RECIPES FOR HEALTHY KIDS

COOKBOOK FOR CHILD CARE CENTERS

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Recipes for Healthy Kids Competition Acknowledgement Page

The United States Department of Agriculture (USDA), Food and Nutrition Service (FNS) would like to thank the following people and organizations for their support of the *Recipes for Healthy Kids* Competition. The *Recipes for Healthy Kids* Competition provided the perfect opportunity for school nutrition professionals, students, parents, chefs, and community members to cook up some new ideas and get children excited about making healthy choices. We want to thank all of the *Recipes for Healthy Kids* teams that participated in the competition. The teams submitted over 340 recipes for this contest.

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One of its many roles includes serving as the official representative for the Chef & Child Foundation, founded in 1989, to educate children and families in understanding proper nutrition, and to be the voice of the culinary industry in its fight against childhood hunger, malnutrition, and obesity.

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RWA is an Orlando-based consulting nutrition practice, headed by Roniece Weaver, MS, RD, LD. Its focus is on integrating food, wellness, and innovative cooking strategies. RWA was responsible for testing, evaluation, and recipe standardization.

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The Marketing Guide

The Marketing Guide provides special purchasing information on foods that will sustain trimming loss during production. These foods are marked with an asterisk (*) in the ingredient column of the recipe format.

For items marked with an asterisk, the quantity listed under "Weight" and "Measure" in the recipe is the edible portion. This is the quantity required for production and therefore does not account for trimming loss. The Marketing Guide shows the as purchased quantity required when ordering. For example, 5 pounds 1 ounce of broccoli must be purchased in order to yield 4 pounds 1 ounce.

Food Allergens

Each year, millions of Americans have allergic reactions to food. Although most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions, and may even be life-threatening.

There is no cure for food allergies. Strict avoidance of food allergens — and early recognition and management of allergic reactions to food — are important measures to prevent serious health consequences. Check with parents of the children in your care to make sure that you are aware of any food allergies they may have.

TOP 8
Food Allergens:
1. Fish
2. Shellfish
3. Eggs
4. Milk
5. Wheat
6. Peanuts
7. Tree Nuts
8. Soybeans

For more information go to the *Special Needs Section* on the Food and Nutrition Service's School Meals *Guidance & Resources* web page at fns.usda.gov/cnd/guidance/default.htm.

Know the Symptoms

Symptoms of food allergies typically appear from within a few minutes to two hours after a person has eaten the food to which he or she is allergic. Allergic reactions can include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Face, tongue, or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Dizziness and/or lightheadedness
- Swelling of the throat and vocal cords
- Difficulty breathing
- Loss of consciousness

Tips From The 10 Tips Nutrition Education Series

Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli.

Include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Know what to look for on the ingredient list

Read the ingredient list and choose products that name a whole grain ingredient first on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice."

Add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu.

Don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soymilk (soy beverage) as your beverage.

Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

choosemyplate.gov/healthy-eating-tips/ten-tips.html

Recipes for Healthy Kids Cookbook

Kid-Approved Recipes For Child Care

If you're looking to add to your collection of delicious, kid-approved recipes that are made from healthy ingredients, look no further than the *Recipes for Healthy Kids Cookbook*. The recipes in this cookbook feature foods that children and adults alike should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains. All of these healthy recipes are low in total fat, saturated fat, sugar, and sodium. With fun names such as Porcupine Sliders, Smokin' Powerhouse Chili, and Squish Squash Lasagna, even picky eaters are sure to taste and try these recipes. The featured recipes are standardized for 25 and 50 servings and include no more than 15 ingredients. These kid-tested, kid-approved recipes are sure to please children and be an instant hit in your child care program!

This cookbook features a collection of recipes from the *Recipes for Healthy Kids* Competition. The top recipes in each category have been standardized for cookbooks for home, child care centers, and schools. The cookbooks and recipes are also available from the Team Nutrition Web site at Teamnutrition.usda.gov.

The Challenge From the White House

This cookbook contains the top 30 recipes from the *Recipes for Healthy Kids* Competition, which the U.S. Department of Agriculture (USDA) launched in September 2010. The USDA collaborated with the American Culinary Federation (ACF) and the School Nutrition Association (SNA) on this nationwide competition. Teams of students (grades 4 to 12), school nutrition professionals, chefs, parents, and other

interested community members were challenged to partner and create tasty and healthy new recipes. The recipe challenge was created to increase students' intake of foods in these under-consumed competition categories: dark green and orange vegetables, dry beans and peas, and whole grains.

Each "Recipe Challenge Team" used the talents of its team members to create recipes that could be a new creation or a twist on a recipe already being enjoyed at the school. Chefs provided food expertise, while school nutrition professionals shared insight as to what can be accomplished in school settings. Together the chef and school nutrition professional helped kids, parents, and community members to prepare nutritious dishes. Each team held taste-testing events at its school to help ensure that its recipe would be a winner at the competition.

The Recipes for Healthy Kids Competition

After weeks of hard work by the teams, over 340 recipes were submitted to the competition. What followed was an extensive process of reviewing, ranking, and judging. The top three schools with the winning recipe from each category prepared their dish at a national cook-off.

- **Reviewing and ranking:** The 340 eligible recipes were reviewed and ranked within each category by teams of ACF chefs and USDA Food and Nutrition Service (FNS) staff to determine the top 30 recipes, 10 in each of the 3 recipe categories.
- **Onsite judging:** The top 15 teams were visited by a team of three judges, made up of an FNS staff member, an ACF chef, and a school nutrition professional. The judges were met with a warm welcome and much enthusiasm by the recipe challenge teams at each school. The recipes were served to the students. The judges sampled and scored each recipe and chose the First Place Finalists in each recipe category.
- **National cook-off:** The three First Place Finalists competed in a national cook-off held at the ACF National Convention in July 2011. Competing for the Grand Prize were the teams preparing Porcupine Sliders, Central Valley Harvest Bake, and Tuscan Smoked Turkey and Bean Soup. Judges included President of the School Nutrition Association, Helen Phillips and two ACF chefs, Rene Marquis and Shawn Hanlin. Porcupine Sliders was the Grand Prize winner of the *Recipes for Healthy Kids* Competition.
- **Public Choice voting:** In addition to the national cook-off, over 16,000 public votes were cast online to determine the Popular Choice winner from the top 15 semi-finalist recipes at the competition's Web site. The winning recipe, Tasty Tots, received over 2,000 community votes.

Winning Recipes

The top recipes in each category were judged on student involvement, nutrition, creativity and originality, ease of use in schools, and recipe presentation. Recipe category winners received a total of $12,000 to benefit their school meals programs.

GRAND PRIZE WINNER
Recipes for Healthy Kids

These mouth-watering turkey burgers are made with the right amount of spices and a burst of sweet cranberries and served on small whole-grain rolls; watch children delight in the flavors!

Porcupine Sliders

SOUTH EDUCATION CENTER ALTERNATIVE SCHOOL
Richfield, Minnesota

Our Story

For this recipe competition, the South Education Center Alternative (SECA) School created a recipe challenge team, which developed the national cook-off Grand Prize winning Porcupine Sliders.

What exactly are Porcupine Sliders? Meant to be served as an entrée, they are healthy, mouth-watering turkey burgers, high in protein, with just the right amount of spices and a kick of sweet cranberries, all served on whole-grain rolls. Students put their heads together in the school kitchen, mixing and matching the ingredients to find the perfect blend. They worked hard and had fun developing the tasty burger. The addition of brown rice to the burger mixture created a prickly look like little porcupines – thus their name. Then the school's foodservice professionals made the sliders, and the team served them to their classmates that ate school lunch that day. After surveying the lunch room, the team received the positive feedback they needed to enter the competition for the big win!

Porcupine Sliders are a delicious, nutritious, and appetizing new way to get kids to eat healthy. The simple ingredients and easy preparation makes them a favorable choice for a quick menu idea that kids will enjoy!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Wanda Nickolai

CHEF
Todd Bolton (Parasole Restaurant Holdings, Inc.)

COMMUNITY MEMBERS
Theresa Guthrie (Family and Consumer Science Teacher) and Mary Lair (School Nurse, Bloomington Public Health)

STUDENTS
Adilene D., Chris D., Dominic L., and Dolores P.

Porcupine Sliders

Meal Components: Meat/Meat Alternate-Grains **Sandwiches F-10r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		1 ¾ cups		3 ½ cups	1. Combine water and brown rice in a stockpot and bring to a boil. Cover and cook until water is absorbed, about 30-40 minutes. Fluff. Cover and refrigerate at 40 °F Critical Control Point: Cool to 40 °F or lower within 4 hours.
Brown rice, long grain, regular, dry	4 ¾ oz	¾ cup	9 ½ oz	1 ½ cups	
Canola oil		1 Tbsp		2 Tbsp	2. Heat oil. Sauté onions, celery, and garlic for 5-7 minutes or until soft. Cover and refrigerate. Critical Control Point: Cool to 40 °F or lower within 4 hours.
*Fresh onions, diced	3 oz	½ cup 2 Tbsp	6 oz	1 ¼ cups	
*Fresh celery, diced	7 oz	1 ½ cups	14 oz	3 cups	
Fresh garlic, minced	1 ¼ oz	2 Tbsp	2 ½ oz	¼ cup	
Raw ground turkey, lean	3 lb 7 ¾ oz	1 qt 3 cups	6 lb 15 ½ oz	3 qt 2 cups	3. Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and onion mixture. Mix well.
Liquid, whole egg		1 ¼ cups		2 ½ cups	
Dried cranberries, chopped	6 oz	1 ¼ cups	12 oz	2 ½ cups	
*Fresh baby spinach, chopped	5 oz	1 qt	10 oz	2 qt	
Worcestershire sauce		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Porcupine Sliders

Meal Components: Meat/Meat Alternate-Grains

Sandwiches F-10r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Ground white pepper		¼ tsp		½ tsp	
					4. Portion into patties using a No. 8 scoop (½ cup) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 5. Bake: Conventional oven: 350 °F for 18 minutes Convection oven: 325 °F for 14 minutes DO NOT OVERCOOK. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 6. Critical Control Point: Hold for hot service at 140 °F or higher.
Mini whole-grain rolls (1 oz each)		25		50	7. Serve on mini whole-grain rolls 8. If desired serve with lettuce, sliced tomato, red onions, and condiments.
					9. Serve 1 slider.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 slider provides 2 oz equivalent meat/meat alternate and 1 oz equivalent grains.	25 Servings: about 5 lb 12 oz	25 Servings: 25 sliders
	50 Servings: about 11 lb 8 oz	50 Servings: 50 sliders

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	4 oz	8 oz
Celery	9 oz	1 lb 2 oz
Baby spinach	12 oz	1 lb 8 oz

Nutrients Per Serving

Calories	247.00	Saturated Fat	2.22 g	Iron	2.06 mg
Protein	16.35 g	Cholesterol	85.29 mg	Calcium	64.79 mg
Carbohydrate	25.53 g	Vitamin A	539.83 IU (40.96 RAE)	Sodium	365.57 mg
Total Fat	9.26 g	Vitamin C	1.56 mg	Dietary Fiber	3.14 g

1ST PLACE WINNER
Whole Grains

This multi-grain pasta dish is bright and fun with fresh broccoli, chicken, and melted cheese that is sure to please.

Chic' Penne

WINOGRAD K-8 ELEMENTARY SCHOOL
Greeley, Colorado

Our Story

Students who have a passion for food and who enjoy a challenge were handpicked by their food science teacher. Once the team was formed, they began to strategize, and the recipe creation began at a very basic level. With the help of pictures, the team discussed all the foods eligible for the competition. Using a chalkboard, they wrote down what each team member liked to eat and began to form the basic dishes they wanted to try. After a couple of test runs, the team was ready to try out their recipe creation on the Winograd students. Their creation, Chic' Penne, was an instant hit with kids.

Not found at your local fast food restaurant, Chic' Penne has a little hint of black pepper and is anything but ordinary. By combining the best ingredients, this recipe produces a dish that not only looks good, but tastes good too!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Kara Sample, RD, SNS

CHEF
Amanda Smith

COMMUNITY MEMBER
Emily Wigington (AmeriCorps VISTA Volunteer)

STUDENTS
Jace K., Bethany V., Abraham A., and Amairani P.

