



Now We're Cooking!

A Collection of Simple Scratch Recipes Served in Minnesota Schools



School districts across Minnesota have embraced **simple scratch** cooking to stretch their food budget while adding variety and excitement to their menus. The Great Trays Partnership is proud to share 50 simple scratch recipes in ***Now We're Cooking!*** These recipes share several important characteristics.

- Each recipe was taste tested and approved by kids.
- The collection supports national nutrition standards that were proposed in early 2011 by adding more whole grains, legumes and bright orange and dark green vegetables.
- Most recipes can be prepared with local foods and/or ingredients that are available through the Minnesota School Food Buying Group, a non-profit purchasing cooperative.

Visit the index on pages 3 through 5 for additional details. For example, some recipes offer enough fruit, vegetable or legume to comply with meal pattern requirements, while some offer just a little bit to expose kids to a wider variety of foods.

Scan the individual recipes to learn even more! Each recipe includes the kindergarten through fifth grade meal pattern equivalents, so school cooks will want to adjust the recipe for older grades. In addition, some recipes have higher amounts of sodium or saturated fat than the proposed rule allows. Combine these recipes with additional fruits, vegetables, whole grains and fat-free or 1% milk to achieve proper nutrient balance.

The Great Trays Partnership is grateful to contributing districts and organizations, and the Centers for Disease Control and Prevention for funding this work. ***Now We're Cooking!*** celebrates Minnesota's creativity and passion for tasty and healthy school meals. We hope this collection inspires others to add simple scratch cooking to their menu mix.



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PG	RECIPE	RECIPE SOURCE	CALORIES per svg	USDA PROPOSED RULE FOR NATIONAL SCHOOL LUNCH PROGRAM STANDARDS						LOCAL	MSFBG			
				Wh Gr	Dk Gr	Bt Or	Leg	Sod	% TrF			% SF	% TF	
	ENTRÉES—Hot													
5	Apple Cider Stew	Sartell-St. Stephen	243			1/4 c		599 mg	1	9.4%	31.9%	X		
8	Barbeque Chicken Pizza	Wayzata	301					609 mg	0	8.7%	21.0%			
12	Cheesy Chorizo Quesadilla	Sartell-St. Stephen	282			1/8 c	1/8 c	568 mg	0	9.1%	22.2%	X	X	
13	Chicken & Edamame	Saint Paul	169	1/2 serv				620 mg	0	4.9%	20.1%		X	
14	Chicken Rice Bowl	Saint Paul	283	1 serv				515 mg	0	5.8%	28.5%		X	
16	Chicken Suqaar	Saint Paul	107	1 serv				98 mg	0	8.2%	39.2%		X	
18	Chicken Tortilla Bake	Owatonna	298	2 serv			1/8 c	537 mg	0	9%	23.4%		X	
25	Enchilada Bake	Saint Paul	256	1 serv			1/8 c	488 mg	0	15.0%	36.5%			
29	Gold Rush Pizza	Sartell-St. Stephen	314			1/4 c	1/4 c	523 mg	0	7.2%	20.6%	X		
31	Hmong Beef Fried Rice	Saint Paul	374	1 serv				476 mg	0	12.3%	36%		X	
33	Korean Beef Bulgogi	Hopkins	181	1 serv				721 mg	0	4.5%	47.9%	X	X	
39	Porcupine Sliders	Let's Move	285	1 serv				440 mg	0	9.6%	28.8%	X		
44	Smokin' Powerhouse Quinoa Chili	Hopkins	210	1/2 serv			1/8 c	1/8 c	377 mg	0	1.0%	8.1%	X	
47	Sweet & Sour Chicken	Willmar	255			1/4 c	1/8 c	527 mg	0	6.4%	34.5%	X	X	
46	Sweet & Sour Chicken Rice Bowl	Saint Paul	243	1 serv				120 mg	0	3.1%	11.9%		X	
50	Turkey Sloppy Joe	Dover-Eyota	277	2 serv				653 mg	0	8.4%	24.5%	X	X	
52	Vegetarian Chili	Saint Paul	163				1/4 c	586 mg	0	1.3%	8.6%	X		
53	Vegetarian Pizza	Winona	276			1/8 c		516 mg	0	17.8%	38.5%	X	X	
55	White Chicken Chili	Owatonna	155				1/8 c	157 mg	0	3.24%	15.3%		X	

Key

Wh Gr: contains whole grains
 Dk Gr: contains dark green vegetable(s)
 Bt Or: contains bright orange vegetable(s)

Leg: contains legumes
 Sod: at or under sodium limits

% TrF: percent of trans fat per serving
 % SF: percent of saturated fat per serving
 % TF: percent of total fat per serving

LOCAL: could be prepared with local foods
 MSFBG: ingredients may be available with Minnesota School Food Buying Group pricing



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				Wh Gr	Dk Gr	Bt Or	Leg	Sod	% TrF	% SF			% TF
	ENTRÉES—Cold												
10	Berry Chicken Salad	Sartell-St. Stephen	273		1/2 c			111 mg	0	7.4%	50.3%	X	X
22	Crunchy Hawaiian Chicken Wrap	Let's Move Recipe Challenge	436	2 1/2 serv	1/4 c			514 mg	0	7.2%	29.7%		
30	Greek Grilled Chicken Salad	Minneapolis	179		2 1/4 c			695 mg	0	8.1%	27.2%	X	X
42	Santa Fe Wrap	Wayzata	251	1 serv	1/2 c			891 mg	0	14.9%	4.4%		X
48	Three Bean Salad	Farm to School	99			1/4 c		123 mg	0	6%	42%	X	
49	Turkey Hoagie	Great Trays	332	2 serv	1/4 c			836 mg	0	6.3%	20.9%		X
	TOPPINGS												
35	Marinated Cucumbers	Great Trays	14					1 mg	0	0.4%	4.8%	X	
51	Vegetable Sandwich Booster	UMN Extension	82		1/8 c			109 mg	0	11%	74%	X	
	EXTRAS												
24	Easy Hummus Dip	UMN Extension	101			1/8 c		255 mg	0	7%	37%	X	
43	Simple Spice Mix	Great Trays	12					22 mg		7.2%	45.0%		

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				Wh Gr	Dk Gr	Bt Or	Leg	Sod	% TrF			% SF	% TF
	SIDES												
6	Baked Apples	UMN Extension	101					2 mg	0	0%	0%	X	
7	Baked Sweet Potatoes & Apples	UMN Extension	65			1/8 c		29 mg	0	10%	17%	X	
9	Beets and Sweets	Wayzata	160			1/4 c		260 mg	NA	3.8%	28.3%	X	
11	Fiesta Salad	Sartell-St. Stephen	219			1/8 c		295 mg	0	3.6%	25.3%	X	X
19	Chipotle Rice & Beans	Sartell-St. Stephen	76	1/4 serv				94 mg	0	5.4%	23.3%		X
20	Cold Beet Rasp Salad	Winona	50					67 mg	0	9.1%	66.0%	X	
21	Corn and Edamame Salad	Saint Paul	91			1/8 c		181 mg	0	5.0%	35.1%	X	
23	Cucumber Apple Salad	Farm to School	52					85 mg	0	7%	53%	X	
28	Fiesta Beans & Rice	Let's Move	151	1/2 serv		1/8 c		226 mg	0	1.1%	5.4%		
32	Italian Bean Pasta Salad	Saint Paul	96			1/8 c		223 mg	0	0.1%	3.1%		X
34	Marinated Bean Salad	USDA	157			1/2 c		246 mg	0	2.0%	9.0%		
36	Pasta w Cannellini Beans	District 196	120	1 serv	1/8 c			164 mg	0	4.8%	14.8%	X	X
37	Pasta w Tomato & Broccoli	Great Trays	90	1/2 serv	1/8 c			180 mg	0	4.7%	13.5%		
38	Peppy Quinoa	Sartell-St. Stephen	98	1 serv				206 mg	0	4.2%	30.6%		
40	Roasted Squash	Owatonna	72			1/2 c		99 mg	0	11.2%	32.8%	X	
41	Roasted Root Vegetables	UMN Extension	101			1/4 c		127 mg	0	4%	28%	X	
17	Vegetable Rice	Saint Paul	62	1/2 serv				140 mg	0	3.8%	26.7%		X
45	Spring Salad Mix	Owatonna	24		1/2 c			14 mg	0	1.4%	9.8%	X	X
54	Wheat Berry Salad w Pineapple	Winona	96	1/2 serv				82 mg	0	5.5%	46.0%		

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Apple Cider Stew

Sartell-St. Stephen Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 96

Portion Size: 1 cup

One portion provides: 2 oz meat/meat alternates and 1/2 cup vegetables

Ingredients	
Beef stew meat, raw	20 lbs
Olive oil	1 3/4 cup
All purpose flour	2 1/4 cup
Thyme, ground	1 tbsp + 2 tsp
Salt	6 tbsp + 1 1/2 tsp
Black pepper, ground	1 tbsp
Apple cider	6 qts
Cider vinegar	1 1/2 cups
Water, cold	1 1/2 qts
Potatoes, red, raw	5 lbs
Carrots, raw, baby	10 lbs
Celery, raw, chopped	1 1/2 lbs
Onions, raw, chopped	2 1/2 lbs

Instructions

1. Heat oil in a steam kettle or braising pan, add beef and brown.
2. Combine the flour, thyme, salt and pepper. Add the flour mixture to the beef and stir until it is well coated. Continue to cook until the beef is golden brown.
3. Stir in the cider, vinegar and water. Cook and stir until the mixture comes to a boil. Reduce heat and simmer, covered until the meat is tender; about 1 1/2 to 2 hours. Stir occasionally.
4. Cut potatoes into 1/2" cubes.
5. Add potatoes, carrots, celery and onions to the beef mixture. Cook about 20 minutes or until the vegetables are tender.

CCP: Heat to 155°F or higher for at least 15 seconds.

CCP: Hold at 140°F or higher.

Nutritional Information					
Calories	243	Iron	3 mg	Protein	22 g 36%
Cholesterol	60 mg	Calcium	38 mg	Carbohydrates	20 g 33%
Sodium	599 mg	Vitamin A	6558 IU	Total Fat	8.6 g 31.9%
Dietary Fiber	2 g	Vitamin C	7 mg	Saturated Fat	2.5 g 9.4%
				Trans Fat	0.2 g 0.9%

Baked Apples

Willmar Public Schools

HACCP Process: #2 Same Day Service

One portion provides 1/2 cup fruit

Number of Portions: 50

Portion Size: 1/2 apple

Ingredients	
Apples, raw, with skin	25
Honey	1 1/2 cup + 1 Tbsp
Pineapple juice, canned, unsweetened	3 qts + 1/2 cup

Instructions

1. Combine the pineapple juice and honey.
2. On the top of the range or in the steamer, warm the pineapple and honey mixture.
3. Split the apple in half along the core, cut out stems, seeds and blossom ends.
4. Place cut side down on the steam table or sheet pan.
5. Pour in the pineapple honey mixt to a depth of 1/4—1/2 inch.
6. Bake for 35 minutes at 350 degrees to an internal temperature of 140 degrees or higher.
7. Serve with some of the baking juice poured over the apples and a light dust of cinnamon.

CCP: Hold for hot service at 140° F or higher.

