a preheated warmer or serving line.
6. Just prior to serving, sprinkle each pan of green beans with 2 Tbsp of sesame seeds. Gently toss vegetables to evenly distribute the seeds.

**Makes 200 1/2 cup servings.**



# Spanish Quinoa

## Tips

- Quinoa is pronounced “Keen-wah.”
- This is a good recipe to use for classroom taste-testing.



# Spanish Quinoa

## Recipe

### Ingredients

Quinoa, soak for 15 minutes, then rinse and drain well	2 cups
Vegetable oil	1-2 Tbsp
Garlic cloves, peeled and minced	2 Cloves
Onion, chopped	1 Onion
Chili powder	1/2-1 tsp
Ground cumin	1/2 tsp
Oregano	1/2 tsp
Tomato sauce	1 8oz can
Vegetable broth	1 3/4 cup
Pepper and salt to taste	

### Directions

1. Sauté the onion in oil over medium heat until onion starts to become translucent.
2. Add the garlic to the onion and sauté a few more minutes until the onion is translucent and garlic is turning golden.
3. Add chili powder, cumin, and oregano.
4. Add quinoa and stir constantly for 3 - 4 minutes.
5. Add tomato sauce and vegetable broth, stirring occasionally until mixture begins to boil.
6. Add salt if needed - veggie broth and tomato sauce may already be salted.
7. Cover and reduce heat, Simmer for 20 minutes.
8. Turn heat off and let sit for 5 - 10 minutes.
9. Fluff with a fork and serve.



# Super Yum Salad

## Tips

- Serve this salad and other salads in black bowls or containers to make the green really pop.
- For larger cucumbers, try cutting them in half and using a spoon to remove the seeds.
- Chopped spinach is more appealing to kids than whole spinach leaves.



# Super Yum Salad

## Recipe

### Ingredients

Romaine lettuce, diced	6 lbs
Spinach leaves, chopped	7 lbs
Tomatoes, grape	2 lbs
Apples, Gala	10 each
Orange juice	2 cups
Cucumber	2 lbs
Strawberries, fresh	1 lb 8 oz

Serve with Vinaigrette Dressing (*recipe on following page*)

### Directions:

1. Combine chopped romaine lettuce and spinach.
2. Place greens in 4 inch deep full size steamtable pan  
(If pre-portioning, place  $\frac{3}{4}$  c mixed greens into portion cup).
3. Wash grape tomatoes using a colander, and set aside.
4. Core and dice apples. A fruit sectionizer may be used to slice and core, prior to dicing.
5. Immediately upon cutting apples, place into orange juice (or other anti-oxidant) to prevent browning.
6. Dice cucumbers (if cucumbers are extremely large, consider cutting in half and using a spoon to remove the seed cavity).
7. Slice strawberries.
8. Combine tomatoes, diced apples, cucumbers, and sliced strawberries.  
(If pre-portioning, top each portion cup with approximately 1 to 1 1/2 Tbsp of fruit and vegetable mixture).
9. Add 2 cups of fruit and vegetable mixture to each pan.

**Makes 100 1 cup servings.**

# Vinaigrette Dressing

## Recipe

### Ingredients

Red wine vinegar	16 fl oz (2 cups)
Honey	1/2 cup
Dijon mustard	1/2 cup
Salt	1 tsp
Vegetable oil	32 fl oz (1 qt)

### Directions

1. Combine vinegar, honey, mustard and salt in a mixing bowl. If using immersion blender, place ingredients in a tall container.
2. Whisk until well blended.
3. Slowly add the vegetable oil while whisking, and whisk until well combined.



## Tomato, Basil, and Mozzarella Salad

### Tip

- Basil has a sweet aroma and flavor. Basil is a great herb to use with tomatoes and tomato products.



# Tomato, Basil, and Mozzarella Salad

## Recipe

### Ingredients

Tomatoes, cherry, cut in half	7lbs 11 oz
Mozzarella cheese, diced into ¼ inch pieces	3lbs 2 oz
Basil, fresh, chiffonade	2 oz (1 1/3 cup)
Garlic, dehydrated	5 tsp
Olive oil	10 fl oz (1 1/4 cup)
Salt	1 1/2 tsp
Black pepper	1 tsp
Romaine lettuce, chopped,	3 lbs 6 oz

*(Pre-washed, pre-cut leafy greens should not be rewashed.)*

### Directions

1. Mix together the tomatoes, mozzarella cheese, basil, garlic, olive oil, salt and pepper.
2. Place ½ cup romaine lettuce on each salad plate.
3. Top lettuce with ½ cup tomato salad.

