

COOKING RESOURCE GUIDE

PHILADELPHIA DEPARTMENT OF PUBLIC HEALTH • HEALTH PROMOTION COUNCIL



www.phila.gov/nutritionstandards
www.foodfitphilly.org



Introduction

Through Get Healthy Philly, the Philadelphia Department of Public Health and the Health Promotion Council provide trainings and assistance to agencies throughout the city that cook and serve thousands of meals for at-risk Philadelphians each week. Together, we developed this guide to present important cooking-related information and recipes that may be used at your sites to encourage healthy and safe cooking practices. It has been put together in two sections.

The first section includes tips on measurements, food safety, knife skills, and other topics, which are identified using symbols at the top of each page with colored tabs at the bottom of each page. The second section is made up of recipes that show a blend of main dishes, salads, soups, and breakfast items. The guide is held together by a ring so that each section may be separated for ease of use by kitchen staff for job training and everyday meal service. Pages can also be photocopied and distributed to your residents or clients. You can also find more information on each of the subjects listed by going directly to the source listed at the bottom of each topic area.

Resources

CHOOSE MY PLATE: Go to the “Popular Topics” tab and find out information on low cost options to cook and eat in a healthy way. Find recipes, videos, and materials that can be printed and shared. <http://www.choosemyplate.gov/>

INSTITUTE OF CHILD NUTRITION: Search this website for information on food safety and food-service operations. Find a wide variety of training materials and posters that may be used in your kitchen. <http://www.nfsmi.org/>

NUTRITION.GOV: Find videos, recipes, tips, and tricks to share with your employees and the people you serve every day. Information is available in both English and Spanish. <http://www.nutrition.gov/>

PHILLY FOOD FINDER: Search a city-wide map for food resources. Enter in an address or zip code and find the closest farmers market, food pantry, SHARE host sites and more. <http://www.phillyfoodfinder.org/>

VERMONT FEED: Check out Vermont’s “New School Cuisine” cookbook for more healthy recipes to try out at your site. <http://vermontfarmtoschool.org/resources/new-school-cuisine-cookbook-nutritious-and-seasonal-recipes-school-cooks-school-cooks>

WHAT’S COOKING? USDA MIXING BOWL: Find recipes, cookbooks, and food fact sheets here. Use the recipe tools to create your own cookbook, browse recipes, and build menus. <http://whatscooking.fns.usda.gov/>



Food Measurement & Portion Control

UNIT CONVERSIONS: FLUID VOLUME

PORTION CONTROL EQUIPMENT

 =
  =
 

3 teaspoons = 1 tablespoon = 1/2 fluid ounce

 =
  =
 

2 tablespoons = 1/8 cup = 1 fluid ounce

 =
  =
 

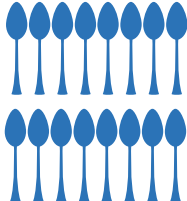


4 tablespoons = 1/4 cup = 2 fluid ounces

 =
  =
 

8 tablespoons = 1/2 cup = 4 fluid ounces

 =
  =
 





12 tablespoons = 3/4 cup = 6 fluid ounces

 =
  =
 

16 tablespoons = 1 cup = 8 fluid ounces

 =
  =
 

2 cups = 1 pint = 16 fluid ounces

 =
  =
  =
 

4 cups = 2 pints = 1 quart = 32 fluid ounces

 =
  =
 

4 quarts = 1 gallon = 128 fluid ounces

Disher/Scoop Size #	Volume (ounces)	Measure (cups/tablespoons)
#6	5 1/3	2 2/3 C
#8	4	1 1/2 C
#10	3	3/8 C
#12	2 2/3	1 1/3 C
#16	2	1/4 C
#20	1 5/8	3 1/3 T
#24	1 1/3	2 2/3 T
#30	1	2 T
#40	3/4	1 2/3 T

Note: To find the volume (ounces) of a scoop: Divide 32 by the scoop number (e.g. a #8 scoop is 4 ounces, 32/8 = 4)

Source: Basics at a Glance. Institute of Child Nutrition. Resources, Training, Research. <http://www.nfsmi.org/documentlibraryfiles/PDF/20150714091634.pdf>

Based on the original graphic by Stephanie McElhaney



Time and Temperature

MINIMUM TEMPERATURES AND HOT FOOD HOLDING TIMES THERMOMETER SHOULD REACH 165 °F (74 °C) FOR 15 SECONDS

- Poultry (chicken, turkey, duck, goose—whole, parts, or ground)
- Soups, stews, stuffing, casseroles, mixed dishes
- Stuffed meat, poultry, fish and pasta
- Food, covered, cooked in microwave oven (hold, covered, 2 minutes after removal)
- Leftovers (to reheat)

THERMOMETER SHOULD REACH 155 °F (68 °C) FOR 15 SECONDS

- Hamburger, meatloaf, and other ground meats, injected meats, ground fish
- Fresh shell eggs—cooked and held for service (such as, scrambled)

THERMOMETER SHOULD REACH 145 °F (63 °C) FOR 15 SECONDS

- Beef, corned beef, pork, ham – roasts (hold 4 minutes)
- Beef – intact steaks (surfaces)
- Lamb, veal, pork—steaks or chops
- Fish, shellfish
- Fresh shell eggs—broken, cooked and served immediately

THERMOMETER SHOULD REACH 135 °F (57 °C) REHEAT FOR HOT HOLDING

- Ready to eat, commercially processed—ham, other roasts

Note: Hold all hot food at 135 °F or above after cooking.

Source: Temperature Rules! Cooking for Food Service, 2008. U.S. Department of Agriculture, Food Safety and Inspection Service. <http://www.Fsis.usda.gov/thermy>

Source for pop-out: Servsafe Manager 6th Edition Book. (2014) ServSafe, National Restaurant Association.

Check food temperature at least every two hours. If hot food does not reach 135 °F for 15 seconds, reheat food before serving.

COLD TEMPERATURE HOLDING

Maintain cold foods at 41 °F or below. When temperatures of food are above 41 °F (41-135 °F) they are in the temperature danger zone—temperatures at which bacteria grow rapidly. Monitor holding process for cold foods.

- Check temperature of all cold holding units by placing a calibrated thermometer in the warmest part of the holding unit. The unit should be 41 °F or below.
- Check internal temperatures of cold food with a clean, sanitized, and calibrated thermometer.
- Take at least two internal temperatures from each batch of food during holding.
- Insert thermometer into the thickest part of the food, which usually is in the center.
- Record the temperature and the time the temperature is checked.

Source: Food Safety Fact Sheet (2008). Holding Cold Foods. Institute of Child Nutrition. Resources, Training, Research. <http://www.nfsmi.org/documentlibraryfiles/PDF/20130806030524.pdf>





Thermometer Calibration

INTRODUCTION

Food temperatures must be checked throughout the food preparation process, and the thermometers used must be accurate.

HERE ARE THE FACTS

Thermometers that are not accurate will give incorrect information. For example, if you use a thermometer that registers 10 °F higher than the actual temperature, you would cook ground beef to 145 °F rather than 155 °F. That would be inadequate cooking to make sure the ground beef is safe to serve. If the thermometer reads too low, you could easily overcook food.

