



Food Service Toolkit

For use by City Departments for information on sourcing food and compliance with the Philadelphia Nutrition Standards.



DREXEL UNIVERSITY
Food Lab



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Introduction

The [Philadelphia Nutrition Standards](#) help City agencies procure and serve food that is healthy and appealing. While clearly explained, the standards are complex and require some focused work to make sure that food selection and preparation are compliant.

This toolkit is not intended to replace the standards but rather to explain, in everyday terms, how smart procurement and preparation decisions can help your agency's food be healthy, delicious and within the guidelines. Included are practical tips for problem areas and products. It has been divided into sections geared towards each area of food procurement with tips on product selection, guidance on specific compliant products, healthy cooking, and substitutions that may be used to create healthy options in your operations. It also includes links to healthy recipes operators may use to incorporate into their foodservice.

This toolkit is intended to be a living document so if you have a great recipe or a tip for serving cost-effective, delicious and healthy food that is within the standards, please send it to Catherine Bartoli, Healthy Food Procurement Coordinator, catherine.bartoli@phila.gov.

This toolkit was developed in collaboration with Drexel University Food Lab, directed by Jonathan Deutsch and managed by Alexandra Zeitz.

Read more on our website at FoodFitPhilly.org



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Product Selection

Some products like fresh produce almost always meet the standards while others like breaded frozen foods almost always don't. Here are some general food categories to show which require more of your attention in choosing products that meet the standards:

Generally Compliant	Read Labels Carefully	Challenging: Will Take Work
Fresh fruit	Bread and dough	Smoked/processed meats
Lean proteins such as fresh or fresh-frozen chicken, turkey and fish	Milk and yogurt	Broth and soup bases
100% juice	Frozen vegetables and meats	Frozen breaded foods (these are usually fried at the factory)
Whole plain grains such as brown rice, oats, and quinoa		Canned foods of all types
Dried beans		Sauces and condiments
Fruit packed in 100% juice or water (rather than syrup)		Cheese
Fresh vegetables		Beverages
Tofu and low-sodium plant-based proteins		Cereal
Low-sodium canned goods		Snacks

See the next page for more specific information on how to select products according to the standards.



Product Selection

General Guidelines for Purchasing

- **Always** choose items that contain 0 grams trans fats and no partially hydrogenated oils in the ingredient list
- **Always** choose items labeled *Low Sodium* over other choices. If you cannot find the nutrition information on a product you are purchasing, ask for the label from your vendor.
- Check the nutrition facts panel for key criteria before making a purchase.
 - o If a product has more than 480 mg of sodium per serving, it should not be purchased.
 - o For cereal, there should be less than or equal to 215 mg sodium per serving , less than or equal to 10 g sugar, and greater than or equal to 2 g fiber per serving.
 - o Canned vegetables, poultry, seafood, condiments and sauces should have less than or equal to 290 mg of sodium per serving.
 - o Luncheon/deli meats should contain less than or equal to 480 mg sodium per 2 oz serving.
 - o All nuts, seeds, nut/seed butters contain less than or equal to 230 mg sodium per serving.
 - o Whole frozen meals should have less than or equal to 800 mg of sodium per serving.
 - o Snacks should have less than or equal to 230 mg sodium per serving.

Food Categories

There are many products you can purchase that are generally compliant with these guidelines. These products may vary by manufacturer so always check the nutrition label or ask your vendor for the nutrition facts before purchasing.

- Breads, pastas, grains
 - o 100% whole wheat bread, whole grain rich bread¹ (if equal to or less than 180 mg of sodium)
 - o Whole wheat pasta (all shapes) when cooked with no fat or salt
 - o Brown rice when cooked with no fat or salt
 - o Whole wheat tortillas (if equal to or less than 290 mg of sodium)

¹ Definition of whole wheat/whole grain rich - be at least 50% whole grain and have one of the following 1) ≥ 8 g whole grains per serving or 2) whole wheat or whole grain is listed as the first ingredient.