**Makes 50 1 cup servings**



# Tropical Apples

## Tip

- In order to get the apples to brown appropriately, be sure your pan is the right size. A pan that is too deep will not allow the apples to brown.

# Tropical Apples

## Recipe

### Ingredients

Apples, Canned, sliced	1 #10 can
Sugar	2 cups
Flour	1/2 cup
Rolled oats	1/4 cup
Margarine, melted	2 fl oz
Orange juice	3/4 cup
Lemon Juice	1/4 cup
Pineapple Juice	3/4 cup

### Directions

1. Pour one can of apples into each of 4 steam table pans (12 x 20 x 2).
2. Mix together sugar, flour, and rolled oats. Stir into melted margarine.
3. Cook oat mixture in a pan on stove until well blended. Add juices. Cook over medium heat until slightly thickened.
4. Pour about 1 qt. sauce over apples in each pan.
5. Bake at 350° F for 30 minutes until top is browned.

**Makes 100 1/2 cup servings**



# True Greek Salad

## Tip

- “Greek Salad” refers to a lettuce salad with Greek-inspired ingredients (tomatoes, sliced cucumbers, onion, feta cheese, and olives), dressed with oil and vinegar.



# True Greek Salad

## Recipe

### Ingredients

Tomatoes, chopped	11.5 lb (75 cups)
Cucumber, peeled and chopped	4.5 lb (50 cups)
Red onion, chopped	1.5 lb (4 cups)
Green bell pepper, chopped	5.25 lb (50 cups)
Fresh parsley, chopped	3 cups
Lowfat feta cheese, crumbled	50 oz
Black olives, whole, pitted	3.5 lb (13 cups)

### Dressing

Olive oil	4 1/2 cups
Lemon juice	3 cups
Italian Seasoning Mix ( <i>Recipe Follows</i> )	12 Tbsp

### Directions

#### Salad

1. Combine tomatoes, cucumber, onion, bell pepper, parsley, feta cheese and olives.

#### Dressing

1. Whisk together olive oil, lemon juice and Italian Seasoning Mix.
2. Pour dressing on salad and mix.

**Makes 100 1/2 cup servings**

# Italian Seasoning Mix

## Recipe

<u>Ingredients</u>	<u>1 Quart</u>	<u>1 Gallon</u>
Dried basil	1¼ cups 2 Tbsp	1 qt 1½ cups
Dried oregano	1¼ cups 2 Tbsp	1 qt 1½ cups
Dried marjoram	1 cup	1 qt
Dried thyme	¼ cup	1 cup

### Directions

1. Combine all ingredients.
2. Store in an airtight container. Before using, stir or shake all ingredients well, as settling may occur during storage.

**To be used with the True Greek Salad recipe.**



# Vegetable Bulgur

## Tips

- Cooking vegetables like onions and red or green peppers makes them sweeter, adding a nice flavor to your recipe.

- This is a great recipe for classroom taste-testing.



# Vegetable Bulgur

Recipe by: MA Farm to School

## Recipe

### Ingredients:

Spanish onion, diced	1 lb 9 oz (5 cups)
Peppers, bell, suntan (mixed red+green) or a combo of red and green, diced	2 3/4 lbs (7 peppers)
Garlic, dehydrated	1 1/2 tsp
Olive oil or olive oil blend	3/4 cup
Carrots, diced or sliced	1 lb 4 oz (1 qt)
Tomatoes in their liquid, chopped or diced, fresh or canned (If using fresh, save juice and bring up to weight w/extra water, if needed).	56 oz (5 1/2 cups with liquid)
Coarse bulgur (cracked wheat)	2 lbs (6 cups)
Water	4 1/2 cups
Salt	2 Tbsp
Pepper	1 tsp

### Directions

1. Cook the onions, peppers and garlic in a pot in the olive oil, over medium-low heat, stirring occasionally, until the onion is translucent – about 10 minutes.
2. Stir in the carrots, tomatoes and their liquid, bulgur, water, salt and pepper.
3. Bring to a boil, reduce to a simmer over medium-low heat. Cover bulgur mixture directly with foil or wax paper, then again with a lid if available. Cook, until all the liquid is absorbed – about 15 minutes.
4. Turn off the heat.
5. If you add optional variation ingredients, add them now. Cover, let sit until bulgur is still firm and nutty – about 10 minutes.
6. Remove from pot to steam table pan and serve. Best served within 15 minutes of cooking, or serve cold.

**Makes 50 1/2 cup servings.**



# Vegetarian Enchiladas

## Tips

- Don't be afraid of the amount of beans in this recipe! This is a great way to introduce kids to black beans, while including a bean they are familiar with - refried beans.
- For less mess, fold the sides of the tortilla in before rolling it up, so the contents don't fall out.
- "Suntan" bell peppers refer to green bell peppers with red spots.