Thermometers are sensitive and can lose calibration. It is important to calibrate them:

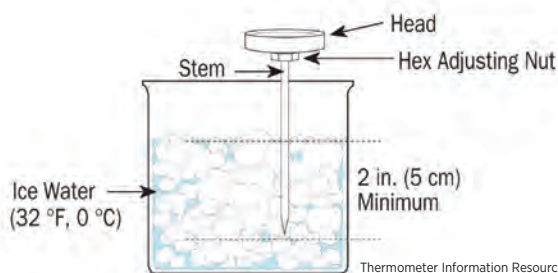
- Weekly,
- When they are dropped,
- More often if specified by local policy.

HOW?

There are two methods that can be used to calibrate thermometers:

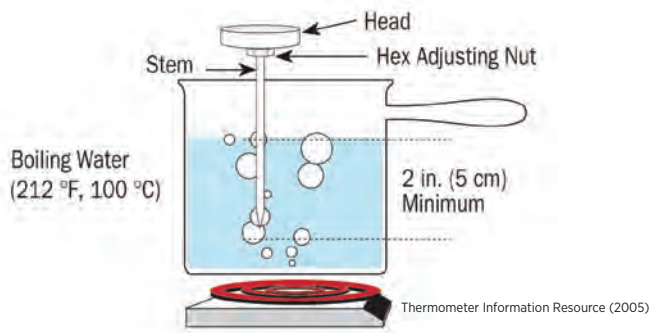
ICE WATER METHOD

1. Fill a 2-quart measure with ice.
2. Add water to within 1 inch of top of container.
3. Stir mixture well.
4. Let sit for one minute.
5. Place thermometer in container so that the sensing area of stem or probe is completely submerged over the dimple.
6. Keep the thermometer from touching sides or bottom of container.
7. Let thermometer stay in ice water for 30 seconds or until the dial stops moving.
8. Place the calibration tool on the hex adjusting nut and rotate until the dial reads 32 °F, while in ice water.
9. Some digital stemmed thermometers (thermistors) and thermocouples have a reset button that should be pushed.
10. Repeat process with each thermometer.



BOILING WATER METHOD

1. Fill a saucepan or stockpot with water.
2. Bring water to a rolling boil.
3. Place thermometer in the container so that the sensing area of the stem or probe is completely submerged over the dimple.
4. Do NOT let the thermometer stem/probe touch sides or bottom of container.
5. Let thermometer stay in the boiling water for 30 seconds or until the dial stops moving.
6. Place the calibration tool on the hex adjusting nut and rotate until the thermometer dial reads 212 °F, while in boiling water.
7. Some digital thermometers (thermistors) and thermocouples have a reset button that should be pushed.
8. Repeat process with each thermometer.



Source: Food Safety Fact Sheet. (2013). Calibrating Thermometers. Institute of Child Nutrition. Resources, Training, Research. <http://www.nfsmi.org/documentlibraryfiles/PDF/20130806025735.pdf>



Food Safety and Sanitation

- ✓ Wash hands before and after use of disposable gloves.
- ✓ Wear gloves when preparing and serving ready-to-eat foods such as fresh fruits and vegetables, sandwiches, and salads.
- ✓ Change gloves frequently and between tasks.
- ✓ Never handle money and food while wearing the same gloves.
- ✓ Change gloves after sneezing, wiping nose, touching hair, or other contact with germs.
- ✓ To avoid cross-contamination, never re-use gloves.
- ✓ Dispose of soiled gloves after use.
- ✓ Wear a clean apron free from stains.
- ✓ Remove apron when taking a break, eating, or using the restroom.
- ✓ Wear a hair restraint (hairnet or hat) while working with or serving food.
- ✓ Keep fingernails trimmed, filed, and clean.
- ✓ Do not wear jewelry on hands or arms (plain ring such as a wedding band excepted).

Source: Institute of Child Nutrition, Resources, Training, Research. <http://www.nfsmi.org/ResourceOverview.aspx?ID=74>



Manual Dish Washing

Note: Each color represents a different sanitizing solution option.

	CHLORINE		IODINE	QUATS
Water Temp	≥ 100 °F (38 °C)	≥ 75 °F (24 °C)	68 °F (20 °C)	75 °F (24 °C)
Water pH	≤ 10	≤ 8	≤ 5 or as per manufacturer's recommendation	As per manufacturer's recommendation
Water hardness	As per manufacturer's recommendation		As per manufacturer's recommendation	≤ 500ppm or as per manufacturer's recommendation
Sanitizer concentration	50-99ppm	50-99ppm	12.5-25ppm	As per manufacturer's recommendation
Sanitizer contact time	≥ 7sec	≥ 7sec	≥ 30sec	≥ 30sec

Source: Servsafe Manager 6th Edition Book. (2014) ServSafe, National Restaurant Association.



Manual Dish Washing (con't)

2 COMPARTMENT SINK

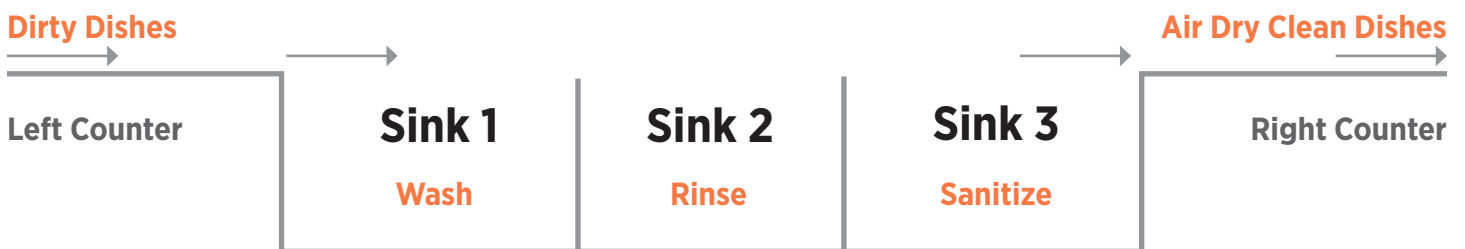
WASH, RINSE AND SANITIZE INSTRUCTIONS



- STEP 1** Stock soiled utensils on left counter. Remove all food from the utensils.
- STEP 2** Wash and rinse in sink 1. Water temperature 110 °F, (43 °C)
- STEP 3** Sanitize in sink 2.
- STEP 4** Hold and air dry utensils on right counter. Use clean racks to hold dishes to dry.

3 COMPARTMENT SINK

WASH, RINSE AND SANITIZE INSTRUCTIONS



- STEP 1** Stock soiled utensils on left counter. Remove all food from the utensils.
- STEP 2** Wash in sink 1. Use hot water 110 °F, (43 °C) and soap.
- STEP 3** Rinse in sink 2. Use hot water.
- STEP 4** Sanitize in sink 3.
- STEP 5** Hold and air dry utensils on right counter. Use clean racks to hold dishes to dry.

Adapted from: Alum Rock Union Elementary School District. Manual Ware washing for 2 and 3 Compartment Sinks.