Chic' Penne

Meal Components: Meat/Meat Alternate-Dark Green Vegetable-Grains **Main Dishes D-53r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	1. Heat water to a rolling boil.
Penne pasta, multi-grain, dry	3 lb	3 qt 3 ⅓ cups	6 lb	1 gal 3 ½ qt	2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	3. Toss cooked pasta with garlic. For 25 servings, add 2 tsp (reserve remaining garlic for step 5). For 50 servings, add 1 Tbsp 1 tsp garlic (reserve remaining garlic for step 5). 4. Transfer pasta to steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
*Fresh broccoli florets, chopped 1"	1 lb 9 oz	2 qt 3 ¼ cups	3 lb 2 oz	1 gal 1 ½ qt	5. Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic.
Frozen, cooked diced chicken, thawed, ½" pieces	1 lb	3 ¼ cups	2 lb	1 qt 2 ½ cups	6. Add broccoli and chicken to pasta. Mix well.
Low-sodium chicken broth		½ cup		1 cup	7. Sauce: Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly. For 25 servings, use 1 qt milk (reserve remaining milk for step 8). For 50 servings, use 2 qt milk (reserve remaining milk for step 8).
Salt		1 Tbsp		2 Tbsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
Nonfat milk		1 qt 1 ½ cups		2 qt 3 cups	
Enriched all-purpose flour		¼ cup		½ cup	8. Combine remaining milk with flour and add to broth mixture. Reduce heat to low. Stir constantly for 5 minutes until sauce thickens.
Reduced-fat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	9. Add cheese. Continue to stir until cheese melts.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chic' Penne

Meal Components: Meat/Meat Alternate-Dark Green Vegetable-Grains

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Low-fat mozzarella cheese, low moisture, part-skim, shredded	8 oz	2 cups	1 lb	1 qt	
					10. Divide cheese sauce evenly and pour over pasta mixture. 11. Cover with foil and bake: Conventional oven: 350 °F for 8 minutes Convection oven: 350 °F for 4 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					12. Critical Control Point: Hold for hot service at 140 °F or higher.
					13. Portion two 6 fl oz spoodles (1 ½ cups).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

For a creamier sauce, use an equal quantity of fat-free half and half in place of milk.

Serving	Yield	Volume
1 ½ cups (two 6 fl oz spoodles) provides 1 oz equivalent meat/meat alternate, ⅛ cup vegetable, and 1 ¾ oz equivalent grains.	25 Servings: about 14 lb	25 Servings: 1 steam table pan
	50 Servings: about 27 lb 8 oz	50 Servings: 2 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Broccoli	1 lb 9 oz	3 lb 2 oz

Nutrients Per Serving

Calories	299.26	Saturated Fat	2.16 g	Iron	2.32 mg
Protein	18.64 g	Cholesterol	25.88 mg	Calcium	230.49 mg
Carbohydrate	44.43 g	Vitamin A	618.36 IU (77.54 RAE)	Sodium	417.56 mg
Total Fat	5.50 g	Vitamin C	17.23 mg	Dietary Fiber	5.53 g

2ND PLACE WINNER
Whole Grains

A nutritious whole grain called quinoa is mixed with a colorful variety of vegetables.

Mediterranean Quinoa Salad

BELLINGHAM MEMORIAL MIDDLE SCHOOL
Bellingham, Massachusetts

Our Story

Bellingham Memorial Middle School in Bellingham, Massachusetts, serves over 800 students in grades 5-8. The school seeks to establish itself as an exemplary middle school by developing programs that are responsive to student needs.

The parents, staff, and surrounding community work together to promote school ideals and ensure that each student has the opportunity to reach his or her fullest potential as a responsible member of society.

The recipe challenge team consisted of the Director of Food Service, two chefs, 24 students, and the Health and Wellness Specialist from the local YMCA. The team held an afterschool cooking class led by chefs to decide how they would develop a winning recipe. After a discussion on the value of healthy eating and a lesson on basic nutrition, the students were divided into four groups, and each group was assigned a cook-leader. The chosen recipe was Mediterranean Quinoa Salad. It features a nutritious whole grain called quinoa, mixed with a colorful variety of vegetables, including red bell peppers, parsley, and cherry tomatoes, feta cheese, and a light lemon dressing. The enticing side dish was served to over 200 5th and 7th grade students. As anyone can guess, this party of flavors received rave reviews.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Jeanne Sheridan, SNS

CHEF
Rodney Poles (Whole Foods Market, partner chef from *Chefs Move to Schools* chefsmovetoschools.org)

COMMUNITY MEMBERS
Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

STUDENTS
Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains **Grains B-25r**

Ingredients	25 Servings		50 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Quinoa, dry	1 lb 11 oz	1 qt ¼ cup	3 lb 6 oz	2 qt ½ cup	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Low-sodium chicken broth		2 qt		1 gal	2. Combine quinoa and broth in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff. Cover and refrigerate at 40 °F.
Lemon juice		¼ cup		½ cup	3. Dressing: combine lemon juice, vinegar, garlic, oil, salt, and ground pepper. Mix well. Set aside.
Red wine vinegar		¼ cup		½ cup	
Fresh garlic, minced		1 Tbsp		2 Tbsp	
Extra virgin olive oil		¼ cup		½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground white pepper		½ tsp		1 tsp	
*Fresh red bell peppers, diced	5 ½ oz	1 cup	11 oz	2 cups	4. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing.
*Fresh green onions, diced	2 oz	½ cup	4 oz	1 cup	
*Fresh red onions, diced	3 oz	½ cup	6 oz	1 cup	
*Fresh cherry tomatoes, halved	11 ½ oz	2 cups	1 lb 6½ oz	1 qt	
Black olives, sliced	2 ½ oz	½ cup	5 oz	1 cup	
Feta cheese, crumbled	3 oz	½ cup	6 oz	1 cup	5. Mix in cooled quinoa. Fold in feta cheese and parsley.
*Fresh parsley, finely chopped		1 cup		2 cups	
					6. Transfer to a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 7. Critical Control Point: Cool to 40 °F or lower within 4 hours. Cover and refrigerate until service. 8. Portion with 6 fl oz spoodle (¾ cup).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains **Grains B-25r**

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) provides ⅛ cup vegetable and 1 oz equivalent grains.	25 Servings: about 4 lb 8 oz	25 Servings: about 2 quarts 1 cup 1 steam table pan
	50 Servings: about 9 lb	50 Servings: about 1 gallon 2 cups 2 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	**25 servings**	**50 servings**
Red bell peppers	7 oz	14 oz
Green onions	2 ½ oz	5 oz
Red onions	3 ½ oz	7 oz
Cherry tomatoes	11 ½ oz	1 lb 7 oz
Parsley	¾ oz	1 ½ oz

Nutrients Per Serving					
Calories	165.87	Saturated Fat	1.21 g	Iron	1.85 mg
Protein	6.66 g	Cholesterol	3.03 mg	Calcium	42.30 mg
Carbohydrate	22.66 g	Vitamin A	414.48 IU (24.27 RAE)	Sodium	278.10 mg
Total Fat	5.62 g	Vitamin C	12.38 mg	Dietary Fiber	2.67 g

Whole Grains

Aztec Grain Salad combines a South American, high-protein grain called quinoa with aromatic roasted butternut squash, crisp apples, and dried cranberries to make a delicious and colorful side dish.

Aztec Grain Salad

NOVI MEADOWS 6TH GRADE UPPER ELEMENTARY SCHOOL
Novi, Michigan

Our Story

Novi Meadows, an upper elementary Blue Ribbon Exemplary School, drew on the talents and hard work of students, staff, parents, and the community to create their unique recipe. The School Nutrition Action Committee (SNAC) brainstormed recipe ideas that would not only fulfill the nutritional requirements of the contest, but would also be appealing to the students. The SNAC wanted to come up with something that was different and chose quinoa as the whole grain to feature in the recipe. Quinoa was then paired with traditional American fall produce to create a unique flavor experience. Aztec Grain Salad was named by the students, and it is a fantastic side dish to offer your students.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
JoAnn Clements

CHEF
Ina Cheatem (Natural Food Chef, Fresh Delights)

COMMUNITY MEMBER
Michelle Thompson

STUDENTS
Cory G., Bryan T., and Jackie D.

Aztec Grain Salad

Meal Components: Red/Orange Vegetable-Fruit–Grains **Grains B-24r**

Ingredients	25 Servings		50 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Quinoa, dry	2 lb 3 oz	1 qt 1 ½ cups	4 lb 6 oz	2 qt 3 cups	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		2 qt 3 cups		1 gal 1 ½ qt	2. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Refrigerate at 40 °F.
*Fresh Granny Smith apples, peeled, cored, cubed ¾"	1 lb 13 oz	1 qt 1 cup	3 lb 10 oz	2 qt 2 cups	3. Combine apples, squash, and canola oil. Add half of the ginger and half of the cinnamon. Reserve remaining ginger and cinnamon for step 6. Toss well to coat.
*Fresh butternut squash, peeled, cubed ½"	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	
Canola oil		¼ cup		½ cup	
Ground ginger		1 tsp		2 tsp	
Ground cinnamon		2 ½ tsp		1 Tbsp 2 tsp	4. Transfer apple/squash mixture to a sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 5. Roast until squash is soft and slightly brown on the edges. DO NOT OVERCOOK. Conventional oven: 400 °F for 15-20 minutes Convection oven: 400 °F for 12-15 minutes
Frozen orange juice concentrate	6 oz	¾ cup	12 oz	1 ½ cups	6. Combine orange juice concentrate, olive oil, honey, mustard, vinegar, salt, black pepper, white pepper, cilantro, and remaining ginger and cinnamon. Whisk dressing until combined.
Extra virgin olive oil		⅓ cup		⅔ cup	
Honey		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dijon mustard		1 ½ tsp		1 Tbsp	
Red wine vinegar		½ cup		1 cup	
Salt		½ tsp		1 tsp	
Ground black pepper		⅓ tsp		⅔ tsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Aztec Grain Salad

Meal Components: Red/Orange Vegetable-Fruit–Grains **Grains B-24r**

Ingredients	25 Servings		50 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Ground white pepper		¼ tsp		½ tsp	
Fresh cilantro, finely chopped		1 Tbsp: Option: Add additional for garnish		2 Tbsp Option: Add additional for garnish	
Dried cranberries, finely chopped	10 oz	2 cups	1 lb 4 oz	1 qt	7. In steam table pan (12" x 20" x 4") combine quinoa, apple/squash mixture, cranberries, raisins, and dressing. Mix well. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Option: garnish with additional chopped cilantro. Cover and refrigerate at 40 °F to allow flavors to combine.
Golden raisins, seedless, finely chopped	10 oz	2 cups	1 lb 4 oz	1 qt	8. Critical Control Point: Cool to 40 °F or lower within 4 hours. Refrigerate until ready to serve
					9. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 cup provides (8 fl oz spoodle) ⅛ cup vegetable, ⅜ cup fruit, and 1 oz equivalent grains.	25 Servings: about 9 lb 8 oz	25 Servings: about 1 gallon 1 quart 1 steam table pan
	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts 2 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Granny Smith apples	2 lb 6 oz	4 lb 12 oz
Butternut squash	2 lb 8 oz	5 lb

Nutrients Per Serving

Calories	297.80	Saturated Fat	0.91 g	Iron	2.36 mg
Protein	6.41 g	Cholesterol	0 mg	Calcium	44.35 mg
Carbohydrate	53.56 g	Vitamin A	3391.52 IU (170.84 RAE)	Sodium	58.43 mg
Total Fat	7.83 g	Vitamin C	15.22 mg	Dietary Fiber	5.56 g

Whole Grains

This rich and creamy recipe gives ordinary chicken alfredo a healthy twist, combining fat-free half and half with canned cream of chicken soup and whole-grain rotini noodles.

Chicken Alfredo With a Twist

VAN BUREN MIDDLE SCHOOL
Kettering, Ohio

Our Story

Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. The school continually strives to be a leader in educational excellence.

The Van Buren Middle School recipe challenge team initially developed nine recipes for testing. From these recipes, five were prepared and served to approximately 500 students. Students were asked to vote for their favorite two recipes and provide comments. The team submitted two recipes to the *Recipes for Healthy Kids* Competition, and the Chicken Alfredo With a Twist recipe proved to be a winner! The team felt that the experience was an excellent way to gain student support and to market healthy choices for the lunch menu.

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains, using whole-grain rotini instead of traditional fettuccine noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo that students will surely delight in eating.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Louise Easterly, LD, SNS

CHEF
Rachel Tilford

COMMUNITY MEMBER
Mary Kozarec (School Nurse)

STUDENTS
Graham B., Jonathan A., Shawnrica W., and Savannah S.

