



HEALTHY  
**KIDS**  
COLLABORATIVE



# PLANT-FORWARD RECIPES FOR SCHOOL FOOD OPERATIONS

What happens when The Culinary Institute of America brings school food service professionals, chefs, non-profit leaders and healthy food companies together to think about what is needed to create healthier and delicious school food? A project dedicated to creating culinary inspired, USDA compliant, plant-forward recipes for school lunch nationwide. The CIA's Healthy Kids Collaborative with support from Whole Kids Foundation is excited to bring you the first set of plant-forward recipes.

#### CHEFS CREATED:

Chefs from school districts across the country came together to plan and work on the creation of culinary inspired plant-forward recipes that are compliant for the national school lunch program. Over a one-year period, each chef worked to develop healthy and delicious recipes, testing them in their home districts.



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### CHEFS COLLABORATED:

In May 2019, the chefs gathered at Napa Valley Unified School District (NVUSD) in California for the final stages of recipe development. Shifting from each individual school district and coming together to strategize, plan and problem solve was a luxury that school chefs don't always have.



### CHEFS TESTED:



Coming together in one kitchen to prepare the recipes to scale really allowed the development process to flourish. It brought years of experienced chefs together from all parts of the country, each representing their own unique community. It allowed for shared knowledge, culinary problem solving, and increased passion for this work.

### KID TESTED:

A team of local parent volunteers, the nine chefs, and non-profit representatives split up into groups to visit 10 schools throughout the district and tested 3-4 recipes in each school during lunch. Through the tastings, students had the opportunity to try some unfamiliar items such as tofu and quinoa.



### KIDS VOTED:

In each school, volunteers solicited feedback from the kids. They were asked to vote for their favorite dishes in addition to sharing specific comments on what they enjoyed or did not like.

Some recipes were clear favorites, like the Amazing Lo-mein as well as Mango and Black Bean Quinoa Salad. Roger, a third-grade student remarked, "I've never had quinoa, this tastes like lemon, sweet and tasty." Some of the most amazing responses came from the cafeteria staff who initially didn't think the kids would take the samples but were amazed to see students' excitement around the new dishes.



### RECIPES FINALIZED:

Based on feedback, the chefs modified some of the recipes and adjusted production methods. They were then finalized and ready for crediting. After a thorough development and testing process, we are excited to offer over 30 culinary-inspired, plant-forward recipes to all schools nationwide!



# THE PLANT-FORWARD MOVEMENT

The Culinary Institute of America (CIA) and the Harvard T.H. Chan School of Public Health—Department of Nutrition have crafted this definition of plant-forward, as an outgrowth of the Menus of Change® initiative:

“A style of cooking and eating that emphasizes and celebrates, but is not limited to, foods from plant sources—fruits and vegetables (produce), whole grains, legumes (pulses), nuts and seeds, plant oils, and herbs and spices—and reflects evidence-based principles of health and sustainability.”

We say plant-forward to describe a broad set of dietary patterns and approaches to menu design that deliver both personal and planetary health but also preserve a wide range of choices. Plant-forward includes vegan and vegetarian preferences and culinary strategies, but it also captures that larger segment of the population that wants



More information, including a variety of relevant educational resources designed for chefs and food professionals, but available to all, can be found on [Menus of Change](#) and [Plant-Forward Kitchen](#) websites.



to eat less meat—and more foods from plant sources—but is not necessarily interested in eliminating animal-based proteins from their diets. Think omnivores on their way to becoming flexitarians.



Finally, we say plant-forward as shorthand for food and menu choices that are largely whole, minimally processed, and slow-metabolizing. Too many fast-metabolizing, plant-sourced carbohydrates in the diet—from sugary beverages to french fries, white-flour breads, white rice, and more—often lead to an endless series of surges and dips in blood sugar and insulin, overeating, obesity, and related chronic conditions such as diabetes.

# GLOBALLY INSPIRED PLANT-FORWARD RECIPES

## Asian

- Tofu with Noodles and Bok Choy
- Kung Pao Stir Fry
- Thai Chili Sweet Potatoes
- Amazing Tofu Lo Mein
- Outrageous Orange Stir Fry Wrap

## Indian

- Chana Masala
- Black Pearl Medley Taj Salad
- Rice Pilaf, Indian Style, Black Pearl Medley
- Tangy Potato Ragda Bowl
- Kashmiri Tofu and Rice
- Crazy Curry Bowl

## Mediterranean

- Tuscan Bean and Basil Penne
- Veggie Hoagie with Sunshine Hummus
- Greek-ish Empanada
- Spinach Lentil Rice Bowl with Mango Slaw
- Cool and Spicy Cucumber Salad
- Quinoa Mango Salad

## Mexican

- Portabella Mushroom Fajitas
- Tofu Huevos Rancheros
- Nachos with Seasoned Lentil Crumbles and Avocado Cream
- Vegan Torta
- Spicy Carrot Salad
- Calabacitas con Elote (Zucchini with Corn)

## American Regional

- Blazin Buffalo Wrap
- Texas Ranchero Sloppy Joe
- Umami Burger
- Chili Roasted Sweet Potatoes

# TOFU WITH NOODLES AND BOK CHOY

This pasta and tofu dish has delicious Asian-inspired flavors and features colorful bok choy and cilantro.

ONE PORTION PROVIDES:

1/4 cup dark green vegetable, 1/2 cup other vegetable, 1 oz. eq meat/meat alternative, 1 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
Soy sauce, low sodium, made from soy and wheat (shoyu)	7 3/4 cups	1. Combine soy sauce, water, apple cider vinegar and sesame oil in a large bowl to make the sauce. Set aside.
Water	6 cups	
Vinegar, apple cider	2 cups	
Sesame oil	2 cups	
Canola/olive oil blend	1/2 cup	2. Heat oil on a tilt skillet or wok, add bok choy and stir fry until it begins to wilt, about 3-5 minutes
Bok choy, trimmed, sliced thinly, (Chinese cabbage)	14 pounds	
Green onions, spring or scallions (includes tops and bulb), raw	10 ounces	3. Add garlic, ginger, and green onions and cook another 2-3 minutes until fragrant
Garlic, raw, peeled, chopped	5 tablespoons	
Ginger, ground	1 teaspoon	

Tofu, cubes, 1 inch	13 ¾ pounds	4. Add sauce and cubed tofu to the vegetable mixture and bring to a boil.
Spaghetti noodles, pasta, whole wheat, cooked al dente	50 cups cooked (12 pounds cooked) (6 pounds dry)	5. Add the cooked spaghetti and cilantro, toss gently, heat through.  <b>CCP-Minimum internal temperature should be at least 165°F. (for 15 seconds).</b>
Cilantro, finely chopped	1 1/3 cups	

**SERVING NOTES:**

Serving size	1 1/2 Cups	Yield, weight	62 Pounds, 1 Ounce
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**RECIPE NOTES:**

NUTRIENTS PER SERVING							
Calories	412	Total Fat (gm)	12.5	Vitamin A (IU)	1739	Iron (mg)	4.5
Protein (gm)	18	Saturated Fat (gm)	2	Vitamin C (mg)	5	Sodium (mg)	2937
Carbohydrate (gm)	62	Cholesterol (mg)	0	Calcium (mg)	217	Dietary Fiber (gm)	7.5

# KUNG PAO STIR FRY

Baked tofu, tender vegetables and classic Asian flavors come together in this versatile dish.



ONE PORTION PROVIDES:

1 cup vegetable, 2 oz. eq. meat/meat alternative

INGREDIENTS	100 SERVINGS	DIRECTIONS
Tofu, cubes or filets	28 pounds	1. Preheat oven to 350°F.
Onion, yellow, 1/4-inch diced	14 pounds	2. Combine the diced tofu, onion, bell peppers and celery.
Peppers, red, sweet (bell), julienne	13 pounds	
Peppers, green, sweet (bell), julienne	13 pounds	
Celery, raw, diced	4 pounds	
Oil, vegetable	1 1/2 cups	3. Mix together the vegetable oil, toasted sesame oil, garlic powder, ground ginger, and red chili flakes. Pour over the tofu and vegetables and mix to coat.
Oil, sesame, toasted	1 cup	4. Spray 2-inch hotel pans with pan release spray. Pour 10 cups tofu and vegetable mixture into prepared pans.
Garlic, dry powder, spices	5/8 cup	5. Bake, uncovered, in the preheated 350°F. oven for about 15-20 minutes, or until tofu begins to brown and vegetables are tender-crisp.
Ginger, ground, spices	5/8 cup	
Pepper, red, crushed, flakes	1/4 cup	

Thai style sweet chili sauce	1 ½ cups	6. Mix together the sweet chili sauce and soy sauce.
Soy sauce, low sodium	3 cups	7. Remove tofu and vegetables from oven. For each pan, distribute 1 cup sauce evenly over each pan. Stir to coat vegetables and tofu. 8. Place back into oven and bake, uncovered, for an additional 3 minutes to help sauce adhere.

**SERVING NOTES:**

Serving size	1 Cup	Yield, weight	56 Pounds, 4 Ounces
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**RECIPE NOTES:**

NUTRIENTS PER SERVING							
Calories	224	Total Fat (gm)	11	Vitamin A (IU)	2305	Iron (mg)	3
Protein (gm)	14	Saturated Fat (gm)	2	Vitamin C (mg)	132	Sodium (mg)	310
Carbohydrate (gm)	21	Cholesterol (mg)	0	Calcium (mg)	312	Dietary Fiber (gm)	5.5

# THAI CHILI SWEET POTATOES

Roasted sweet potatoes are delicious with this Thai red curry flavor. A delicious side dish!