Knife Maintenance



USING A SHARPENING STONE

1. Place the stone on a cloth/towel to keep it from slipping. Wipe your sharpening stone with a small amount honing oil, a light kind of mineral oil.
2. Sharpen your knife using a 20° angle. Use an angle guide to control your edge's angle, if available.
3. Start off on the rough grit side of the stone. The rough grit side is used to grind the steel down, while the fine grit side is used to sharpen the knife. The grinding process comes first, so you start on the rough grit side.

4. Run the entire edge over the surface of the stone, keeping the pressure on the knife even, hold the knife at the correct angle as you work. Always sharpen the blade in the same direction so that the edge remains even.

5. Make strokes of equal number and equal pressure on each side of the blade—do not over sharpen the edge on coarse stones—make roughly ten strokes on each side of the blade.

6. Flip the stone over and begin sharpening one side of the blade, this time using the finer grit. This changes the blade edge from a ground edge into a finer, sharper edge.

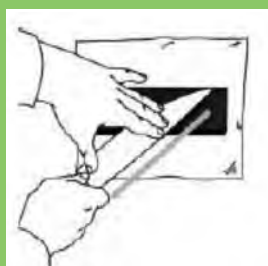
7. Begin alternating swipes on the fine grit. Sharpen one side of the knife with a single stroke, then immediately flip the knife and sharpen the other side. Do this ten times for the best result.

KNIFE SAFETY TIP:

Always use sharp knives. Dull blades cause more accidents because they are harder to work with and need more pressure. Sharp knives do not slip as easily and cut easier.



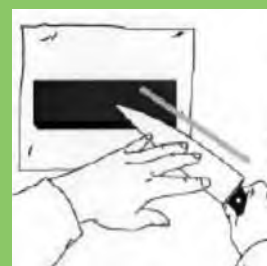
Draw the knife across the stone gently



Continue the movement in a smooth action.



Draw the knife off the stone smoothly



Flip the knife to sharpen the other side



Knife Maintenance (con't)



USING A SHARPENING STEEL (HONING ROD)

1. Use a sharpening steel in between sharpenings to keep the knife edge sharp between uses. Using steel regularly delays the need to use a sharpening stone. The less you use your sharpening stone, the longer your knives will last.
2. Hold the steel in your weak hand. It should be held facing away from your body.
3. Hold the knife tightly in your strong hand. Your four fingers should be holding onto the handle, while your thumb can be placed on the spine of the knife, far away from the blade edge.
4. Hold your knife at approximately 20° in relation to the sharpening steel. Your angle doesn't need to be exact, just approximate. Make sure to maintain the same angle throughout the honing process.

5.



Maintaining a 20° angle, move the knife across one side of the sharpening steel. Try to start this motion with the heel of the knife touching the steel and end it with the tip of the knife touching the steel.

6.



Maintaining a 20° angle, move the knife across the other side of the sharpening steel. Lay the blade against the steel gently; listen for a light ringing sound—a heavy grinding sound means there is too much pressure being used. After sliding the knife across both sides of the steel on both sides of the knife, you've done one rotation.

7. Do a total of 6–8 rotations with your sharpening steel before each use of the knife. If a blade needs more than 8 strokes per side on a steel, it probably should be sharpened on a stone.

Sources:

Chef Kelso: <http://www.chefkelso.com/CKCI/docs/lesson17.pdf>

WikiHow: <http://www.wikihow.com/Sharpen-a-Knife>

Tools and Tips For Trainers Fact Sheet. Careful Cutting: Knife Safety Tips. Institute of Child Nutrition, Resources, Training, Research. <http://www.nfsmi.org/ResourceOverview.aspx?ID=381>



Quick Reference Guide to Making Healthy Food Substitutions

INSTEAD OF THIS	USE THIS	BENEFITS OF MAKING THIS SUBSTITUTION
Bread crumbs, dry	Rolled oats or crushed bran cereal	Increase fiber and protein
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil; butter spreads or shortenings specially formulated for baking that don't have trans fats. <i>Note: To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening. Also don't substitute diet, whipped or tub-style margarine for regular margarine.</i>	Reduce fat and sodium. Increase fiber, vitamins and minerals
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans	Reduce total fat and calories
Cream	Fat-free half-and-half, evaporated skim milk	Reduce total fat and calories
Cream cheese, full fat	Fat-free or low-fat cream cheese, Neufchatel, or low-fat cottage cheese pureed until smooth	Reduce total fat and calories
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg	Reduce cholesterol
Flour, all-purpose (plain)	Whole-wheat flour for half of the called-for all-purpose flour in baked goods. <i>Note: Whole-wheat pastry flour is less dense and works well in softer products like cakes and muffins.</i>	Increase fiber and protein
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit. <i>If receiving fruit in syrup, drain and rinse fruit</i>	Reduce added sugars
Ground beef	Extra-lean or lean ground beef, ground chicken breast or turkey breast (make sure no poultry skin has been added to the product)	Reduce total fat, saturated fat and calories
Lettuce, iceberg	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress	Increase fiber, vitamins, and minerals



Quick Reference Guide to Making Healthy Food Substitutions (con't)

INSTEAD OF THIS	USE THIS	BENEFITS OF MAKING THIS SUBSTITUTION
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise	Reduce total fat and calories
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews	Reduce total fat, sodium, and cholesterol. Increase fiber, vitamins, and minerals
Milk, evaporated	Evaporated skim milk	Reduce total fat, saturated fat, and calories
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth	Reduce total fat and calories
Pasta, enriched (white)	Whole-wheat pasta	Increase fiber and protein
Rice, white	Brown rice, wild rice, bulgur, pearl barley, or quinoa	Increase fiber and protein
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars	Reduce total fat, sodium, and calories
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped herbs or garlic, celery or onions	Reduce sodium
Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents	Reduce total fat, saturated fat, and calories
Soups, sauces, dressings, crackers, or canned meat, fish or vegetables	Low-sodium or reduced-sodium versions	Reduce sodium
Sour cream, full fat	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt	Reduce total fat, saturated fat, and calories
Soy sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce	Reduce sodium
Sugar	In most baked goods you can reduce the amount of sugar by one-half; intensify sweetness by adding vanilla, nutmeg or cinnamon	Reduce added sugar, calories, and increase flavor
Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup	Reduce added sugar, increase vitamins, minerals, and fiber
Table salt	Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasoning mixes or herb blends	Reduce sodium
Yogurt, fruit-flavored	Plain low-fat yogurt with fresh fruit slices	Reduce added sugar, total fat, saturated fat, and calories

Source: Healthy recipes: A guide to ingredient substitutions
<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/healthy-recipes/art-20047195>



Building Relationships for Acquiring Healthy Foods

Purchasing fresh and healthy food on a limited budget can be a challenge. Here are some tips and strategies using your community resources to support the work you do in bringing healthy food to your clients.

TIP 1: Find out what resources are in your neighborhood that may have surplus healthy foods.