Product Selection

- Cereals
 - o Cheerios, Crispy Brown Rice Cereal, Shredded Wheat, Kashi Original
- Pre-made soups and stocks
 - o Pre-made sauces labeled low sodium
 - o Canned soups labeled low sodium and less fat
 - o Low-sodium broths as opposed to cream-based soups.
- Dairy
 - o Low-fat or non-fat milk and yogurt (unsweetened and unflavored)
 - o Yogurt containing less than or equal to 27 g sugar per 8 oz (20 g per 6 oz or 13 g per 4 oz)
- Deli meats
 - o Lean whole-muscle deli meats that contain less than 10% fat per serving and less than or equal to 480 mg sodium per 2 oz portion
- Snack foods
 - o Whole wheat and multigrain crackers, baked chips, pretzels, popcorn with little or no salt added
 - o Packaged fruit in its own juice or water
 - o Unsalted nuts or seeds
 - o Dried fruits or vegetables



Specific Products

Sliced Bread

Let's look at a few examples of compliant and non-compliant products. The standard for sliced bread states that it needs to contain less than or equal to 180 milligrams of sodium per serving, be whole wheat or whole grain rich and have 2 or more grams of fiber per serving.

NATURE'S HARVEST 100% STONEGROUND WHOLE WHEAT 20 OZ

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	*Percent(%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Serving Size 2 slices (52g)		Total Fat 1.5g	2%	Total Carbohydrate 27g	9%	Calories	2,000	2,500
Servings Per Container 11		Saturated Fat 0g	0%	Dietary Fiber 3g	12%	Total Fat	Less than 65g	80g
Calories 120		Trans Fat 0g		Sugars 4g		Sat Fat	Less than 20g	25g
Calories from Fat 15		Polyunsaturated Fat 0.5g		Protein 6g	4%	Cholesterol	Less than 300mg	300mg
		Monounsaturated Fat 0g				Sodium	Less than 2,400mg	2,400mg
		Cholesterol 0mg	0%			Potassium	3,500mg	3,500mg
		Sodium 180mg	8%			Total Carbohydrate	300g	375g
		Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 6%				Dietary Fiber	25g	30g
		Thiamin 6% • Riboflavin 2% • Niacin 4% • Folic Acid 6%						

INGREDIENTS: **WHOLE WHEAT FLOUR**, WATER, SUGAR, WHEAT GLUTEN, YEAST, CRACKED WHEAT, WHEAT BRAN, SOYBEAN OIL, HONEY, MOLASSES, SALT, CALCIUM PROPIONATE (PRESERVATIVE), MONOGLYCERIDES, DATEM, GRAIN VINEGAR, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, CORNSTARCH, **SOY LECITHIN**, CITRIC ACID, POTASSIUM IODATE.

This product is compliant. Why?

It contains 180 mg sodium, 3 grams of fiber, and whole wheat flour as the first ingredient.



Specific Products

Rustic French Bread

Nutrition Facts			
Serving Size 56 g (2 oz)			
Servings Per Container 5			
Amount Per Serving			
Calories 150 Calories from Fat 5			
% Daily Value*			
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	310mg		13%
Total Carbohydrate	29g		10%
Dietary Fiber	1g		4%
Sugars	0g		
Protein	5g		
Vitamin A 0% • Vitamin C 2%			
Calcium 0% • Iron 10%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR), WATER, SALT, YEAST
Made in a facility that also handles Tree Nuts, Eggs and Milk

Contains: Wheat

This product is not compliant. Why not?

It contains 310 mg of sodium (180 is the maximum), 1 gram of fiber (2 grams is the minimum) and does not contain whole wheat flour. Wheat flour does not mean whole wheat flour.