Chicken Alfredo With a Twist

Meal Components: Meat/Meat Alternate-Grains **Main Dishes D-54r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to a rolling boil.
Rotini pasta, whole-grain, dry	2 lb	2 qt 2 ¾ cups	4 lb	5 qt 1 ½ cups	2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well. 3. Pour into steam table pans (12″ x 20″ x 4″). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Critical Control Point: Hold pasta at 140 °F or higher.
Low-fat, reduced-sodium cream of chicken soup, condensed	4 lb 11 oz	2 qt 1 ⅜ cups (1 ½ No. 3 cans)	9 lb 6 oz	1 gal ¾ qt (3 No. 3 cans)	4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Fat-free half and half		1 qt 2 cups		3 qt	
Ground white pepper		1 tsp		2 tsp	
Garlic powder		½ tsp		1 tsp	
Parmesan cheese, grated	8 ½ oz	3 cups	1 lb 1 oz	1 ½ qt	
Frozen, cooked diced chicken, thawed, ½″ pieces	3 lb 4 oz	2 qt 2 ½ cups	6 lb 8 oz	1 gal 1 ¼ qt	
					5. Combine noodles and sauce immediately before serving.
					6. Critical Control Point: Hold for hot service at 140 °F or higher.
					7. Portion with 8 fl oz spoodle (1 cup).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chicken Alfredo With a Twist

Meal Components: Meat/Meat Alternate-Grains

Notes
Keep noodles and sauce separate until serving time to maintain consistency of sauce. Sauce will thicken upon standing.

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 2 ¼ oz equivalent meat/meat alternate and 1 ¼ oz equivalent grains.	25 Servings: about 13 lb	25 Servings: about 1 gallon 2 quarts 1 steam table pan
	50 Servings: about 26 lb 8 oz	50 Servings: about 3 gallons 2 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Nutrients Per Serving					
Calories	344.92	Saturated Fat	3.59 g	Iron	2.34 mg
Protein	29.71 g	Cholesterol	68.68 mg	Calcium	173.98 mg
Carbohydrate	40.85 g	Vitamin A	449.55 IU (28.74 RAE)	Sodium	571.55 mg
Total Fat	8.16 g	Vitamin C	0.38 mg	Dietary Fiber	2.67 g

Whole Grains

In this traditional, spiced Indian dish, tender chicken strips, fresh carrots, diced celery, and brown rice are tossed in a creamy curry sauce and baked until golden.

Chicken Curry Casserole

GARFIELD ELEMENTARY SCHOOL
Washington, District of Columbia

Our Story

The students of Garfield Elementary School were eager to accept the *Recipes for Healthy Kids* Competition challenge. The recipe challenge team began by brainstorming ideas and developing recipes for each category of the competition. Students then prepared the dishes for their peers and used the feedback to perfect the recipes. While all of the dishes were popular at Garfield, the Chicken Curry Casserole gained special attention from the competition judges. This chicken curry recipe originated from a student who was inspired by a favorite dish her aunt makes at home. Chicken Curry Casserole is a dish to warm the heart and please the soul!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Danielle Schaub, RD (Chartwells-Thompson)

CHEF
Clay Berry (Executive Chef, Chartwells-Thompson)

COMMUNITY MEMBER
Sapna Batheja, MS, RD (Project Manager, American Association of School Administrators)

STUDENTS
Mark K., Carmen J., and Samya C.

Chicken Curry Casserole

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains **Main Dishes D-55r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		1 qt 3 cups		3 qt 2 cups	1. Boil water.
Brown rice, long-grain, regular, dry	1 lb 8 oz	3 ¾ cups	3 lb	1 qt 3 ½ cups	2. Place 1 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly. 4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
Canola oil		¼ cup		½ cup	6. Cook oil and broth over medium heat for 5 minutes
Low-sodium chicken broth		1 cup		2 cups	.
*Fresh carrots, shredded	1 lb 1 ½ oz	1 qt 1 cup	2 lb 3 oz	2 qt 2 cups	7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside.
*Fresh celery, diced	11 ½ oz	2 ¼ cups	1 lb 7 oz	1 qt ½ cup	
*Fresh onions, chopped ½"	11 oz	2 ½ cups	1 lb 6 oz	1 qt 1 cup	
Curry powder		3 Tbsp		¼ cup 2 Tbsp	8. Combine curry, garlic, pepper, salt, and yogurt. Mix well.
Garlic powder		1 ½ Tbsp		3 Tbsp	
Ground black pepper		¾ Tbsp		1 ½ Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Low-fat yogurt, plain	1 lb	2 cups	2 lb	1 qt	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chicken Curry Casserole

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains

Main Dishes D-55r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Frozen, cooked fajita chicken strips, thawed, diced 1"	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	9. Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well. 10. Bake uncovered: Conventional oven: 400 °F for 10 minutes Convection oven: 375 °F for 10 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					11. Critical Control Point: Hold for hot service at 140 °F or higher. 12. Portion with 6 fl oz spoodle (¾ cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) provides 1 ¼ oz equivalent meat/meat alternate, ¼ cup vegetable, and ¾ oz equivalent grains.	25 Servings: about 10 lb 8 oz	25 Servings: about 1 gallon 1 ¼ quarts
	50 Servings: about 21 lb	50 Servings: about 2 gallons 2 ½ quarts

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Carrots	1 lb 6 oz	2 lb 12 oz
Celery	14 oz	1 lb 12 oz
Mature onions	13 oz	1 lb 10 oz

Nutrients Per Serving

Calories	220.32	Saturated Fat	1.34 g	Iron	1.43 mg
Protein	14.33 g	Cholesterol	50.70 mg	Calcium	64.98 mg
Carbohydrate	26.40 g	Vitamin A	3161.50 IU (158.37 RAE)	Sodium	563.78 mg
Total Fat	6.47 g	Vitamin C	2.56 mg	Dietary Fiber	2.81 g

Whole Grains

This colorful, whole-wheat pasta dish is accented with grape tomatoes and Swiss chard, and delicately flavored with basil and garlic. Children will find this dish to be an oodle of noodle delight!

Oodles of Noodles

LINCOLN JUNIOR HIGH SCHOOL
Skokie, Illinois

Our Story

When the Assistant Principal asks you to work on a recipe challenge project, you roll up your sleeves and get busy! For the recipe challenge team at Lincoln Junior High School, foodservice members, teachers, students, parents, and a chef all came together on Saturdays to cook, taste, and adjust recipes.

At the start of the project, a handful of students and teachers brainstormed a list of their favorite foods and ideas that they thought might work for this project. Teams were formed that represented each of the contest categories. Each team prepared its initial recipe during a weekend cooking session.

Using the feedback provided by the team, the chef adjusted each of the recipes and prepared them for a student taste testing. Thirty students tasted the recipes and were asked to comment and share whether they would eat the dish if it were served again. Based on their feedback, the school submitted three recipes as part of the contest. They were thrilled that one of their recipes, Oodles of Noodles, was selected and featured in this cookbook.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Kathy Jones

CHEF
Patsy Bentivegna

COMMUNITY MEMBERS
Joe Cullota (Teacher) and Maggie Nessim (Board Member and Parent)

STUDENTS
Sarah B., Matt L., Elizabeth D., Vanessa L., and Hannah W.

Oodles of Noodles

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Grains B-26r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		2 gal		4 gal	1. Heat water to a rolling boil.
pasta, whole-wheat, dry	2 lb 12 oz	3 qt 2 ¾ cups	5 lb 8 oz	1 gal 3 qt	2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.
Extra virgin olive oil		⅓ cup		⅔ cup	3. Heat oil. Sauté half of tomatoes over medium heat for 2 minutes until skins soften. DO NOT OVERCOOK. Tomatoes should maintain their shape. For 25 use a large stockpot. For 50 servings, use 1 roasting pan/square head pan (20 ⅞" x 17 ⅜" x 7") on top of stove. Reserve remaining tomatoes for step 6.
*Fresh grape tomatoes, halved	3 lb	2 qt	6 lb	1 gal	
Dried basil		⅛ cup		¼ cup	4. Add basil, salt, pepper, and garlic.
Sea salt		1 Tbsp		2 Tbsp	
Ground black pepper		½ Tbsp		1 Tbsp	
Fresh garlic, minced	2 oz	¼ cup	4 oz	½ cup	
Whole-wheat flour	3 ½ oz	¾ cup	7 oz	1 ½ cups	5. Sprinkle flour over tomatoes. Sauté over medium heat for an additional 1-2 minutes. When mixture begins to thicken add broth. Bring to a boil uncovered. Reduce heat to low.
Low-sodium vegetable broth		2 qt ¼ cup		1 gal ½ cup	
*Fresh Swiss chard, stems removed, chopped	1 lb 4 oz	1 qt 2 ½ cups	2 lb 8 oz	3 qt 1 cup	6. Add Swiss chard and the remaining tomatoes. Simmer over low heat, uncovered, for 2 minutes or until Swiss chard is wilted. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					7. Pour over pasta and serve. 8. Critical Control Point: Hold for hot service at 140 °F or higher.
					9. Portion with 8 fl oz ladle (1 cup).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Oodles of Noodles

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Grains B-26r**

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides ¼ cup vegetable and 2 oz equivalent grains.	25 Servings: about 9 lb 8 oz	25 Servings: about 1 gallon 1 qt
	50 Servings: about 20 lb 8 oz	50 Servings: about 2 gallons 2 qt

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	**25 servings**	**50 servings**
Grape tomatoes	3 lb 1 oz	6 lb 2 oz
Swiss Chard	1 lb 6 oz	2 lb 12 oz

Nutrients Per Serving					
Calories	234.73	Saturated Fat	0.56 g	Iron	5.37 mg
Protein	8.69 g	Cholesterol	0 mg	Calcium	49.85 mg
Carbohydrate	43.44 g	Vitamin A	1519.19 IU (75.96 RAE)	Sodium	323.28 mg
Total Fat	4.00 g	Vitamin C	14.79 mg	Dietary Fiber	5.33 g

Whole Grains

This surprisingly peppy side dish combines spicy green chilies, cilantro, and toasted pepitas with the nutty flavor of quinoa, giving this dish a Latino flair that will spice up any menu.

Peppy Quinoa

SARTELL MIDDLE SCHOOL
Sartell, Minnesota

Our Story

The recipe challenge team at Sartell Middle School decided to feature quinoa as its key ingredient. From South America, this versatile whole grain can be prepared in many different ways. As a light and fluffy alternative to rice or couscous, students are sure to enjoy quinoa—a nutty-flavored whole grain.

The team members all had one thing in common: a passion for serving healthy food to students. The recipes the team developed were based on the suggestions of the students. Each team member did research individually before coming together as a group to decide which recipes to make. Once the recipes were developed, a tasting session was held in order to fine-tune the recipes.

In the end, three recipes were developed by the team and taste-tested by the entire student body. On tasting day, the students were given a brief survey to obtain their feedback on each recipe. More than 300 surveys were completed, and the results were overwhelmingly positive for Peppy Quinoa, which is when the team realized that they had a winning recipe in their hands. Move over pasta, quinoa is in the house!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Janice Sweeter

CHEF
Paul Ruszat

COMMUNITY MEMBERS
Kelly Radi (Parent) and Lori Domburg (Teacher)

STUDENT
Bryan S.

Peppy Quinoa

Meal Components: Other Vegetable-Grains **Grains B-27r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Pepitas (pumpkin seeds), dried		½ cup	3 ¾ oz	1 cup	1. Roast pepitas in oven until light brown and aromatic: Conventional oven: 350 °F for 10 minutes Convection oven: 350 °F for 7 minutes
Quinoa, dry	2 lb 1 oz	1 qt	4 lb 2 oz	2 qt	2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		2 qt 2 cups		1 gal 1 qt	3. Combine quinoa, water, and base in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked.
Low-sodium chicken base	2 ½ oz	3 Tbsp	5 oz	¼ cup 2 Tbsp	
					4. Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 5. Transfer quinoa to steam table pan.
*Fresh onions, diced	8 oz	1 ½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	6. Add onions, chilies, and garlic. Mix well.
Canned diced green chilies	1 lb 3 oz	2 ⅓ cups	2 lb 6 oz	1 qt ⅔ cup	
Fresh garlic, minced	2 oz	¼ cup	4 oz	½ cup	
					7. Cover pan with parchment paper and then seal with a sheet of aluminum foil. 8. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 350 °F for 30 minutes Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Peppy Quinoa

Meal Components: Other Vegetable-Grains **Grains B-27r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Fresh cilantro, chopped	2 ½ oz	3 ½ cups	5 oz	1 qt 3 cups	9. Toss in cilantro, green onions, pepitas and optional lime juice to taste.
*Fresh green onions, diced	1 ½ oz	½ cup	3 oz	1 cup	
Fresh lime juice (optional)		½ to 1 cup		1 to 2 cups	
					10. Hold for hot service at 140 °F or higher. 11. Portion with No. 8 scoop (½ cup).