ONE PORTION PROVIDES:

½ cup red/orange vegetable

INGREDIENTS	100 SERVINGS	DIRECTIONS
Sweet potato (yam), fresh	22 pounds	1. Cut sweet potatoes into sticks about 3/4 inch thick.
Paste, Thai red curry	2 teaspoons	2. Mix vegetable oil with Thai red chili paste.
Canola/olive oil blend	1 cup	3. Pour over potatoes and stir to coat. Add salt and stir again.
Salt, kosher	2 teaspoons	4. Spread on parchment-lined sheet pans in a single layer.
		5. Bake at 375°F. for 15 minutes or until slightly browned. <b>CCP-Minimum internal temperature should be 140°F. or above.</b>

## SERVING NOTES:

Serving size	1/2 Cup	Yield, weight	16 Pounds, 9 1/2 Ounces
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NUTRIENTS PER SERVING							
Calories	57	Total Fat (gm)	2	Vitamin A (IU)	6281	Iron (mg)	0.5
Protein (gm)	1	Saturated Fat (gm)	0.5	Vitamin C (mg)	1	Sodium (mg)	74
Carbohydrate (gm)	9	Cholesterol (mg)	0	Calcium (mg)	13	Dietary Fiber (gm)	1.5

# AMAZING TOFU LO MEIN

This nutritious meal highlights delicious Asian flavors with a bit of heat. Noodles, tofu, and vegetables combine for a satisfying dish.

ONE PORTION PROVIDES:

1/8 cup red/orange vegetable, 1 oz. eq. meat/meat alternative, 2 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
<b><i>Tofu, soy marinated, baked</i></b>		
Tofu, Cubes or Filets	43 pounds, 12 ounces	1. Preheat oven to 375°F. Line sheet pans with parchment paper and spray lightly with vegetable oil spray. 2. Combine the diced tofu with soy sauce, vegetable oil, and toasted sesame oil. Mix until all pieces are coated. 3. Transfer the diced tofu to the prepared sheet pans. Bake in the preheated oven for about 15 minutes, or until the tofu is caramelized.
Soy sauce, low sodium	9 1/3 cups	
Canola/olive oil blend	4 ¾ cups	
Sesame oil	3 1/8 cups	CCP-Minimum internal temperature should be 140°F. or above. CCP-Hold hot (140°F. or above) for use.

### *Lo mein, vegetable, whole grain spaghetti*

Spaghetti noodles, pasta, whole wheat, dry	11 pounds 10 ounces	4. Cook whole wheat pasta according to package directions to al dente. 5. Place 5 pounds cooked spaghetti in each hotel pan. 6. Add onions, shredded cabbage and carrots to each hotel pan.
Onion, yellow, 1/4-inch diced	15 pounds	
Cabbage, green, shredded	1 bag (2 ½ pounds)	
Carrots, shredded (matchstick)	5 pounds	
Teriyaki sauce, low sodium, preservative free	1 2/3 quarts	7. Pour teriyaki glaze into a liquid measuring container. Whisk in toasted sesame oil, and sriracha.
Sesame oil	3 ¾ cups	8. Pour 4 1/4 cups plus 2 tablespoons sauce mixture over each pan.
Sriracha hot chili sauce	1 ¼ cups	9. Cover and bake in the preheated 350°F. for about 30 – 40 minutes. <b>CCP: Cook to a minimum internal temperature of 165°F.</b> 10. Remove from the oven. Stir to distribute the sauce and vegetables into the noodles. 11. Serve 1 ½ cups of the vegetable lo mein noodles topped with 1 cup of the seasoned baked tofu.
		<b>CCP - Hold hot (140°F. or above) for service.</b>

#### SERVING NOTES:

Serving size	1 ½ cups of lo mein, 1 cup of tofu	Yield, weight	93 Pounds, 12 Ounces
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#### RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	630	Total Fat (gm)	34.5	Vitamin A (IU)	3890	Iron (mg)	5.6
Protein (gm)	25.5	Saturated Fat (gm)	5.4	Vitamin C (mg)	11	Sodium (mg)	1206
Carbohydrate (gm)	62.4	Cholesterol (mg)	0	Calcium (mg)	451	Dietary Fiber (gm)	8.2

# OUTRAGEOUS ORANGE STIR FRY WRAP

This colorful and filling wrap contains tofu, garbanzo beans and vegetables, baked into a delicious stir fry and flavored with orange sauce.

ONE PORTION PROVIDES:

½ cup vegetable, 2.5 oz. eq. meat/meat alternative, 2 oz. eq. grains



INGREDIENTS	100 SERVINGS	DIRECTIONS
<b><i>Stir fry, outrageous orange, tofu</i></b>		
Tofu, cubes or filets	34 ½ pounds	1. Preheat oven to 350°F. 2. Cut tofu into 1-inch pieces.
Beans, garbanzo, canned, drained	5 pounds	3. Combine the tofu, garbanzo beans, broccoli, carrots, sugar snap peas and cabbage. Toss to combine.
Broccoli, fresh, florets	3 pounds	
Carrots, shredded (matchstick)	3 pounds	
Sugar snap peas	4 ½ pounds	
Cabbage, green, shredded	3 pounds	
Orange sauce, preservative free	1 5/8 quarts (4 pounds)	4. Add orange sauce to tofu and veggie mixture. Stir to coat stir-fry mixture. 5. Transfer to 2-inch hotel pans and bake, uncovered, in the preheated 350°F oven for 10-15 minutes, until vegetables become tender crisp and the sauce adheres to the stir-fry. <b>CCP-Minimum internal temperature should be 140°F. or above.</b>

<b>Hot Hold: Hold at &gt;= 140.00 °F</b>		
Tortilla, Flour, 10-Inch	100 tortillas	<p>To fold wrap:</p> <ul style="list-style-type: none"> <li>• Gently fold tortilla sides in over a few inches of the filling using your fingertips. While still holding the sides, pull the bottom edge of tortilla over the top of the filling.</li> <li>• Place your hands over the top of the wrap and pull fingertips back toward yourself to tighten the filling in the newly formed pocket.</li> <li>• Roll filling up to the top edge of the tortilla to finish the wrap. Properly formed wrap should be tight and firm with no cracks or visible filling. Serve immediately.</li> </ul> <p><b>Hot Hold: Hold at &gt;= 140°F</b></p>

#### SERVING NOTES:

Serving size	1 Wrap	Yield, weight	65 Pounds, 8 1/2 Ounces
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#### RECIPE NOTES:

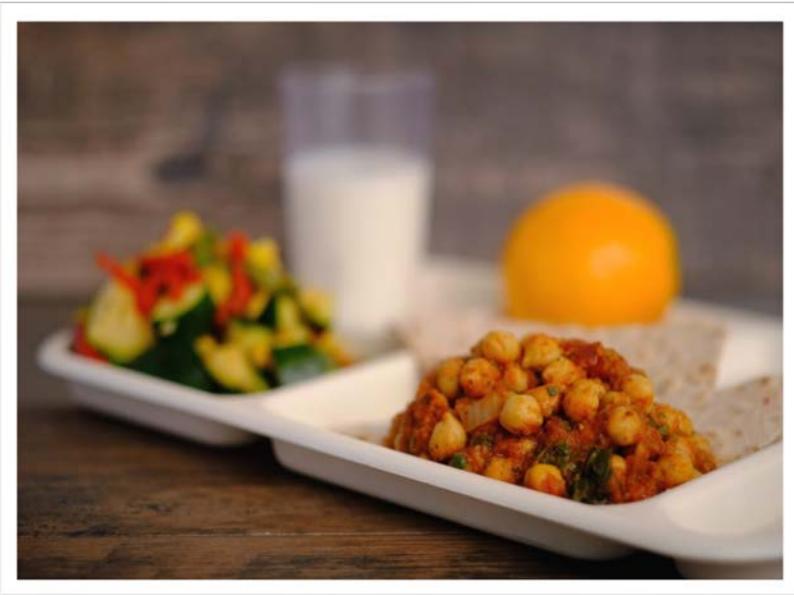
NUTRIENTS PER SERVING							
Calories	351	Total Fat (gm)	8	Vitamin A (IU)	1759	Iron (mg)	5.5
Protein (gm)	21	Saturated Fat (gm)	1.5	Vitamin C (mg)	67	Sodium (mg)	505.5
Carbohydrate (gm)	53	Cholesterol (mg)	0	Calcium (mg)	389	Dietary Fiber (gm)	9

# CHANA MASALA (CHICKPEA MASALA)

A spicy, hearty Indian dish with healthy chickpeas in a flavorful onion tomato masala gravy. Serve with rice or flatbread.