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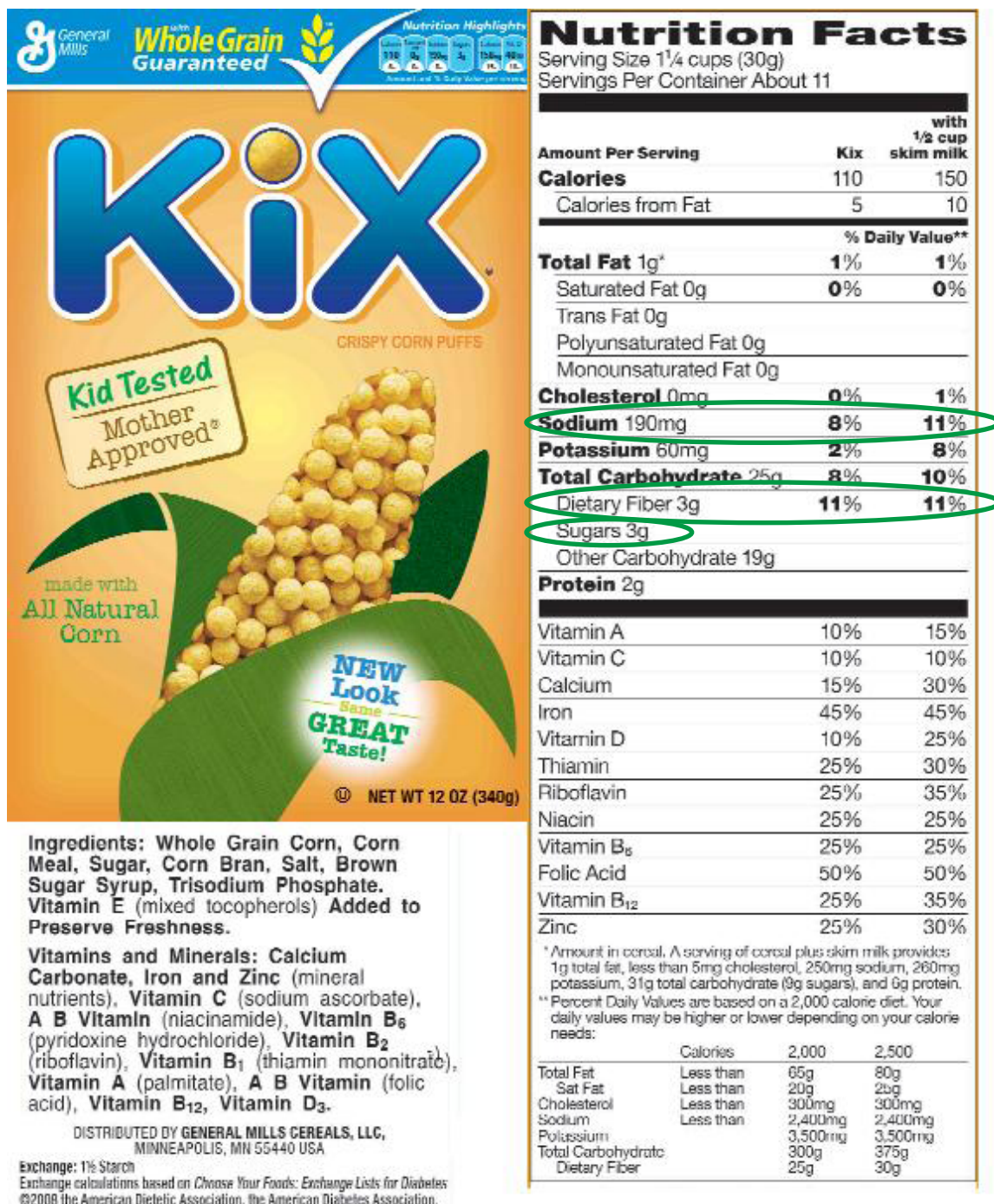


Specific Products

Cereal

Hot and cold cereal should be equal to or less than 215 milligrams of sodium, less than or equal to 10 grams of sugar and greater than or equal to 2 grams of fiber per serving.

This cereal is compliant with 190 mg sodium, 3 grams sugar and 3 grams fiber.



General Mills **Whole Grain Guaranteed** **Nutrition Highlights**

Kix

CRISPY CORN PUFFS

Kid Tested
Mother Approved®

made with **All Natural Corn**

NEW Look
Same **GREAT Taste!**

NET WT 12 OZ (340g)

Ingredients: Whole Grain Corn, Corn Meal, Sugar, Corn Bran, Salt, Brown Sugar Syrup, Trisodium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

DISTRIBUTED BY GENERAL MILLS CEREALS, LLC, MINNEAPOLIS, MN 55440 USA

Exchange: 1½ Starch
Exchange calculations based on Choose Your Foods: Exchange Lists for Diabetes
©2008 The American Dietetic Association, the American Diabetes Association.

Nutrition Facts

Serving Size 1¼ cups (30g)
Servings Per Container About 11

Amount Per Serving	Kix	with 1/2 cup skim milk
Calories	110	150
Calories from Fat	5	10
% Daily Value**		
Total Fat 1g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 190mg	8%	11%
Potassium 60mg	2%	8%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 3g	11%	11%
Sugars 3g		
Other Carbohydrate 19g		
Protein 2g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	15%	30%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Zinc	25%	30%

* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 250mg sodium, 260mg potassium, 31g total carbohydrate (9g sugars), and 6g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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Specific Products

Cereal

This cereal may look compliant but isn't. It has enough fiber, with 6 grams, but also contains 29 grams of sugar (maximum 10) and 280 mg sodium (maximum 215).