FARMERS MARKETS, URBAN FARMS, & COMMUNITY GARDENS

<http://foodfitphilly.org/eat-healthy-near-you/farmers-markets/>

SUPERMARKETS & GROCERY STORES

(Including Targets and Walmarts that carry fresh food items)

FOOD OUTLETS SELLING PRODUCE IN BULK

(e.g. Philadelphia Wholesale Produce Market, Produce Junction, Italian Market)

HOSPITAL & COLLEGE/UNIVERSITY CAFETERIAS AND CAFES

Fruit and vegetables at the peak of ripeness may go to waste if they cannot be sold. Get to the market at the end of the day and farmers may have fresh items that they would like to donate.

Food retailers can only keep fresh fruits and vegetables on the shelf for so long. Cold products such as low/non-fat milk, yogurt, and cheeses may be replaced before their shelf-life is complete. Ask what items stores are preparing to replace and request donations of those that are being removed from the shelves.

Cafeterias may have ripe whole fruits and vegetables that they are no longer able to use. Take advantage of their surplus!

TIP 2: Purchase foods wholesale and in bulk. Try contacting or visiting the following food outlets:

FOOD PANTRIES OR FOOD BANKS

Philabundance

Website: <http://www.philabundance.org/>

Phone Contacts: 215-339-0900 ext.2050 (member relations)
215-739-7221 (order line)

Hours: 8:30am–3pm, Monday–Friday

Address: 3616 S. Galloway Street, Philadelphia, PA 19148

SHARE Food Program

Website: <http://sharefoodprogram.org/>

Phone Contacts: 215-223-2220 (main line) ext.110 or ext.121 (order lines)

Hours: 9am–4pm, Monday–Friday

Address: 2901 W. Hunting Park Avenue, Philadelphia, PA 19129

PHILADELPHIA WHOLESALE PRODUCE MARKET

Website: <http://www.pwpm.net/>

Phone Contact: (215) 336-3003 (main line)

Hours: Sunday 10am–Monday 1pm; Weekdays 10pm–1pm

Address: 6700 Essington Avenue Philadelphia, PA 19153

TIP 3: Other ways to obtain healthy foods and resources:

- Have a healthy food drive at your site or through a local school, organization, or business. Create a list of healthy food items that your site needs to serve healthy meals to your clients.
- Use the Regional Foundation Center (Free Library of Philadelphia) to find out information on potential funding opportunities for your site.
http://libwww.freelibrary.org/rfc/rfc_services.cfm

LIST OF HEALTHY FOOD ITEMS

- ✓ Low/no salt added canned beans and tomatoes
- ✓ Canned fruit packed in fruit juice/water
- ✓ Dried beans
- ✓ Peanut or nut butters with no sugar added

Use the sample letter to make donation requests to local food retailers.

Letter Template

TIP 1: copy and paste this text from the PDF into a Word Document.

TIP 2: Substitute your site's information everywhere that is highlighted in red and underlined below

Date

Potential Donor's Name Here

Street Address

Philadelphia, PA, Zip Code

Dear (Potential Donor Name Here),

More than one in four people in Philadelphia is food insecure. At (Site Name Here), we are working to address the needs of our community by providing a variety of services. As a part of these services, we serve nutritious, home-cooked meals and snacks to Philadelphians facing food and housing insecurity. Over the past year, we served (Write in about how many meals served at your site) meals and connected (Write in number of persons served at your site) with additional services. We hope that you will be able to participate in and support these efforts and experience firsthand the pride we take in supporting our cause.

It is our goal to ensure we provide delicious, nutritious meals which are essential for living healthy, productive lives and reducing the risk for chronic diseases. With limited resources, we rely on the generosity of individuals, businesses and other donations for support. Without the assistance of community-minded people like you, we would not be able to provide these essential services.

We ask you to help fight hunger and chronic disease in Philadelphia by donating healthy, surplus foods (e.g. fresh fruits and vegetables, fresh whole grain bread, etc) to our site. If you are unable to make a food donation, you can always help by contributing your time and/or donating any other resources or services that may be available to you. You can also contribute through activities like hosting a healthy food drive (request items such as whole wheat pasta, brown rice, dried beans, low/no salt added canned vegetables and soups, fruit canned in 100% juice, lean protein, etc.) or a clothing drive.

We hope that you will help support our efforts to combat hunger in Philadelphia and thank you in advance for your generosity. Your support will make a difference in our community and in the lives of many vulnerable Philadelphians.

We will reach out to you in the coming weeks to talk about our work. If you have any questions, please contact us at Phone Number Here or Email Address Here for more information about donating or the services that we provide.

We hope to hear from you soon!

Sincerely,

Printed Name, Position

Your Site's Name

Street Address

Philadelphia, PA, Zip Code

RECIPES

The recipes provided represent a number of items that may be added to your current menus as additional healthy options. They may be paired together or alongside your favorite healthy dishes!

CENTER OF THE PLATE & ENTREES

- Baked Cajun Fish
- Chili Boat
- Oven “Fried” Chicken
- Summer Chicken Stew over Brown Rice
- Lemon Chicken with Brown Rice






SOUPS, SALADS, & SIDES

- Broccoli Salad
- Southwestern White Bean Soup
- Spanish Rice
- Twice Baked Potatoes

BREAKFAST

- Egg and Cheese Casserole (Soufflé)

Look for the following symbols at the top of the recipes to see how they meet our healthy criteria. Use them to help educate your staff and clients.

NUTRIENT CLAIM	SYMBOL
Good Source of Fiber	
Low Saturated Fat	
Low Sodium	
Vegetarian	
Whole Grain	

Based on Food and Drug Administration's Guidance for Industry: A Food Labeling Guide
(Appendix A: Definitions of Nutrient Content Claims, Appendix B: Additional Requirements for Nutrient Content Claims)

EASY HUMMUS WITHOUT TAHINI

(36 servings) Serving size = ¼ cup

Ingredients:

- 1 #10 (110oz) can chickpeas (garbanzo beans), drained & rinsed
- 7 cloves garlic
- 10 Tbsp. olive oil (or vegetable oil)
- 7 Tbsp. fresh lemon juice
- 3 ½ tsp. cumin (optional)
- 1 c. water
- 3 ½ tsp. salt

Directions:

Blend all ingredients until smooth.

SNACK IDEAS!

- Fresh or frozen vegetables and fruit are great snacks anytime!
- Cut up vegetables and fruit into easy to eat and easy to grab pieces like slices, halves, cubes, or wedges.
- Choose produce that is in season for the most fresh and tasty choices.
- Serve vegetables and fruit with a dip or spread such as peanut butter, plain low fat yogurt, low fat dressing, hummus, or salsa. Or pair with low fat cheese.

TRY THESE HEALTHY AND EASY BITES!