## ONE PORTION PROVIDES:

7/8 cups total vegetable (1/8 cup dark green vegetable, 3/8 cup red/orange vegetable, 1/4 cup other vegetable, 1/8 cup additional vegetable), 2.75 oz. eq. meat/meat alternative



INGREDIENTS	100 SERVINGS	DIRECTIONS
Onion, red, 1/4-inch diced	10 1/2 pounds	1. Chop onions, garlic, jalapenos, ginger and cilantro.
Garlic, raw, peeled, chopped	5/8 cup	
Peppers, jalapeno, sliced, canned, drained	7/8 cup	
Ginger root, raw	1 5/8 cup	
Cilantro, finely chopped	12 ounces	
Tomatoes, diced, canned, no salt	3 1/2 no. 10 cans	2. Drain tomatoes reserving liquid. 3. Slightly puree tomatoes using an immersion blender leaving slightly chunky.
Olive oil/canola blend	3/4 cup	4. Heat oil in a large skillet over medium/low heat.
Chili, dry powder, spices	6 tablespoons	5. Add chili powder and curry powder to skillet and warm for 1-2 minutes until fragrant.
Curry, dry powder, spices	12 tablespoons,	6. Add chopped onions, garlic, jalapenos and ginger and sauté for 3-5 minutes until fragrant.

Salt, kosher	2 tablespoons	7. Once vegetables are soft, add cilantro, salt and pureed tomatoes. Puree with immersion blender until smooth. Add reserved diced tomato liquid while pureeing to help make smooth consistency. Cook for an additional 2-3 minutes until sauce is the consistency of a thick gravy.
Chickpeas, canned, drained	7 no. 10 cans (or 30 pounds drained)	8. Bring up to a boil and add in drained chickpeas. 9. Reduce heat to medium and cook until chickpeas are heated through, 5-7 minutes.
Spinach, baby leaves, raw	3 ½ pounds	10. Remove from heat. Add spinach. Mix to combine and wilt spinach. <b>CCP-Minimum internal temperature should be 140°F.</b> <b>CCP-Hold hot (140°F. or above) for service or cool quickly (per HACCP) to internal temperature of 40°F. or below.</b>

**SERVING NOTES:**

Serving size	1 ½ cups	Yield, weight	73 Pounds, 9 7/8 Ounces
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**RECIPE NOTES:**

NUTRIENTS PER SERVING							
Calories	140	Total Fat (gm)	3	Vitamin A (IU)	2298	Iron (mg)	1.5
Protein (gm)	5	Saturated Fat (gm)	0.5	Vitamin C (mg)	37	Sodium (mg)	899
Carbohydrate (gm)	26	Cholesterol (mg)	0	Calcium (mg)	158	Dietary Fiber (gm)	5.5

# BLACK PEARL MEDLEY® TAJ SALAD

A delectable combination of rice, apple, celery, and dried cranberries, dressed in a light curry and lemon mayonnaise. This salad really brings on the flavor!

ONE PORTION PROVIDES:

1/4 cup fruit, 1 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
Water	6 quarts	
Black Pearl Medley rice	6 pounds	
Canola/olive oil blend	3 tablespoons	<ol style="list-style-type: none"><li>Evenly spread 2 lbs. Black Pearl Medley rice in a 2" hotel pan. Add 2 quarts water. Cover pan with aluminum foil.</li><li>Bake in a pre-heated 350° F. (400° F. standard) oven for 50 minutes or until tender and all liquid is absorbed. <b>CCP--Minimum internal temperature should be 140°F. or above.</b></li><li>Remove pan from oven and uncover. Stir in 1 Tbsp oil per pan. <b>CCP-- Hold hot (140°F. or above) or cool quickly (per HACCP) to internal temperature of 40°F. or below for service.</b></li><li>Cool rice completely on a sheet pan.</li></ol>
Lemon juice from concentrate, bottled	1 ½ cup	
Curry, dry powder	¼ cup	
Salt, kosher	2 tablespoons	<ol style="list-style-type: none"><li>Whisk together the lemon juice, curry powder, salt, sugar and mayonnaise.</li></ol>

Sugar, white, granulated	2 tablespoons	
Mayonnaise, light, cholesterol-free	1 ½ cups	
Apple, 198 count, quartered or chopped	12 ½ cups	
Celery, raw, diced	6 cups	
Cranberries, dried, sweetened	6 cups	<p>6. Combine cooled rice, apples, celery and cranberries in a large bowl.</p> <p>7. Pour dressing over the salad and mix well to combine. Cool quickly (per HACCP) to internal temperature of 40° F. or below.</p> <p><b>CCP-Hold refrigerated at internal temperature of 40°F. or below for service.</b></p>

#### SERVING NOTES:

Serving size	1/2 Cup	Yield, weight	30 Pounds, 13 1/3 Ounces
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#### RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	155	Total Fat (gm)	3.5	Vitamin A (IU)	441	Iron (mg)	1
Protein (gm)	3.5	Saturated Fat (gm)	0.5	Vitamin C (mg)	1	Sodium (mg)	156
Carbohydrate (gm)	28.5	Cholesterol (mg)	1	Calcium (mg)	19	Dietary Fiber (gm)	4

# RICE PILAF, INDIAN STYLE, BLACK PEARL MEDLEY®

Creating delicious rice could not be easier! This rice blend is flavored with warm spices and baked, for a colorful and appealing side dish.

ONE PORTION PROVIDES:

1 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
Vegetable soup broth, from base	6 quarts	1. Bring broth to a boil.
Black Pearl Medley rice	6 pounds	2. Add rice into a 4-inch deep half hotel pan or a 2 1/2-inch full hotel pan.
Ginger, ground, spices	6 tablespoons	3. Add spices and salt.
Turmeric, ground, spice	3 tablespoons	4. Add hot liquid to the pan, stirring to distribute the spices.
Salt, kosher	3 tablespoons	5. Cover with foil and bake at 350°F for 45 minutes or until rice is tender and liquid is absorbed. 6. Hold, covered, in a warmer or steam table. <b>CCP-Hold hot (140°F. or above) for service.</b>

Serving size	1/2 Cup	Yield, weight	18 Pounds, 5 5/8 Ounces
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NUTRIENTS PER SERVING							
Calories	35	Total Fat (gm)	0	Vitamin A (IU)	0	Iron (mg)	0.5
Protein (gm)	1	Saturated Fat (gm)	0	Vitamin C (mg)	0	Sodium (mg)	406
Carbohydrate (gm)	7	Cholesterol (mg)	0	Calcium (mg)	5	Dietary Fiber (gm)	1

# TANGY POTATO RAGDA BOWL

This bowl features roasted potatoes topped with savory chickpeas and sweet, tangy apple cranberry chutney.

ONE PORTION PROVIDES:

½ cup starchy vegetable, 2 oz. eq. meat/meat alternate,  
¼ cup fruit



INGREDIENTS	100 SERVINGS	DIRECTIONS
<b><i>Chickpea Ragda</i></b>		
Canola/olive oil blend	½ cup	1. Over medium heat, warm the oil and add onions.
Onion, yellow, 1/4-Inch diced	7 pounds	2. Stir fry until the onions are translucent.
Garam Masala	2 cups	3. Add all the spices and cook for 2-3 minutes.
Cumin, ground	½ cup	
Coriander, ground	8 tablespoons	
Beans, chickpea, canned, drained	20 pounds (about 5 #10 cans)	4. Add chickpeas and salt. Mix to combine well.
Salt, Kosher	3 ¾ tablespoons	5. Add hot water and simmer the mixture for 20 minutes, stirring constantly until chickpeas soften slightly and mixture reduces to a chili consistency.
Water	5 ½ quarts	<b>CCP-Minimum internal temperature should be 140°F. or above.</b>

<b><i>Apple Chutney</i></b>		6. Wash and core apples and chop into 1/2-inch pieces.
Apple, 198 count	5 pounds	
Cranberries, dried, sweetened	6 pounds	
Vinegar, apple cider	2 ½ cups	
Water	9 ½ cups	7. Cook all ingredients in a saucepan over medium heat until fruit is cooked down to an applesauce consistency. <b>CCP-Minimum internal temperature should be 140°F. or above.</b> <b>CCP-Cool quickly (per HACCP) to internal temperature of 40°F. or below for use.</b>
<b><i>Roasted Potatoes</i></b>		8. Scrub potatoes.
Potato, diced, skin-on	20 pounds 10 ounces	9. Preheat oven to 375 degrees. 10. Chop potatoes into large dice/wedge.
Salt, kosher	2 tablespoons	11. Toss cut potatoes with oil and salt.
Canola/olive oil blend	1 cup	12. Place 8 lb. potatoes on lined sheet pans. 13. Roast for about 40 minutes.
		14. Serve 1/2 cup potatoes topped with 1/2 cup chickpea ragda and 3 tablespoons apple chutney. Serve immediately.

#### SERVING NOTES:

Serving size	1 ¼ cup	Yield, weight	32 Pounds, 9 2/3 Ounces
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#### RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	162	Total Fat (gm)	3.5	Vitamin A (IU)	80	Iron (mg)	1.5
Protein (gm)	4	Saturated Fat (gm)	0.5	Vitamin C (mg)	30	Sodium (mg)	361
Carbohydrate (gm)	31	Cholesterol (mg)	0	Calcium (mg)	37	Dietary Fiber (gm)	4

# KASHMIRI TOFU AND RICE

This hearty dish uses Black Pearl Medley® rice with warm spices to host a variety of colorful vegetables. A touch of sweetness is added with honey and dried cranberries for a combination of delicious flavors.