Nutritional Information					
Calories	101	Iron	0 mg	Protein	0.4 g 2%
Cholesterol	0 mg	Calcium	13 mg	Carbohydrates	26 g 98%
Sodium	2 mg	Vitamin A	40 IU	Total Fat	0.0 g 0%
Dietary Fiber	2 g	Vitamin C	31 mg	Saturated Fat	0.0 g 0%
				Trans Fat	0.0 g 0%

Baked Sweet Potatoes and Apples

University of Minnesota Extension

HACCP Process: #2 Same Day Service

Number of Portions: 50

Portion Size: 1/4 cup

One portion provides 1/4 cup fruit/vegetables

Ingredients	
Sweet potatoes, canned, cut, drained	1 No. 10 can
Apples, canned, unsweetened, sliced, drained	2/3 No. 10 can
Brown sugar, packed	3/4 cup
Cinnamon, ground	1 tsp
Nutmeg, ground	1 tsp
Butter	2.5 oz
Water	3/4 cup

Instructions

1. Place sweet potatoes into a steam table pan which has been lightly coated with cooking spray.
2. Place apples over sweet potatoes.
3. Combine brown sugar, cinnamon and nutmeg. Sprinkle 3/4 cup of the mixture over the apple mixture.
4. Dot with butter and sprinkle with remaining sugar mixture.
5. Add water to pan.
6. Bake in conventional oven for 25-30 minutes at 350 degrees (or bake in convection oven for 15-20 minutes at 300 degrees).
7. CCP: Heat to 140 degrees or higher.

CCP: Hold for hot service at 140 degrees or higher.

Nutritional Information					
Calories	65	Iron	31mg	Protein	1 g 4%
Cholesterol	3 mg	Calcium	11 mg	Carbohydrates	13 g 82%
Sodium	29 mg	Vitamin A	2750 IU	Total Fat	1.2 g 17%
Dietary Fiber	1 g	Vitamin C	9 mg	Saturated Fat	0.8 g 10%
				Trans Fat	0.0 g 0.0%

Barbeque Chicken Pizza

Wayzata Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 24

Portion Size: 1 slice

One portion provides: 2 oz meat/meat alternates and
1/2 cup vegetables

Ingredients	
Cornmeal, enriched, yellow, degermed	1/4 cup
Pizza crust	2 (12 X 15 piece)
BBQ sauce	2 1/2 cups
Cilantro, raw, chopped	2/3 cup
TOPPING:	
Onions, red, raw, chopped	1 cup
Peppers, sweet, green, chopped	1 cup
Chicken, diced, cooked	2 qt
Cheese, cheddar, shredded	2 cups
Cheese, mozzarella, shredded	2 cups

Instructions

1. Lay pan liner on full-size sheet pan. Sprinkle cornmeal over pan liner. Lay both crusts on pan.
2. Mix cilantro with BBQ sauce. Spread evenly over pizza crust, starting at edges and then filling in the middle of the pizza—make sure sauce covers all of the crust.
3. Sprinkle each topping separately and evenly over sauce in the order listed, ending with the mozzarella cheese.
4. Bake in convection oven at 350 degrees for 12 minutes and cheese is melted.
5. Cut into 24 pieces—4 x 6. Serve with spatula.

Nutritional Information					
Calories	301	Iron	2 mg	Protein	22 g 30%
Cholesterol	52 mg	Calcium	67 mg	Carbohydrates	37 g 49%
Sodium	609 mg	Vitamin A	26 IU	Total Fat	7.0 g 21.0%
Dietary Fiber	2 g	Vitamin C	7 mg	Saturated Fat	2.9 g 8.7%
				Trans Fat	0.0 g 0.0%

Beets and Sweets

Wayzata Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 30

Portion Size: 4 oz. spoodle

One portion provides: 1/2 cup vegetables

Ingredients	
Beets, fresh/diced	5 lbs
Sweet potatoes, raw, chunks, without salt	5 lbs
Onions, raw, chopped	2 1/2 lbs
Olive oil	2/3 cup
Garlic, granulated	1 1/2 tbsp
Salt, table	2 tsp
Pepper, black	1 1/2 tbsp
Sugar, granulated	1 1/2 tbsp

Instructions

1. In a large bowl, combine all ingredients together. Mix well.
2. Place pan liners on two sheet pans. Divide and spread out mixture evenly between the two pans.
3. Bake in 400° F convection oven for 20 minutes. Remove and gently mix. Bake for additional 20 minutes or until vegetables are fork-tender.

CCP: Hold food for service at an internal temperature above 140° F.

Nutritional Information					
Calories	160	Iron	1 mg	Protein	3 g 7%
Cholesterol	0 mg	Calcium	45 mg	Carbohydrates	27 g 67.9%
Sodium	260 mg	Vitamin A	10,752 IU	Total Fat	5.0 g 28.3%
Dietary Fiber	5 g	Vitamin C	8 mg	Saturated Fat	0.7 g 4.0%
				Trans Fat	N/A g N/A%

Berry Chicken Salad

Sartell-St. Stephen Public Schools

HACCP Process: #1 No Cook
 Number of Portions: 40
 Portion Size: Each

One portion provides: 2 oz meat/meat alternates and
 1 cup vegetables/fruit

Ingredients	
Cider vinegar	1 3/4 cups
Red raspberry jam, seedless	1 1/4 cups
Dijon mustard	1 oz
Olive oil	2 1/2 cups
Salt	1 tsp
Black pepper, ground	1 tsp
Romaine blend	3 3/4 lbs
Blueberries, raspberries or strawberries	2 qts
Onions, red, raw, sliced	1 cup
Sugar snap peas, raw	5 lbs
Chicken, cooked, diced	5 lbs

Instructions

- Blend vinegar, jam, mustard, olive oil, salt and pepper until well combined. Chill overnight.
- Portion into serving bowl in the following order:
 - 2.5 oz Romaine blend
 - 1/4 cup Berries
 - 2 slices Red onion
 - 2-3 Sugar snap peas
 - 2 oz Diced chicken

Dress with 2 tbsp over top just prior to serving.

Nutritional Information					
Calories	273	Iron	1.83 mg	Protein	18.40 g 26.9%
Cholesterol	43 mg	Calcium	43.75 mg	Carbohydrates	25.2 g 25.2%
Sodium	111 mg	Vitamin A	121.6 IU	Total Fat	15.25 g 50.3%
Dietary Fiber	3.24 g	Vitamin C	48.19 mg	Saturated Fat	2.24 g 7.4%
				Trans Fat	0.00 g 0.00%

Black Bean, Corn and Tomato Fiesta Salad

Sartell-St. Stephen Public Schools

HACCP Process: #1 No Cook
 Number of Portions: 110
 Portion Size: 1/2 cup

One portion provides:
 1/2 oz meat/meat alternate + 1/4 cup vegetable OR
 1/2 cup vegetables

Ingredients	
Black beans, canned	2 No. 10 cans
Corn, sweet, yellow, frozen, kernels cut off cob, thawed	12 lbs
Tomatoes, diced	6 lbs
Onions, spring or scallions (including tops and bulb), chopped	2 cups
Cilantro	3 cups
Olive oil	3 cups
Lime juice	3 cups
Cumin, ground	1/2 cup
Salt, table	1 1/2 tbsp
Pepper, black	1/4 cup
Jalapeno peppers, raw, diced	8 peppers

Instructions

1. Drain thawed corn. [Can use two no. 10 cans drained, whole kernel corn may be substituted.] Drain black beans in a colander. In a large plastic tub, add drained corn, black beans, diced tomatoes and chopped green onion.
2. In a medium mixing bowl, add fresh cilantro leaves, olive oil, lime juice, cumin, salt, black pepper, and diced jalapenos. Blend well.
3. Pour dressing over the bean, corn, tomato and onion mixture. Blend well, cover and refrigerate overnight. Stir well before serving.

CCP: Hold for cold service at 41° F or lower.

Nutritional Information					
Calories	219	Iron	2 mg	Protein	6 g 11%
Cholesterol	0 mg	Calcium	36 mg	Carbohydrates	20 g 36%
Sodium	295 mg	Vitamin A	339 IU	Total Fat	6.2 g 25.3%
Dietary Fiber	4 g	Vitamin C	8 mg	Saturated Fat	0.9 g 3.6%
				Trans Fat	N/A g N/A%

Cheesy Chorizo Quesadilla

Sartell-St. Stephen Public Schools

HACCP Process: #3 Complex Food Preparation

Number of Portions: 50

Portion Size: 1 wedge

One portion provides: 2 oz meat/meat alternate,

1 1/2 oz grains/breads and 1/8 cup vegetable

Ingredients	
Turkey, ground 97/3	4 3/4 lbs
Kosher salt	2 tsp
Chili powder	1/2 cup + 2 tbsp
Oregano, ground	1 1/2 tbsp
Cumin, ground	1/4 cup
Coriander, ground	2 tbsp
Red pepper flakes, crushed	2 1/2 tbsp
Cider vinegar	2/3 cup
Garlic, raw, minced in juice	1/4 cup
Onions, raw, chopped	2 cups
Kale, raw, chopped	2 qts
Pinot beans, frozen, cooked, drained	4 lbs
Cheddar or Colby cheese, low-fat	3 lbs
Cilantro, chopped	1 cup
Flour tortilla, 12"	20

Instructions

1. Chorizo mixture: Mix the first 9 ingredients in a bowl, cover with plastic film wrap and refrigerate at least 1 hour, or overnight. CCP—Hold for a cold service at 41°F or lower.
2. In a skillet heat the oil until hot but not smoking. Add the onions, sauté until soft. Add the chorizo mixture, sauté until the turkey is browned and reaches 165°F.
CCP— Heat to 165°F or higher for at least 15 seconds.
3. Add kale and drained beans to the chorizo mixture, sauté until kale begins to wilt and mixture reaches 155°F. CCP- Heat to 155°F for at least 15 seconds or higher.
4. Remove mixture from heat, fold in shredded cheese and fresh cilantro. Divide mixture evenly over 10 tortillas, cover with remaining tortillas, bake at 400°F in a convection oven until crisp, 5 to 8 min. Remove from oven, cut tortillas into 5 wedges. CCP: Hold at 140°F or higher.

Optional: serve 1 wedge with 1 oz shredded lettuce and 1 oz fresh diced tomatoes.

Nutritional Information					
Calories	282	Iron	3 mg	Protein	23 g 33%
Cholesterol	30 mg	Calcium	204 mg	Carbohydrates	32 g 45%
Sodium	568 mg	Vitamin A	2154 IU	Total Fat	7.0 g 22%
Dietary Fiber	5 g	Vitamin C	15 mg	Saturated Fat	2.8 g 9.1%
				Trans Fat	0.0 g 0.0%

Chicken & Edamame

Saint Paul Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 50

Portion Size: 1/2 cup

One portion provides: 1 1/2 oz meat/meat alternate
and 1/2 serving grains/breads

Ingredients	
Brown rice, dry	4 lbs 11 oz
Teriyaki sauce, reduced sodium	4 cups
Chicken, diced, cooked, commodity	5 lbs
Edamame, shelled, frozen	2 cups + 1 tbsp
Pepper, sweet, red, diced	3 1/8 cups
Cilantro, raw, chopped	2 cups + 1 tbsp

Instructions

1. Cook brown rice according to package directions, omitting salt.
2. Preheat oven to 350°F.
3. Combine cooked rice, teriyaki sauce and chicken in an oven proof pan. Cover and bake for 25 minutes.
4. Remove from oven, add edamame, red pepper and cilantro. Cover and return to oven to oven for another 20 to 25 minutes or until mixture reaches an internal temperature of 165°F.
5. Serve.