- Celery sticks filled with peanut butter sprinkled with raisins, granola, or whole grain cereal
- Freeze grapes and serve them as a refreshing, frozen treat
- Whole-grain crackers with low fat cheese
- Yogurt parfait—layer plain low fat yogurt, fruit, and low fat granola or whole grain cereal

RECIPES

TIPS FOR MAKING THE MOST OF YOUR FOOD:

- Use vegetable peelings and animal bones to make stock for soups and leftovers to create new meals. For example, if you are boiling chicken for a recipe, use the leftover broth to make chicken soup for another meal or use it for another recipe that calls for chicken stock.
- Use the same product multiple ways. Using a product in different recipes can cut down on inventory and reduce waste. For example, left over rice can be added to soup as the starch component. Leftover mashed potatoes can be used as a topping for ground beef to make Shepherd's Pie.
- Pay attention to serving size and offer the correct serving size of each option. For example, use half-cup scoops for foods with a half-cup serving size.
- Keep track of inventory. Know what is on hand and use it at the right time.
- Make use of over-ripe items. For example, if you have too many tomatoes or bananas to use at once, cook down the tomatoes into a sauce that you can freeze for later use. Mash and freeze the bananas for banana "ice cream" as a sweet treat at the end of a meal. Just peel, slice, freeze, and blend! Place overripe strawberries in a pot, and cook down for a few hours to make a sauce to add to plain yogurt/oatmeal or serve over pancakes/waffles.
- Got a great deal on a certain fruit or vegetable and can't use it all at once? Cut up and freeze (fruits) or quickly blanch and freeze (vegetables) for later use. This may also be done for fresh herbs or garlic that you can mince and freeze to add flavor to recipes later.
- Add to basic recipes to change things up and enhance flavor. For example, jazz up oatmeal with cinnamon and apple or banana slices.
- When using canned vegetables, drain off the liquid, rinse, and then heat. The liquid does not add any flavor. This is a great way to control sodium in a dish.
- Get creative! Use leftover bread for homemade stuffing, breadcrumbs, or croutons.
- If you see one piece of fruit or vegetable going bad in a case, remove it as soon as possible, it will save the rest of the product from going bad quickly.



BAKED CAJUN FISH

center of the plate & entrees

INGREDIENTS

	50 Servings		100 Servings	
	Weight	Measure/Vol	Weight	Measure
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each
Seasonings Paprika Granulated garlic Onion salt Red pepper Ground black or white pepper Dried oregano Dried thyme		2 tsp 2 tsp 2 tsp ¾ tsp ¾ tsp 1 tsp 1 tsp		1 Tbsp + 1 tsp 1 Tbsp + 1 tsp 1 Tbsp + 1 tsp 1 ½ tsp 1 ½ tsp 2 tsp 2 tsp
Lemon juice		½ cup		1 cup

Serving: 1 serving = 1 portion

Meal Plan Contribution: 2 oz equivalent meat/meat alternate

Yield	Volume
50 Servings: about 7 lb 14 oz	50 servings: 2 hotel pans
100 Servings: about 15 lb 12 oz	100 servings: 4 hotel pans

Nutrients Per Serving

Calories	155	Saturated Fat	1.3 g	Iron	0.963 mg
Protein	19.5 g	Cholesterol	51.6 mg	Calcium	22.155 mg
Carbohydrate	0.5 g	Vitamin A	18.429 RE	Sodium	167.9 mg
Total Fat	7.8 g	Vitamin C	2.132 mg	Dietary Fiber	0.1 g

NOTES

- 1) For best results, batch-cook fish throughout the meal.
- 2) 3 oz boneless, skinless chicken breasts or thighs may be substituted for fish.

CRITICAL CONTROL POINT: Bake chicken to 165°F or higher for at least 15 seconds.



Photo: https://commons.wikimedia.org/wiki/File:The_Food_at_Davids_Kitchen_158.jpg

DIRECTIONS

1. Preheat oven to 350 °F (If using a convection oven, preheat to 350 °F)
2. Mix paprika, granulated garlic, onion salt, red pepper, black or white pepper, oregano, and thyme in a small bowl. Reserve for step 4.
3. Place 25 fish portions into each ungreased hotel pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Sprinkle ¼ cup of lemon juice and 1 Tbsp + 2 tsp of seasoning mix over the top of each pan.
5. Bake for 20 minutes (15 minutes if using a convection oven). Fish should flake easily with a fork.

CRITICAL CONTROL POINT: Heat to 145 °F or higher for at least 15 seconds.

CRITICAL CONTROL POINT: Hold for hot service at 135 °F or higher.



CHILI BOAT

center of the plate & entrees

INGREDIENTS

50 Servings			100 Servings	
Weight	Measure/Vol	Weight	Measure	
Canola oil				3/4 cup
Fresh onions, diced	1 lb 6 1/2 oz			2 qt 1 1/3 cups
Fresh green bell peppers, diced	1 lb 1/2 oz	2 lb 13 oz		1 qt 2 cups
Canned low-sodium pinto beans, drained, rinsed OR Dry pinto beans, cooked	1 lb 5 oz OR 1 lb 5 oz	2 lb 10 oz OR 2 lb 10 oz	1 qt 2 cups (1 1/2 No. 10 cans) OR 1 qt 2 cups	
Canned low-sodium kidney beans, drained, rinsed OR Dry kidney beans, cooked	1 lb 5 1/2 oz OR 1 lb 5 1/2 oz	2 lb 11 oz OR 2 lb 11 oz	1 qt 2 2/3 cups (1 1/2 No. 10 cans) OR 1 qt 2 2/3 cups	
Canned low-sodium black beans, drained, rinsed OR Dry black beans, cooked	2 lb 6 oz OR 2 lb 6 oz	4 lb 12 oz OR 4 lb 12 oz	2 qt 1 cup (1 1/2 No. 10 cans) OR 2 qt 1 cup	
Chili powder	5 oz	10 oz	1 1/2 cup	
Canned low-sodium diced tomatoes	2 lb 11 oz	5 lb 6 oz	2 qt 2 cups (1 No. 10 can)	
Low-sodium chicken stock			1 gal 1 1/3 cups	
Hot sauce			1 Tbsp 1 tsp	
Canned low-sodium tomato paste	1 lb 2 oz	2 lb 4 oz	1 qt (1/2 No. 10 can)	
Reduced-fat cheddar cheese, shredded	7 oz	14 oz	1 qt	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	7 oz	14 oz	1 qt	
Low-sodium tortilla chips	1 lb 2 oz	2 lb 4 oz	248 chips	

DIRECTIONS

1. Heat oil in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove.
 2. Sauté onions and green peppers for 2-4 minutes. Add beans and chili powder. Stir well. Cook for 1-2 minutes.
 3. Add diced tomatoes, stock, and hot sauce. Bring to a boil over medium-high heat. Reduce heat. Simmer uncovered for 10 minutes.
 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.
- CRITICAL CONTROL POINT:** Hold for hot service at 135 °F or higher.
6. Combine cheddar and mozzarella cheeses.
 7. Portion with 6 fl oz. ladle (3/4 cup) into an 8 oz paper boat or bowl. Garnish with 2-3 chips and 1 tablespoon cheese blend.