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
½ cup (No. 8 scoop) provides ⅛ cup vegetable and 1 ¼ oz equivalent grains.	25 Servings: about 6 lb	25 Servings: about 3 gallons 2 cups 1 steam table pan
	50 Servings: about 12 lb	50 Servings: about 6 gallons 1 quart 2 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	**25 servings**	**50 servings**
Mature onions	9 oz	1 lb 2 oz
Green onions	4 oz	8 oz

Nutrients Per Serving					
Calories	174.70	Saturated Fat	0.49 g	Iron	2.31 mg
Protein	6.38 g	Cholesterol	0.28 mg	Calcium	34.49 mg
Carbohydrate	28.60 g	Vitamin A	243.85 IU (12.13 RAE)	Sodium	93.07 mg
Total Fat	3.85 g	Vitamin C	9.53 mg	Dietary Fiber	3.42 g

Whole Grains

This delicious combination of five different whole grains, three vegetables, and chicken makes for a tasty entrée on any menu.

2ND PLACE WINNER
Dark Green and Orange Vegetables

This main dish creatively combines southwest spices with an Asian cooking style, blending the flavors of locally grown produce with fajita chicken strips, all stir-fried to perfection.

Stir-Fry Fajita Chicken, Squash, and Corn

MONUMENT VALLEY HIGH SCHOOL
Kayenta, Arizona

Our Story

Located in the northeastern corner of Arizona on the Navajo Indian Reservation, Monument Valley High School is part of the Kayenta Unified School District. For the recipe challenge, two student teams worked together to help prepare and sample dishes.

The team ultimately developed Stir-Fry Fajita Chicken, Squash, and Corn. This dish combines the mildly sweet flavor of butternut squash and the individual flavors of onions, corn, red peppers, and diced chilies brought together with a blend of black pepper, cumin, garlic powder, and diced tomatoes. The Stir-Fry Fajita Chicken, Squash, and Corn dish uses the natural flavors from vegetables and spices to make a savory meal, which can only be matched by the aroma produced when cooking.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Cathy Getz

CHEF
Paul Gray (Head Cook, Anasazi Inn)

COMMUNITY MEMBERS
Samantha J. Interpreter, RD, LT USPHS RDF-5 and Mike Williams

STUDENTS
Kevin B. and Brett B.

Stir-Fry Fajita Chicken, Squash, and Corn

Meal Components: Meat-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		3 qt		1 gal 2 qt	1. Boil water.
Brown rice, long-grain, regular, dry	3 lb	1 qt 3 ½ cups	6 lb	3 qt 3 cups	2. Place 3 lb brown rice in each steam table pan (12″ x 20″ x 2 ½″). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 3. Pour water (3 quarts per steam table pan) over brown rice. Stir. Cover pans tightly.
					4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
Granulated garlic		1 tsp		2 tsp	6. Sprinkle brown rice with granulated garlic and half of salt-free seasoning, reserving the other half for step 8. Mix well. Fold in cilantro. Critical Control Point: Hold at 140 °F or higher.
Salt-free chili-lime seasoning blend		2 Tbsp 1 tsp		¼ cup 2 tsp	
Fresh cilantro, chopped		¼ cup		½ cup	
Canola oil		½ cup		1 cup	7. Heat oil. Sauté onions for 2-3 minutes. For 25 servings, use a large stock pot. For 50 servings, use a roasting pan/square head pan (20 ⅞″ x 17 ⅜″ x 7″) on top of stove.
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 ¼ cups	
Frozen, cooked fajita chicken strips, thawed	4 lb	1 gal	8 lb	2 gal	8. Add chicken, squash, and remaining salt-free seasoning. Stir-fry over high heat for 10 minutes or until squash is tender.
*Fresh butternut squash, peeled, cubed ½″	4 lb	3 qt 1 cup	8 lb	1 gal 2 ½ qt	
*Fresh red bell peppers, diced ½″	1 lb	3 cups	2 lb	1 qt 2 cups	9. Add red peppers, corn, green chilies, tomatoes, black pepper, cumin, and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 minutes to maintain crunchiness of vegetables. DO NOT OVERCOOK.
Frozen corn, thawed, drained	2 lb	1 qt 1 ½ cups	4 lb	2 qt 3 cups	
Canned, diced green chilies	1 lb	2 cups (½ No. 10 can)	2 lb	1 qt (1 No. 10 can)	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Stir-Fry Fajita Chicken, Squash, and Corn

Meal Components: Meat-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains

Main Dishes D-60r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium diced tomatoes	1 lb 2 oz	2 ¼ cups (¼ No. 10 can)	2 lb 4 oz	1 qt ½ cup (½ No. 10 can)	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
Ground cumin		1 Tbsp		2 Tbsp	
Garlic powder		2 tsp		1 Tbsp 1 tsp	10. Reduce heat to low and simmer for 2 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					11. Critical Control Point: Hold for hot service at 140 °F or higher. 12. Portion 6 fl oz spoodle (¾ cup) stir-fry over No. 8 scoop (½ cup) brown rice.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) stir-fry mixture over ½ cup (No. 8 scoop) brown rice provides 1 ¼ oz equivalent meat, ¾ cup vegetable, and 1 oz equivalent grains.	25 Servings: about 12 lb 12 oz stir-fry about 6 lb brown rice	25 Servings: about 1 gallon 2 quarts stir-fry about 3 quarts brown rice
	50 Servings: about 25 lb stir-fry about 12 lb brown rice	50 Servings: about 3 gallons stir-fry about 1 gallon 2 quarts brown rice

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	1 lb 3 oz	2 lb 6 oz
Butternut squash	4 lb 13 oz	9 lb 10 oz
Red bell peppers	1 lb 4 oz	2 lb 8 oz

Nutrients Per Serving

Calories	396.34	Saturated Fat	1.69 g	Iron	2.37 mg
Protein	19.52 g	Cholesterol	62.31 mg	Calcium	57.97 mg
Carbohydrate	58.87 g	Vitamin A	7346.86 IU (359.04 RAE)	Sodium	574.40 mg
Total Fat	10.01 g	Vitamin C	44.16 mg	Dietary Fiber	7.06 g

Dark Green and Orange Vegetables

This dish offers a sweet mixture of brown rice, juicy pineapple, tasty chicken, and bok choy, tossed with sweet and sour sauce and wrapped in a fresh, crisp romaine lettuce leaf.

Bok Choy Wrappers

WINOGRAD K-8 ELEMENTARY SCHOOL
Greeley, Colorado

Our Story

Students with a passion for food were handpicked by their food science teacher. The culinary knowledge of their school nutrition professional, and a local chef, along with the organizational skills of a community member, rounded out this recipe challenge team. They combined their love of food, clever personalities, and amazing ideas to create recipes students would enjoy.

They began by writing down favorite foods of the team members, and used this list to craft basic dishes to try in the kitchen. The team experimented with different techniques and ingredients that everyone would enjoy.

They decided to use bok choy as a main ingredient. This dark-green leafy Chinese cabbage with a light, sweet flavor is a new vegetable to most students. They knew that presentation would be the key in getting students to try it. After much experimentation, a recipe was developed that is truly a hands-on experience, the Bok Choy Wrappers.

This recipe challenged kids to try something new. Bok Choy Wrappers are not your typical wrap! They let you eat with your hands by making a wrap of crisp romaine lettuce leaves filled with a delicious and nutritious combination of chicken, pineapple, brown rice, and of course, bok choy!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Kara Sample, RD, SNS

CHEF
Amanda Smith

COMMUNITY MEMBER
Emily Wigington (AmeriCorps VISTA Volunteer)

STUDENTS
Jace K., Bethany V., Abraham A., and Amairani P.

Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains **Sandwiches F-11r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		3 qt		1 gal 2 qt	1. Boil water.
Brown rice, long-grain, regular, dry	2 lb 8 oz	1 qt 2 ¼ cups	5 lb	3 qt ½ cup	2. Place 2 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 3. Pour water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly.
					4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
*Fresh bok choy, sliced ¼"	1 lb 11 oz	2 qt	3 lb 6 oz	1 gal	6. Combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Pour into steam table pans (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Canned pineapple tidbits, in 100% juice	3 lb 5 oz	1 qt 2 cups (½ No. 10 can)	6 lb 10 oz	3 qt (1 No. 10 can)	
Frozen, cooked chicken strips, thawed	3 lb 1 oz	3 qt	6 lb 2 oz	1 gal 2 qt	
Sweet and sour sauce		3 cups		1 qt 2 cups	
Low-sodium soy sauce		1 Tbsp		2 Tbsp	
					7. Bake: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 20 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 8. Critical Control Point: Hold for hot service at 140 °F or higher.
*Fresh romaine lettuce, outer leaves, rinsed, dry	2 lb 8 oz	50 leaves	5 lb	100 leaves	9. Top each romaine lettuce leaf with a 6 fl oz spoodle (¾ cup) of filling. Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve immediately.
					10. Serve 2 wraps.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains

Sandwiches F-11r

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Students can assemble their own lettuce wraps. Portion 1 ½ cups filling alongside 2 romaine lettuce leaves.
May also serve over a bed of romaine lettuce.

Extra lettuce leaves can be used for making salads.

Serving	Yield	Volume
Two wraps provide 1 oz equivalent meat, ¾ cup vegetable, ⅛ cup fruit, and 1 ½ oz equivalent grains. One wrap provides ½ oz equivalent meat, ⅜ cup vegetable, and ¾ oz equivalent grains.	25 Servings: about 13 lb (filling) about 2 lb 8 oz (Romaine lettuce)	25 Servings: about 1 gallon 3 quarts (filling) about 1 ½ quarts (Romaine lettuce) 50 wraps
	50 Servings: about 27 lb (filling) about 5 lb (Romaine lettuce)	50 Servings: about 3 gallons 1 ½ quarts (filling) about 3 quarts (Romaine lettuce) 100 wraps

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	**25 servings**	**50 servings**
Bok choy	2 ¼ lb	4 ½ lb
Romaine lettuce	4 lb	8 lb

Nutrients Per Serving (2 wraps)					
Calories	376.10	Saturated Fat	2.32 g	Iron	2.20 mg
Protein	12.83 g	Cholesterol	22.64 mg	Calcium	71.00 mg
Carbohydrate	56.18 g	Vitamin A	4449.94 IU (223.51 RAE)	Sodium	376.84 mg
Total Fat	11.15 g	Vitamin C	27.55 mg	Dietary Fiber	5.22 g

Dark Green and Orange Vegetables

This appealing main dish combines seasoned chicken, sweet pineapple, and crunchy shredded vegetables, topped with a delicious poppy seed dressing all wrapped in a warm, whole-wheat tortilla.

Smokin' Powerhouse Chili

WEST JUNIOR HIGH SCHOOL
Minnetonka, Minnesota

Our Story

Hopkins West Junior High School is located just across the Hopkins border in Minnetonka, Minnesota. It was one of the first middle schools in the State to receive the Blue Ribbon National Schools of Excellence award from the U.S. Department of Education. It was also named one of the "100 Highly Effective Middle Level Schools" by the National Association of Secondary School Principals.

The recipe challenge team developed dishes that were prepared by the school nutrition staff and then offered to students during their lunch hour. A "Meet the Chef" table was set up for students to submit their recipe evaluation forms and suggestions. In the end, the results showed that the Smokin' Powerhouse Chili was a success among students. It stands apart because of its warm, rich flavors.

As the recipe challenge team describes it, their vegetarian quinoa chili is "the bomb!" As a main dish, it has a smoky blend of spices coupled with some of Minnesota's best harvest. Smokin' Powerhouse Chili is the perfect dish to help you warm up from the inside out on a cold winter's day!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Barbara Mechura

CHEF
Jenny Breen, MS (Co-owner, Good Life Catering)

COMMUNITY MEMBERS
Mary Jo Martin (Parent and School Nurse) and Sue Nefzger (Parent and Family and Consumer Science Teacher)

STUDENTS
Ryan K., Liam P., Ty L., Miranda H., and Matt H.