Nutritional Information					
Calories	169	Iron	1 mg	Protein	14 g 33%
Cholesterol	38 mg	Calcium	23 mg	Carbohydrates	12 g 29%
Sodium	620 mg	Vitamin A	361 IU	Total Fat	3.8 g 20.1%
Dietary Fiber	1 g	Vitamin C	13 mg	Saturated Fat	0.9 g 4.9%
				Trans Fat	0.0 g 0.0%

Chicken Rice Bowl

Saint Paul Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 100

Portion Size: 3/8 cup (1 no. 10 scoop) chicken over 1/2 cup rice

One portion provides: One serving grains/breads and 2 oz meat/meat alternates. Vegetables will vary.

Ingredients	
Chicken meat, diced	12 lb + 8 oz
Szechuan sauce (see page 12)	10 cups
Rice, long grain, brown, cooked, without salt	3 gal + 2 cups

Instructions

1. Combine chicken and sauce. Heat until it reaches 165°F.
2. Prepare brown rice according to package directions, omitting salt.
3. Serve 3/8 c. (No. 10 scoop) of chicken mixture over 1/2 cup brown rice.
4. Offer toppings on the side:
 - Steamed carrot coins
 - Steamed broccoli
 - Peas
 - Scallions
 - Cilantro
 - Red or green pepper

Nutritional Information					
Calories	283	Iron	2 mg	Protein	18 g 26%
Cholesterol	48 mg	Calcium	34 mg	Carbohydrates	31 g 44%
Sodium	515 mg	Vitamin A	1588 IU	Total Fat	9.0 g 28.5%
Dietary Fiber	4 g	Vitamin C	3 mg	Saturated Fat	1.8 g 5.8%
				Trans Fat	0.0 g 0.0%

Szechuan Sauce

Saint Paul Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 10 cups

Portion Size: 1 cup

Ingredients	
Soy sauce, reduced sodium	2 cups
Sugar, granulated	5 oz
Oil, salad (veg)	1/2 cup
Chili powder	7 oz
Tabasco sauce, ready to serve	1-1/2 tbsp
Therm flo additive	3 oz
Sriracha hot sauce	1 tbsp
Garlic, minced	1/2 cup
Chicken base, low sodium	2-1/8 oz
Water, municipal	1 qt + 3-1/2 cups

Instructions

1. Combine all ingredients except hot water in a sauce pan and stir until therm flo additive is blended in.
2. Add hot water and simmer for 10 minutes.

Nutritional Information					
Calories	285	Iron	3 mg	Protein	7 g 10%
Cholesterol	3 mg	Calcium	441 mg	Carbohydrates	33 g 47%
Sodium	2263 mg	Vitamin A	5920 IU	Total Fat	15.7 g 49.6%
Dietary Fiber	8 g	Vitamin C	16 mg	Saturated Fat	2.5 g 7.9%
				Trans Fat	0.0 g 0.0%

Chicken Suqaar

Saint Paul Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 50

Portion Size: 3/8 cup

One portion provides: 1 1/2 oz meat/meat alternates and 1/8 cup vegetables

Ingredients	
Chicken meat, cooked, diced USDA	5 lbs
Cilantro, raw, chopped	1 1/2 cups
Onions, raw, chopped	3 3/4 cups
Carrots, sliced, frozen	5 cups
Green peppers, raw, chopped	5 cups
Chicken base	1 1/2 tbsp
Garlic, raw, diced	5 tsp
Oil, salad (veg)	2 1/2 cup + 4 3/4 tsp
1/2 recipe Vegetable Rice, pg. 15	25 cups

Instructions

1. Thaw chicken in cooler 24 hours before service.
2. Combine all ingredients.
3. Place in steam table pans, cover tightly and bake at 350° F for 35-45 minutes until carrots are tender.
4. Serve 3/8 cup Chicken Suqaar with 1/2 cup Vegetable Rice.

Nutritional Information *does not include Vegetable Rice					
Calories	107	Iron	0 mg	Protein	14 g 39%
Cholesterol	43 mg	Calcium	11 mg	Carbohydrates	3 g 12%
Sodium	98 mg	Vitamin A	2554 IU	Total Fat	4.7 g 39.2%
Dietary Fiber	1 g	Vitamin C	14 mg	Saturated Fat	1.0 g 8.2%
				Trans Fat	0.0 g 0.0%

Vegetable Rice

Saint Paul Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 100

Portion Size: 1/2 cup

One portion provides: 1/2 serving grains/breads

Ingredients	
Cilantro, raw	5 1/8 oz
Carrots, sliced, canned, drained	3 1/8 cups
Onions, raw, chopped	3 1/8 cups
Garlic, raw, diced	2 Tbsp + 1/4 tsp
Water	3 1/8 cups
Vegetable oil	3/4 cup + 1/2 tbsp
Chicken base	2 1/8 tbsp
Salt	1 Tbsp + 1/8 tsp
White rice, long-grain, reg, raw	1 qt + 2 1/4 cups
Water	2 qts + 1 1/4 cups

Instructions

1. Puree cilantro, carrots, onions and minced garlic until smooth. Add water and blend until well combined.
2. Heat oil in kettle, add salt and chicken base.
3. Add rice, pureed vegetable mixture and remaining water to kettle and cook for 10 minutes on high.
4. Transfer to steam table pans, cover and bake at 350° F until water is absorbed.
5. Serve 1/2 cup of Vegetable Rice with 3/8 cup Chicken Suqaar.

Nutritional Information					
Calories	62	Iron	1 mg	Protein	1 g 7%
Cholesterol	0 mg	Calcium	8 mg	Carbohydrates	10 g 66%
Sodium	140 mg	Vitamin A	598 IU	Total Fat	1.8 g 26.7%
Dietary Fiber	0 g	Vitamin C	1 mg	Saturated Fat	0.3 g 3.8%
				Trans Fat	0.0 g 0.0%

Chicken Tortilla Bake

Owatonna Public Schools

HACCP Process: #3 Complex Food Preparation

Number of Portions: 50

Portion Size: 1 piece

One portion provides: 2 servings grains/breads AND

1 oz meat/meat alternate and 3/4 cup vegetables OR

2 oz meat/meat alternate and 1/2 cup vegetables

Ingredients		Instructions	
Chicken, diced, cooked, USDA, thawed	2 lbs 8 oz	1.	Preheat conventional oven to 350° F or convection oven to 325° F.
Vegetable oil	1/4 cup + 2 tbsp	2.	Heat oil in tilt skillet.
Green pepper, chopped	6 cups (2.5 lbs)	3.	Add green peppers, red peppers, red onions, green chilies, jalapeno peppers, oregano, chili powder, and ground cumin.
Red pepper, chopped	4-1/2 cups (1.9 lbs)	4.	Sauté for 5 minutes or until tender.
Red onion, chopped	3 cups (1.3 lbs)	5.	Add tomato juice and salsa and cook for 8 minutes.
Green chilies, canned, chopped	13.5 oz	6.	Remove tomato juice mixture from skillet and place in large container. Add black beans, white beans, and diced chicken to the tomato mixture and stir until well combined.
Jalapeno peppers, canned, diced, seeds removed	3/4 cup	7.	In a large bowl, combine cheeses in a bowl and mix well.
Oregano, dried	3 tbsp	8.	Lightly coat two full size 2" steam table pan with pan release.
Chili powder	3 tbsp	9.	Assemble as listed, in each pan:
Ground cumin	1 tbsp	•	Bottom layer- Place 17 tortillas on bottom of each pan, overlapping to cover any gaps or holes. Distribute 1/6 of the chicken & bean mixture on top of tortillas. Top with 6 ounces of cheese.
Tomato juice	3 qts	•	Middle layer- Place 17 tortillas on top. Distribute 1/6 of the chicken & bean mixture on top of tortillas. Top with 6 ounces of cheese.
Salsa	1 qt	•	Top layer- Place 17 tortillas on top. Distribute 1/6 of the chicken & bean mixture on top of tortillas. Top with 4 ounces of cheese.
Black beans, canned, drained	5 cups	10.	Tightly cover pans with aluminum foil.
White beans, canned, drained	5 cups	11.	Bake:
Corn tortillas, whole grain, 6"	102	•	Conventional Oven: 350° F for 30 minutes until 165° F or higher.
Cheddar cheese, reduced fat, shredded	1 lb	•	Convection Oven: 325° F for 20 minutes until 165° F or higher. Let tortilla bake rest for 5 minutes before cutting and serving. Cut each pan 5x5 (25 pieces per pan).
Mozzarella cheese, part skim, shredded	1 lb		
Nutritional Information			
Calories	298	Iron	3 mg
Cholesterol	31 mg	Calcium	285 mg
Sodium	537 mg	Vitamin A	1155 IU
Dietary Fiber	7 g	Vitamin C	48 mg
		Protein	19 g 26%
		Carbohydrates	41 g 55%
		Total Fat	7.8 g 23%
		Saturated Fat	3.0 g 9.0%
		Trans Fat	0.0 g 0.0%

Chipotle Rice and Red Beans

Sartell-St. Stephen Public Schools

HACCP Process: #2 Same Day Service

One portion provides: 1/4 serving grains/breads

Number of Portions: 64

Portion Size: 2 oz. spoodle

Ingredients	
Brown rice, long-grain, raw	1 1/4 qt
Chipotle pepper flavor maker base	3 oz
Margarine	1/2 cup
Pinto beans, canned	1 1/2 lb
Water, cold	1/2 gallon

Instructions

1. Combine all ingredients in a full-size 4" deep steam table pan and cover.
2. Bake or steam until rice is done, approximately 20-30 minutes at 350° F.

CCP: Hold at 140° F or higher

Nutritional Information					
Calories	76	Iron	1 mg	Protein	2 g 9%
Cholesterol	0 mg	Calcium	9 mg	Carbohydrates	13 g 68%
Sodium	94 mg	Vitamin A	77 IU	Total Fat	2.0 g 23.3%
Dietary Fiber	1 g	Vitamin C	1 mg	Saturated Fat	0.5 g 5.4%
				Trans Fat	0.0 g 0.0%

Cold Beet Salad with Raspberries

Winona Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 61

Portion Size: 1/4 cup

One portion provides: 1/4 cup vegetables

Ingredients	
Beets, raw	27—2" diameter
Raspberry vinegar	6 tbsp
Olive oil	1 cup
Salt	1 tsp
Pepper, black, ground	1/4 tsp
Raspberries, raw	2 cups
Mint leaves, fresh, chopped	1 tbsp

Instructions

1. Cut off all but 1" of beet tops. Wrap beets tightly in aluminum foil and bake for one hour or until tender.
2. Remove beets from oven and cool. Slip off the skins and slice into thin rounds.
3. Whisk together the vinegar, oil, salt and pepper. Drizzle over beets. Let marinate in refrigerator for at least one hour.
4. Before serving, gently fold in the raspberries. Garnish with mint.