## ONE PORTION PROVIDES:

1/8 cup fruit, 1/2 cup vegetable, 1.5 oz. eq. meat/meat alternative, 1/2 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
Black Pearl Medley® rice	6 pounds	1. Add rice to water. Stir in turmeric, cumin, cinnamon, and salt. 2. Bake rice in a pre-heated 350°F. (400°F. standard) oven for 50 minutes or until tender and all liquid is absorbed. <b>CCP--Minimum internal temperature should be 140°F. or above.</b>
Water	6 quarts	
Turmeric, ground, spice	3 tablespoons	
Cumin, ground, spices	3 tablespoons	
Cinnamon, ground, spices	3 tablespoons	
Salt, kosher	1/4 cup	
Tofu, cubes or filets	21 1/2 pounds	3. Toss tofu cubes with Thai chili sauce. 4. Transfer tofu to sheet pans and roast at 375°F. for about 15 minutes, or until the tofu is caramelized. <b>CCP-Minimum internal temperature should be 140°F. or above.</b> <b>CCP-Hold hot (140°F. or above) for use.</b>
Thai style chili sauce	3 1/2 pounds	

Canola/olive oil blend	½ cup	5. Heat oil in tilt skillet. Add in garlic, ginger, onions and curry powder and sauté for a minute until fragrant.
Ginger root, raw	3 cups	
Garlic, raw, peeled, chopped	¾ cup	
Onion, yellow, 1/4-inch diced	2 ½ pounds	
Curry, dry powder, spices	4 tablespoons	
Matchstick carrots, fresh	4 ½ pounds	6. Add in the remainder of the vegetables, and sauté for 3-5 minutes.
Peppers, red, sweet (bell), 1/4-inch diced	4 pounds	
Peppers, green, sweet (bell), 1/4-inch diced	4 pounds	
Squash, summer, zucchini, 1/4-inch coin	3 pounds	
Cauliflower, fresh, florets	3 pounds	
Ultimate vegetable base, no MSG	2 ½ cups	7. Mix together the veg base, water, and honey. Add to the vegetables and toss to coat and heat through. Add cilantro.
Honey, pure	1 cup	
Cilantro, finely chopped	2 ½ cups	
Cranberries, dried, sweetened	2 pounds	8. Add dried cranberries. Mix well. 9. Transfer 5 ½ pounds of rice mixture into each full hotel pan. Top each pan with 6 pounds of roasted tofu and vegetables.

#### SERVING NOTES:

Serving size	3/4 Cup	Yield, weight	70 Pounds, 3 1/2 Ounces
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#### RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	197	Total Fat (gm)	6.5	Vitamin A (IU)	2975	Iron (mg)	2.5
Protein (gm)	10	Saturated Fat (gm)	1	Vitamin C (mg)	30	Sodium (mg)	449
Carbohydrate (gm)	28	Cholesterol (mg)	0.5	Calcium (mg)	241	Dietary Fiber (gm)	4

# CRAZY CURRY BOWL

A delicious combination of rice, tempeh, vegetables, and spices. This colorful, flavorful main dish has a lot of appeal!



ONE PORTION PROVIDES:

½ cup vegetable, 2 oz. eq. meat/meat alternative, 2 oz. eq. grain

INGREDIENTS	100 SERVINGS	DIRECTIONS
<b>Rice, brown, oven, steamed</b>		
Rice, brown, long grain, parboiled, dry	13 pounds	<ol style="list-style-type: none"><li>1. Combine rice and hot tap water in 4-inch baking pan. (1lb rice = half pan; 2lb rice = full size pan)</li><li>2. Cover each pan tightly with aluminum foil. Bake in 350°F convection oven for 35-45 minutes or until water is absorbed.</li></ol>
Water	3 ¼ gallon	<ol style="list-style-type: none"><li>3. Carefully transfer rice into 2-inch serving pan. Hot Hold: Hold at &gt;= 140°F</li></ol>
<b>Tempeh, crumbled, curry-seasoned</b>		
Tempeh	14 pounds	<ol style="list-style-type: none"><li>4. Cover tempeh with boiling water and cover for 30 minutes to soften.</li><li>5. Drain water completely and crumble onto a vegetable oil sprayed sheet pan.</li></ol>
Water	2 gallons	
Pan coating spray, bakery release	As needed	
Curry, dry powder, spices	½ cup	<ol style="list-style-type: none"><li>6. Add curry and chili powders and toss to evenly coat.</li></ol>

Chili, dry powder, spices	½ cup	7. Bake at 350°F. for 20 minutes.  CCP-Minimum internal temperature should be 140° F. or above. Hot Hold: Hold at >= 140°F
Broccoli, frozen, cut or chopped, without salt	5 ½ pounds,	8. Combine broccoli, carrots, sugar snap peas, garbanzo beans, and water in a steam table pan. Steam for 10 minutes, until vegetables have softened.
Sugar snap peas	5 ½ pounds	CCP-Minimum internal temperature should be 140°F. or above.
Carrots, shredded (matchstick)	3 pounds	
Beans, garbanzo, canned, drained	2 ½ no. 10 cans	
Water	1 ½ cups	
Curry, dry powder, spices	2/3 cup	9. Combine the coconut milk, curry powder, garlic powder, salt and pepper; mix well and add to the vegetable mixture. Allow mixture to simmer for about 3 minutes.
Garlic, dry powder, spices	½ cup	
Pepper, black, ground, spices	¼ cup	
Salt, kosher	2 tablespoons	10. Transfer to a service pan and toss with curry-seasoned tempeh crumbles.
Coconut milk, unsweetened	3 quarts	CCP-Hold hot (140°F. or above) for service.
		11. Cover and hold in warmer until meal service.
		12. To assemble bowl: Portion 2/3 cup of curry on top of 1 cup of brown rice. Serve immediately.

#### SERVING NOTES:

Serving size	1 2/3 Cups	Yield, weight	63 Pounds, 3 1/8 Ounces
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#### RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	479	Total Fat (gm)	9	Vitamin A (IU)	2839	Iron (mg)	3.5
Protein (gm)	13	Saturated Fat (gm)	5	Vitamin C (mg)	35	Sodium (mg)	327
Carbohydrate (gm)	87	Cholesterol (mg)	0	Calcium (mg)	81	Dietary Fiber (gm)	7.5

# TUSCAN BEAN AND BASIL PENNE

This hearty dish features pasta and white beans, mixed with spinach, tomato and delicious Italian flavors.

ONE PORTION PROVIDES:

1/8 dark green vegetable, 1/8 cup red/orange vegetable, 1.5 oz. eq. meat/meat alternative, 2 oz. eq. grains

INGREDIENTS	100 SERVINGS	DIRECTIONS
Penne pasta, whole wheat, dry	11 ¾ pounds	1. Cook penne according to package directions.
Beans, cannellini, white kidney, canned, drained	5 #10 cans (21 ½ pounds, drained)	2. In a large pot, heat the cannellini beans, lemon juice, oil, and garlic. <b>CCP-Minimum internal temperature should be 140°F. or above.</b>
Lemon juice	8 ounces	3. Pour into 2-inch hotel pan.
Canola/olive oil blend	1 ¾ pound	
Garlic, raw, peeled, chopped	14 ounces	
Spinach, baby leaves, raw	5 ¼ pounds	4. Fold in hot cooked penne pasta, spinach, basil and tomatoes.
Basil, finely chopped	14 ounces	<b>CCP-Minimum internal temperature should be 140°F. or above.</b>
Tomatoes, fresh, 1/4-inch diced	9 ½ pounds	5. Cover with plastic wrap. <b>CCP-Hold hot (140°F. or above) for service.</b>

Serving size	1 Cup	Yield, weight	55 Pounds, 7 1/2 Ounces
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## RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	218	Total Fat (gm)	9	Vitamin A (IU)	2786	Iron (mg)	2.5
Protein (gm)	9	Saturated Fat (gm)	1.5	Vitamin C (mg)	16	Sodium (mg)	182
Carbohydrate (gm)	27	Cholesterol (mg)	0	Calcium (mg)	98	Dietary Fiber (gm)	6.5

# VEGGIE HOAGIE WITH SUNSHINE HUMMUS

A bean and sun-dried tomato spread brings great flavor and texture to this colorful sandwich, which features zucchini, yellow squash and red pepper.