Smokin' Powerhouse Chili

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Additional Vegetable-Grains **Main Dishes D-58r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	1 lb 8 oz	1 qt ¾ cup	3 lb	2 qt 1 ⅜ cups	1. Sauté onions and garlic for 2 minutes in a pan coated with pan release spray. For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20⅞" x 17 ⅜" x 7") on top of stove. 2. Add half of the stock and bring to a boil over medium high heat. Reserve remaining vegetable stock for step 4.
Fresh garlic, minced	2 oz	¼ cup	4 oz	½ cup	
Low-sodium vegetable stock		3 ⅛ cups		1 qt 2 ¼ cups	
*Fresh carrots, diced ½"	1 lb 9 oz	1 qt 3 ⅓ cups	3 lb 2 oz	3 qt 2 ⅔ cups	3. Add carrots, red peppers, and ground chipotle pepper (optional). Simmer uncovered over low-medium heat for 10 minutes.
*Fresh red bell peppers, diced	¾ lb	2 ¼ cups	1 lb 8 oz	1 qt ½ cup	
Dry ground chipotle pepper, (optional)		1 Tbsp		2 Tbsp	
Canned low-sodium diced tomatoes	2 lb 14 ½ oz	1 qt 3 cups (⅔ No. 10 can)	5 lb 13 oz	3 qt 2 cups (1 ⅓ No. 10 cans)	4. Add remaining stock, tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt to vegetable mixture. Stir occasionally. Continue to simmer over low heat, uncovered, for 15 minutes.
Canned low-sodium tomato sauce	1 lb 11 ½ oz	3 ¾ cups (⅓ No. 10 can)	3 lb 7 oz	1 qt 3 ½ cups (⅔ No. 10 can)	
Fresh cilantro, chopped		1 cup	2 ½ oz	2 cups	
Chili powder		3 Tbsp 1 tsp	2 oz	½ cup	
Ground cumin		3 Tbsp 1 tsp		½ cup	
Salt		1 tsp		2 tsps	
*Fresh sweet potatoes, peeled, diced ½"	1 lb 2 oz	3 ¼ cups	2 lb 4 oz	1 qt 2 ½ cups	5. Steam sweet potatoes until soft (about 10-15 minutes) in a perforated steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Smokin' Powerhouse Chili

Meal Components: Meat Alternate-Legume Vegetable–Red/Orange Vegetable–Other Vegetable–Additional Vegetable–Grains **Main Dishes D-58r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans drained, rinsed OR *Dry black beans, cooked (See Notes Section)	3 lb OR 3 lb	2 qt (1 ¼ No. 10 cans) OR 2 qt	6 lb OR 6 lb	1 gal (2 ½ No. 10 cans) OR 1 gal	6. Add beans, corn, and sweet potatoes to vegetable mixture. Simmer uncovered over low heat for 10 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Frozen corn, thawed, drained	1 lb	3 cups	2 lb	1 qt 2 cups	7. Critical Control Point: Hold for hot service at 140 °F or higher.
Quinoa, dry	1 lb	2 ½ cups	2 lb	1 qt 1 cup	8. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		3 ½ cups		1 qt 3 cups	9. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. 10. Critical Control Point: Hold for hot service at 140 °F or higher.
					11. Portion 8 fl oz ladle (1 cup) chili. Serve with No. 16 scoop (¼ cup) cooked quinoa. 12. If desired, serve chili with ¼ cup brown rice in place of quinoa.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Smokin' Powerhouse Chili

Meal Components: Meat Alternate-Legume Vegetable–Red/Orange Vegetable–Other Vegetable–Additional Vegetable–Grains **Main Dishes D-58r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	1 lb 12 oz	3 lb 8 oz
Carrots	2 lb 4 oz	4 lb 8 oz
Red bell peppers	1 lb	2 lb
Sweet potatoes	1 lb 8 oz	3 lb
Dry black beans	1 lb 12 oz	3 lb 8 oz

Nutrients Per Serving

Calories	183.60	Saturated Fat	0.18 g	Iron	2.98 mg
Protein	7.45 g	Cholesterol	0 mg	Calcium	62.80 mg
Carbohydrate	37.50 g	Vitamin A	9023.99 IU (434.86 RAE)	Sodium	255.97 mg
Total Fat	1.66 g	Vitamin C	38.82 mg	Dietary Fiber	7.60 g

Serving	Yield	Volume
1 cup (8 fl oz ladle) chili and ¼ cup (No. 16 scoop) quinoa provides: **Legume as Meat Alternate:** ½ oz equivalent meat alternate, 1 cup vegetable, and ½ oz equivalent grains. OR **Legume as Vegetable:** 1 ⅛ cup vegetable and ½ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	25 Servings: about 14 lb 50 Servings: about 27 lb	25 Servings: about 1 gallon 3 quarts 1 steam table pan 50 Servings: about 3 gallons 2 quarts 2 steam table pans

Dark Green and Orange Vegetables

Dark Green and Orange Vegetables

This savory recipe is made with a slightly sweet tomato sauce deliciously tucked between layers of whole-wheat lasagna noodles, butternut squash, and spinach, all nestled under part-skim mozzarella cheese.

Squish Squash Lasagna

LIBERTY ELEMENTARY SCHOOL
Powell, Ohio

Our Story

The recipe team from Liberty Elementary School made it a goal to create a recipe that would be enjoyed by kids. Students wanted a new lunch menu with more flavor and variety. They started the recipe development process by surveying 4th and 5th grade students. After the survey results were compiled, the team decided to test two recipes and conduct a student taste test to measure the quality of the recipes. With feedback from students, the team developed Squish Squash Lasagna, featuring butternut squash. This savory vegetable has a deep orange color and sweet, nutty taste similar to pumpkin that children are sure to enjoy.

After sampling the dish, some students returned for second helpings. That's when the team knew that this recipe was a hit! Students at Liberty Elementary School were thrilled to learn that this recipe could be a part of their daily lunch program. Squish Squash Lasagna offers students a flavorful dining experience. Excite students by making this dish a part of your planned lunch menu!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Jackie Billman

CHEF
Jeff Lindemeyer (Executive Chef, Cameron Mitchell Restaurants)

COMMUNITY MEMBERS
Nicole Hancock and Michelle Lounsbury

STUDENTS
Tori L., Alexis H., Leah L., and Buddy F.

Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-59r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	12 oz	2 ⅓ cups	1 lb 8 oz	1 qt ¾ cups	1. To make tomato sauce, sauté onions and garlic in oil for 2-3 minutes. Add tomatoes, oregano, thyme, and basil. Simmer over low heat, uncovered, for 30 minutes, stirring occasionally.
Fresh garlic, minced	1 ½ oz	2 Tbsp 1 tsp	3 oz	¼ cup 1 ½ tsp	
Canola oil		1 tsp		2 tsp	
Canned low-sodium diced tomatoes	3 lb 2 oz	1 qt 2 cups (½ No. 10 can)	6 lb 4 oz	3 qt (1 No. 10 can)	
Dried oregano		¾ tsp		1 ½ tsp	
Dried thyme		¾ tsp		1 ½ tsp	
Dried basil		¾ tsp		1 ½ tsp	
Whole-wheat lasagna sheets, no-boil, 3 ½" x 7" sheets	1 lb 3 oz	32 sheets	2 lb 6 ¼ oz	64 sheets	2. Place pasta sheets in hot water for 7-10 minutes. Remove sheets as dish is assembled.
*Fresh butternut squash, peeled, sliced ¼"	4 lb 10 oz	70 slices	9 lb 4 oz	140 slices	
*Fresh spinach, sliced 1/8"	8 oz	3 ¼ cups	1 lb	1 qt 2 ½ cups	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	12 ½ oz	3 ⅛ cups	1 lb 9 oz	1 qt 2 ¼ cups	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains

Main Dishes D-59r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
					3. Assembly: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Spread ingredients evenly across each pan. First layer: a. 16 lasagna sheets, slightly overlapping approximately 1" b. 2 ½ cups tomato sauce (about 1 lb 2 oz) c. about 2 ½ cups spinach (4 oz) d. 2 lb 5 oz squash slightly overlapping (35 slices) Second layer: Repeat first layer Third layer: a. 2 ½ cups tomato sauce (about 1 lb 2 oz)
					4. Cover with foil and bake until squash is fork tender: Conventional oven: 350 °F for 60-75 minutes Convection oven: 350 °F for 40-55 minutes
					5. Remove from oven. Sprinkle 12 ½ oz (3 ⅛ cups) cheese evenly over each pan of lasagna. 6. Bake uncovered until cheese starts to brown slightly: Conventional oven: 350 °F for 15 minutes Convection oven: 350 °F for 10 minutes Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					7. Remove from oven and allow to set for 15 minutes before serving. 8. Critical Control Point: Hold for hot service at 140 °F or higher.
					9. Portion: Cut each pan 5 x 5 (25 pieces per pan).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 piece provides ½ oz equivalent meat alternate, ¾ cup vegetable, and ¾ oz equivalent grains.	25 Servings: about 10 lb	25 Servings: 1 steam table pan
	50 Servings: about 19 lb 8 oz	50 Servings: 2 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	**25 servings**	**50 servings**
Mature onions	14 oz	1 lb 12 oz
Butternut squash	5 lb 8 oz	11 lb
Baby spinach	9 ¼ oz	1 lb 2 ½ oz

Nutrients Per Serving					
Calories	175.41	Saturated Fat	1.58 g	Iron	1.15 mg
Protein	7.59 g	Cholesterol	7.65 mg	Calcium	149.17 mg
Carbohydrate	29.05 g	Vitamin A	9102.60 IU (455.95 RAE)	Sodium	83.24 mg
Total Fat	3.72 g	Vitamin C	18.19 mg	Dietary Fiber	4.94 g

Tips for Affordable Fruits and Veggies

Try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

Keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

Dark Green and Orange Vegetables

This hearty main dish combines the sweetness of orange sweet potatoes and robustness of black beans, with the surprise addition of Swiss chard and a light touch of cumin. Serve over brown rice or whole-wheat couscous for a warm delight!

Sweet Potato and Black Bean Stew

SKYLINE HIGH SCHOOL
Oakland, California

Our Story

What can happen when you put sweet potatoes and black beans together? Well, if you are part of the recipe challenge team at Skyline High School, you get Sweet Potato and Black Bean Stew. Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. Its recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The team started out with several recipes that led to a recipe cook-off, which eventually resulted in the development and submission of two recipes. Both recipes received overwhelmingly positive responses from the Skyline High School student body. The team is excited to have both recipes, Sweet Potato and Black Bean Stew and Spanish Chickpea Stew, represented in this cookbook.

The wonderful combination in the Sweet Potato and Black Bean Stew recipe is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion by the addition of flavorful Swiss chard, a delicately mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew will warm the soul and feed the mind.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Donnie Barclift

CHEF
Jenny Huston

COMMUNITY MEMBERS
Rusty Hopewell (Health Center Nutritionist) and Sage Moore

STUDENTS
Karen M., Quailyn S., and Rudy R.

Sweet Potato and Black Bean Stew

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable **Soups H-08r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Dried New Mexican chili peppers, whole		3		6	1. Sauté chili peppers and onions in oil for 2-3 minutes. For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 ⅞" x 17 ⅜" x 7") on top of stove.
*Fresh onions, diced	1 lb 9 oz	1 qt 1 ½ cups	3 lb 2 oz	2 qt 3 cups	
Vegetable oil		½ cup		1 cup	
Ground cumin		1 ½ Tbsp		3 Tbsp	2. Add cumin and sauté for 2 minutes.
*Fresh sweet potatoes, peeled, cubed ½"	3 lb	2 qt 2 ¼ cups	6 lb	1 gal 1 qt	3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil.
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	12 lb 2 oz OR 12 lb 2 oz	1 gal 1 ⅓ qt (3 No. 10 cans) OR 1 gal 1 ⅓ qt	24 lb 4 oz OR 24 lb 4 oz	2 gal 2 ⅔ qt (6 No. 10 cans) OR 2 gal 2 ⅔ qt	
Orange juice		3 cups		1 qt 2 cups	
Low-sodium chicken stock		1 qt		2 qt	4. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender.
Red wine vinegar		¼ cup		½ cup	5. Remove chilies and discard. Add vinegar, salt, pepper, and Swiss chard. Cover. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Salt		1 tsp		2 tsp	
Ground black pepper		1 tsp		2 tsp	
*Fresh Swiss chard, no stems, chopped ½" OR Frozen Swiss chard, chopped	1 lb OR 12 oz	1 qt 1 cup OR 2 ¼ cups	2 lb OR 1 lb 8 oz	2 qt 2 cups OR 1 qt ½ cup	
					6. Critical Control Point: Hold for hot service at 140 °F or higher. 7. Portion with 8 fl oz ladle (1 cup).