Nutritional Information					
Calories	50	Iron	0.34 mg	Protein	0.6 g 5%
Cholesterol	0 mg	Calcium	4 mg	Carbohydrates	4 g 33%
Sodium	67 mg	Vitamin A	15 IU	Total Fat	3.6 g 66.0%
Dietary Fiber	1 g	Vitamin C	3 mg	Saturated Fat	0.5 g 9.1%
				Trans Fat	0.0 g 0.0%

Corn and Edamame Salad

Saint Paul Public Schools

HACCP Process: #1 No Cook

Number of Portions: 65

Portion Size: 1/2 cup

Alternate Recipe Name: Corn and Edamame Salad

One portion provides: 1/2 cup vegetables

Ingredients	
<i>Dressing</i>	
Mayonnaise, fat free	13 3/4 oz
Lemon juice, canned or bottled	10 oz
Pepper, black	2 tsp
Ginger root, raw	1 tbsp
<i>Salad</i>	
Corn, sweet, yellow, whole kernel	18 cups, drained
Edamame, frozen, prepared	8 3/4 cups
Onions, raw, chopped	2 1/2 cup
Red pepper, diced	2 1/2 cup
Cilantro leaves, raw, chopped	1 cup

Instructions

Dressing

1. Whisk together mayonnaise and lemon juice.
2. Add seasonings and stir until well combined. Let stand in refrigerator overnight.

Salad

1. Drain corn (Thawed frozen corn may be substituted).
2. Combine corn, edamame, onion, red pepper and cilantro. Mix well.
3. Add dressing and mix until ingredients are well coated with dressing.
4. Label and date, then store in cooler overnight.

Nutritional Information					
Calories	91	Iron	.88 mg	Protein	3.64 g 16.07%
Cholesterol	1.6 mg	Calcium	18.78 mg	Carbohydrates	13.35 g 58.89%
Sodium	181 mg	Vitamin A	51.26 IU	Total Fat	3.53 g 35.07%
Dietary Fiber	2.25 g	Vitamin C	5.29 mg	Saturated Fat	.51 g 5.02%
				Trans Fat	0.00 g 0.00%

Crunchy Hawaiian Chicken Wrap

Mt. Lebanon Elementary and the Let's Move Recipe Challenge

HACCP Process: #2 Same Day Service
 Number of Portions: 50
 Portion Size: 1 wrap

One portion provides: 2 1/2 servings grain/bread
 and 3 oz meat/meat alternate and 1/2 cup
 vegetable/fruit

Ingredients	
Chicken, diced, USDA, frozen	9 1/3 pounds
Tortilla, Whole Wheat, 10"	50
Broccoli slaw	5 lbs
Spinach, raw	12 1/2 oz
Pineapple, canned, crushed, drained	2 cups + 1 tbsp
Vinegar, distilled	1 1/3 cup
Mayonnaise	2 cups + 1 tbsp
Sugar, granulated	2 cups + 1 tbsp
Poppy seed	2 tbsp + 2 3/8 tsp
Garlic powder	1/4 cup + 1/2 tsp
Onion powder	1/4 cup + 1/2 tsp
Chili powder	1/4 cup + 1/2 tsp

Instructions

1. Thaw chicken in cooler 24 hours before use.
2. Mix together vinegar, mayonnaise, sugar, poppy seed, garlic powder, onion powder and chili powder for dressing and CCP: Hold at 40 degrees or lower for cold service
3. Mix together dressing, broccoli slaw, drained pineapple, spinach, (chopped). Scoop 1/2 cup broccoli/spinach mixture onto wheat wrap. Place 3 oz chicken on top. Wrap burrito-style and cut on diagonal. CCP: Hold at 40 degrees or lower for cold.

Nutritional Information					
Calories	436	Iron	5 mg	Protein	33 g 31%
Cholesterol	81 mg	Calcium	82 mg	Carbohydrates	51 g 46.5%
Sodium	514 mg	Vitamin A	1809 IU	Total Fat	14.4 g 29.7%
Dietary Fiber	7 g	Vitamin C	42 mg	Saturated Fat	3.5 g 7.2%
				Trans Fat	N/A g N/A%

Cucumber Apple Salad

MA Farm to School Cookbook

HACCP Process: #2 Same Day Service

Number of Portions: 50

Portion Size: 1/2 cup

One portion provides 1/2 cup fruit/vegetables

Ingredients	
Olive oil	2/3 cup
Vinegar, white	1/3 cup
Honey	2 tbsp.
Apple Juice	1/3 cup
Salt	1 3/4 tsp
Pepper, black	3/4 tsp
Apples, unpeeled	2 lb 4 oz (about 7)
Lemon juice	3 tbsp.
Cucumbers, raw, peeled, sliced	8 1/2 lb (about 12)
Pepper, red bell, diced	3/4 lb (3/4 cup)
Onion, red, diced	3/4 cup
Dill, fresh, chopped	1/4 cup

Instructions

1. Combine the dressing ingredients: vinegar, honey, apple juice, salt and pepper in a bowl.
2. Wash the apples well and section the apples using a wedger.
3. Discard the apple cores and halve the slices.
4. Toss the apples with the lemon juice in a large bowl.
5. Add the cucumbers, red pepper, red onion and dill.
6. Add the dressing then toss to thoroughly combine. Chill

CCP: Hold for cold service at 41 degrees or lower.

Nutritional Information					
Calories	52	Iron	0 mg	Protein	1 g 5%
Cholesterol	0 mg	Calcium	14 mg	Carbohydrates	6 g 47%
Sodium	85 mg	Vitamin A	283 IU	Total Fat	3.1 g 53%
Dietary Fiber	1 g	Vitamin C	13 mg	Saturated Fat	0.4 g 7%
				Trans Fat	0.0 g 0.0%

Easy Hummus Dip

University of Minnesota Extension

HACCP Process: #1 No Cook

Number of Portions: 50

Portion Size: 1/4 cup

One portion provides 1/2 oz meat alternate

Ingredients	
Chickpeas, canned, drained, rinsed	1 No. 10 cans
Garlic, minced	2 tbsp + 1 tsp
Cumin, ground	2 tbsp + 1 tsp
Olive oil	2/3 cup
Lemon juice	1 tbsp + 1 tsp
Yogurt, plain, low-fat	3.5 cups

Instructions

1. Process beans in a food processor.
2. Add remaining ingredients and process until well combined.

CCP: Hold for cold service at 41 degrees or lower.

Nutritional Information					
Calories	101	Iron	1 mg	Protein	4 g 15%
Cholesterol	1 mg	Calcium	50 mg	Carbohydrates	12 g 48%
Sodium	255 mg	Vitamin A	5 IU	Total Fat	4.2 g 37%
Dietary Fiber	4 g	Vitamin C	2 mg	Saturated Fat	0.8 g 7%
				Trans Fat	0.0 g 0%

Enchilada Bake

Saint Paul Public Schools

HACCP Process: #3 Complex Food Preparation

Number of Portions: 48

Portion Size: 1 piece

One portion provides: 1 serving grains/breads AND

2 oz meat/meat alternate OR

1 oz meat/meat alternate AND 1/4 cup vegetable

Ingredients	
Corn tortillas, whole grain, 6"	48
Cheddar cheese, low-fat, shredded	2 lbs
Enchilada Filling, pg. 22	8 lbs
Enchilada Sauce, pg. 23	2 qt

Instructions

- In each 2" steam table pan, layer:
 - 1 cup sauce in bottom of pan
 - 8 corn tortillas on top of sauce
 - Spread on half or about 3 1/4 pounds enchilada filling (11/no. 8 scoops)
 - Evenly distribute 1/3 pound cheese (1 1/3 cups) over filling
 - Place 8 corn tortillas on top of cheese
 - Spread on half or about 3 1/4 pounds enchilada filling (11/no. 8 scoops)
 - Evenly distribute 1/3 pound cheese (1 1/3 cups) over filling
 - Place 8 corn tortillas on top of cheese
 - Pour remaining 3 cups sauce to cover entire top of the bake
 - Top with remaining 1/2 pound cheese (1 1/3 cups)
- Bake, covered, in a preheated 350° F oven for about 60-70 minutes or until critical control point of 165° F is reached. Let stand for 15 minutes before cutting (cut 4x6).

Nutritional Information					
Calories	256	Iron	2 mg	Protein	16 g 26%
Cholesterol	32mg	Calcium	239 mg	Carbohydrates	25 g 39%
Sodium	488 mg	Vitamin A	490 IU	Total Fat	10 g 36.5%
Dietary Fiber	5 g	Vitamin C	4 mg	Saturated Fat	4.3 g 15.0%
				Trans Fat	0.3 g 1.0%

Enchilada Filling

Saint Paul Public Schools

HACCP Process: #3 Complex Food Preparation

Number of Portions: 8

Portion Size: 1 pound

Meal equivalents noted on "Enchilada Bake" recipe

Ingredients	
Ground beef, 75/25, raw	2 1/2 lbs raw weight
Onions, dehydrated flakes	3 1/4 oz
Chili powder	1.4 oz
Salt	1/4 oz
Cumin, ground	1/4 oz
Pepper, red or cayenne	1/4 oz
Beef base, reduced sodium	1/4 oz
Pinto beans, canned	6 1/2 lbs

Instructions

1. Brown ground beef, drain off excess fat.
2. Add onions, spices and beef base. Mix completely.
3. Add undrained pinto beans
4. Heat mixture until slightly thickened.
5. Use 4 lbs per pan of Enchilada Bake.

Nutritional Information					
Calories	763	Iron	10 mg	Protein	57 g 30%
Cholesterol	127 mg	Calcium	253 mg	Carbohydrates	68g 36%
Sodium	1634 mg	Vitamin A	1257 IU	Total Fat	29.8 g 35.2%
Dietary Fiber	19 g	Vitamin C	14 mg	Saturated Fat	10.7 g 12.7%
				Trans Fat	1.6 g 1.9%

Enchilada Sauce

Saint Paul Public Schools

HACCP Process: #3 Complex Food Preparation

Number of Portions: 2

Portion Size: 1 quart

Meal equivalents noted on "Enchilada Bake" recipe

Ingredients	
Olive oil	1/4 cup
Flour, wheat, white, AP enriched	2 1/4 oz
Chili powder	1/4 oz
Salt	1/4 oz
Cumin, ground	1/4 oz
Garlic powder	1/4 oz
Tomato paste, without salt	12 oz
Water	1 1/2 qts

Instructions

1. Pour olive oil into kettle.
2. Stir in spices and flour to incorporate.
3. Add water and tomato paste. Heat to 200° F. Sauce should be smooth and as thick as heavy cream.
4. Use 1 quart per pan of Enchilada Bake.

Nutritional Information					
Calories	529	Iron	10 mg	Protein	12 g 9%
Cholesterol	0 mg	Calcium	140 mg	Carbohydrates	63 g 47%
Sodium	1691 mg	Vitamin A	3690 IU	Total Fat	29.6 g 50.3%
Dietary Fiber	10 g	Vitamin C	40 mg	Saturated Fat	4.2 g 7.1%
				Trans Fat	0.0 g 0.0%

Fiesta Beans & Rice

Van Buren Middle School and the Let's Move Recipe Challenge

HACCP Process: #2 Same Day Service
 Number of Portions: 50
 Portion Size: 1/2 cup

One portion provides: 1/2 serving grains/breads and
 1/4 cup vegetable OR 1 oz meat/meat alternate

Ingredients	
Brown rice, long grain, raw	3 lbs
Salsa	1 pint
Tomato sauce	1 pint
Beans, pinto, reduced-sodium	3 qts + 1 cup
Simple spice mix, pg. 37 (optional)	5 tbsp

Instructions

1. Preheat oven to 350° F (325° F for convection oven).
2. Cook rice according to package directions, omitting the salt (Rice can be baked in steam table pans). Remove from heat. Divide rice evenly between 2 – 4" deep steam table pans.
3. Drain and rinse the beans. Place half (6 1/2 cups) the beans in each pan of rice.
4. Combine the salsa and tomato sauce and mix well. If using the spice mixture stir into salsa mixture. Pour 3 cups over each pan of rice and beans. Stir ingredients until well combined in each pan.
5. Cover each pan with foil and crimp tightly.
6. Place in oven and bake for 20 to 30 minutes or until internal temperature reaches 165° F.