Kellogg's® Raisin Bran Crunch®

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
	Total Fat 1.5g	2%	Cholesterol 0mg	0%	Dietary Fiber 6g	26%
Serving Size 1 Container (80g)	Saturated Fat 0g	0%	Sodium 280mg	12%	Sugars 29g	
Calories 280	Trans Fat 0g		Total Carb. 68g	23%	Protein 5g	
Calories from Fat 10	Vitamin A 20%	Vitamin C 2%	Calcium 2%	Iron 45%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin D 25%	Thiamin 50%	Riboflavin 45%	Niacin 50%		
	Vitamin B ₆ 45%	Folic Acid 40%	Vitamin B ₁₂ 45%	Zinc 15%		

Ingredients: Whole grain wheat, sugar, raisins, rice, wheat bran, whole grain oats, brown sugar syrup, glycerin, corn syrup, contains 2% or less of salt, malt flavor, modified corn starch, molasses, palm oil, cinnamon, honey, natural and artificial flavor, BHT for freshness.

Vitamins and Minerals: Niacinamide, reduced iron, vitamin C (ascorbic acid and sodium ascorbate), zinc oxide, vitamin B₆ (pyridoxine hydrochloride), vitamin A palmitate, vitamin B₂ (riboflavin), vitamin B₁ (thiamin hydrochloride), folic acid, vitamin D, vitamin B₁₂.

CONTAINS WHEAT INGREDIENTS.



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Specific Products

Meat, Fish, and Poultry

Frozen meat and fish is almost always non-compliant if it comes breaded, which usually means it was fried at the factory. Even fresh frozen, healthy-sounding items like turkey burgers, may or may not be compliant. The standard for canned or frozen poultry is that it contain less than or equal to 290 milligrams of sodium per serving and be lean (less than or equal to 10% fat per serving).

For example, the Bubba Turkey Burger is compliant, with 280 mg of sodium and 10% fat.

Nutrition Facts			
Serving Size: 1 Burger (112g/4oz.)			
Servings Per Container: 4			
Amount Per Serving			
Calories 190 Calories from fat 100			
% Daily Value*			
Total Fat 11g			16%
Saturated Fat 2.5g			13%
Trans Fat 0g			
Cholesterol 80mg			27%
Sodium 280mg			12%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 22g			45%
Vitamin A 0%	•	Vitamin C 0%	
Calcium 2%	•	Iron 8%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 • Carbohydrate 4 • Protein 4			



Specific Products

Meat, Fish, and Poultry

But this turkey burger, even though it is the same size and also a lean burger, has 600 mg of sodium so is not compliant.

Nutrition Facts

Serving Size: (112g)

Amount Per Serving

Calories 170 **Calories from Fat** 70

% Daily Value*

Total Fat 8 g **12%**

Saturated Fat 3 g **15%**

Trans Fat

Cholesterol 75 mg **25%**

Sodium 600 mg **25%**

Potassium

Total Carbohydrate 0 g **0%**

Dietary Fiber 0 g **0%**

Sugars 0 g

Sugar Alcohols 0 g

Protein 20 g

Vitamin A 100 IU 2%

Vitamin C 1.2 mg 2%

Calcium 20 mg 2%

Iron 1.08 mg 6%

It is always important to read the nutrition labels. When ordering a new food product, ask your vendor for the nutrition labels in advance or look on the manufacturer's website for the information you need. This needs to be done for every product in your kitchen but once you know the products that are compliant, it speeds the process.



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Healthy Cooking

How you cook can affect nutritional value and the compliance of a product as well. For example, we can all agree that zucchini is healthy. Cut and served raw it would be delicious and compliant. Steamed, stewed, sautéed or roasted it could also be delicious and compliant. Breaded and deep fried zucchini may be delicious, but would not be compliant.

In general, most cooking methods, properly used, can be compliant:

Generally Compliant if Using Low-Sodium Broth or Water and Little or No Added Salt	Compliant if Using Minimal Fat and Little or No Added Salt	Not Compliant
Steam	Stir-Fry	Deep Fry
Boil	Sauté	Pan Fry
Bake	Roast	
Stew		
Braise		
Poach		

Note: See http://www.phila.gov/health/pdfs/NutritionToolkit_FINALweb.pdf for more information.