Sweet Potato and Black Bean Stew

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable **Soups H-08r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

In place of the New Mexican Chilies use California, Anaheim, or Ancho chilies. If using powdered chili use Ancho Chili Powder and use 1 Tbsp per chili.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	1 lb 13 oz	3 lb 10 oz
Sweet potatoes	3 lb 12 oz	7 lb 8 oz
Dry black beans	4 lb 11 oz	9 lb 6 oz
Swiss chard	1 lb 1 oz	2 lb 2 oz

Nutrients Per Serving

Calories	222.48	Saturated Fat	0.34 g	Iron	3.95 mg
Protein	10.35 g	Cholesterol	0 mg	Calcium	103.07 mg
Carbohydrate	43.48 g	Vitamin A	8847.71 IU (442.39 RAE)	Sodium	578.59 mg
Total Fat	4.43 g	Vitamin C	25.75 mg	Dietary Fiber	12.25 g

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides: **Legume as Meat Alternate:** 3 oz equivalent meat alternate and ½ cup vegetable. OR **Legume as Vegetable:** 1 ¼ cup vegetable. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	25 Servings: about 16 lb 8 oz 50 Servings: about 32 lb	25 Servings: about 2 gallons 50 Servings: about 4 gallons

1ST PLACE WINNER
Dry Beans and Peas

This hearty soup will surely tantalize taste buds with tender smoked turkey chunks, Navy beans, and a colorful array of veggies, all simmered in a deliciously seasoned broth.

Fiesta Mexican Lasagna

ITHACA CITY SCHOOL DISTRICT
Ithaca, New York

Our Story

At the Ithaca City School District in picturesque Ithaca, New York, their mission is to educate every student to become a life-long learner. The team's chef is a co-owner of a local restaurant which is considered one of the "pioneer" restaurants for preparing and serving healthy, local, plant-based meals.

The New York Coalition for Healthy School Food was just beginning to work with the school district on a project that develops and implements plant-based entrées, using local organic beans as much as possible, and a team was created. For its entry into the *Recipes for Healthy Kids* Competition, the team worked to create Fiesta Mexican Lasagna.

While developing the recipe, team members spoke with students to gain feedback on the recipe and conducted numerous tastings, which allowed the team to modify the recipe accordingly. The team and students were thrilled that the recipe was selected as a finalist. Fiesta Mexican Lasagna features golden butternut squash, corn, and peppers roasted until sweet and the natural flavors caramelize together. This deliciously spicy spin on an Italian classic will leave your students wanting more!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Denise Agati (Food Service Director)

CHEF
Wynnie Stein (Chef, Moosewood Restaurant)

COMMUNITY MEMBERS
Amie Hamlin (Executive Director, New York Coalition for Healthy School Food) and Eric Smith (Owner, Cayuga Pure Organics)

STUDENTS
Alyia C. and Josie W. (Middle School Students)

Fiesta Mexican Lasagna

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-62r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canola oil		2 ½ Tbsp		¼ cup 1 Tbsp	1. Combine oil, green peppers, corn, and half of onions. Reserve remaining onions for step 5. Toss to coat. Transfer to a sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 2. Roast uncovered until lightly brown around edges: Conventional oven: 350 °F for 20 minutes Convection oven: 350 °F for 12 minutes
*Fresh green bell peppers, diced	5 oz	¾ cup	10 oz	1 ½ cups	
Canned low-sodium corn, drained, rinsed	1 lb 8 oz	3 ¼ cups (⅓ No. 10 can)	3 lb	1 qt 2 ½ cups (⅔ No. 10 can)	
*Fresh onions, diced	1 lb 8 oz	1 qt ¾ cup	3 lb	2 qt 1 ⅜ cups	
*Fresh butternut squash, peeled, cubed ½"	1 lb 12 oz	1 qt 3 ½ cups	3 lb 8 oz	3 qt 3 cups	3. Place squash in perforated steam table pan (12" x 20" x 2 ½") and steam for 15 minutes or until tender. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 4. Mash squash until smooth. Add roasted vegetables, half of oregano and half of cumin. Reserve remaining oregano and cumin for step 5. Mix well. Set aside.
Ground oregano		2 tsp		1 Tbsp 1 tsp	5. Lightly coat nonstick pan with pan release spray. Sauté remaining onions, oregano, and cumin with garlic, chili powder, paprika, and salt for 5 minutes or until soft.
Ground cumin		2 tsp		1 Tbsp 1 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Chili powder		2 tsp		1 Tbsp 1 tsp	
Paprika		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fiesta Mexican Lasagna

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-62r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	4 lb 4 oz OR 4 lb 4 oz	1 qt 3 ⅔ cups (1 ⅛ No. 10 cans) OR 1 qt 3 ⅔ cups	8 lb 8 oz OR 8 lb 8 oz	3 qt 3 ⅓ cups (2 ¼ No. 10 cans) OR 3 qt 3 ⅓ cups	6. Puree onion mixture and beans in a food processor to a smooth consistency. If needed, add water to make puree smoother: For 25 servings, use about ⅛ cup water. For 50 servings, use about ¼ cup water. Set aside.
Canned low-sodium meatless spaghetti sauce	2 lb 12 oz	1 qt 1 cup (½ No. 10 can)	5 lb 8 oz	2 qt 2 cups (1 No. 10 can)	7. Combine spaghetti sauce and salsa. Set aside.
Canned low-sodium salsa, mild	1 lb 12 oz	3 ½ cups (¼ No. 10 can)	3 lb 8 oz	1 qt 3 cups (½ No. 10 can)	
Low-sodium tortilla chips	1 lb 8 oz	About 265 chips	3 lb	About 530 chips	8. For 25 servings, crumble 8 oz tortilla chips for topping. Reserve remaining 1 lb whole tortilla chips for lasagna layers. For 50 servings, crumble 1 lb tortilla chips for topping. Reserve remaining 2 lb whole tortilla chips for lasagna layers.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fiesta Mexican Lasagna

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-62r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
					9. Assembly: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. First layer: a. 1 qt ¼ cup sauce Second layer: a. 8 oz whole chips (about 85 chips), slightly overlapping b. 1 qt 1 cup (about 2 lb 4 oz) bean mixture c. 1 qt ½ cup (about 1 lb 15 oz) squash/vegetable mixture Third layer: Repeat second layer Fourth layer: a. 1 qt ¼ cup sauce b. 8 oz crumbled chips, about 2 ½ cups 10. Tightly cover pans. 11. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 350 °F for 30 minutes Critical Control Point: Heat to 140 °F or higher for at least 15 seconds. 12. Remove from oven. Uncover. Allow to set for 15 minutes before serving. 13. Critical Control Point: Hold at 140 °F or higher.
					14. Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾" square).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fiesta Mexican Lasagna

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry black beans = about 2 ½ cups dry or 4 ½ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Green bell peppers	8 oz	1 lb
Mature onions	1 lb 12 oz	3 lb 8 oz
Butternut squash	2 lb 4 oz	4 lb 8 oz
Dry black beans	1 lb 6 oz	2 lb 12 oz

Nutrients Per Serving

Calories	263.63	Saturated Fat	0.51 g	Iron	2.35 mg
Protein	8.71 g	Cholesterol	1.00 mg	Calcium	120.21 mg
Carbohydrate	52.16 g	Vitamin A	3768.71 IU (179.72 RAE)	Sodium	425.06 mg
Total Fat	4.09 g	Vitamin C	15.61 mg	Dietary Fiber	9.37 g

Serving	Yield	Volume
1 piece provides: **Legume as Meat Alternate:** 1 oz equivalent meat alternate, ¾ cup vegetable, and ¾ oz equivalent grains. OR **Legume as Vegetable:** 1 cup vegetable and ¾ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	25 Servings: about 18 lb 50 Servings: about 36 lb	25 Servings: 1 steam table pan 50 Servings: 2 steam table pans

Dry Beans and Peas

This delicious main dish features a quinoa and black bean filling seasoned with cumin, chili powder, lime juice, and a medley of shredded carrots, red peppers, red onion, and reduced-fat cheddar cheese.

Fiesta Wrap

CHARTER OAK INTERNATIONAL ACADEMY
West Hartford, Connecticut

Our Story

Charter Oak International Academy, nestled in the midst of the West Hartford, Connecticut School District, is a thriving magnet school with students from 20 countries, speaking 14 languages! For the contest the recipe challenge team included students from three schools involved in the *Chefs Move to Schools* program or *Farm to School* pilot program and one of the founders of "Growing Great Schools," a newly formed parent advocacy group. The team's objectives were to improve the nutritional quality of meals being served in schools and to connect students with their food sources. To test the recipe, Fiesta Wrap was served to over 250 students, and an overwhelming majority gave the recipe a "thumbs-up." This winning creation combines spices, whole grains, legumes, and vibrant vegetables to create a taste that is unforgettable. To top it off, kids can crown their wraps with fresh tomatoes, lettuce, and corn salsa.

The team was excited to work on the contest and was even more thrilled when their recipe was chosen to be featured in this cookbook.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Sharon Riley (Area Manager, School Nutrition Services)

CHEF
Hunter Morton (Executive Chef, Max's Downtown Restaurant)

COMMUNITY MEMBER
Alicia Brown (Parent)

STUDENTS
Cole C., Sasha W., Remie H., Noa B., and Niranda M.

Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains **Sandwiches F-14r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Quinoa, dry	6 ½ oz	1 cup	13 oz	2 cups	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		2 cups		1 qt	2. Combine quinoa and water in a covered stock pot and bring to a boil. Reduce heat to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff. Set aside.
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	3 lb 6 oz OR 3 lb 6 oz	2 qt (⅞ No. 10 can) OR 2 qt	6 lb 12 oz OR 6 lb 12 oz	1 gal (1 ¾ No. 10 cans) OR 1 gal	3. Place half of the black beans in a large bowl and lightly hand mash, using gloved hands. Some beans should remain whole. For 25 servings, mash to yield about 1 qt 2 ½ cups. For 50 servings, mash to yield about 3 qt 1 cup.
*Fresh carrots, shredded	5 ½ oz	1 ⅓ cups	11 oz	2 ⅔ cups	Filling: 4. Combine quinoa, mashed beans, carrots, cheese, red peppers, onions, chili powder, cumin, lime juice, and for 50 servings only, salt. Mix thoroughly.
Reduced-fat white cheddar cheese, shredded	3 oz	1 cup	6 oz	2 cups	
*Fresh red bell peppers, diced	5 ½ oz	1 cup	11 oz	2 cups	
*Fresh red onions, diced	5 ½ oz	1 cup	11 oz	2 cups	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		1 ½ Tbsp		3 Tbsp	
Lime juice		1 ½ Tbsp		3 Tbsp	
Salt		0		2 tsp	
Whole-wheat tortillas, 6" (0.9 oz each)		25		50	5. Using a No. 8 scoop (½ cup), spread filling on bottom third of tortilla. Roll in the form of a burrito and seal. If preferred, spread filling on half the tortilla and fold in half like a taco.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains **Sandwiches F-14r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup		½ cup	6. Brush filled wraps lightly with oil and place seam side down on sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7. Bake until golden brown: Conventional oven: 325 °F for 15 minutes Convection oven: 300 °F for 10 minutes Critical Control Point: Heat to 140 °F for at least 15 seconds. 8. Critical Control Point: Hold for hot service at 140 °F or higher. 9. If desired, serve with fresh diced tomatoes, corn salsa, lettuce, and/or salsa.
					10. Serve 1 wrap.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Fiesta Wrap

Meal Components: Meat Alternate-Legume Vegetable-Grains **Sandwiches F-14r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