CCP: Hold in hot cart at 135° F until serving time.

Nutritional Information *does not include spice mix					
Calories	151	Iron	1.5 mg	Protein	5.5 g 15%
Cholesterol	0 mg	Calcium	33 mg	Carbohydrates	32 g 86.0%
Sodium	226 mg	Vitamin A	227 IU	Total Fat	0.9 g 5.4%
Dietary Fiber	5 g	Vitamin C	1 mg	Saturated Fat	0.2 g 1.1%
				Trans Fat	N/A g N/A%

Gold Rush Pizza

Sartell-St. Stephen Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 50

Portion Size: slice

One portion provides: 2 servings grains/breads and

2 oz meat/meat alternate and 3/4 cup vegetables

Ingredients	
Sweet potato, raw, 1/3" cubes	1 gal
Kale, raw, chopped	1 gal
Garlic, raw, diced	3/4 cup
Tomatoes, canned, diced, reduced sodium	2 1/4 qts
Pizza crust, par-baked, round, 16"	5
Chicken, diced, frozen	3 1/4 lbs
Mozzarella, cheese, lite	3 lbs
Canola oil	3 tbsp
Garlic powder	2 tsp

Instructions

1. Preheat convection oven to 350° F. In steamer, steam peeled and cubed sweet potatoes 5-7 minutes or until slightly softened. Drain and cool.
2. Steam kale 2-3 minutes, drain.
3. Drain off half the juice from the tomatoes; discard juice. To the tomatoes and the remaining juice, add the garlic.
4. Place pizza crusts on 5 sheet pans. Divide tomato mixture evenly on the 5 crusts. Using equal portions for each, layer each crust with kale, sweet potatoes, diced chicken, and ending with mozzarella cheese.
5. Mix the garlic powder and oil together. Brush lightly the edge of the pizza crusts. Bake at 350°F for 15-20 minutes. 10 slices per pizza.

CCP: Hold at 140° F or higher.

Nutritional Information					
Calories	314	Iron	3.15 mg	Protein	21.85 g 28%
Cholesterol	36 mg	Calcium	263.26 mg	Carbohydrates	40.12 g 51%
Sodium	523 mg	Vitamin A	9728.7 IU	Total Fat	7.19 g 20.6%
Dietary Fiber	3.12 g	Vitamin C	31.73 mg	Saturated Fat	2.52 g 7.2%
				Trans Fat	0.00 g 0.0%

Greek Grilled Chicken Salad

Minneapolis Public Schools

HACCP Process: #1 No Cook

Number of Portions: 1

Portion Size: 1 salad

Each portion provides: 3 oz meat/meat alternate
and 2 1/2 cups vegetables

Ingredients	
Romaine blend lettuce	12 1/2 lbs
Chicken, grilled filet breast, sliced	9 1/2 lbs
Cherry tomato	2 pints (50)
Black olives, whole	3 1/4 cups (100)
Pepperoncini peppers	6 1/4 cups (50)
Cucumber	2 whole (50 slices)
Red onions, sliced 1/8" thick	3 whole (100 slices)
Feta cheese	12 1/2 lbs

Instructions

1. Place 4 ozs. of lettuce in a no. 6060 container.
2. Place 1 sliced chicken breast on lettuce.
3. Garnish with 1 each of tomato, pepperoncini, cucumber and 2 olives.
4. Place 2 slices of onion and 1/4 oz. of feta cheese on top of chicken.
5. Serve with a vinaigrette dressing.

CCP: Hold at 40° F or lower.

Nutritional Information					
Calories	179	Iron	2 mg	Protein	25 g 55%
Cholesterol	66 mg	Calcium	98 mg	Carbohydrates	8 g 17%
Sodium	695 mg	Vitamin A	6,762 IU	Total Fat	5.4 g 27.2%
Dietary Fiber	3 g	Vitamin C	31 mg	Saturated Fat	1.6 g 8.1%
				Trans Fat	N/A g N/A%

Hmong Beef Fried Rice

Saint Paul Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 100

Portion Size: 1 cup

One portion provides: 2 3/4 oz meat/meat alternate
and 1 serving grains/breads

Ingredients	
Ground beef, 80/20, raw, cooked and drained	13 lbs + 10 oz
Garlic powder	1 1/2 oz
Sugar	4 oz
Salt	2 3/4 oz
Eggs, scrambled	10 lbs
Water	3 gal
Brown rice, raw	24 cups
Toppings or garnish:	
Cilantro sprigs	
Peas	
Scallions, chopped	

Instructions

1. Cook beef to at least 165°F. Drain or skim off fat.
2. Add sugar, salt and garlic powder, heat back up to 165°F.
3. Scramble eggs by baking in a greased pan for 20—25 minutes (may use pre-cooked scrambled eggs).
4. Add rice and water to beef mixture. Divide among steam table pans. Cover and bake for 45 minutes or until water is absorbed.
5. Stir in cooked eggs (approximately 4 cups per pan). Serve with cilantro sprigs, green peas and scallions. These may be added to pan or served as a topping.
6. Serve at 140° F. or higher.
7. CCP: Hold for hot service at 140° F. or higher.

Nutritional Information					
Calories	374	Iron	2 mg	Protein	22 g 23%
Cholesterol	206 mg	Calcium	52 mg	Carbohydrates	36.73 g 39%
Sodium	476 mg	Vitamin A	244 IU	Total Fat	13.0 g 36.0%
Dietary Fiber	2 g	Vitamin C	0 mg	Saturated Fat	5.1 g 12.3%
				Trans Fat	0.3 g 0.7%

Italian Bean and Pasta Salad

Saint Paul Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 100

Portion Size: 1/2 cup

One portion provides: 3/4 serving grains/breads AND

1/2 oz meat/meat alternate OR

1/4 cup vegetables

Ingredients	
Pasta, cooked	2 1/2 gal
Pinto beans, canned, drained	1-1/2 No. 10 cans
Onions, raw, chopped	1/2 cup
Tomatoes, raw, chopped	5 1/2 cups
Green peppers, raw, chopped	5 1/2 cups
Fat-free Italian dressing	5 1/2 cups

Instructions

1. Combine all ingredients, mix well.
2. Add more dressing before serving if salad seems too dry.

Notes: Any type of fat-free Italian dressing can be used. Pasta is macaroni; penne or small shells may also be used.

Nutritional Information					
Calories	96	Iron	1 mg	Protein	4 g 19%
Cholesterol	0 mg	Calcium	17 mg	Carbohydrates	18 g 75%
Sodium	223 mg	Vitamin A	135 IU	Total Fat	0.3 g 3.1%
Dietary Fiber	3 g	Vitamin C	8 mg	Saturated Fat	0.0 g 0.1%
				Trans Fat	0.0 g 0.0%

Korean Beef Bulgogi

Hopkins Public Schools

HACCP Process: #3 Complex Food Preparation
 Number of Portions: 50
 Portion Size: 1/4 cup

One portion provides: 1 serving grains/breads and
 2 oz meat/meat alternate

Ingredients	
Beef strips, fajita meat, raw,	6 lbs + 15 oz
Soy sauce, light	2 cups + 1 tbsp
Sugar, granulated	1 cup + 1 /2 tbsp
Green onion, fresh, chopped	1 2/3 cups + 1 tbsp
Garlic, chopped	1/3 cup + 2 tbsp
Sesame seeds	1/3 cup + 2 tbsp
Sesame oil, toasted	3/4 cup + 3 tbsp
Black pepper, ground	2 1/8 tsp
Cornstarch	1/3 cup + 2 tbsp
Brown rice, cooked	25 cups

Instructions

1. Three days prior to service, pull beef from freezer to allow to thaw in cooler.
2. One day prior to service, place beef in a shallow pan. In a small bowl, combine the soy sauce, sugar, green onion, chopped garlic, sesame seeds, oil, pepper and cornstarch. Pour over the beef to coat. Cover and refrigerate overnight. Do not allow to sit longer than 24 hours as this will cause the meat to break down too much.
3. Day of service, heat the braising skillet to medium-high. Add the above ingredients to the pan and sauté beef until medium (slightly pink), approximately 8—10 minutes for a smaller batch.
4. Serve beef with a 2 oz. spoodle and 1/2 cup of rice.

Note: Do not over cook or meat will become tough.

Nutritional Information *does not include brown rice					
Calories	181	Iron	1 mg	Protein	14 g 32%
Cholesterol	36 mg	Calcium	46 mg	Carbohydrates	8 g 18%
Sodium	721 mg	Vitamin A	32 IU	Total Fat	9.6 g 47.9%
Dietary Fiber	1 g	Vitamin C	2 mg	Saturated Fat	2.7 g 13.3%
				Trans Fat	0.0 g 0.0%

Marinated Black Bean Salad

USDA

HACCP Process: #1 No Cook
 Number of Portions: 50
 Portion Size: 1/2 cup

One portion provides: 1/2 cup of vegetables OR
 1/2 oz meat/meat alternate and 3/8 cup vegetables

Ingredients	
Black beans, canned, drained	2 qt + 1 cup (5 lbs)
Corn, frozen, whole-kernel, thawed	3.5 lbs
Green pepper, raw, minced	12 oz
Red pepper, raw, minced	12 oz
Onions, raw, minced	4 oz
Lemon juice	1/2 cup
Parsley, dried	2 tbsp
Cumin, ground	1 tbsp
Garlic, granulated	2 tsp
Salsa	1 lb 12 oz
Vegetable oil	1/4 cup
Simple spice mix—pg. 37 (optional)	2 tbsp

Instructions

1. Combine black beans, corn, green peppers, red peppers, and onions in a large bowl.
2. For dressing, combine the lemon juice, parsley, cumin, granulated garlic, salsa, and oil.
3. Pour dressing over salad and toss lightly to combine. Spread 5 lb 15 oz (approximately 3 qt ½ cup) into each of 2 shallow pans (12" x 20" x 2 ½") to a product depth of 2" or less.
4. Refrigerate until service
5. Portion with No. 8 scoop

Nutritional Information					
Calories	157	Iron	2 mg	Protein	5.1 g 13%
Cholesterol	0 mg	Calcium	29 mg	Carbohydrates	17 g 43%
Sodium	246 mg	Vitamin A	577 IU	Total Fat	1.6 g 9%
Dietary Fiber	4 g	Vitamin C	24 mg	Saturated Fat	0.3 g 2%
				Trans Fat	N/A g N/A%

Marinated Cucumbers

Great Trays

HACCP Process: #2 Same Day Service

Number of Portions: 40

Portion Size: 10 slices

One portion provides: 1/4 cup vegetables

Ingredients	
Vinegar, distilled	1 cup
Sugar, granulated	6 tbsp
Mint leaves, fresh	1/4 cup
Cucumbers, peeled, raw	4 lbs

Instructions

1. Combine vinegar, sugar and mint. Mix well.
2. Add cucumbers. Stir well until sugar is dissolved.
3. Cover and allow to marinate at least 1 hour or overnight in the cooler.
4. Drain cucumbers before assembling sandwiches or serving as a sandwich fixing.