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Healthy Cooking

Some simple cooking tips can also help you enhance the flavors of healthy products:

- Adding citrus juice or other acidic foods like a touch of vinegar to dressings, roast meat, sautéed vegetables and sauces will enhance the flavor without adding salt.
- Adding fresh vegetables like beets, carrots and celery to a braised dish is a natural way to add flavor (celery, carrots and beets are vegetables that naturally contain sodium) and increase nutritional value of a dish.
- Roast meats and vegetables in a hot oven (400°F) to enhance browning and add flavor.
- Toasting spices in a dry pan until aromatic will help enhance flavor without adding more salt or fat.
- Use fresh chopped herbs in salads, dressings, sauces and on top of cooked meats and vegetables to add flavor and beneficial nutrients and vitamins.
- Add dried herbs early in cooking to add aroma to a dish.
- Use your own salt free herb and spice blends to season foods.
- Try plain low fat/nonfat yogurt in place of mayonnaise and sour cream in salads, dressings, and marinades.
- Add aromatics such as onions, garlic, shallots or leeks to improve flavor.



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Healthy Cooking

Substitutions

Many of your favorite dishes that would not normally be compliant can be made so with some creative substitutions and good cooking. Here are some examples:

May Not be Compliant	Could be Compliant
Mac and Cheese	Whole Wheat Pasta with Sauce from Low-Fat Milk and Low-Fat Cheese and/or Squash or Cauliflower Purees; Smoked Paprika to Enhance Flavor (See recipe)
Canned Soup	Broth Based Soup made from Water, Chicken and/or Vegetable Scraps with additional Vegetables, Meat/Fish and Grains added
Barbecue Sauce	Homemade Barbecue Sauce (See recipe)
Rice and Beans	Brown Rice and Beans (beans drained and rinsed)
Fried Chicken or Fish	Baked Chicken or Fish (not pre-breaded frozen but homemade)
Pancakes with Syrup	Whole Wheat Pancakes with Fresh Fruit Sauce (See recipe)
White Rice	50:50 White Rice/Brown Rice blend to “ease into” adding whole grains (See recipe)

A note on cost: A preliminary Drexel University study of broad line vendors comparing prices of foods that are and are not compliant with the City’s nutrition standards did not find across-the-board price differences between compliant and non-compliant products and many instances of compliant products being available at a lower price than non-compliant alternatives (for example, skim milk, frozen fish portions, reduced sodium soy sauce), or at equivalent prices (white and whole wheat bread, salted and unsalted peanuts, canned tomatoes and no-salt-added canned tomatoes).

Recipes

Breakfast:

Breakfast Strata

Whole Wheat Pancakes

Sauces/Sides:

BBQ Sauce

Fruit Sauce

Whole Grain Rice

Main Dish/Casseroles:

Beef Stroganoff

Cheesy Chicken Florentine

Chicken & Vegetable Noodle Bake

Fall Harvest Macaroni & Cheese

Shepherds Pie



Recipes

Breakfast

Breakfast Strata (Savory Bread Pudding)



SERVINGS SIZE: 8 servings,
2 cups each

COOKING TIME: 1 hour 15 minutes

INGREDIENTS

12 ounces (6 links) low sodium turkey sausage links
1 tablespoons olive oil
1 large onion, chopped (about 2 cups)
2 large red bell peppers, chopped (about 2 cups)
2, 12 ounce packages frozen chopped spinach, thawed
12 eggs
4 cups non-fat milk
2 cups low-fat shredded cheddar cheese
1 loaf sliced whole wheat bread, cut into cubes

PROCEDURE

1. Preheat oven to 375 degrees. In a large sauté pan over medium heat, add olive oil. Add turkey sausage to the pan, and brown on all sides. Once cooked, remove from pan and allow to cool. Chop the sausage into bite sized pieces.
3. To the same pan, add bell peppers and onion. Sauté for about 15 minutes, or until soft. Add the spinach and cook for about 5 minutes. Add the chopped sausage to the pan and cool.
4. In a large bowl, add eggs, milk and cheese. Whisk the eggs mixture until combined. Add bread to the wet ingredients, and allow the bread to soak. Add the cooled vegetables and stir to combine.
5. Spray an aluminum pan with cooking spray. Pour the bread and vegetable mixture into the pan, making sure to flatten the top into an even layer.
6. Place the casserole into the oven, and bake for about 45 minutes, until the eggs are set and the middle looks firm. Cool the casserole, cover with plastic wrap and freeze.