ONE PORTION PROVIDES:

½ cup other vegetable, 1/8 cup red/orange vegetable, 1 oz. eq. meat/meat alternative, 2 oz. eq. grains



INGREDIENTS	100 SERVINGS	DIRECTIONS
<b>Hummus, sun-dried tomato</b>		
Tomatoes, sun-dried, dry	1 pound	1. Rehydrate sun-dried tomatoes with hot water until soft and pliable. Drain excess water
Water	3 cups	2. Using a food processor, process garlic, salt, lemon juice, tahini, and rehydrated sun-dried tomatoes until smooth. Stop to scrape down the sides of the bowl regularly.
Garlic, raw, peeled, chopped	1 cup	3. Add the chickpeas and process until smooth.
Salt, kosher	1 tablespoon	4. While the processor is running, slowly stream the oil into the hummus until smooth and creamy. Cold Hold: Hold at <= 40.00 °F
Lemon juice	2 ¼ cups	
Tahini (sesame seed paste)	1 ½ pound	
Beans, garbanzo, canned, drained	2 ¼ # 10 cans, plus 2 cups	
Canola/olive oil blend	1 cup	

<b>Zucchini, roasted, sliced lengthwise</b>			
Squash, summer, zucchini, includes skin, raw	10 pounds	5. Wash and trim zucchini. 6. Slice zucchini lengthwise into long strips.	
Canola/olive oil blend	½ cup	7. In a large mixing bowl, toss the zucchini with oil, red pepper flakes, and salt. Mix thoroughly.	
Red pepper, crushed, spice	1/8 teaspoon	8. Lay out on paper lined sheet pans and roast at 350°F. for approximately 12-15 minutes. The zucchini should be crisp tender and slightly brown on the edges.	
Salt, kosher	1 tablespoon	<b>CCP-Minimum internal temperature should be 140°F. or above.</b> <b>CCP-Cool quickly (per HACCP) to internal temperature of 40°F. or below for use.</b>	
<b>Yellow squash, roasted, sliced lengthwise</b>			
Squash, summer, yellow	10 pounds	9. Wash and trim squash. Cut squash into ¼-inch moons.	
Canola/olive oil blend	½ cup	10. In a large mixing bowl, toss squash with oil, red pepper flakes, and salt.	
Salt, kosher	1 tablespoon	11. Spread squash on parchment-lined sheet trays in a single layer. Do not overcrowd the trays. Roast in 350°F. convection oven with fan on high for 10 minutes.	
Red pepper, crushed	1/8 teaspoon	12. Remove from oven. <b>CCP-Cool quickly (per HACCP) to internal temperature of 40°F. or below for use.</b>	
<b>Red bell pepper, roasted, diced 1/2-inch</b>			
Peppers, red, sweet (bell), 1/4-inch diced	5 ¼ pounds	13. Toss the peppers with oil and salt.	
Canola/olive oil blend	½ cup	14. Lay out on paper lined sheet pans and roast at 375°F. for 7-9 minutes. The peppers should be crisp tender and slightly brown on the edges.	
Salt, kosher	1 tablespoon	<b>CCP-Minimum internal temperature should be 140°F. or above.</b> <b>CCP-Cool quickly (per HACCP) to internal temperature of 40°F. or below for use.</b>	
Sub roll, regular, side slice, whole grain	100 rolls	15. To assemble hoagie:	

		<ul style="list-style-type: none"> <li>● Spread 3 Tbsp of hummus on each side of the sub roll (top and bottom).</li> <li>● Lay 1 1/2 oz (3 slices each) zucchini strips and yellow squash on the bottom side.</li> <li>● Sprinkle with 1 oz (2 Tablespoons) red bell pepper dice.</li> <li>● Close roll and serve immediately.</li> </ul> <p>Cold Hold: Hold at &lt;= 40°F.</p>
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#### SERVING NOTES:

Serving size	1 Sandwich	Yield, weight	50 Pounds, 1/2 Ounces
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#### RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	470	Total Fat (gm)	19.5	Vitamin A (IU)	564	Iron (mg)	2.5
Protein (gm)	12	Saturated Fat (gm)	2.5	Vitamin C (mg)	27	Sodium (mg)	1182
Carbohydrate (gm)	63	Cholesterol (mg)	0	Calcium (mg)	35	Dietary Fiber (gm)	8

# GREEK-ISH EMPANADA

Eggplant, onion, red pepper and garbanzo beans are the perfect filling for these baked turnovers. Flavored with oregano, this dish looks and smells delicious!

ONE PORTION PROVIDES:

¾ cup vegetable, 2 oz. eq. meat/meat alternative, 2 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
Pizza /calzone dough, proof and bake, sheeted, WG, 5", 2.5 oz	100 crusts	<ol style="list-style-type: none"><li>DOUGH THAWING PROCEDURE: Spray full size sheet pan with pan spray. Place frozen dough on pan, spray well. Cover with parchment paper. Place on speed rack. Wrap with plastic wrap or use a bun pan cover to cover all doughs. Be sure seal is complete or shells will dry out. Thaw in refrigerator at 40°F or below for 24 to 48 hours.</li><li>PRE-PRODUCTION: Remove dough from refrigerator and allow dough to sit at room temperature for 1 to 3 hours or until dough has doubled in thickness. Stretch dough with fingers to 6.5 inches. Spray with pan spray and allow to rest for 1 to 1-1/2 hours.</li></ol>
Pan coating spray, bakery release	As needed	
<b><i>Empanada filling, vegetable, Greek-ish</i></b>		
Eggplant, fresh, raw, diced 1/2-inch	11 ½ pounds	3. Preheat oven to 400°F.
Onion, yellow, 1/4-inch diced	15 pounds	4. Spread eggplant, onion, peppers and beans on a sheet tray.

Peppers, red, sweet, 1/4-inch diced	9 pounds	
Beans, garbanzo, canned, drained	20 pounds	
Canola/olive oil blend	6 cups	
Oregano, dried leaves, spices	6 tablespoons	
		<p>5. Toss with 1 cup of oil and oregano.</p> <p>6. Bake for 10 to 15 minutes until the eggplant is tender and starting to brown.</p> <p><b>CCP-Minimum internal temperature should be 140°F. or above.</b></p> <p>7. Remove from oven and set aside to cool slightly.</p> <p>8. Transfer mixture into processor along with 5 cups oil and pulse to roughly chop, but still leave chunky.</p> <p><b>CCP-Cool quickly (per HACCP) to internal temperature of 40°F. or below for use.</b></p> <p><b>Chill cooked hot food from 140 °F &lt;= 70.00 °F within 2 hrs.</b></p> <p>9. To build each empanada:</p> <ul style="list-style-type: none"> <li>• Lay out slacked calzone dough.</li> <li>• Using a #10 scoop, place the vegetable mixture into the center of each pastry circle.</li> <li>• Carefully fold the dough in half over filling, forming a half moon, using a little water to stick the edges together. Crimp the edge as you go, by gently pulling the underneath side over the edge and tucking it in.</li> <li>• Lightly spray parchment on a baking sheet and bake for approx. 20 minutes until golden brown.</li> </ul> <p><b>CCP-Minimum internal temperature should be at least 165°F. (for 15 seconds).</b></p>

Serving size	1 each	Yield, weight	61 Pounds, 2 1/8 Ounces
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#### RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	436	Total Fat (gm)	20	Vitamin A (IU)	1331	Iron (mg)	2
Protein (gm)	11	Saturated Fat (gm)	3	Vitamin C (mg)	62	Sodium (mg)	578
Carbohydrate (gm)	60	Cholesterol (mg)	0	Calcium (mg)	57	Dietary Fiber (gm)	11

# SPINACH LENTIL RICE BOWL WITH MANGO SLAW

Savory lentil crumbles, beans and rice are perfect with a side of sweet mango slaw.

ONE PORTION PROVIDES:

1 cup vegetable, 2 oz. eq. meat/meat alternative, 1 oz. eq grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
<b>Lentil crumbles</b>		
Lentil crumbles, GroundPro	9 ½ pounds	1. Pre heat to 325°F. 2. In a stainless steel 2 inch full pan, place dried lentil crumbles (2.85 pounds or 1 bag) and hot water (2 quarts). Mix well and level the mixture. Place lid on pan and place in oven. 3. Bake in 325°F. oven for 12 minutes until all water absorbed Fluff with a fork. <b>CCP-Minimum internal temperature should be 140°F. or above. Hot Hold: Hold at &gt;= 140.00 °F</b>
Water	6 quarts 2 ½ cups	
<b>Rice, brown, seasoned, with black beans and red peppers</b>		
Rice, brown, long grain, parboiled	6 ½ pounds	4. Combine rice and HOT water in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed (about 35 minutes). Remove
Water, hot	1 gallon, 2 quarts, 2 cups	

		from steamer and keep warm (160°F). Fluff with fork before serving.
Beans, black, canned, drained	3 ¾ # 10 cans	5. Combine beans, peppers and oil in a saucepan. Cook over medium heat.
Peppers, red, sweet (bell), 1/4-inch diced	5 pounds	<b>CCP-Minimum internal temperature should be 140°F. or above.</b>
Canola/olive oil blend	5/8 cup	
Salt, kosher, spices	2 tablespoons	6. Mix rice and bean mixture. Season hot rice and bean mixture with salt, onion powder and granulated garlic.
Onion, dry powder, spices	2 tablespoons	<b>CCP-Hold hot (140°F. or above) for service.</b>
Garlic, granulated, spices	2 tablespoons	
<b>Slaw, mango</b>		
Mango chunks IQF	4 pounds	7. Gently mix mango, lime juice, vinegar, salt, cilantro, cabbage and onions.
Lime juice, canned or bottled, unsweetened	5/8 cups	8. Cover and chill for 2 hours before serving to allow flavors to mix.
Vinegar, apple cider	5/8 cups	<b>CCP-Hold refrigerated at internal temperature of 40°F. or below for service.</b>
Salt, kosher	2 1/2 teaspoons	
Cilantro, finely chopped	2 ½ cups	
Cabbage, green, shredded	2 pounds	
Onion, yellow, raw	1 pound	
Spinach, baby leaves, raw	15 ¾ pound	9. To assemble bowl, layer the following, in order, in a serving vessel. <ul style="list-style-type: none"> <li>• 1 cup baby spinach</li> <li>• #8 scoop lentil crumbles</li> <li>• #6 scoop rice and bean mix</li> <li>• #8 scoop mango slaw</li> </ul> <p>Serve immediately.</p>

Serving size	2 2/3 cups	Yield, weight	56 Pounds, 3 1/8 Ounces
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#### RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	219	Total Fat (gm)	3	Vitamin A (IU)	8144	Iron (mg)	4
Protein (gm)	9	Saturated Fat (gm)	0.5	Vitamin C (mg)	92	Sodium (mg)	934
Carbohydrate (gm)	41	Cholesterol (mg)	0	Calcium (mg)	155	Dietary Fiber (gm)	8

# COOL AND SPICY CUCUMBER SALAD

This refreshing salad is a great combination of cool, crisp vegetables and a spicy, lemony juice. A great side for a warm day.