Nutritional Information					
Calories	14	Iron	0 mg	Protein	.3 g 8%
Cholesterol	0 mg	Calcium	7 mg	Carbohydrates	3 g 83%
Sodium	1 mg	Vitamin A	44 IU	Total Fat	0.1 g 4.8%
Dietary Fiber	0 g	Vitamin C	1 mg	Saturated Fat	0.0 g 0.4%
				Trans Fat	0.0 g 0.0%

Pasta Salad with Cannellini Beans

District 196 (Rosemount-Apple Valley-Eagan)

HACCP Process: #2 Same Day Service

Number of Portions: 40

Portion Size: 1/2 cup

Alternate Recipe Name: Pasta Salad

One portion provides: 1 serving grains/breads and 1/4 oz meat/meat alternates and 1/8 cup vegetable

Ingredients	
Rotini pasta, whole grain, dry	2 1/4 lbs
Grape tomatoes	1 lb
Cannellini beans, canned	15 1/2 oz
Spinach, raw, chopped	6 cups
Cheddar cheese, reduced fat, shredded	1 1/4 cup
Italian dressing, reduced fat	2 cups

Instructions

1. Cook pasta according to package directions, omitting salt. Drain, cover and refrigerate until completely cooled. Can be prepared one day ahead.
2. Drain and rinse beans.
3. Combine the pasta, tomatoes, beans, spinach and cheese. Stir until well combined. Cover and refrigerate until ready to use.
4. Shortly before serving, toss the pasta mixture with the dressing.
5. Serve 1/2 cup portion.

Note: Pasta will absorb dressing and become bland if dressed more than 2 hours before serving.

Nutritional Information					
Calories	120	Iron	1.5 mg	Protein	6 g 19%
Cholesterol	3 mg	Calcium	53 mg	Carbohydrates	22 g 73%
Sodium	164 mg	Vitamin A	920 IU	Total Fat	2.0 g 15%
Dietary Fiber	3 g	Vitamin C	4 mg	Saturated Fat	0.6 g 5%
				Trans Fat	0.0 g 0.0%

Pasta Salad with Grape Tomatoes and Broccoli

Great Trays (adapted from the LANA Program)

HACCP Process: #2 Same Day Service

Number of Portions: 50

Portion Size: 1/2 cup

Alternate Recipe Name: Boulders, Trees and Trunks Salad

One portion provides: 1/2 serving grains/breads and 1/4 oz meat/meat alternates and 1/8 cup vegetable

Ingredients	
Rotini pasta, whole grain	1 3/4 lbs
Water	1 3/4 qts
Broccoli florets, frozen, thawed and drained	6.25 cups
Grape tomatoes	1 1/4 cups
Onion, raw, chopped	2 tbsp
Pinto beans, canned, drained	3 cups
Mozzarella cheese, part skim	6 1/2 oz
Oregano , dried	1 1/2 tsp
Italian dressing, reduced fat	1 1/3 cups

Instructions

1. Cook pasta according to package directions, omitting salt. Drain, cover and refrigerate until completely cooled. Can be prepared one day ahead.
2. Cut cheese into 3/8" cubes.
3. Combine the pasta, broccoli, tomatoes, onion, beans, cheese and oregano. Stir until well combined. Cover and refrigerate until ready to use.
4. Shortly before serving, toss the pasta mixture with the dressing.
5. Serve 1/2 cup portion.

Note: Pasta will absorb dressing and become bland if dressed more than 2 hours before serving.

Nutritional Information					
Calories	90	Iron	1 mg	Protein	5 g 21%
Cholesterol	2.74 mg	Calcium	53 mg	Carbohydrates	16 g 71%
Sodium	180 mg	Vitamin A	148 IU	Total Fat	1.4 g 13.5%
Dietary Fiber	3 g	Vitamin C	6 mg	Saturated Fat	0.5 g 4.7%
				Trans Fat	0.0 g 0.0%

Peppy Quinoa

Sartell-St. Stephen Public Schools

HACCP Process: #2 Same Day Service
 Number of Portions: 50
 Portion Size: 4 oz. spoodle

One portion provides: 1 serving breads/grains and
 1/8 cup vegetables

Ingredients	
Water	5 qts + 2/3 cup
Chicken flavor paste, reduced sodium	1/4 cup + 3 tbsp
Quinoa, uncooked	2 1/2 qts + 1/2 cup
Onions, raw, chopped	2 3/4 cups
Green chilies, diced	1 lb
Garlic, raw	1/4 cup + 1 1/2 tbsp
Pepitas, dried shelled	1 1/2 cup
Lime juice, raw	2 cups
Cilantro	3 cups
Onions, spring or scallions (including tops and bulb), chopped	2 cups

Instructions

1. Preheat convection oven to 350° F. Spray a 4" full-size steam table pan with pan release. Add water and chicken flavor and whisk to blend.
2. Add diced onion, green chilies, garlic, pepitas and lime juice into pan and blend well. Cover pan with full sheet of parchment paper and then seal with a sheet of tin foil. Bake at 350° F for 30-45 minutes, or until quinoa is tender. (Cooking time depends on oven load.)
3. Before serving, toss with fresh cilantro and green onions.

CCP: Hold at 140° F or higher.

Nutritional Information					
Calories	98	Iron	1 mg	Protein	4 g 17%
Cholesterol	0 mg	Calcium	48 mg	Carbohydrates	14 g 56%
Sodium	206 mg	Vitamin A	182 IU	Total Fat	3.3 g 30.6%
Dietary Fiber	2 g	Vitamin C	7 mg	Saturated Fat	0.5 g 4.2%
				Trans Fat	0.0 g 0.0%

Porcupine Sliders

Let's Move Recipe Challenge and South Education Center Alternative in Richfield

HACCP Process: #2 Same Day Service
 Number of Portions: 50
 Portion Size: 1 sandwich

One portion provides: 1 serving breads/grains and
 2 oz meat/meat alternate

Ingredients	
Rice, brown, medium-grain, raw	2 3/4 cups
Salt, table	1 tbsp
Onions, yellow, diced	1 1/2 cups
Celery, raw, finely chopped	8 med stalks
Garlic, raw	6 cloves
Oil, canola	2 tbsp
Turkey, ground, extra-lean	8#
Eggs, whole, fresh	10 large
Cranberries, dried, sweetened, chopped	1 1/2 cups
Spinach, raw, cleaned and chopped	5 cups
Worcestershire sauce	2 tbsp
Pepper, black	1 tbsp
Pepper, red	1/8 tsp
Whole grain roll/bun, 1 oz	50

Instructions

1. Combine rice and salt with the amount of water specified on package directions.
2. Bring to a boil, reduce to a simmer and cook about 18 minutes until cooked but still firm.
3. Drain rice well, spread on sheet pan and cool completely.
4. In a large skillet, sauté onions, celery and garlic in oil until soft, about 5 minutes. Transfer to sheet pan and cool completely.
5. In a large mixing bowl combine ground turkey with rice, onion mixture, eggs, cranberries, spinach, Worcestershire sauce, black and red peppers. Mix until all ingredients are well combined.
6. Portion into thick 2 1/2 oz patties the diameter of the buns onto a baking sheet.
7. Bake at 350 degrees for 25 minutes until turkey is at an internal temperature of 165 degrees.

Nutritional Information					
Calories	285	Iron	2.5 mg	Protein	20 g 28%
Cholesterol	94 mg	Calcium	63 mg	Carbohydrates	34 g 48%
Sodium	440 mg	Vitamin A	361 IU	Total Fat	9.1 g 28.8%
Dietary Fiber	4 g	Vitamin C	2 mg	Saturated Fat	3.1 g 9.6%
				Trans Fat	0.0 g 0.0%

Roasted Butternut Squash

Owatonna Public Schools

HACCP Process #2: Same Day Service

Number of Portions: 50

Portion Size: 1/2 cup

Alternate Recipe Name: Roasted Butternut Squash with Cinnamon and Brown Sugar

One portion provides 1/2 cup vegetable

Ingredients	
Butternut squash, raw	20 lbs
Butter, unsalted	1/4 lb
Olive oil	3/4 cup
Brown sugar	2 - 1/4 cups, packed
Salt	1 tbsp + 1 tsp
Cinnamon, ground (optional)	1—1/2 tbsp
Black pepper, ground	1 tsp

Instructions

1. Peel butternut squash, cut in half and remove seeds. Cut into 1/2-inch cubes.
2. Spray 4 full sheet lightly with food release. Distribute the squash evenly among pans in a single layer, being careful not to overcrowd the pans.
3. Melt the butter and combine with olive oil, brown sugar, salt, cinnamon and pepper. Mix thoroughly.
4. Divide the butter mixture equally among pans. Stir until squash is well coated.
5. CCP: Roast, uncovered, until cooked through and lightly browned.
 - Convection Oven: Bake at 350° F; about 20-30 minutes.
 - Conventional Oven: Bake at 375° F; about 30-35 minutes.
6. CCP: Hold for hot service at 140° F or higher.

Nutritional Information					
Calories	72	Iron	1 mg	Protein	1 g 5%
Cholesterol	2 mg	Calcium	30 mg	Carbohydrates	13 g 70%
Sodium	99 mg	Vitamin A	1273 IU	Total Fat	2.6 g 32.8%
Dietary Fiber	1 g	Vitamin C	11 mg	Saturated Fat	0.9 g 11.2%
				Trans Fat	0.0g 0.0%

Roasted Root Vegetables

University of Minnesota Extension

HACCP Process: #2 Same Day Service

Number of Portions: 75

Portion Size: 1/2 cup

One portion provides 1/2 cup vegetables

Ingredients	
Beets, fresh, diced	5 lbs
Sweet potatoes, raw, chunks, without salt	5 lbs
Parsnips, raw, chunks	5 lbs
Carrots, raw, thick-sliced	5 lbs
Olive oil	1 cup
Garlic, granulated	1 1/2 tbsp
Salt, table	2 tsp
Pepper, black	1 tbsp
Sugar, granulated	1 1/2 tbsp

Instructions

1. Combine spices and oil and toss each type of vegetable separately
2. Place pan liners on two sheet pans. Divide and spread out mixture evenly between the two pans.
3. Bake in 400° F convection oven for 20 minutes. Remove and gently mix. Bake for additional 20 minutes or until vegetables are fork-tender.

CCP: Hold food for service at an internal temperature above 140° F.

Nutritional Information					
Calories	101	Iron	1 mg	Protein	2 g 6%
Cholesterol	0 mg	Calcium	35 mg	Carbohydrates	18 g 70%
Sodium	127 mg	Vitamin A	1,459 IU	Total Fat	3.0 g 28%
Dietary Fiber	4 g	Vitamin C	9 mg	Saturated Fat	0.4 g 4%
				Trans Fat	0.0 g 0.0%

Santa Fe Wrap

Wayzata Public Schools

HACCP Process: #1 No Cook
 Number of Portions: 26
 Portion Size: 1/2 wrap

One portion provides: 1 serving grains/breads and
 2 oz meat/meat alternate and 1/2 cup vegetables

Ingredients	
Salsa	1/2 cup
Ranch dressing, light	1/2 cup
Chipotle flavor maker base	1 tsp
Romaine lettuce mix	8 cups
Tomato, fresh, diced	3 1/2 cups
Corn kernels, thawed	3 1/2 cups
Mild cheddar cheese, feather shredded	1 cup
Chicken fajita strips	3 1/4 lb
Tortilla, whole grain, 12"	13

Instructions

1. In a bowl, mix together the salsa, ranch dressing, and chipotle flavor maker until well combined.
2. In a separate bowl, combine the lettuce, tomatoes, corn and cheese. Toss with dressing mixture until evenly coated.
3. Arrange 4 oz. of chicken down the middle of a tortilla. Lay 1 cup of lettuce mixture on top. Fold in edges and roll tortilla over.
4. Cut in half and individually wrap each half.
5. Repeat with remaining tortillas. Refrigerate until ready to serve.