NOTES

NUTRITION INFORMATION

Calories	427	Sodium	464mg
Total Fat	22g	Total Carbohydrates	30g
Sat Fat	9g	Dietary Fiber	5g
Trans Fat	0g	Sugars	11g
Cholesterol	300g	Protein	29g



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Recipes

Breakfast

Whole Wheat Pancakes



SERVINGS SIZE: Two 4 inch pancakes

COOKING TIME: 55 minutes

INGREDIENTS 24 SERVINGS 48 SERVINGS PROCEDURE

Milk, 1% low fat	6 cups	12 cups
Eggs, large	7 each	14 each
Pumpkin or Squash Puree	1 cup	2 cups
Cinnamon	1 tablespoon	2 tablespoons
Baking powder	2 tablespoons	4 tablespoons
Whole wheat flour	6 ½ cups	13 cups

1. In a large bowl, whisk together the milk, eggs and pumpkin or squash puree.
2. Add the cinnamon, baking powder and whole wheat flour to the wet ingredients and whisk until the batter is smooth with a few lumps.
3. Preheat a griddle or flat-top grill over medium heat and spray with cooking spray.
4. Working in batches, spoon a portion of batter onto the griddle. Once there are small bubbles on the sides of the pancakes, flip to cook on other side.
5. Serve the pancakes with fruit sauce.

NOTES

NUTRITION INFORMATION

Calories	160	Sodium	190g
Total Fat	2.5g	Total Carbohydrates	27g
Sat Fat	1g	Dietary Fiber	4g
Trans Fat	0g	Sugars	3g
Cholesterol	55mg	Protein	8g

Recipes

Sauces and Sides

BBQ Sauce



SERVINGS SIZE: 1.5 fluid ounce

COOKING TIME: 55 minutes

INGREDIENTS

24 SERVINGS 48 SERVINGS

PROCEDURE

Olive Oil	2 tablespoons	¼ cup
Onion, finely chopped	2 cups	4 cups
15 oz. can tomato paste	1 each	2 each
Apple cider vinegar	1 cup	2 cups
Molasses	¼ cup	½ cup
Water	2 ½ cups	5 cups

1. In a large pot over medium heat, add olive oil. Add onions and sauté for 20 minutes or until soft and caramelized.
2. Add tomato paste and stir to combine. Cook tomato paste for 5 minutes until dark red. Add the vinegar, molasses and water, whisking to combine. Bring to a simmer and cook for 30 minutes, until thick and slightly reduced.

NOTES

*Vegetable oil may be used

NUTRITION INFORMATION

Calories	30	Sodium	45g
Total Fat	1g	Total Carbohydrates	4g
Sat Fat	0g	Dietary Fiber	0g
Trans Fat	0g	Sugars	3g
Cholesterol	0g	Protein	0g



Recipes

Sauces and Sides

Fresh Fruit Sauce



SERVINGS SIZE: ½ Cup

COOKING TIME: 20 minutes

INGREDIENTS

24 SERVINGS 48 SERVINGS

PROCEDURE

Fresh, frozen, or canned fruit (blueberries, strawberries, peaches)	2 quarts	1 gallon
100% Juice (orange, cranberry, etc)	1 quart	2 quarts
Cinnamon	1 teaspoon	2 teaspoons
Cornstarch	¾ cup	1 ½ cups
Water	¾ cup	1 ½ cups

1. In a large pot over medium heat, add the fruit, juice, and cinnamon and heat until bubbling.
2. Mix the cornstarch in water, and add slowly to the bubbling fruit mixture whisking continuously to avoid lumps.
3. Cool for later service or serve warm.

NOTES

NUTRITION INFORMATION

Calories	70	Sodium	0mg
Total Fat	0g	Total Carbohydrates	17g
Sat Fat	0g	Dietary Fiber	1g
Trans Fat	0g	Sugars	10g
Cholesterol	0mg	Protein	1g

Recipes

Sauces and Sides

White and Brown Rice



SERVINGS SIZE: ½ cup cooked

COOKING TIME: 35 minutes

INGREDIENTS

24 SERVINGS 48 SERVINGS

PROCEDURE

Brown rice	6 cups	12 cups
White rice	6 cups	12 cups
Water	1 1/2 gallons	3 gallons

1. In a large pot, bring brown rice and 1 gallon of water to a boil. Reduce heat to simmer, covering the pot. Cook the rice for 20 minutes.
2. Add the white rice to the pot. Cook the rice for another 15 minutes, or until the rice is tender and the water is absorbed.