Source: <http://www.fns.usda.gov/sites/default/files/vegetablechili-schools.pdf>

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

Serving: 1 serving = 3/4 cup (6 fl oz ladle)	
Meal Plan Contribution: Legume as Meat Alternate: 3/4 oz equivalent meat alternate, 3/8 cup vegetable, and 1/4 oz equivalent grains.	
OR	
Legume as Vegetable: 1/4 oz equivalent meat alternate, 5/8 cup vegetable, and 1/4 oz equivalent grains.	
Yield	Volume
50 Servings: about 18 lb	50 servings: about 2 gallons 1 quart
100 Servings: about 36 lb	100 servings: about 4 gallons 2 quarts

OVEN “FRIED” CHICKEN

center of the plate & entrees

INGREDIENTS

	50 Servings		100 Servings	
	Weight	Measure/Vol	Weight	Measure
Raw chicken, without skin, cut up, thawed (USDA-donated, whole, cut up 8 pieces)	24 lb 8 oz		49 lb	
Vegetable oil		¾ cup		1 ½ cups
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt + 3 ½ cups
Instant nonfat dry milk	8 oz	3 ¼ cups + 2 Tbsp	1 lb	1 qt + 2 ¾ cups
Seasonings Poultry seasoning Ground black or white pepper Paprika Granulated sugar		1 Tbsp + 1 ½ tsp 1 Tbsp 1 ½ tsp 1 Tbsp + 1 ½ tsp		3 Tbsp 2 Tbsp 1 Tbsp 3 Tbsp



Photo: <https://www.flickr.com/photos/candyb/4287258007>

DIRECTIONS

1. Preheat oven to 400 °F (Preheat to 350 °F if using a convection oven)
 2. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.
 3. In a separate bowl, combine flour, dry milk, poultry seasoning, pepper, paprika, and granulated garlic. Mix well.
 4. Coat oiled chicken with seasoned flour. Arrange approximately 25 pieces of chicken on each ungreased sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
 5. Bake for 45–55 minutes (30–35 minutes for convection oven).
- CRITICAL CONTROL POINT:** Heat to 165 °F or higher for at least 15 seconds.
6. Transfer to hotel pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

CRITICAL CONTROL POINT: Hold for hot service at 135 °F or higher.

Serving: 1 serving = 1 breast, or 1 drumstick and 1 wing, or 1 thigh with back

Meal Plan Contribution: 2 oz meat/meat alternate

Yield	Volume
50 Servings: about 21 lb 5 oz	50 servings: 2 hotel pans
100 Servings: about 42 lb 10 oz	100 servings: 4 hotel pans

Nutrients Per Serving

Calories	346	Saturated Fat	2.2 g	Iron	2.532 mg
Protein	50.2 g	Cholesterol	156.5 mg	Calcium	88.125 mg
Carbohydrate	9.9 g	Vitamin A	60.827 RE	Sodium	195.8 mg
Total Fat	10.3 g	Vitamin C	5.507 mg	Dietary Fiber	0.4 g

Source: Institute of Child Nutrition, Resources, Training, Research
<http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEEPTwMIZpc0Inc10cnVl>



INGREDIENTS

50 Servings		100 Servings	
Weight	Measure/Vol	Weight	Measure
Chicken, Dark meat, Boneless, Raw	9 lb	18 lb	
Onions (Dice into 1/2 inch pieces)	7 lb 8 oz	15 lb	13 qt + 2 cups
Garlic, fresh (Chopped)		1/4 cup	1/2 cup
Tomatoes, diced, low sodium, canned, with juice	3 lb 3 oz	1 qt + 3 cups	3 qt + 1 1/2 cups
Red bell peppers (Dice into 1/2 inch pieces)	2 lb 12 oz	2 qt + 2 cups	5 qt
Potatoes, russet , unpeeled (Dice into 1 inch pieces)	9 lb 6 oz	8 qt	16 qt
Crushed red pepper		1 Tbsp	2 Tbsp
Salt		2 Tbsp	4 Tbsp
Chicken stock, low sodium		1 gallon	2 gallons
Olive oil (may use vegetable oil)		1/2 cup	1 cup
FOR THE RICE			
Water	11 lb 3 oz	7 qt	14 qt
Brown rice, long grain, raw	5 lb 9 oz	3 qt + 2 cups	7 qt

Serving: 1 serving = 1 cup rice, 8 oz scoop/spoodle stew; one 8 oz portion stew = 8.9 oz
Meal Plan Contribution: 2 oz meat/meat alt, 2 oz grain
1 cup vegetable

Yield	
50 Servings: about 24 lb 13 oz	100 Servings: about 49 lb 9 oz

Nutrients Per Serving

Calories	445	Saturated Fat	1.73 g	Iron	2.65 mg
Protein	24.93 g	Cholesterol	66.54 mg	Calcium	76.09 mg
Carbohydrate	68.55 g	Vitamin A	126.81 RE	Sodium	392.10 mg
Total Fat	7.85 g	Vitamin C	36.03 mg	Dietary Fiber	6.93 g



DIRECTIONS

1. Heat oil in a tilt skillet or large stovetop braising pan large enough to hold all ingredients. Add chicken and cook until evenly browned. Remove chicken from the skillet.

CRITICAL CONTROL POINT: Heat to 165 °F or higher for at least 15 seconds

2. Add onions and garlic and cook until just beginning to brown.

3. Add tomatoes, potatoes, chicken stock, chicken and spices and bring to a boil.

4. Reduce heat to a simmer and cook until potatoes and chicken are tender, approximately 25 minutes.

CRITICAL CONTROL POINT: Hold for hot service at 135 °F or higher.

5. Cook rice according to package directions using your normal method of preparation.

CRITICAL CONTROL POINT: Heat to 165 °F or higher for at least 15 seconds.

CRITICAL CONTROL POINT: Hold for hot service at 135 °F or higher.

NOTES

If using fresh tomatoes, use 3 lb 12 oz for 50 servings; 7 lb, 8 oz for 100 servings.



LEMON CHICKEN WITH BROWN RICE

center of the plate & entrees

INGREDIENTS

50 Servings		100 Servings	
Weight	Measure/Vol	Weight	Measure
FOR THE MARINADE			
Ginger, fresh, peeled, sliced	½ cup		1 cup
Garlic, fresh, peeled	¼ cup		½ cup
Olive oil (may use vegetable oil)	½ cup		1 cup
Cilantro, fresh, roughly chopped	3 bunches	6 bunches	6 cups
Jalapeño pepper, seeded, roughly chopped	¾ cup		1 ½ cups
Seasonings			
Cayenne pepper	1 tsp		2 tsp
Cumin, ground	¼ cup		½ cup
Coriander, ground	2 Tbsp		¼ cup
Salt	2 ½ Tbsp		5 Tbsp
Lemon juice	1 cup		2 cups
FOR THE CHICKEN			
Chicken, boneless, skinless thighs, raw	9 lb	18 lb	
FOR THE VEGETABLES			
Carrots, unpeeled, sliced	3 lb 1 ½ oz	6 lb 3 oz	7 qt + 1 ½ cups
Chicken stock, low sodium	1 qt		2 qt
FOR THE RICE			
Water	11 lb 3 oz	22 lb 6 oz	14 qt
Brown rice, long grain, raw	5 lb 9 oz	11 lb 2 oz	7 qt

Serving: 1 serving = 1 cup rice, 4 oz spoodle chicken/vegetable, one 4 oz spoodle portion = 3.8 oz

Meal Plan Contribution: 2 oz meat/meat alt., 2 oz grain, 2 Tbsp vegetable

Yield	
50 Servings: about 12 lb	100 Servings: about 24 lb

Nutrients Per Serving

Calories	355	Saturated Fat	1.60 g	Iron	1.87 mg
Protein	22.02 g	Cholesterol	65.62 mg	Calcium	69.01 mg
Carbohydrate	48.63 g	Vitamin A	7983.08 IU	Sodium	331.96 mg
Total Fat	7.62 g	Vitamin C	8.96 mg	Dietary Fiber	4.53 g

Adapted from the Center for Ecoliteracy's Rethinking School Lunch, Cooking with California Food in K-12 Schools
http://www.ecoliteracy.org/sites/default/files/uploads/cooking_with_california_food_k-12.pdf

DIRECTIONS

Marinade

1. In a blender or food processor, combine ginger, garlic, oil, cilantro, jalapeño, cayenne, cumin, coriander, salt, and lemon juice.
2. Puree to a smooth paste.