Nutritional Information					
Calories	251	Iron	2 mg	Protein	19 g 31%
Cholesterol	42 mg	Calcium	117 mg	Carbohydrates	56 g 56%
Sodium	891 mg	Vitamin A	1699 IU	Total Fat	4 g 14.9%
Dietary Fiber	5 g	Vitamin C	10 mg	Saturated Fat	1.2 g 4.4%
				Trans Fat	0.0 g 0.0%

Simple Spice Mix

Great Trays

HACCP Process: #1 No Cook

Number of Portions: 60

Portion Size: 2 tsp (entire recipe yields 2 1/2 cups)

Ingredients	
Chili powder	1 cup
Cumin, ground	1/2 cup
Oregano leaves, dried	1/2 cup
Garlic powder or granules	1/4 cup
Cayenne pepper	1/4 cup

Instructions

1. Mix all ingredients together.
2. Store in an airtight container.

Nutritional Information					
Calories	12	Iron	1 mg	Protein	0.5 g 16%
Cholesterol	0 mg	Calcium	20 mg	Carbohydrates	3 g 93%
Sodium	22 mg	Vitamin A	778 IU	Total Fat	0.6 g 45%
Dietary Fiber	1 g	Vitamin C	2 mg	Saturated Fat	0.1 g 7.2%
				Trans Fat	N/A g N/A%

Smokin' Powerhouse Quinoa Chili

Hopkins Public Schools

HACCP Process #2: Same Day Service

Number of Portions: 50

Portion Size: 1 cup

Alternate Recipe Name: Smokin' Powerhouse Chili

One portion provides: 1/2 serving grains/breads AND
1/2 oz meat/meat alternate and 1 1/8 c vegetable OR
1 1/2 cup vegetable

Ingredients	
Vegetable base, reduced sodium	6 1/4 cups prep.
Onion, fresh, chopped	3 lbs 2 oz
Garlic, fresh, chopped natural in water	3 1/3 oz
Carrots, fresh raw, sliced	3 lbs 2 oz
Red pepper, raw, chopped	1 lb 9 oz
Chipotle pepper paste	3 1/2 oz
Sweet potato, raw, cubed	3 lbs 2 oz
Quinoa	2 lbs 6 oz
Tomatoes, diced in juice	1 1/4 no. 10 cans
Tomato sauce, canned	2/3 no. 10 can
Chili powder, mild	1/3 cup + 4 tsp
Cumin, ground	1/3 cup + 4 tsp
Cilantro, raw, chopped	1 2/3 cups
Corn, sweet yellow, frozen, comm.	1 lb 15 2/3 oz
Black beans, low sodium	1 1/4 no. 10 cans

Instructions

1. Heat half the stock and steam/sauté onions and garlic in a braising pan or stock pot. Add carrots, pepper, chipotle pepper paste and simmer 10 minutes.
2. Cook quinoa according to package instructions.
3. In another pan, lightly steam/cook sweet potatoes until slightly soft.
4. Add the other half of the stock, cooked quinoa, diced tomatoes, tomato sauce, cilantro and spices to the chipotle vegetable mixture. Allow to thicken and the flavors to blend; approximately 15-20 minutes
5. Add beans, corn, sweet potatoes, and bring to a simmer again. Serve with 8 oz ladle.

Suggestions: This dish is complimented by a dollop of sour cream or some of your favorite shredded cheese and a side of baked whole grain tortilla chips.

Tip for cooked quinoa: quinoa cooks with 2 parts water to 1 part quinoa.

Nutritional Information					
Calories	210	Iron	5 mg	Protein	9 g 17%
Cholesterol	0 mg	Calcium	78 mg	Carbohydrates	4 g 80%
Sodium	377 mg	Vitamin A	5965 IU	Total Fat	1.9 g 8.1%
Dietary Fiber	9 g	Vitamin C	41 mg	Saturated Fat	0.2g 1.0%
				Trans Fat	0.0 g 0.0%

Spring Salad Mix

Owatonna Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 100

Portion Size: 1/2 cup

One portion provides: 1/2 cup vegetables/fruits

Ingredients	
Baby spinach, fresh	3 lbs 2 oz
Romaine lettuce, chopped	4 lbs 3 oz
Red onion, julienned	2 1/4 cups
Strawberries, thawed and drained	8 1/3 cups
Mandarin oranges, drained	4 1/4 cups
Dressing:	
Lemon juice	3/4 cup + 1 1/2 tsp
White wine vinegar	1 cup + 2 tbsp
Poppy seeds	2 tbsp + 2 1/3 tsp
Sugar	2 3/4 cups
Vegetable oil	2 tbsp + 2 1/3 tsp

Instructions

1. Mix together the onions, strawberries and mandarin oranges. Store in cooler until ready for use.
2. Using a whisk, mix together the lemon juice, vinegar, poppy seeds, sugar and vegetable oil.
3. Combine the lettuce and spinach.
4. Just before serving, toss lettuce mixture with dressing. Turn into serving bowl and top with fruit mixture. Serve.

If serving in full hotel pans, quantities per pan (4) are as follows:

- 1 3/4 pound lettuce mixture
- 1 cup dressing
- 3 3/4 cups fruit mixture

Nutritional Information					
Calories	58	Iron	1 mg	Protein	1 g 6 %
Cholesterol	0 mg	Calcium	28 mg	Carbohydrates	13 g 93 %
Sodium	14 mg	Vitamin A	3094 IU	Total Fat	0.6 g 9.8%
Dietary Fiber	1 g	Vitamin C	21 mg	Saturated Fat	0.1 g 1.4%
				Trans Fat	0.0 g 0.0%

Sweet and Sour Chicken Rice Bowl

Saint Paul Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 50

Portion Size: 3/8 cup

Alternate Recipe Name: Chicken Rice Bowl with Sweet and Sour Sauce

One portion provides: 2 oz meat/meat alternate and 1 serving grains/breads. Vegetable equivalents vary.

Ingredients	
Chicken meat, cooked, diced, frozen	6 lbs 4 oz
Sweet and sour sauce	5 cups
Brown rice, long grain, cooked without salt	1 1/2 gal + 1 cup
Toppings:	
Carrot coins, steamed	
Broccoli, steamed	
Peas	
Scallions, sliced	
Cilantro, chopped	
Red or green pepper, chopped	

Instructions

1. Prepare rice according to the package directions, omitting salt (Can be baked in hotel pans in oven).
2. Combine chicken and sauce. Heat until it reaches 165°F.
3. Serve 3/8 cup (No. 10 scoop) of chicken mixture over 1/2 cup brown rice.
4. Offer toppings on the side.

Nutritional Information					
Calories	243	Iron	1 mg	Protein	20 g 4.2%
Cholesterol	53 mg	Calcium	10 mg	Carbohydrates	34 g 55.4%
Sodium	120 mg	Vitamin A	0 IU	Total Fat	3.2 g 11.9%
Dietary Fiber	2 g	Vitamin C	0 mg	Saturated Fat	.8 g 3.1%
				Trans Fat	0.0 g 0.0%

Sweet and Sour Chicken with Honey

Willmar Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 100

Portion Size: 1 cup

One portion provides: 2 oz meat/meat alternate and 1/2 cup vegetables

Ingredients	
Honey	1 qt
Lemon juice	1 1/2 cups
Tomato paste, condensed	1 1/4 cups
Soy sauce	1 cup
Vegetable oil	1/2 cup
Hot sauce	2 tbsp
Popcorn chicken	12 lbs + 8 oz
Broccoli Normandy, IQF	25 lbs
Sesame seeds	1/2 cup

Instructions

1. Stir together honey, lemon juice, tomato paste, soy sauce, oil and hot sauce. Add chicken; stir well to coat. Cover and marinate in the refrigerator 30 to 60 minutes.
2. Spray two 18" X 26" X 1" sheet pans well with non-stick vegetable spray. Spread half the chicken mixture on each pan. Sprinkle with sesame seeds. Bake at 350 ° F for 15 minutes, stirring every 5 minutes to ensure even cooking.
3. Steam the vegetable blend until tender and drain well.
4. Stir hot cooked vegetables into chicken and sauce while on sheet pans.
5. Pour mixture into steam table pans sprayed with food release to serve.
6. Serve with 1/2 cup brown rice.

CCP: Hold at 140°

Nutritional Information					
Calories	255	Iron	1 mg	Protein	10 g 15%
Cholesterol	13 mg	Calcium	38 mg	Carbohydrates	31 g 49%
Sodium	527 mg	Vitamin A	2317 IU	Total Fat	9.8 g 34.5%
Dietary Fiber	4 g	Vitamin C	31 mg	Saturated Fat	1.8 g 6.4%
				Trans Fat	0.0 g 0.0%

Three Bean Salad

MA Farm to School Cookbook

HACCP Process: #2 Same Day Service
 Number of Portions: 50
 Portion Size: 1/2 cup

One portion provides 1/2 vegetables OR
 1/2 oz meat alternate AND 1/4 cup vegetables

Ingredients	
Vinegar, white	1 cup
Sugar, granulated	1/4 cup
Dill, fresh, coarsely chopped	1/3 cup
Mustard, dried	1 1/2 tsp
Salt	1 1/2 tsp
Garlic, fresh, minced	1 tsp
Pepper, black	1/2 tsp
Olive oil	1 cup
Kidney beans, canned, drained, rinsed	1 lb 8 oz (1 qt)
Great Northern beans, canned, drained, rinsed	1 lb 8 oz (1 qt)
Onion, red, diced	2 oz (1/2 cup)
Green beans, raw, snapped	6 lb 12 oz

Instructions

1. Blend together the vinegar, sugar, dill, mustard, salt, garlic and black pepper.
2. Gradually mix in the oil until well combined.
3. Mix the kidney beans, Great Northern beans, and onion with the dressing to combine.
4. Steam the green beans until tender crisp and still bright in color, about 5 minutes. Chill under running water or ice water. Drain and dry.
5. Toss the chilled green beans with beans and dressing before service.

CCP: Hold for cold service at 41 degrees or lower.

Nutritional Information					
Calories	99	Iron	1 mg	Protein	4 g 15%
Cholesterol	0 mg	Calcium	40 mg	Carbohydrates	10 g 41%
Sodium	123 mg	Vitamin A	427 IU	Total Fat	4.6 g 42%
Dietary Fiber	3 g	Vitamin C	8 mg	Saturated Fat	0.7 g 6%
				Trans Fat	0.0 g 0%

Turkey Hoagie with Yogurt Spread

Great Trays

HACCP Process: #1 No Cook

Number of Portions: 40

Portion Size: Sandwich

Alternate Recipe Name: Cool Cucumber Turkey Hoagie

One portion provides: 2 servings grains/breads and 3 oz meat/meat alternate and 1/2 cup vegetables

Ingredients	
<i>Spread</i>	
2% Greek yogurt	4 cups
Garlic powder	1 tsp
Cumin, ground	1 tsp
Pepper, black	1 tsp
Mint, fresh, chopped	1/4 cup
<i>Sandwich</i>	
Roll, hoagie, whole grain, 6"	40 rolls
Turkey, deli style, rstd brst w/ white	8 lbs
Spinach, raw	1 1/2 lbs
Cucumber, raw, peeled	4 lbs

Instructions

Spread

1. Combine yogurt with garlic, cumin, pepper and mint. Stir until well combined. Can be made and in cooler 1 day ahead.

Sandwich

1. Open hoagie buns on sheet pan or other work surface.
2. Spread both sides of the bun with 1 1/2 tablespoons of yogurt mixture.*
3. Place 4 slices or approximately 3 oz of turkey on the bottom half of hoagie.
4. Place 10 cucumber slices and a layer of spinach leaves on top of turkey. Place top of bun on the spinach. Prepare to serve.