ONE PORTION PROVIDES:  
½ cup vegetable



INGREDIENTS	100 SERVINGS	DIRECTIONS
Tomatoes, fresh, 1/4-inch diced	5 ¼ pounds	1. Place the tomatoes, red pepper flakes, green onions, cilantro and lemon juice in a large bowl. Mix well.
Pepper, red, crushed, flakes, spices	3 tablespoons, 1 teaspoon	
Green onions, spring or scallions (includes tops and bulb), raw, sliced thinly	1 pound, 14 ounces	
Cilantro, finely chopped	¾ cup	
Lemon juice from concentrate, bottled	1 pound, 9 ounces	
Cucumbers, 1/4-inch sliced (do not peel)	12 pounds	2. Add the cucumber slices and fold into the mixture. 3. Transfer into an appropriate bowl. Cover.  <b>CCP-Hold refrigerated at internal temperature of 40°F. or below for service.</b>

**SERVING NOTES:**

Serving size	1/2 Cup	Yield, weight	18 Pounds, 2 2/3 Ounces
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**RECIPE NOTES:**

NUTRIENTS PER SERVING							
Calories	14	Total Fat (gm)	0	Vitamin A (IU)	501	Iron (mg)	0.5
Protein (gm)	0.5	Saturated Fat (gm)	0	Vitamin C (mg)	5.5	Sodium (mg)	44
Carbohydrate (gm)	3	Cholesterol (mg)	0	Calcium (mg)	34	Dietary Fiber (gm)	1.5

# QUINOA MANGO SALAD

This colorful whole grain salad is sweet and tangy, with mangoes, black beans, and fluffy quinoa. Great as a side or main dish.

ONE PORTION PROVIDES:

1/8 cup vegetable, 1 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
<b><i>Quinoa, plain, cooked</i></b>		
Water	1 ¾ gallons	1. Bring water to a boil. 2. Add quinoa. Stir to combine 3. Return to a boil. Cover. Reduce heat and simmer for 10 minutes or until water is fully absorbed and quinoa is al dente, but completely cooked. Do not stir. <b>CCP-Minimum internal temperature should be 140°F. or above.</b> 4. Let quinoa sit for 5 minutes. Fluff with a fork.  <b>CCP-Hold hot (140°F. or above) or cool quickly (per HACCP) to internal temperature of 40°F. or below for service.</b>
Mango chunks IQF	1 ¾ cup	5. Cut mango chunks into 1/4-inch pieces.
Peppers, red, sweet (bell), 1/4-inch diced	1 ¾ pound	6. Toss mango, red pepper, green onions and black beans together.

Beans, black, canned, drained	4 1/2 pounds	<p>7. Add tossed vegetables together into cooled quinoa. Toss to combine.</p> <p>8. Mix together vinegar, oil, black pepper, and lime juice. Add to the cold vegetable and quinoa mixture.</p> <p>9. Cover and chill for 2 hours before serving to allow flavors to mix.</p> <p><b>CCP-Hold refrigerated at internal temperature of 40°F. or below for service.</b></p>
Onion, green, sliced	1 1/3 pound	
Vinegar, apple cider	1 cup	
Canola/olive oil blend	3/4 cup	
Lime juice	3/4 cup	
Pepper, black, ground	1 tablespoon	

#### SERVING NOTES:

Serving size	1/4 Cup	Yield, weight	11 Pounds, 10 3/4 Ounces
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#### RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	52	Total Fat (gm)	0.5	Vitamin A (IU)	348	Iron (mg)	0.5
Protein (gm)	2	Saturated Fat (gm)	0	Vitamin C (mg)	13	Sodium (mg)	111
Carbohydrate (gm)	10	Cholesterol (mg)	0	Calcium (mg)	13	Dietary Fiber (gm)	2

# PORTOBELLO MUSHROOM FAJITA

Sliced portobello mushrooms, red peppers and pinto beans combine for a versatile sweet and savory filling.

ONE PORTION PROVIDES:

½ cup vegetable, 2 oz. eq. meat/meat alternate



INGREDIENTS	100 SERVINGS	DIRECTIONS
Olive oil/canola blend	½ cup	1. Heat oil in sauté pan or tilt skillet almost to smoking point.
Onion, yellow, raw	6 pounds	2. Briefly sauté onions and peppers until onions are translucent and vegetables are crisp tender, stirring rapidly.
Peppers, red, sweet (bell), julienne/strips	5 ¼ pounds,	
Peppers, green, sweet (bell), julienne/strips	5 pounds	
Black bean garlic sauce	3 cups	3. Add black bean garlic sauce and stir until vegetables are coated.
Beans, pinto, low sodium, canned, drained	5 ½ #10 cans  (or 9 ½ pounds dry beans)	4. Add pinto beans and heat, stirring quickly.
Mushrooms, portobello, fresh, slices	12 pounds	5. Add mushrooms and cook for 1 minute, stirring constantly.
Cilantro, finely chopped	2 cups	6. Add cilantro and serve immediately

**SERVING NOTES:**

Serving size	1 cup	Yield, weight	54 Pounds, 8 5/8 Ounces
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**RECIPE NOTES:**

NUTRIENTS PER SERVING							
Calories	151	Total Fat (gm)	1.5	Vitamin A (IU)	1060	Iron (mg)	2
Protein (gm)	9	Saturated Fat (gm)	0.5	Vitamin C (mg)	66	Sodium (mg)	131
Carbohydrate (gm)	27	Cholesterol (mg)	0	Calcium (mg)	82	Dietary Fiber (gm)	8

# TOFU HUEVOS RANCHEROS

Tofu with turmeric and curry have a great flavor and a texture like scrambled eggs. Pairing with lentil crumbles and pinto beans makes a delicious breakfast!

ONE PORTION PROVIDES:

½ cup red/orange vegetable, 2 oz. eq. meat/meat alternative, 2 oz. grains



INGREDIENTS	100 SERVINGS	DIRECTIONS
<b>Lentil Crumbles with Pinto Beans</b>		
Lentil crumbles, Ground Pro	2 pounds 6 ounces	1. Combine lentil crumbles, un-drained pinto beans and water in a saucepan and cook for 12 minutes or until the consistency of a thick sauce.
Pinto beans, canned	1 # 10 can plus 1 cup	
Water	1 quart, 2 ¾ cups	<b>Heat to a minimum of 140°F for 15 seconds</b>
<b>Tofu huevos</b>		
Tofu, raw, firm, prepared with calcium sulfate, drained	13 ¾ pounds	2. Place drained tofu in a bowl. Add turmeric and curry and crumble with a fork or mix with a whisk.
Curry, dry powder, spices	1 ½ tablespoon	

Turmeric, ground, spice	1 1/2 tablespoon	3. Sauté tofu until lightly browned and scrambled egg consistency. <b>CCP-Minimum internal temperature should be 140°F. or above.</b>
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#### Ranchero sauce

Tomatoes, fresh, whole, 6x6	15 pounds	4. Rinse, core and halve tomatoes. Boil for 4 minutes, place in ice bath to shock and remove skins.
Onion, yellow, 1/4-inch diced	4 pounds	5. In a blender, combine boiled tomatoes, diced onion, cilantro, jalapenos, and salt. Blend on pulse to combine and until slightly chunky.
Cilantro, finely chopped	3 quarts (about 12 ounces)	
Peppers, jalapeno, sliced, canned, drained	3 1/4 pounds (1/2 # 10 can)	
Salt, kosher	2 tablespoons	
Crushed tomatoes, canned, no added salt	2 # 10 can (24 cups)	6. Add crushed tomatoes and heat mixture until smooth. <b>CCP-Minimum internal temperature should be 140°F. or above.</b>
Tortilla, flour, whole grain, 6-Inch,	200 tortilla	7. On a hot skillet, heat tortillas on both sides until warm and soft. 8. Lay 2 tortillas on serving vessel as a base. 9. Top tortillas with the following: #16 scoop (1/4 cup) lentil pinto mixture #16 scoop (1/4 cup) tofu huevos 1/2 cup ranchero sauce

Serving size	1 assembled entree	Yield, weight	107 Pounds, 11 1/2 Ounces
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#### RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	284	Total Fat (gm)	7	Vitamin A (IU)	536	Iron (mg)	4
Protein (gm)	13	Saturated Fat (gm)	0.5	Vitamin C (mg)	10	Sodium (mg)	710
Carbohydrate (gm)	49	Cholesterol (mg)	0	Calcium (mg)	199	Dietary Fiber (gm)	4.5

# NACHOS WITH SEASONED LENTIL CRUMBLES AND AVOCADO CREAM

These delicious nachos are topped with GroundPro lentil crumbles, for great texture and flavor. Avocado cream and scratch-made salsa make this dish really special.