Chicken

1. In a large container with a lid, combine the chicken thighs and marinade.
2. Cover and marinate under refrigeration for at least 2 hours or overnight.

CRITICAL CONTROL POINT: Keep cold food at or below 41 °F.

3. Preheat oven to 425 °F.
4. Lay chicken out on parchment-lined sheet pans in a single layer.
5. Roast until browned and cooked through.

CRITICAL CONTROL POINT: Heat to 165 °F or higher for at least 15 seconds.

Vegetables

1. Place carrots and stock in a pot and bring to a boil. This can also be done in a hotel pan in the oven.
2. Slice the chicken and distribute evenly among hotel pans. Include the marinade and juices from the sheet pans.
3. Distribute the carrots and stock evenly among the hotel pans.

CRITICAL CONTROL POINT: Hold for hot service at 135 °F or higher.

Rice

1. Cook rice according to package directions using your normal method of preparation.

CRITICAL CONTROL POINT: Heat to 165 °F or higher for at least 15 seconds.

CRITICAL CONTROL POINT: Hold for hot service at 135 °F or higher.

NOTES

If using cooked chicken that credits ounce for ounce, use 12 lb 8 oz for 100 portions and 6 lb 4 oz for 50 portions. If using a pre-seasoned and/or cooked product, the salt may need to be adjusted and the chicken can marinate for up to two hours.



BROCCOLI SALAD

soups / salads / sides

INGREDIENTS

	50 Servings		100 Servings	
	Weight	Measure/Vol	Weight	Measure
Broccoli	6 lb		12 lb	
Red Onion		1 medium		2 medium
Reduced Fat Mayonnaise	1/2 lb	½ qt	1 lb	1 qt
Cider Vinegar		½ cup		1 cup
Granulated Sugar		¼ cup		½ cup
Raisins	1 lb 8 oz	1 qt + ½ cup	3 lb	2 qts + 1 cup

Serving: 1 serving = ½ cup

Meal Plan Contribution: ⅔ cup vegetable and ⅓ cup fruit

Nutrients Per Serving

Calories	98	Saturated Fat	0.6 g	Iron	0.696 mg
Protein	2.1 g	Cholesterol	3.6 mg	Calcium	33.889 mg
Carbohydrate	16.5 g	Vitamin A	339.15 IU	Sodium	88.6 mg
Total Fat	3.7 g	Vitamin C	49.028 mg	Dietary Fiber	2.0 g



Photo: <https://pixabay.com/en/vegetables-broccoli-cabbage-market-673181/>

DIRECTIONS

1. Trim broccoli and cut into bite-sized pieces
2. Trim and peel onion. Cut into small dice.
3. Whisk mayonnaise, vinegar and sugar in a large bowl. Stir in broccoli, onions, and raisins

CRITICAL CONTROL POINT: Cool to 41 °F or lower within 4 hours.



INGREDIENTS

	50 Servings		100 Servings	
	Weight	Measure/Vol	Weight	Measure
Onions		5 large		10 large
Bell peppers (any color)		6 large		12 large
Carrots		6 large		12 large
Vegetable oil		¾ cup		1 ½ cup
Salt		¾ cup, divided		¾ cup, divided
Seasonings Paprika Ground coriander Ground cumin		¼ cup ¼ cup ¼ cup		½ cup ½ cup ½ cup
Water		1 gal + 3 qts + 2 cups		3 gal + 3 qts
White beans, canned, rinsed and drained (may use navy or great northern beans or substitute kidney beans)		2 #10 cans		4 #10 cans
Diced or whole tomatoes, canned (drained)		3 #10 cans (1 ½ gal, drained measure)		6 #10 cans (3 gal, drained measure)
Frozen corn		1 qt		2 qts

Serving: 1 serving = 1 cup

Meal Plan Contribution: 1 cup provides ¾ cup vegetable, and ¼ cup beans/ legumes or 1.25 oz equiv meat/meat alternate (but not both).

Nutrients Per Serving

Calories	160	Saturated Fat	0.5 g	Iron	2.823 mg
Protein	7.5 g	Cholesterol	0 mg	Calcium	90.512 mg
Carbohydrate	25.8 g	Vitamin A	206.144 RE	Sodium	342.7 mg
Total Fat	3.8 g	Vitamin C	22.647 mg	Dietary Fiber	6.9 g



Photo: New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks

DIRECTIONS

1. Trim and peel onions. Cut into small dice.
2. Stem, core and seed peppers. Trim and peel carrots. Slice the peppers and carrots thinly or cut into small dice.
3. In a stock pot over low heat, cook the onions in oil and add ¼ cup salt, stirring occasionally, until the onions are very soft and melting into the oil (about 15 to 20 minutes) Stir in cumin, coriander and paprika; cook, stirring, for 1 minute.
4. Stir the peppers and carrots into the onions. Cook, stirring occasionally, until the liquid from the peppers has evaporated and the vegetables are beginning to brown on the bottom of the pot, about 10 minutes.
5. Add water, beans, tomatoes, corn and ¼ cup salt. Simmer for 1 hour.

CRITICAL CONTROL POINT: Heat to 165 °F or higher for at least 15 seconds.

CRITICAL CONTROL POINT: Hold for hot service at 135 °F or higher.



SPANISH RICE

soups / salads / sides

INGREDIENTS

	50 Servings		100 Servings	
	Weight	Measure/Vol	Weight	Measure
Vegetable oil		2 Tbsp		¼ cup
Fresh onions, chopped OR Dehydrated onions	7 ½ oz OR 1 ½ oz	1 ¼ cups OR 1/2 cup	15 oz OR 3 oz	2 ½ cups OR 1 cup
Fresh green pepper, chopped	6oz	1 ¼ cups	12 oz	2 ½ cups
Fresh celery, chopped (optional)	8 oz	2 cups	1 lb	1 qt
Water		1 qt + 2 cups		3 qt
Seasonings Chili powder Ground cumin Paprika Onion powder		1 Tbsp 2 ¼ tsp ¾ tsp ¾ tsp		2 Tbsp 1 ½ Tbsp 1 ½ tsp 1 ½ tsp
Brown rice, long grain, raw	1 lb 11 oz	1 qt	3 lb 6 oz	2 qt
Salt		2 tsp		1 Tbsp +1 tsp
Ground black or white pepper		1 tsp		2 tsp
Canned diced tomatoes, with juice (use low sodium if possible)	1 lb 3 ½ oz	1 ¾ cups	2 lb 7oz	3 ½ cups
Canned tomato paste	7 oz	¾ cup, 1 Tbsp	14 oz	1 ½ cups, 2 Tbsp
Water		1 cup		2 cups