# Vegetarian Enchiladas

## Recipe

### Ingredients

Flour Tortilla, 10"	10 tortillas
Green Pepper, chopped	1 1/2 cups
Green Onions, chopped	1 1/2 cups
Refried beans, vegetarian	3 cups
Black beans, optional	1 cup
Monterey Jack Cheese, Shredded	12 oz.
Corn Kernels, frozen	1 1/2 cups
Green Chiles, canned, chopped	1/2 cup
Garlic Powder	1 1/2 tsp
Cumin, ground	1 1/2 tsp

*Enchilada Sauce recipe is on next page.*

### Directions

1. Steam the green pepper and green onions covered until al dente.
2. Mix the beans, cheese, corn, chiles, garlic and cumin in a bowl. Add the sautéed vegetables.
3. Steam flour tortillas for about 1 minute.
4. Spoon ½ cup of bean mixture into each tortilla.
5. Roll like a burrito and place seam side down in a full size, 2 inch steam table pan, leaving a small space between each one.
6. Top each with 1 qt enchilada sauce and bake burrito for 10 to 15 minutes until bubbly.

**Makes 10 servings.**

# Enchilada Sauce

## Recipe

### Ingredients

Tomato sauce	32 fl oz.
Green chilies, canned, chopped	8 oz.
Onion, diced, fresh	1/2 cup
Chili powder	1 Tbsp + 1 tsp
Cumin, ground	2 tsp
Oregano, flakes	1/2 tsp
Garlic powder	1/2 tsp

Option: Use 1 Tbsp + 1 tsp dehydrated onion flakes in the place of fresh onions.

### Directions

1. Combine tomato sauce, green chilies, onion and seasonings. If possible, puree ingredients for a shorter cooking time.
2. Place ingredients in a saucepan and cook for 5 to 10 minutes. If sauce is not pureed or blended, cook until onions are completely soft or use dehydrated onion flakes.

**Makes 1 quart.**



# Vegetable Wraps with Spicy Lemon Hummus

## Tips

- Note: If tahini is available please add the following amounts to the hummus recipe:

6 servings- 3 Tbsp  
25 servings-  $\frac{3}{4}$  cup  
50 servings- 1  $\frac{1}{2}$  cups  
100 servings- 3 cups

- Tahini is a Middle Eastern paste or sauce made from ground sesame seeds.



# Vegetable Wrap

## Recipe

### Ingredients

#### Spread

Low-fat or fat-free cream cheese	2 lb
Ranch dressing dry seasoning (more seasoning may be used)	1 1/2 oz
Milk, skim	As needed
Tortilla, WW flour, 12 or 14 inch	15 each
Cheese, low-fat cheddar, shredded	1 oz/wrap

#### Toppings

Green peppers, cut into strips	2 each
Salad greens, Romaine, diced	3 heads
Tomato slices, 1/4 inch thick	30 slices
Mushrooms, sliced	6 oz
Carrots, shredded	6oz

Optional: Serve with low-fat ranch dressing.

# Vegetable Wrap

## Recipe

### Directions

1. Prepare spread by mixing cream cheese and dry Ranch seasoning; mix very well. Add skim milk until cream cheese will spread easily onto tortilla.
2. Spread 1-2 oz of the cream cheese mixture on the tortilla depending on the size of the tortilla.
3. In a bowl, combine all of the toppings, except tomato slices and mix well.
4. Place 2 tomato slices and 1- 1 ½ cups of the vegetable topping mixture on the tortilla.
5. Top with 2 oz cheese.
6. Roll tortilla burrito style and cut in half on the diagonal. Wrap each half in film wrap and place in cooler until serving time

**Makes 15 wraps.**

# Spicy Lemon Hummus Recipe

## Ingredients

Chickpeas, drained and rinsed	4 lbs
Lemon juice	12 oz (1 3/4 cups)
Olive oil or canola/olive oil blend	6 oz (3/4 cup)
Garlic, minced	2 Tbsp
Cumin, ground	2 Tbsp
Cayenne pepper*	1 1/2 tsp
Jalapeno pepper*	6 oz (1 cup)
Bell pepper, red	6 oz (1 cup)

*\* Additional cayenne pepper and/or jalapeno pepper may be added if desired.*

## Directions

1. Combine all ingredients in a food processor, or VCM and puree to a smooth consistency. For a large number of servings, multiple batches may need to be prepared. As an option, an immersion blender may be used to puree ingredients.
2. Spread the 5 lbs of mixture into a 12" x 20" x 2 1/2 pan.
3. Sprinkle with paprika or cayenne pepper for garnish.