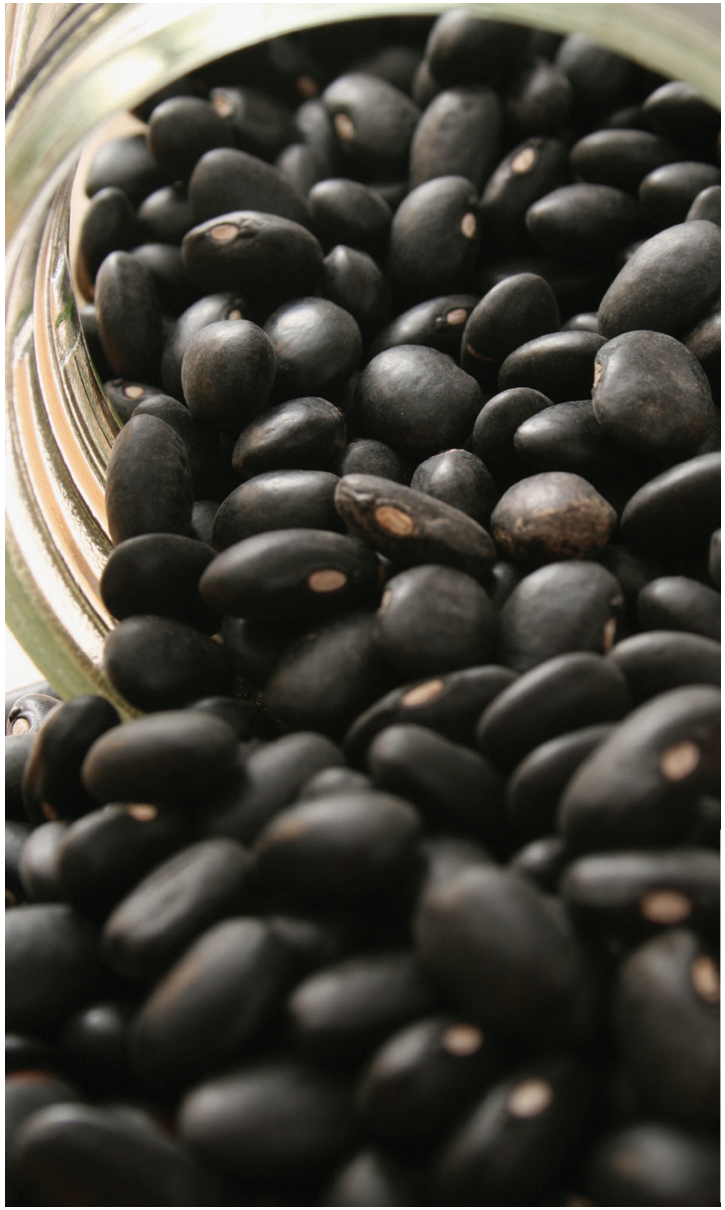
Food as Purchased for	25 servings	50 servings
Dry black beans	14 oz	1 lb 12 oz
Carrots	6 oz	13 ¼ oz
Red bell peppers	6 oz	13 ¾ oz
Red onions	6 ¼ oz	12 ½ oz

Nutrients Per Serving

Calories	175.48	Saturated Fat	0.63 g	Iron	2.05 mg
Protein	6.86 g	Cholesterol	1.91 mg	Calcium	61.64 mg
Carbohydrate	26.93 g	Vitamin A	1465.09 IU (77.28 RAE)	Sodium	346.18 mg
Total Fat	5.07 g	Vitamin C	11.98 mg	Dietary Fiber	5.16 g

Serving	Yield	Volume
1 wrap provides: **Legume as Meat Alternate:** 1 oz equivalent meat alternate and 1 oz equivalent grains. OR **Legume as Vegetable:** ¼ cup vegetable and 1 oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	25 Servings: about 5 lb (filling) 50 Servings: about 12 lb (filling)	25 Servings: about 2 qt 2 cups (filling) 25 wraps 50 Servings: about 1 gallon 2 quarts (filling) 50 wraps

Dry Beans and Peas



Dry Beans and Peas

This hearty dish is a perfect blend of spinach, sweet potatoes, red potatoes, northern beans, tomatoes, and chicken. To round out the dish, the flavors of carrots, celery, onions, and garlic take this stew to the next level!

Harvest Stew

DAVID D. JONES ELEMENTARY SCHOOL
Greensboro, North Carolina

Our Story

When the recipe challenge team came together to work on this recipe challenge project, they had no idea what they had gotten themselves into. Their first task was figuring out how to organize a tasting event because their school had over 750 students. The team then began experimenting with different ingredients and recipes and held small taste testing sessions to gather feedback and make improvements. All of their hard work led to the development of Harvest Stew.

This flavorful dish was created to satisfy the palate of students, teachers, and staff while being a filling, nutritious meal to fuel them for the rest of their day. Initially when the Harvest Stew recipe was created, it was prepared with kale. However, spinach was substituted because it was more readily available for the school district.

Over 600 students sampled the recipe during their lunch period. Parents of students were also encouraged to attend the tasting with their children. Parents, students, and teachers were enthusiastic about the new recipe and overwhelmingly enjoyed the dish, with 70 percent of the students approving of the recipe. The school is proud that North Carolina sweet potatoes from their *Farm to School* program were featured in this stew.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Pam Cecil

CHEF
Matthias Hartmann

COMMUNITY MEMBERS
Jen Schell (Parent) and Amanda Hester (Nutritionist)

STUDENTS
Maria S., Bailey P., Nemiah I., Jalen W., and Ayatollah H.

Harvest Stew

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable **Soups H-10r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Vegetable oil		2 ½ Tbsp		¼ cup 1 Tbsp	1. Heat oil: For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 ⅞″ x 17 ⅜″ x 7″) on top of stove. Sauté onions, carrots, and celery for 5 minutes until slightly browned.
*Fresh onions, diced	10 oz	1 ½ cups	1 lb 4 oz	3 cups	
*Fresh carrots, diced	6 oz	1 cup	12 oz	2 cups	
*Fresh celery, diced	8 ½ oz	1 ⅔ cups	1 lb 1 oz	3 ⅓ cups	
Enriched all-purpose flour	1 ½ oz	¼ cup ½ Tbsp	3 oz	½ cup 1 Tbsp	2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered.
Water		1 qt 1 cup		2 qt 2 cups	
Low-sodium chicken base		1 ½ tsp		1 Tbsp	
Salt-free seasoning		½ tsp		1 tsp	3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.
Garlic powder		1 ½ tsp		1 Tbsp	
Canned low-sodium diced tomatoes	1 lb 10 oz	3 ¼ cups (¼ No. 10 can)	3 lb 4 oz	1 qt 2 ½ cups (½ No. 10 can)	4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.
*Fresh sweet potatoes, peeled, cubed 1″	12 oz	3 ½ cups	1 lb 8 oz	1 qt 3 cups	
*Fresh red potatoes, unpeeled, cubed 1″	12 oz	2 cups	1 lb 8 oz	1 qt	
Frozen, cooked diced chicken, thawed, ½″ pieces	13 oz	2 ⅔ cups	1 lb 10 oz	1 qt 1 ⅓ cups	5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)	3 lb 8 oz OR 3 lb 8 oz	1 qt 2 ⅔ cups (⅞ No. 10 can) OR 1 qt 2 ⅔ cups	7 lb OR 7 lb	3 qt 1 ⅓ cups (1 ¾ No. 10 cans) OR 3 qt 1 ⅓ cups	

Harvest Stew

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable **Soups H-10r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh baby spinach, chopped	2 ½ oz	1 cup	5 oz	2 cups	
					6. Critical Control Point: Hold for hot service at 140 °F or higher. 7. Portion with 6 fl oz ladle (¾ cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry great northern beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

Nutrients Per Serving

Calories	123.71	Saturated Fat	0.27 g	Iron	1.88 mg
Protein	7.95 g	Cholesterol	13.14 mg	Calcium	50.22 mg
Carbohydrate	18.19 g	Vitamin A	3426.42 IU (162.53 RAE)	Sodium	57.37 mg
Total Fat	2.24 g			Dietary Fiber	5.03 g
		Vitamin C	8.83 mg		

Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	12 oz	1 lb 8 oz
Carrots	7 ¼ oz	15 oz
Celery	10 ¼ oz	1 lb 4 ½ oz
Sweet potatoes	1 lb	2 lb
Red potatoes	12 ⅓ oz	1 lb 8 ¾ oz
Dry great northern beans	1 lb 4 oz	2 lb 8 oz
Baby spinach	3 oz	6 oz

Serving	Yield	Volume
¾ cup (6 fl oz ladle) provides: **Legume as Meat Alternate:** 1 ½ oz equivalent meat/meat alternate and ⅜ cup vegetable. OR **Legume as Vegetable:** ½ oz equivalent meat and ⅝ cup vegetable. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	25 Servings: about 9 lb 8 oz.	25 Servings: about 1 gallon 1 quart
	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts

Dry Beans and Peas

Rolled up in a whole-wheat tortilla are avocado, white beans, lettuce, and shredded purple cabbage that pack a powerful purple punch in this delicious vegetarian wrap.

Purple Power Bean Wrap

NEWMAN ELEMENTARY SCHOOL
Needham, Massachusetts

Our Story

The Newman Elementary School is the largest elementary school in the Needham Public School District. Serving over 700 students in preschool through the 5th grade, Newman offers an engaging and supportive learning environment for all children.

The recipe competition was a great opportunity for the students to play a major role in sustaining a healthy school environment. Six students helped out with the recipe challenge. When great northern beans became available, the team took the challenge of preparing beans in a recipe that kids would eat and enjoy. The recipe challenge team worked for several weeks in the school kitchen trying different recipes that combined puréed beans with a variety of different ingredients.

They eventually decided that avocado and purple cabbage yielded the best color and flavor combination for the entrée. The end result was called Purple Power Bean Wrap. It's sure to surprise and delight your children!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Steve Farrell

CHEF
Sue Findlay

COMMUNITY MEMBERS
Kim Benner (Parent) and Anne Hayek (Parent)

STUDENTS
James B., John B., Maeve B., Sophie F-W., Becca S., and Chloé M.

Purple Power Bean Wrap

Meal Components: Meat Alternate-Legume Vegetable-Dark Green Vegetable-Other Vegetable-Grains **Sandwiches F-15r**

Ingredients	25 Servings		50 Servings		Directions Canned Beans Process #1: No Cook Dried Beans Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)	3 lb OR 3 lb	1 qt 1 ⅔ cups (⅔ No. 10 can) OR 1 qt 1 ⅔ cups	6 lb OR 6 lb	2 qt 3 ⅓ cups (1 ⅓ No. 10 cans) OR 2 qt 3 ⅓ cups	1. Puree beans in food processor to a smooth consistency. Set aside.
*Fresh avocados, peeled, seeded	1 lb 6 oz	About 3	2 lb 12 oz	About 6	2. Puree avocado, lemon zest and juice, garlic, oil, chili powder, and salt to a smooth consistency. Mix in pureed beans.
*Fresh lemons, zested then juiced	About 3	1 Tbsp zest ½ cup juice	About 6	2 Tbsp zest 1 cup juice	
Fresh garlic cloves, minced		¼ cup		½ cup	
Extra virgin olive oil		3 Tbsp		¼ cup 2 Tbsp	
Chili powder		1 ½ tsp		1 Tbsp	
Salt		2 ¼ tsp		1 ½ Tbsp	
*Fresh purple cabbage, finely shredded	1 lb 2 oz	1 qt 1 cup	2 lb 4 oz	2 qt 2 cups	3. Combine shredded cabbage with bean mixture. Cover and refrigerate at 40 °F for no more than 2 hours to avoid avocado oxidizing and turning brown.
Whole-wheat tortillas, 10" (1.8 oz each)		25		50	4. Using a No. 10 scoop (⅜ cup) spread filling on bottom half of tortilla.
*Fresh romaine lettuce, shredded	1 lb 10 oz	3 qt 1 cup	3 lb 4 oz	1 gal 2 ½ qt	5. Add ½ cup of lettuce and roll in the form of a burrito and seal.
					6. Cut diagonally in half. 7. Critical Control Point: Hold for cold service at 40 °F or lower.
					8. Portion 1 wrap (two halves).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Purple Power Bean Wrap

Meal Components: Meat Alternate-Legume Vegetable-Dark Green Vegetable-Other Vegetable-Grains **Sandwiches F-15r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Avocados vary in size according to the season. Please measure this product by weight and not by produce amounts.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry great northern beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

Nutrients Per Serving (1 wrap)

Calories	274.40	Saturated Fat	0.77 g	Iron	2.48 mg
Protein	7.62 g	Cholesterol	0 mg	Calcium	53.97 mg
Carbohydrate	37.91 g	Vitamin A	2879.83 IU (143.99 RAE)	Sodium	424.25 mg
Total Fat	9.53 g			Dietary Fiber	8.36 g
		Vitamin C	23.56 mg		

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Dry great northern beans	1 lb 1 oz	2 lb 2 oz
Avocados	3 (2 lb)	6 (4 lb)
Lemons	3 (1 lb)	6 (2 lb)
Purple cabbage	1 lb 6 oz	2 lb 12 oz
Romaine lettuce	2 lb 2 oz	3 lb 6 oz

Serving	Yield	Volume
1 wrap (two halves) provides: **Legume as Meat Alternate:** ½ oz equivalent meat alternate, ⅝ cup vegetable, and 1 ¾ oz equivalent grains. OR **Legume as Vegetable:** ¾ cup vegetable and 1 ¾ oz equivalent grains. ½ wrap (one half) provides: ⅜ cup vegetable and ¾ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	25 Servings: about 11 lb 50 Servings: about 22 lb	25 Servings: 25 wraps 50 Servings: 50 wraps

Dry Beans and Peas

The mild spicing of cumin and paprika, the heartiness of chickpeas, the soothing taste of spinach, the slight acidity of tomatoes, and the sweetness of golden raisins, create a delicious stew that will make your mouth water.