ONE PORTION PROVIDES:

1/4 cup red/orange vegetable, 1/8 cup other vegetable, 2 oz. eq. meat/meat alternative, 1 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
<b><i>Nacho seasoned lentil crumbles</i></b>		
Canola/olive oil blend	1 ½ cups	1. Sauté diced onions in oil until translucent.
Onion, yellow, 1/4-inch diced	4 pounds	2. Add lentil crumbles and combine.
Lentil crumbles, GroundPro	9 ½ pounds	3. Add oregano, paprika and water. Simmer until mixture reaches a chili-like consistency.
Water	6 quarts 2 ½ cups	CCP-Minimum internal temperature should be 140°F. or above. CCP-Hold hot (140°F. or above) for service.
Oregano, dried leaves, spices	½ cup	
Paprika, spices	1 ½ cups	
<b><i>Sauce, avocado cream-vegan</i></b>		
Milk, almond	3 quarts	4. Blend together almond milk, avocado and cornstarch.
Avocado	8 ounces	5. Warm in a saucepan to a simmer and allow to thicken slightly.
Cornstarch	¼ cup	

Garlic, granulated	1/2 teaspoon	6. Add seasonings and lemon juice.
Pepper, cayenne, ground	1/4 teaspoon	
Salt, kosher	1 tablespoon	
Lemon juice	3 tablespoons	
<b>Pico de gallo, salsa, homemade</b>		
Crushed tomatoes, canned, no added salt	6 ¾ pounds	7. In a non-reactive container, combine crushed tomatoes, diced tomatoes and onions, lime juice, diced jalapenos, chopped cilantro, cumin, salt and sugar. Mix well to combine.  8. Display in serving pan according to station requirements.  Cold Hold: Hold at <= 40°F.
Tomatoes, fresh, 1/4-inch diced	6 ¾ pounds	
Onion, yellow, 1/4-inch diced	3 pounds	
Lime juice	2 1/8 cups	
Peppers, jalapeno, diced, canned, drained	1 1/8 cups	
Cilantro, finely chopped	4 cups	
Cumin, ground, spices	1 teaspoon	
Salt, kosher	1 tablespoon	
Sugar, white, granulated	1 teaspoon	
Chips, tortilla, whole grain	8 ¾ pounds	
To assemble nachos: -Place 18-20 chips (1.4 oz) on plate -Top chips with #8 scoop Nacho seasoned lentil crumbles -Top crumbles with 2 Tbsp vegan avocado crema - Top crema with 1/4 cup pico de gallo		

#### SERVING NOTES:

Serving size	1 cup
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#### RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	413	Total Fat (gm)	12	Vitamin A (IU)	805	Iron (mg)	8
Protein (gm)	19	Saturated Fat (gm)	0.5	Vitamin C (mg)	2.5	Sodium (mg)	645
Carbohydrate (gm)	47	Cholesterol (mg)	0	Calcium (mg)	176	Dietary Fiber (gm)	12

# VEGAN TORTA

This satisfying sandwich features lentils and mushrooms topped with delicious vegetables for an appealing main dish.

ONE PORTION PROVIDES:

½ cup vegetable, 2 oz. eq. meat/meat alternative, 2 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
<b>Lentil crumbles with mushrooms filling</b>		
Mushrooms, white, fresh, slices	2 ½ pounds	1. Dice mushrooms 1/4 inch.
Lentil crumbles, GroundPro	9 ½ pounds	2. Heat to 325°F.
Water	6 quarts 2 ½ cups	3. In a stainless steel 2 inch full pan, place dried lentil crumbles (2.85 pounds or 1 bag) and hot water (2 quarts) and diced mushrooms (12 ounces). Mix well and level the mixture. Place lid on pan and place in oven. 4. Bake in 325°F. oven for 12 minutes until all water absorbed. Fluff with a fork. <b>CCP-Minimum internal temperature should be 140°F. or above. Hot Hold: Hold at &gt;= 140°F.</b>
Canola/olive oil blend	1 cup	5. Brush ¼ teaspoon oil on each side of sub roll
Sub roll, regular, side slice, whole grain	100 rolls	6. Toast roll in 350°F. oven for 3-4 minutes until slightly toasted.

		7. Spread #8 scoop (1/2 cup) lentil mushroom mixture on one side of sub roll.
Lettuce, iceberg, shredded	3 ½ pounds	8. Top lentil mushroom mixture with:
Onion, red, 1/4-inch sliced	4 pounds	<ul style="list-style-type: none"> <li>● 1/4 cup shredded iceberg lettuce</li> <li>● 1/8 cup sliced red onion</li> <li>● 2 slices tomato</li> <li>● 1/4 cup avocado slices (2-3 slices)</li> </ul>
Tomatoes, fresh, 1/8-inch sliced	5 pounds	
Avocado	18 pounds	

**SERVING NOTES:**

Serving size	1 Sandwich	Yield, weight	71 Pounds, 1 Ounce
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**RECIPE NOTES:**

NUTRIENTS PER SERVING							
Calories	442	Total Fat (gm)	13	Vitamin A (IU)	319	Iron (mg)	4
Protein (gm)	14	Saturated Fat (gm)	1	Vitamin C (mg)	7	Sodium (mg)	724
Carbohydrate (gm)	68	Cholesterol (mg)	0	Calcium (mg)	56	Dietary Fiber (gm)	11

# SPICY CARROT SALAD

This easy, vibrant dish is full of flavor. Tender carrots, jalapeno, onion and oregano are a delicious medley.

ONE PORTION PROVIDES:

½ cup vegetable



INGREDIENTS	100 SERVINGS	DIRECTIONS
Carrots, coins, frozen, without salt See note for fresh carrots.	11 ½ pounds	1. Steam carrots for 6-8 minutes or until carrots are tender-crisp. <b>CCP-Minimum internal temperature should be 140°F. or above.</b>
Peppers, jalapeno, sliced, canned	2 ½ pound	2. While still warm, add jalapenos, onions, salt, oregano and oil. Toss to combine. Refrigerate overnight to allow flavors to meld. <b>CCP-Cool quickly (per HACCP) to internal temperature of 40°F. or below for use.</b>
Onion, yellow, 1/4-inch diced	6 pounds	
Salt, kosher	1 tablespoon	
Oregano, dried leaves	4 teaspoons	
Canola/olive oil blend	1 cup	<b>Cold Hold: Hold at &lt;= 40.00 °F</b> NOTE: If using fresh whole carrots: 3. Trim and peel carrots and cut into 1/2-inch coins on the bias. Steam for 10 to 12 minutes or until carrots are tender-crisp.

**SERVING NOTES:**

Serving size	1/2 Cup	Yield, weight	17 Pounds, 15 1/8 Ounces
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**RECIPE NOTES:**

NUTRIENTS PER SERVING							
Calories	37	Total Fat (gm)	2.5	Vitamin A (IU)	3812	Iron (mg)	0.5
Protein (gm)	0.5	Saturated Fat (gm)	0.5	Vitamin C (mg)	3	Sodium (mg)	270
Carbohydrate (gm)	4	Cholesterol (mg)	0	Calcium (mg)	16	Dietary Fiber (gm)	1.5

# CALABACITAS CON ELOTE (ZUCCHINI WITH CORN)

Corn, red pepper, squash and tomato are a colorful combination tossed in an easy seasoning mix.

ONE PORTION PROVIDES:

½ cup vegetables



INGREDIENTS	100 SERVINGS	DIRECTIONS
Canola/olive oil blend	1 cup	1. Heat oil in a sauté pan or tilt skillet.
Garlic, raw, peeled, chopped	¼ cup	2. Add chopped garlic, cook just until lightly browned and fragrant.
Corn, sweet, yellow, frozen, kernels cut off cob	5 pounds	3. Add corn and sauté until it begins to brown. Add red peppers and zucchini, stirring constantly until zucchini is fork tender.
Peppers, red, sweet (bell), julienne/strips	5 ¼ pounds	
Squash, summer, zucchini, includes skin, raw, diced	10 pounds	
Tomatoes, fresh, 1/4-inch diced	3 pounds	4. Add tomato and cilantro.
Cilantro, finely chopped	5 cups	
Italian seasoning	3 tablespoons	5. Add Italian seasoning, salt, and vegetable broth, and bring to a simmer.
Salt, kosher	1 tablespoon	<b>CCP-Minimum internal temperature should be 140°F. or above.</b>
Vegetable soup broth, from base	2 ½ cups	

**SERVING NOTES:**

Serving size	1/2 Cup	Yield, weight	29 Pounds, 1 3/4 Ounces
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**RECIPE NOTES:**

NUTRIENTS PER SERVING							
Calories	31	Total Fat (gm)	2	Vitamin A (IU)	130	Iron (mg)	0
Protein (gm)	0.5	Saturated Fat (gm)	0.5	Vitamin C (mg)	5	Sodium (mg)	135
Carbohydrate (gm)	3	Cholesterol (mg)	0	Calcium (mg)	32	Dietary Fiber (gm)	0.5

# BLAZIN' BUFFALO WRAP

This tasty wrap has amazing flavor and texture. Pureed beans and hot sauce create a spicy spread, that complements the crispy tempeh and vegetables perfectly.