NOTES

NUTRITION INFORMATION

Calories	230	Sodium	5g
Total Fat	2g	Total Carbohydrates	49g
Sat Fat	0g	Dietary Fiber	2g
Trans Fat	0g	Sugars	0g
Cholesterol	0mg	Protein	5g

Recipes

Main Dishes

Beef Stroganoff

SERVINGS SIZE: 8 servings,
2 cups each

COOKING TIME: 30 minutes



INGREDIENTS

1, 12 ounces package whole wheat egg noodles
2 tablespoons olive oil
1 pound 90% lean ground beef
1 teaspoon garlic powder
1 teaspoon black pepper
1 teaspoon onion powder
1 large onion, chopped (about 2 cups)
1 pound sliced mushrooms
3 cups low sodium beef broth
1 tablespoon water
1 tablespoon corn starch
6 ounces frozen peas
1 cup lowfat sour cream

PROCEDURE

1. Bring a large pot of water to a boil. Add whole wheat egg noodles and cook according to package instructions. Drain pasta.
2. Meanwhile, heat a large sauté pan over medium heat and add olive oil. Add ground beef to the pan and cook for about 10 minutes, or until browned. Season with garlic powder, black pepper, and onion powder. Remove the beef from the pan.
3. To the same pan, add the onion and mushrooms. Sauté for about 10 minutes, until onions are soft and the mushrooms are slightly browned. Add the beef broth to the pan and bring to a simmer. In a small bowl, mix together cornstarch with 1 tablespoon of water. Add the slurry to the stock and stir to combine. Add the peas and sour cream to the sauce and stir to combine.
4. Spray an aluminum pan with cooking spray. Pour about a cup of sauce in the bottom of the pan. Add noodles and cooked beef. Top with the sauce and stir to coat the noodles with the sauce.
5. Wrap the pan with plastic wrap and freeze.

NOTES

NUTRITION INFORMATION

Calories	333	Sodium	110mg
Total Fat	11g	Total Carbohydrates	40g
Sat Fat	4g	Dietary Fiber	5g
Trans Fat	0g	Sugars	3g
Cholesterol	45g	Protein	23g

Recipes

Main Dishes

Cheesy Chicken Florentine

SERVINGS SIZE: 8 servings,
2 cups each

COOKING TIME: 30 minutes



INGREDIENTS

- | |
|---|
| 1, 12 ounces package whole wheat egg noodles |
| 2 tablespoons olive oil |
| 1 large onion, chopped |
| 2 ½, 12 ounce packages frozen chopped spinach, thawed |
| 2 ½, 12 ounce packages frozen chopped broccoli, thawed |
| 1, 10.75 ounce can condensed reduced sodium cream of chicken soup |
| 2 cups low sodium cheddar cheese, shredded |
| 2 cups cooked chicken, chopped |
| ¼ cup whole wheat breadcrumbs |
| 3 cups water |

PROCEDURE

1. Bring a large pot of water to a boil. Add whole wheat egg noodles and cook according to package instructions. Drain pasta.
2. Heat a large sauté pan over medium heat and add olive oil. Add onion and sauté for about 15 minutes, or until soft. Add the broccoli and spinach and cook for about 5 minutes. Add the cheese, condensed soup and 3 cups of water. Stir until combined. Bring to a simmer and remove from the heat.
3. Spray an aluminum casserole pan with cooking spray. Place a third of the vegetable sauce in the bottom of the pan. Next, layer half of the noodles and chicken. Add another layer of the vegetable sauce, the remaining noodles and chicken, top with the remaining sauce, making sure it covers all of the noodles. Sprinkle with breadcrumbs, wrap in plastic wrap and freeze.

NOTES

NUTRITION INFORMATION

Calories	430	Sodium	428mg
Total Fat	16g	Total Carbohydrates	47g
Sat Fat	7g	Dietary Fiber	10g
Trans Fat	0g	Sugars	4g
Cholesterol	63g	Protein	30g



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Recipes

Main Dishes

Chicken and Vegetable Noodle



SERVINGS SIZE: 8 servings,
2 cups each

COOKING TIME: 30 minutes

INGREDIENTS

- 1, 12-ounce package whole wheat egg noodles
- 2 tablespoons olive oil
- 3 zucchini, chopped (about 3 cups)
- 1 large onion, chopped (about 2 cups)
- 2 large bell pepper, chopped (about 2 cups)
- 1 tablespoon Italian seasoning
- 2, 14.5-ounce cans low sodium diced tomatoes
- 3 ounces low-sodium mozzarella cheese
- 5 cups cooked chicken, chopped
- ¼ cup whole wheat bread crumbs

PROCEDURE

1. Bring a large pot of water to a boil. Add whole wheat egg noodles and cook according to package instructions. Drain pasta.
2. Heat a large sauté pan over medium heat and add olive oil. Add zucchini, onion and bell peppers. Sauté for about 15 minutes, or until soft. Season with Italian seasoning.
3. Add diced tomatoes and cheese to vegetables. Simmer the tomatoes for about 10 minutes, adding a few tablespoons of water to the pan if it looks dry.
4. Spray an aluminum casserole pan with cooking spray. Place a third of the vegetable sauce in the bottom of the pan. Next, layer half of the noodles and chicken. Add another layer of the vegetable sauce, the remaining noodles and chicken, top with the remaining sauce, making sure it covers all of the noodles. Sprinkle with breadcrumbs, wrap in plastic wrap and freeze.