Serving: 1 serving = 1/3 cup (No. 12 scoop)	
Meal Plan Contribution: 1/8 cup of vegetable and ½ serving of grains/breads	
Yield	Volume
50 Servings: about 8 lb	50 servings: about 1 gallon ¾ cup (1 hotel pan)
100 Servings: about 16 lb	100 servings: about 2 gallons 1 ½ cups (2 hotel pans)

Nutrients Per Serving					
Calories	69	Saturated Fat	0.2 g	Iron	0.49 mg
Protein	1.4 g	Cholesterol	0 mg	Calcium	10.1 mg
Carbohydrate	14.5 g	Vitamin A	191.82 IU	Sodium	135.6 mg
Total Fat	1.1 g	Vitamin C	4.95 mg	Dietary Fiber	0.6 g



Photo: <https://www.flickr.com/photos/haleysuzanne/3551936474>

DIRECTIONS

1. Heat oil. Add onions, green peppers, and celery. Cook for 5 minutes.
2. Add water and seasonings. Bring to boil.
3. Place rice in a hotel pan (12"x 20"x 2 ½"). Pour boiling water over rice, cover tightly with foil, and bake in a 350°F oven for approximately 50 minutes or until rice is tender and water is absorbed.
Note: If boiling water is unavailable, cold water may be used. Increase the cook time by approximately 30 minutes.
4. Stir in diced tomatoes, tomato paste, and water. Cook over low heat for 10-15 minutes. Pour 8 lb (about 1 gallon + ¾ cup) into a hotel pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

CRITICAL CONTROL POINT: Heat to 135 °F or higher for at least 15 seconds.

CRITICAL CONTROL POINT: Hold for hot service at 135 °F or higher. Portion with No. 12 scoop (½ cup).

Source: Institute of Child Nutrition, Resources, Training, Research.
<http://www.nfsnmi.org/Templates/TemplateDefault.aspx?qs=cEEPTeWmZpc0Incj0cnVI>

NOTES

Mexican Seasoning Mix may be used to replace the seasoning ingredients. For 50 servings, use 2 Tbsp + 1 tsp Mexican Seasoning Mix. For 100 servings, use ¼ cup + 1 ½ tsp Mexican Seasoning Mix.



TWICE-BAKED POTATOES

soups / salads / sides

INGREDIENTS

	50 Servings		100 Servings	
	Weight	Measure/Vol	Weight	Measure/Vol
Sweet potatoes (may use russet baking potatoes)	8 lb		16 lb	
Chives (may use green onions)	1 ½ oz		3 oz	
Shredded cheddar cheese (use reduced fat if possible)	10 oz		20 oz	
Fat free sour cream	7 oz		14 oz	
Salt		1 ½ tsp		1 Tbsp
Ground black pepper		1 ½ tsp		1 Tbsp
Parmesan cheese		¾ cup		1 ½ cup

Serving: 1 serving = 1 piece

Meal Plan Contribution: 1 piece provides ¼ cup vegetable

Nutrients Per Serving

Calories	88	Saturated Fat	0.93 g	Iron	0.47 mg
Protein	3.39 g	Cholesterol	4.88 mg	Calcium	95.16 mg
Carbohydrate	15.44 g	Vitamin A	10359.37 IU	Sodium	156.46 mg
Total Fat	1.51 g	Vitamin C	1.79 mg	Dietary Fiber	2.20 g



Photo: Vermont's New School Cuisine, Nutritious and Seasonal Recipes for School Cooks by School Cooks

DIRECTIONS

1. Preheat oven to 425 °F (If using a convection oven, pre-heat to 400 °F)
2. Prick each sweet potato 3 times with a fork. Place on full sheet pans and bake until tender, about 1 hour. Let cool.
3. Chop chives
4. Cut the potatoes in half lengthwise and scoop out the inside flesh, leaving approximately ½ inch of flesh and skin. Transfer the inside flesh to a large bowl.
5. Add cheddar cheese, sour cream, chives, salt, and pepper to the inside flesh in the bowl and mash to combine.
6. Fill the potato halves with this mixture. Sprinkle with parmesan cheese. Place onto full sheet pans.
7. Bake the stuffed potatoes until hot and the cheese is browned, about 20 minutes

CRITICAL CONTROL POINT: Heat to 145 °F or higher for at least 15 seconds.

8. Cut the sweet potatoes into halves or thirds to reach servings by quantity (50 for 8 lb potatoes, 100 for 16 lb potatoes).

NOTE

May prepare steps 2 & 4 up to 1 day in advance. Refrigerate.



EGG & CHEESE CASSEROLE (SOUFFLÉ)

breakfast

INGREDIENTS

	50 Servings		100 Servings	
	Weight	Measure/Vol	Weight	Measure
Spinach (fresh or frozen)	1 lb		2 lb	
Whole grain bread (cut into cubes)	3 lb		6 lb	
Cheddar cheese (shredded)		¾ cup		1 ½ cup
Bell pepper (red, yellow, or orange)	2 oz		4 oz	
Liquid eggs (1 lb liquid eggs = ~10 large eggs or ~12 medium eggs)	16 ½ lb		33 lb	
1% Milk		25 oz		50 oz
Black pepper (ground)		1 Tbsp		2 Tbsp

Serving: 1 serving = (1) 3" x 3 ½" piece. 24 portions per pan—Cut into 6X4
Meal Plan Contribution: 2 oz meat alternate, 1 oz grain, 2.5 oz vegetable

Yield	Volume
50 Servings: about 8 lb	50 servings: about 1 gallon ¾ cup (1 hotel pan)
100 Servings: about 16 lb	100 servings: about 2 gallons 1 ½ cups (2 hotel pans)

Nutrients Per Serving

Calories	301	Saturated Fat	5.1 g	Iron	3.36 mg
Protein	21.5 g	Cholesterol	631.2 mg	Calcium	112.2 mg
Carbohydrate	18.2 g	Vitamin A	1932.17 IU	Sodium	357.73 mg
Total Fat	14.2 g	Vitamin C	2.36 mg	Dietary Fiber	1.9 g

Adapted from recipe by Temple University Hospital Kitchen, Temple University Health System.



Photo: Vermont's New School Cuisine, Nutritious and Seasonal Recipes for School Cooks by School Cooks

DIRECTIONS

1. Spray full size 2" hotel pans with cooking spray (each pan yields 30 portions). Preheat oven to 325 °F
2. If using raw spinach, steam for 1 minute.
3. Layer bread cubes, then spinach, diced bell peppers, and cheese in hotel pan.
4. Mix eggs, milk, and black pepper and pour on top of layered ingredients.
5. Bake in 325 °F oven for 50 minutes.

CRITICAL CONTROL POINT: Heat to 165 °F for at least 15 seconds.

NOTES

Cut each pan into 6 pieces x 4 pieces = 24 portions/pan

May substitute vegetables on hand for spinach and bell peppers:

- Substitute broccoli, kale or other dark leafy green for spinach
- Substitute onions, zucchini or yellow squash for bell peppers