Spanish Chickpea Stew

SKYLINE HIGH SCHOOL
Oakland, California

Our Story

Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. The recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The opportunity to participate in the challenge was presented to the cooking academy, and several students participated. The team partnered with a local chef who brought in three concepts for recipes that the students prepared and tasted. The aromas that resulted from cooking the recipes enticed even more students to join the team.

After conducting taste tests and receiving approvals by the students, the team eventually submitted not one, but two stew recipes which were both selected to be featured in this cookbook: Spanish Chickpea Stew and Sweet Potato and Black Bean Stew.

The hearty Spanish Chickpea Stew will make a delightful addition to any menu. The flavors of this stew are well-balanced by the slight acidity of the tomatoes, creating a delicious main dish when served over brown rice or whole-wheat couscous.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Donnie Barclift

CHEF
Jenny Huston

COMMUNITY MEMBERS
Rusty Hopewell (Health Center Nutritionist) and Sage Moore

STUDENTS
Karen M., Quailyn S., and Rudy R.

Spanish Chickpea Stew

Meal Components: Meat Alternate-Legume Vegetable–Dark Green Vegetable-Other Vegetable-Fruit **Soups H-11r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Extra virgin olive oil		¾ cup		1 ½ cups	1. Heat oil: For 25 servings, use a large stock pot. For 50 servings, use one roasting pan/square head pan. (20 ⅞" x 17 ⅜" x 7") Add garlic and sauté for 2-3 minutes. Add onions. Continue to sauté for 5-7 minutes until the onions are translucent.
Fresh garlic, minced		2 Tbsp 2 tsp	3 oz	¼ cup 1 ⅓ Tbsp	
*Fresh onions, diced	2 lb 8 oz	2 qt	5 lb	1 gal	
Sweet paprika		2 Tbsp 2 tsp		¼ cup 1 ⅓ Tbsp	2. Mix in paprika and cumin.
Ground cumin		1 ½ tsp		1 Tbsp	
Frozen spinach, chopped	2 lb 4 oz	3 qt	4 lb 8 oz	1 gal 2 qt	3. Add spinach and sauté for 15 minutes.
Canned low-sodium garbanzo beans (chickpeas), drained, rinsed OR *Dry garbanzo beans (chickpeas), cooked (See Notes Section)	4 lb 1 oz OR 4 lb 1 oz	2 qt 2 cups (1 No. 10 can) OR 2 qt 2 cups	8 lb 2 oz OR 8 lb 2 oz	1 gal 1 qt (2 No. 10 cans) OR 1 gal 1 qt	4. Mix in garbanzo beans (chickpeas), raisins, tomatoes, and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump.
Golden seedless raisins	1 lb 3 oz	3 ¾ cups	2 lb 6 oz	1 qt 3 ½ cups	
Canned low-sodium diced tomatoes	1 lb 5 oz	2 ½ cups (¼ No. 10 can)	2 lb 10 oz	1 qt 1 cup (½ No. 10 can)	
Low-sodium chicken stock		1 qt 2 ¼ cups		3 qt ½ cup	
Red wine vinegar		¼ cup		½ cup	5. Add vinegar, salt, and pepper. Mix well. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Salt		1 tsp		2 tsp	
Ground black pepper		1 tsp		2 tsp	
					6. Critical Control Point: Hold at 140 °F for hot service. 7. Portion with 8 fl oz ladle (1 cup).

Spanish Chickpea Stew

Meal Components: Meat Alternate-Legume Vegetable–Dark Green Vegetable-Other Vegetable-Fruit **Soups H-11r**

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry garbanzo beans (chickpeas) = about 2 ½ cups dry or 6 ¼ cups cooked garbanzo beans (chickpeas).

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides: **Legume as Meat Alternate:** 1 ½ oz equivalent meat alternate, ⅜ cup vegetable, and ¼ cup fruit. OR **Legume as Vegetable:** ¾ cup vegetable and ¼ cup fruit. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	25 Servings: about 13 lb 12 oz 50 Servings: about 27 lb 8 oz	25 Servings: 1 gallon 3 quarts 50 Servings: 3 gallons 2 quarts

Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	2 lb 4 oz	4 lb 8 oz
Dry garbanzo beans (chickpeas)	1 lb 10 oz	3 lb 4 oz

Nutrients Per Serving

Calories	241.00	Saturated Fat	1.10 mg	Iron	2.22 mg
Protein	7.80 g	Cholesterol	0 mg	Calcium	93.35 mg
Carbohydrate	37.92 g	Vitamin A	3324.60 IU (158.85 RAE)	Sodium	156.06 mg
Total Fat	7.90 g	Vitamin C	6.53 mg	Dietary Fiber	5.62 g

Dry Beans and Peas

This warm and wonderful vegetarian chili will light up your palate with three flavorful beans mixed together with vegetables and spices, surrounded by crunchy corn tortilla chips, and sprinkled with a blend of cheeses.

Vegetable Chili Boat

CEDAR CLIFF HIGH SCHOOL
Camp Hill, Pennsylvania

Our Story

Cedar Cliff High School, located near Hershey, Pennsylvania, is committed to quality education that prepares students to be responsible adults. To foster this commitment, it seized the recipe competition as an opportunity to involve students, parents, and community members in a real-life challenge of creating a nutritious recipe kids enjoy.

The recipe team, which included a chef, a student team member, and the school nutrition professional, created the Vegetable Chili Boat recipe. More than 250 students selected the chili and were surveyed. The results were overwhelmingly positive, with the majority of the students stating that they would purchase the meal again. The team decided to launch the Vegetable Chili Boat as its contest entry. This recipe packs a punch with southwest flavor! It is a delight to the eye and a fiesta for the mouth!

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Todd Stoltz

CHEF
Thomas Long, CEC AAC (Executive Chef, Sodexo at Holy Spirit Hospital)

COMMUNITY MEMBER
Jaci Scott, (Family and Consumer Science Teacher)

STUDENT
Tessa L.

Vegetable Chili Boat

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-63r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canola oil		3 Tbsp		⅓ cup 2 tsp	1. Heat oil. For 25 servings, use a large stock pot. For 50 servings, use one roasting pan/square head pan (20 ⅞"x 17 ⅜" x 7") on top of stove.
*Fresh onions, diced	11 ¼ oz	2 ⅓ cups	1 lb 6 ½ oz	1 qt ⅔ cup	2. Sauté onions and green peppers for 2-4 minutes. Add beans and chili powder. Stir well. Cook for 1-2 minutes.
*Fresh green bell peppers, diced	8 ¼ oz	1 ½ cups	1 lb ½ oz	3 cups	
Canned low-sodium pinto beans, drained, rinsed OR *Dry pinto beans, cooked (See Notes Section)	10 ½ oz OR 10 ½ oz	1 ½ cups (¼ No. 10 can) OR 1 ½ cups	1 lb 5 oz OR 1 lb 5 oz	3 cups (½ No. 10 can) OR 3 cups	
Canned low-sodium kidney beans, drained, rinsed OR *Dry kidney beans, cooked (See Notes Section)	10 ¾ oz OR 10 ¾ oz	1 ⅔ cups (¼ No. 10 can) OR 1 ⅔ cups	1 lb 5 ½ oz OR 1 lb 5 ½ oz	3 ⅓ cups (½ No. 10 can) OR 3 ⅓ cups	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	1 lb 3 oz OR 1 lb 3 oz	2 ¼ cups (⅓ No. 10 can) OR 2 ¼ cups	2 lb 6 oz OR 2 lb 6 oz	1 qt ½ cup (⅔ No. 10 can) OR 1 qt ½ cup	
Chili powder	2 ½ oz	¼ cup 2 Tbsp	5 oz	¾ cup	
Canned low-sodium diced tomatoes	1 lb 5 ½ oz	2 ½ cups (¼ No. 10 can)	2 lb 11 oz	1 qt 1 cup (½ No. 10 can)	3. Add diced tomatoes, stock, and hot sauce. Bring to a boil over medium-high heat. Reduce heat. Simmer uncovered for 10 minutes.
Low-sodium chicken stock		1 qt ⅓ cup		2 qt ⅔ cup	
Hot sauce		1 tsp		2 tsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Vegetable Chili Boat

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Grains **Main Dishes D-63r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium tomato paste	9 oz	1 cup (⅓ No. 2 ½ can)	1 lb 2 oz	2 cups (⅔ No. 2 ½ can)	4. Add tomato paste and mix well. Cook for an additional 10 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					5. Pour into serving pans. 6. Critical Control Point: Hold for hot service at 140 ° F or higher.
Reduced-fat cheddar cheese, shredded	3 ½ oz	1 cup	7 oz	2 cups	7. Combine cheddar and mozzarella cheeses.
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	3 ½ oz	1 cup	7 oz	2 cups	
Low-sodium tortilla chips	9 oz	62 chips	1 lb 2 oz	124 chips	
					8. Portion with 6 fl oz ladle (¾ cup) into an 8 oz paper boat or bowl. Garnish with 2-3 chips and 1 tablespoon cheese blend.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Vegetable Chili Boat

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable-Grains

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ⅜ cups dry or 5 ¼ cups cooked beans.
1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.
1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	13 oz	1 lb 10 oz
Green bell peppers	11 oz	1 lb 6 oz
Dry pinto beans	3 oz	6 oz
Dry kidney beans	7 oz	14 oz
Dry black beans	8 oz	1 lb

Nutrients Per Serving

Calories	141.07	Saturated Fat	1.16 g	Iron	1.73 mg
Protein	7.26 g	Cholesterol	4.28 mg	Calcium	117.93 mg
Carbohydrate	20.72 g	Vitamin A	1226.43 IU (63.57 RAE)	Sodium	159.49 mg
Total Fat	4.20 g	Vitamin C	14.13 mg	Dietary Fiber	5.04 g

Serving	Yield	Volume
¾ cup (6 fl oz ladle) provides: **Legume as Meat Alternate:** ¾ oz equivalent meat alternate, ⅜ cup vegetable, and ¼ oz equivalent grains. OR **Legume as Vegetable:** ¼ oz equivalent meat alternate, ½ cup vegetable, and ¼ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously*	25 Servings: about 9 lb 50 Servings: about 18 lb	25 Servings: about 1 gallon 2 cups 50 Servings: about 2 gallons 1 quart

Serving Food Safely

Food safety should be kept in mind at all times, especially when adding new recipes to your menu. The following tips may be used to help ensure that the healthy and delicious meal options you serve are also safe to eat.

Preparation

- Always wash hands with warm water and soap for 20 seconds before and after handling food.
- Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water.
- Cutting boards, utensils, and countertops can be sanitized by using a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water, or prepare your sanitizer according to the manufacturer's instructions.
- Marinate meat and poultry in a covered dish in the refrigerator.

Thawing

- **Refrigerator:** The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.
- **Cold Water:** For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
- **Microwave:** Cook meat and poultry immediately after microwave thawing.

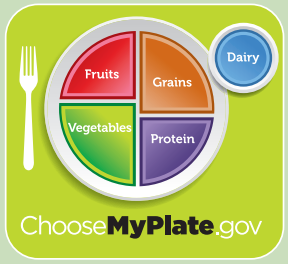
Cooking

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures. Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F as measured with a food thermometer. Cook all poultry to an internal temperature of 165 °F as measured with a food thermometer.

Serving

- Hot food should be held at 140 °F or warmer.
- Cold food should be held at 40 °F or colder.
- Perishable food should not be left out more than 2 hours at room temperature (1 hour when the temperature is above 90 °F).

For more information on food safety, please visit http://www.fsis.usda.gov



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