NOTES

NUTRITION INFORMATION

Calories	350	Sodium	340mg
Total Fat	9g	Total Carbohydrates	46g
Sat Fat	3.5g	Dietary Fiber	6g
Trans Fat	0g	Sugars	4g
Cholesterol	45g	Protein	22g



Recipes

Main Dishes

Fall Harvest Mac and Cheese



SERVINGS SIZE: 1 cup

COOKING TIME: 20 Minutes

INGREDIENTS

24 SERVINGS 48 SERVINGS

PROCEDURE

Macaroni, dry (whole wheat preferred)	3 pounds	6 pounds
Vegetable oil	1/3 cup	2/3 cup
Flour	1/3 cup	2/3 cup
Milk, 1% low fat	1 quart + 2 cups	3 quarts
Mustard	1 tablespoon	2 tablespoons
Salt, kosher	2 teaspoons	1 tablespoon + 1 teaspoon
Black pepper	2 teaspoons	1 tablespoon + 1 teaspoon
Garlic powder	2 teaspoons	1 tablespoon + 1 teaspoon
Pumpkin Puree*	1 quart	2 quarts
Shredded cheddar cheese (reduced fat preferred)	1 quart + 2 cups	3 quarts

1. Cook pasta in a large pot of boiling water until tender.
2. Heat a pot over medium heat and add the vegetable oil and flour. Cook for 2 to 3 minutes or until bubbling and slightly darker in color, stirring often.
3. Add the milk, mustard, salt and spices, and stir the ingredients together. Lower the temperature to a simmer and cook for 1 to 2 minutes.
4. Add the pasta, pumpkin puree and the cheese, and stir until the cheese has melted.

NOTES

*Cooked and pureed carrots or butternut squash can be substituted

NUTRITION INFORMATION

Calories	330	Sodium	330mg
Total Fat	7g	Total Carbohydrates	50g
Sat Fat	2g	Dietary Fiber	7g
Trans Fat	0g	Sugars	7g
Cholesterol	10	Protein	17g



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Recipes

Main Dishes

Shepherd's Pie



SERVINGS SIZE: 8 servings,
2 cups each

COOKING TIME: 45 minutes

INGREDIENTS

4 Idaho potatoes, chopped
1 small cauliflower, chopped (about 6 cups)
¼ cup non-fat milk
2 tablespoons olive oil
1 tablespoon butter
1 pound 90% lean ground beef
1 large onion chopped (about 2 cups)
4 cups diced carrots
2 cup diced parsnips
1 teaspoon dried rosemary
1 teaspoon dried thyme
2 tablespoons flour
3 cups beef broth
1, 10 ounce package frozen peas, thawed
1, 15.5 ounce can lentils, drained and rinsed

PROCEDURE

1. Place potatoes and cauliflower in a large pot and cover with water. Place the pot on the stove over high heat. Bring the water to a boil and cook the vegetables for about 20 minutes or until soft. Drain the water and mash the vegetables with milk.
2. Heat a large sauté pan over medium heat and add olive oil and butter. Add ground beef and cook until starting to brown, about 10 minutes. Add onion, carrots and parsnips and cook for about 15 minutes, until they begin to soften. Season with rosemary and thyme.
3. Add the flour to the meat and vegetables, stirring to coat. Add the beef broth, while stirring. Bring the broth to a simmer and cook for about 15 minutes, until the vegetables are soft and the sauce has thickened. Add the peas and lentils.
4. Spray an aluminum casserole pan with cooking spray. Pour the beef and vegetable mixture into the bottom of the pan. Top with the mashed potatoes, and spread into an even layer. Wrap with plastic wrap and freeze.

NOTES

NUTRITION INFORMATION

Calories	367	Sodium	175mg
Total Fat	11g	Total Carbohydrates	48g
Sat Fat	4g	Dietary Fiber	11g
Trans Fat	0g	Sugars	10g
Cholesterol	39g	Protein	23g

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