## ONE PORTION PROVIDES:

7/8 cup total vegetable (½ cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup beans and peas), 2 oz. eq grain, 4 oz. eq. meat/meat alternate



INGREDIENTS	100 SERVINGS	DIRECTIONS
Tempeh	25 pounds	<ol style="list-style-type: none"><li>Preheat oven to 350°F.</li><li>Slice tempeh across short side of tempeh block into 1/2-ounce pieces. Place on a vegetable oil sprayed baking sheet and spray tempeh slices.</li><li>Bake until crisp and golden.</li></ol>
Original Red-Hot Sauce	2 ¼ cups	<ol style="list-style-type: none"><li>Toss hot tempeh strips and hot sauce.</li><li>Return to oven and bake until CCP-Minimum internal temperature should be 140°F. or above. Hold in warmer until meal service.</li></ol>
Beans, cannellini, white kidney, canned, no salt added, drained	2 no. 10 cans	<ol style="list-style-type: none"><li>Combine drained beans with salt and hot sauce. Puree until smooth consistency is achieved. Adjust with water as needed.</li></ol>
Salt, kosher	2 teaspoons	<b>CCP-Hold refrigerated at internal temperature of 40°F. for service.</b>
Original Red Hot Sauce	2 cups	
Lettuce, iceberg, shredded	2 ½ pounds	

Carrots, fresh, matchsticks	12 1/2 pounds	7. Combine chopped lettuce and shredded carrots in a bowl. Toss to combine.
Tortilla, flour, whole grain	100 tortillas (10-inch)	8. To assemble wrap, layer the following on each 9-inch tortilla - spread #12 scoop bean puree in center of tortilla - 1/2 cup of salad mixture - 1/2 oz jalapeno slices - 8 slices (4oz) Buffalo Tempeh Slices
Peppers, jalapeno, sliced, canned, drained	3 pounds, 2 ounces	9. Fold tortilla in half. Store in cooler until meal service.

**SERVING NOTES:**

Serving size	1 Wrap	Yield, weight	78 Pounds, 15 1/2 Ounces
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**RECIPE NOTES:**

NUTRIENTS PER SERVING							
Calories	520	Total Fat (gm)	17	Vitamin A (IU)	9715	Iron (mg)	6.5
Protein (gm)	35	Saturated Fat (gm)	3	Vitamin C (mg)	6	Sodium (mg)	690
Carbohydrate (gm)	69	Cholesterol (mg)	0	Calcium (mg)	223	Dietary Fiber (gm)	7

# TEXAS RANCHERO SLOPPY JOE

This sweet, smoky sandwich is a mix of lentils, mushroom and bell pepper. A hearty and satisfying meal.

ONE PORTION PROVIDES:

2 oz. meat/meat alternate, 2 oz. eq. grains



INGREDIENTS	100 SERVINGS	DIRECTIONS
Lentil crumbles, GroundPro	9 ½ pounds	
Water	6 quarts 2 ½ cups	<ol style="list-style-type: none"><li>Pre heat to 325°F.</li><li>In a stainless steel 2" full pan, place dried lentil crumbles (2.85 pounds or 1 bag) and hot water (2 quarts). Mix well and level the mixture. Place lid on pan and place in oven.</li><li>Bake in 325°F. oven for 12 minutes until all water absorbed. Fluff with a fork.</li></ol> <p><b>CCP-Minimum internal temperature should be 140°F. or above. Hot Hold: Hold at &gt;= 140.00 °F</b></p>
Mushrooms, white, fresh	3 pounds	
Canola/olive oil blend	¼ cup	<ol style="list-style-type: none"><li>To make mushroom duxelle: chop mushrooms in a food processor until a fine grind.</li><li>Toss with oil and spread on sheet pans. Bake at 375°F for 15 minutes.</li></ol>
Peppers, red, sweet (bell), 1/4-inch diced	3 pounds	<ol style="list-style-type: none"><li>Sauté bell pepper in heated oil for 3 minutes</li></ol>

Canola/olive oil blend	$\frac{1}{4}$ cup	7. Add cooked lentil crumbles and mushroom duxelle and sauté <b>CCP-Minimum internal temperature should be at least 165°F. (for 15 seconds).</b>
Barbecue sauce, smoky, smokehouse	2 quarts	8. Add BBQ sauce to mixture and simmer for 20 minutes
Bun, hamburger, whole grain rich	100 rolls (3 oz each)	9. Place #8 scoop filling on bottom of hamburger bun. Top with crown of bun. Serve Immediately.

**SERVING NOTES:**

Serving size	1 Sandwich	Yield, weight	31 Pounds, 5 5/8 Ounces
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**RECIPE NOTES:**

NUTRIENTS PER SERVING							
Calories	453	Total Fat (gm)	6	Vitamin A (IU)	855	Iron (mg)	2.5
Protein (gm)	13	Saturated Fat (gm)	0	Vitamin C (mg)	30	Sodium (mg)	1063
Carbohydrate (gm)	87	Cholesterol (mg)	0	Calcium (mg)	14	Dietary Fiber (gm)	8.5

# UMAMI BURGER

This delicious burger is made with highly nutritious roasted green grains, lentils and mushrooms for a flavorful, savory burger.

ONE PORTION PROVIDES:

1/8 cup other vegetable, 0.75 oz. eq. meat/meat alternative,  
.25 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
Vegetable soup broth, from base	2 quarts, 2 cups	1. In a pot, bring the first listed stock (for the freekeh) to a boil. Add freekeh, reduce to a simmer and cook until grains are tender, and liquid is absorbed, about 20 minutes. <b>CCP-Cool quickly (per HACCP) to internal temperature of 40°F. or below for use.</b>
Greenwheat freekeh, raw	2 ½ pounds	2. In a pot, bring the second listed stock (for the Black Forest Blend) to a boil. Add the blend, reduce to a simmer and cook until lentils are tender, 15-17 minutes. Drain any remaining liquid. <b>CCP-Cool quickly (per HACCP) to internal temperature of 40°F. or below for use</b>
Vegetable soup broth, from base	2 1/2 gallons	
Black forest lentil blend	2 ¾ pounds	
Mushrooms, white, fresh, slices	5 pounds	
Onion, yellow, 1/4-inch diced	3 pounds	

Garlic, raw, peeled, chopped	1 1/4 cups	3. Working in batches, place the mushrooms, onions and garlic in the bowl of a food processor and pulse until the mixture is finely chopped, but not too wet.
Canola/olive oil blend	5/8 cup	4. Heat the oil over medium heat in a pan large enough to hold the mushroom mixture. 5. Add mushroom mixture to the pan and cook, stirring occasionally, until the mixture has lost most of its moisture. (about 30 minutes)
Flaxseed	1 7/8 cups	6. Grind the flaxseed in a food processor and combine the ground flaxseed and warm water in a small bowl and let stand for 10 minutes to hydrate.
Water	3 1/3 cups	
Japanese style toasted breadcrumbs, panko, not whole grain	2 1/2 cups	7. Cool the mushrooms, then combine with the freekeh, lentils, flaxseed mixture, nutritional yeast, breadcrumbs, salt and pepper.
Nutritional yeast	2 1/2 cups	8. Mix well, chill for 2 hours.
Salt, kosher	6 2/3 tablespoons	9. Form mixture into 5-ounce (by weight) patties.
Pepper, black, ground	3 1/3 tablespoons	10. Heat a non-stick griddle and cook the burgers until browned and cooked through, about 10 minutes per side.
CCP-Minimum internal temperature should be at least 165°F. (for 15 seconds). CCP-Hold hot (140°F. or above) for service.		

#### SERVING NOTES:

Serving size	1 Patty	Yield, weight	30 Pounds, 1 3/4 Ounces
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#### RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	149	Total Fat (gm)	3.5	Vitamin A (IU)	1	Iron (mg)	0.5
Protein (gm)	9	Saturated Fat (gm)	0.5	Vitamin C (mg)	2	Sodium (mg)	907
Carbohydrate (gm)	23	Cholesterol (mg)	0	Calcium (mg)	21	Dietary Fiber (gm)	6

# CHILI ROASTED SWEET POTATOES

This easy side dish has great flavor that would pair with a variety of main dishes. Chili, cumin and garlic are the perfect complement to tender sweet potatoes.

ONE PORTION PROVIDES:

½ cup red/orange vegetable



INGREDIENTS	100 SERVINGS	DIRECTIONS
Sweet potato (yam), fresh	22 pounds	1. Wash, peel and cut sweet potatoes in a 1-inch dice.
Chili, dry powder	6 tablespoons	2. Mix together all dry spices and whisk in oil.
Cumin, ground	3 tablespoons	
Garlic, granulated	1 teaspoon	
Salt, kosher	4 teaspoons	
Canola/olive oil blend	1 cup	3. Place potatoes in a large bowl, pour oil and spices over and toss to lightly coat. 4. Transfer spiced potatoes to parchment lined sheet pans in a single layer. Do not overcrowd the potato pieces. 5. Bake in a 375°F. oven for 15 minutes until the potatoes are tender with crisp brown edges. <b>CCP-Minimum internal temperature should be 140°F. or above.</b> <b>CCP-Hold hot (140°F. or above) for service.</b>

**SERVING NOTES:**

Serving size	1/2 Cup	Yield, weight	20 Pounds, 13 2/3 Ounces
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**RECIPE NOTES:**

NUTRIENTS PER SERVING							
Calories	99	Total Fat (gm)	2.5	Vitamin A (IU)	12997	Iron (mg)	0.5
Protein (gm)	1.5	Saturated Fat (gm)	0.5	Vitamin C (mg)	2	Sodium (mg)	159
Carbohydrate (gm)	18.5	Cholesterol (mg)	0	Calcium (mg)	28	Dietary Fiber (gm)	3

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# ABOUT HEALTHY KIDS COLLABORATIVE



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