*Note: Alternatively, yogurt spread, cucumbers and spinach may be served separately as toppings for sandwich.

Nutritional Information					
Calories	332	Iron	4 mg	Protein	30 g 37%
Cholesterol	41 mg	Calcium	164 mg	Carbohydrates	39 g 47%
Sodium	835 mg	Vitamin A	2253 IU	Total Fat	7.7 g 20.9%
Dietary Fiber	2.9 g	Vitamin C	8 mg	Saturated Fat	2.3 g 6.3%
				Trans Fat	0.0 g 0.0%

Turkey Sloppy Joe

Dover-Eyota Public Schools

HACCP Process: #2 Same Day Service
 Number of Portions: 50
 Portion Size: Sandwich

One serving provides: 2 servings grains/breads and
 2 oz meat/meat alternates

Ingredients	
Turkey, ground	9 lb
Onion flakes, dehydrated	1 3/4 cups
Chili powder	1 tbsp
Ketchup	1/3 gal
Mustard, prepared, yellow	1 tbsp
Tomato soup, condensed	1/2 no. 3 can (50 oz)
Brown sugar	1/4 cup
Hamburger buns, whole wheat, 4"	50 (1 bun)

Instructions

1. Thaw ground turkey in refrigerated storage on the lowest shelf at 41°F or colder.
2. Take out the ingredients from dry storage, 50-70°F.
3. Preheat tilting braising pan or steam-jacketed kettle.
4. **CPP:** Brown turkey with onion until internal temperature reaches 155°F for 15 seconds and all the meat is cooked through. Drain and rinse cooked meat.
5. Mix ingredients and add to ground turkey. Place in 4" deep steam table pan, cover and bake for 1 hour or until internal temperature reaches 165°F or higher for 15 seconds.
6. Unwrap packaged buns and place in the hot holding cabinet to warm.
7. Combine Sloppy Joe and warmed bun on the serving line. Portion Sloppy Joe with No. 12 scoop onto bottom of each bun. Cover with top half of bun.
8. **CCP:** Monitor internal temperature of the Sloppy Joe, it should be 140°F. or hotter. If not, reheat to 165° F. for 15 seconds, only once.

Nutritional Information					
Calories	277	Iron	2 mg	Protein	20 g 29%
Cholesterol	58.32 mg	Calcium	55 mg	Carbohydrates	34 g 50%
Sodium	653 mg	Vitamin A	298 IU	Total Fat	7.5 g 24.5%
Dietary Fiber	2 g	Vitamin C	8 mg	Saturated Fat	2.6 g 8.4%
				Trans Fat	0.0 g 0.0%

Vegetable Sandwich Booster

University of Minnesota Extension

HACCP Process: #1 No Cook

Number of Portions: 50

Portion Size: 1/2 cup

One portion provides 1/2 cup vegetables

Ingredients	
Zucchini, unpeeled, sliced	10 each
Carrots, raw, grated	1 1/2 qt
Vinegar, red wine	2 cups
Bell pepper, green, raw, sliced	10 each
Onion, red, sliced	8 each
Salt	2 tsp
Pepper	2 tsp
Olive oil	1 1/2 cup

Instructions

1. Place zucchini and carrots in a large bowl.
2. Add vinegar, bell pepper, onion, salt, pepper and olive oil and stir well to combine.
3. Marinate 1-2 hours or refrigerate up to 3 days.

CCP: Hold for cold service at 41 degrees or lower.

Nutritional Information					
Calories	82	Iron	0mg	Protein	1 g 5%
Cholesterol	0 mg	Calcium	19 mg	Carbohydrates	5 g 26%
Sodium	109 mg	Vitamin A	2387 IU	Total Fat	6.7 g 74%
Dietary Fiber	2 g	Vitamin C	28 mg	Saturated Fat	1.0 g 11%
				Trans Fat	0.0 g 0.0%

Vegetarian Chili

Saint Paul Public Schools

HACCP Process: #3 Complex Food Preparation

Number of Portions: 100

Portion Size: 6 oz.

One portion provides: 3/4 cup vegetables OR

1 1/4 oz meat/meat alternates and 1/4 cup vegetable

Ingredients	
Olive oil	1/2 cup
Onions, raw, chopped	1 qt
Green peppers, raw, chopped	1 1/2 qt
Coriander seed	2 tbsp
Garlic, raw	2 tbsp
Red peppers, chopped	1 1/3 cup
Tomatoes, canned, diced, reg pk	2 no. 10 cans, w/ juice
Tomato sauce	1 no. 10 can
Water	1 gal
Cumin, ground	2 tbsp
Chili powder	1/2 cup
Salt	1 tbsp + 1 tsp
White pepper	1 tbsp
Red or cayenne pepper	1 tsp
Pinto beans, red-sodium, canned, drnd	2 no. 10 cans
Black beans, canned, drained	1 gal

Instructions

1. Sauté onion, peppers, coriander and garlic in olive oil for 10 minutes.
2. Add canned tomatoes, tomato sauce and water. Stir to combine.
3. Add remaining seasonings and heat to 165° F, stirring every 15 minutes.
4. Add drained, rinsed beans to tomato mixture and heat to 180° F, stirring every 15 minutes.

Nutritional Information					
Calories	163	Iron	3 mg	Protein	7 g 17%
Cholesterol	0 mg	Calcium	67 mg	Carbohydrates	20 g 50%
Sodium	586 mg	Vitamin A	483 IU	Total Fat	1.6 g 8.6%
Dietary Fiber	7 g	Vitamin C	19 mg	Saturated Fat	0.2 g 1.3%
				Trans Fat	0.0 g 0.0%

Vegetarian Pizza

Winona Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 48

Portion Size: slice

One portion provides: 2 servings grains/breads and 1 oz meat/meat alternate and 1/4 cup vegetables

Ingredients	
Pizza, cheese, 16"	3
Olives, black, sliced	4 1/2 cups
Mushrooms, sliced	4 1/2 cups
Spinach leaves, fresh	6 cups
Peppers, green, diced	3 cup
Cheese, mozzarella, shredded	3 cup
Tomato, fresh, sliced	18 slices

Instructions

1. Scatter the olives, mushrooms, spinach, peppers and cheese evenly over the top of each of the pizzas.
2. Distribute the tomato slices evenly over the cheese.
3. Convection oven: Bake at 350°F for 17 to 20 minutes or until cheese begins to brown.

Nutritional Information					
Calories	276	Iron	2 mg	Protein	14 g 21%
Cholesterol	24 mg	Calcium	268 mg	Carbohydrates	29 g 42%
Sodium	516 mg	Vitamin A	792 IU	Total Fat	11.8 g 38.5%
Dietary Fiber	2 g	Vitamin C	10 mg	Saturated Fat	5.5 g 17.8%
				Trans Fat	0.0 g 0.0%

Wheat Berry Salad with Pineapple

Winona Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 40

Portion Size: 1/4 cup

One portion provides: 1/2 serving grains/breads and 1/8 cup vegetables/fruits

Ingredients	
Wheat berries, hard white	2 cups
Cider vinegar	1/4 cup
Apple juice, unsweetened	1/4 cup
Lawry's seasoning salt	2 tsp
Black pepper	1/2 tsp
Nutmeg, ground	1/2 tsp
Cinnamon, ground	1/2 tsp
Olive oil	1/2 cup
Lemon juice, raw	1/8 cup
Honey	3 tbsp
Pecans, chopped	1 cup
Pineapple, raw, diced	2 cups
Celery, raw, diced	2 cups
Cranberries, dried, sweetened	1 cup

Instructions

1. Soak the berries in water to cover by 2 inches overnight. Drain and set aside.
2. Bring 2 quarts of water to a boil. Add the wheat berries and simmer uncovered for 50 minutes or until all the water is absorbed and berries are tender. Remove from heat and cool completely. Refrigerate until ready to assemble salad.
3. Whisk together the vinegar, juice, salt, pepper, nutmeg, cinnamon, olive oil, lemon juice and honey until thoroughly combined.
4. In a large bowl, combine the wheat berries, nuts, pineapple, cranberries, and celery.
5. Pour dressing over the mixture and gently stir until well combined.
6. Serve chilled or room temperature.

Nutritional Information					
Calories	96	Iron	1 mg	Protein	1 g 6%
Cholesterol	0 mg	Calcium	11 mg	Carbohydrates	13 g 54%
Sodium	82 mg	Vitamin A	30 IU	Total Fat	4.9 g 46%
Dietary Fiber	2 g	Vitamin C	5 mg	Saturated Fat	0.6 g 5.5%
				Trans Fat	0.0 g 0.0%

White Chicken Chili

Owatonna Public Schools

HACCP Process: #2 Same Day Service

Number of Portions: 100

Portion Size: 3/4 cup

One portion provides: 2 oz meat/meat alternate and 1/4 cup vegetables OR 1 1/4 oz meat/meat alternates and 1/2 cup vegetables

Ingredients	
Diced chicken, cooked	7 lbs 13 oz
Northern white beans, drained	3 no. 10 cans
Diced tomatoes, canned	1 no. 10 cans + 3 cups
Chicken broth	2 1/2 cans (49.5 fl oz ea)
Onion, chopped	4 lbs
Green pepper, chopped	4 1/8 cups (1 lb 12 oz)
Red pepper, chopped	8 1/3 cups (3 lb 7 oz)
Garlic, minced	1 cup + 2/3 tsp
Chili powder	1 cup + 1 tbsp + 2 tsp
Ground cumin	4 tbsp + 1/2 tsp
Dried oregano	2 tbsp + 2 1/3 tsp
Flour, all purpose	1 cup + 3 tbsp

Instructions

1. In tilt skillet or full size 6" deep steam table pan in steam table well, add the chicken, beans, tomatoes, and chicken broth. Whisk in flour before heating. Cover and simmer over medium heat.
2. Spray tilt skillet with cooking spray. Add the onions, peppers, and garlic and sauté until the vegetables are soft, 3 to 5 minutes (If tilt skillet is not available, steam vegetables in steamer or in a pan in steam table well with a small amount of water until vegetables are soft).
3. Drain any water from vegetables if necessary and add mixture to the soup pot.
4. Stir in chili powder, cumin, and oregano. Simmer for about 10 minutes or until all the vegetables are soft.

Serving suggestion: Serve with Baked Tostitos Scoops

Nutritional Information					
Calories	155	Iron	3 mg	Protein	17 g 43%
Cholesterol	33 mg	Calcium	61 mg	Carbohydrates	19 g 49%
Sodium	157 mg	Vitamin A	1038 IU	Total Fat	2.6 g 15.3%
Dietary Fiber	5 g	Vitamin C	30 mg	Saturated Fat	0.6 g 3.2%
				Trans Fat	0.0 g 0.0%