

INNOVATION NATION: LEADING THE WAY TO A BALANCED TRAY.



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Black Bean & Corn Salsa

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned Liquid Packed Whole Kernel Corn, Drained Or Frozen Whole Kernel Corn	2 lbs	1 qt	4 lbs	2 qts	1. Drain and rinse canned corn and black beans.
Beans, Black Canned Drained and rinsed	3 lbs 9 oz	1 qt 3 cups	7 lbs 12 oz	3 qts 2 cups	
Fresh Red Pepper Finely Diced	10 oz	2 cups	1 lb 4 oz	4 cups	2. Wash and finely dice pepper.
Fresh Red Onion, Chopped	6 oz	1 cup	12 oz	2 cups	
Fresh Cilantro, Chopped		¼ cup		½ cup	3. Peel and chop onion.
Lemon Juice		¼ cup		½ cup	
Cumin Powder		2 Tbsp		4 Tbsp	4. Combine all ingredients in a bowl and mix thoroughly.
Chili Powder		2 Tbsp		4 Tbsp	
Black Pepper		2 tsp		4 tsp	5. Prepare in advance to allow flavors to blend, recommend preparation day before service.
					Portion with #8 Scoop (½ cup)
					CCP: Chili to 41oF or lower within 4 hours. Cover, refrigerate until ready to serve. Mix lightly before serving.

Black Bean & Corn Salsa

Chef's Tips

Add cayenne pepper or chili flakes to the recipe to give it a more mature heat level.

Replace lemon juice with lime juice for a more authentic flavor.

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Canned Beans, Black	1 #10 cans	2 #10 cans
Corn, Whole Kernel	½ #10 can	1 #10 can
Peppers	1 pound	2 lbs
Onion, Red	¾ lb	1½ lbs

SERVING:

½ CUP (No. 8 scoop)
 ½ cup vegetable or
 ½ meat/meat alternate and ¼ vegetable
 ¼ cup legume HUSSC

YIELD:

25 Servings: about 6 lbs 8 oz

50 Servings: about 13 lbs 12 oz

VOLUME:

25 Servings: about 3 qts

50 Servings: about 1 gal 2 qts

Nutrients Per Serving

Calories	45	Saturated Fat	.05 g	Iron	1.06 mg
Protein	2.4 g	Cholesterol	0	Calcium	23.11 mg
Carbohydrate	10 g	Vitamin A	552.07 IU	Sodium	140.4 mg
Total Fat	.4 g	Vitamin C	17.54 mg	Dietary Fiber	3 g

Chipotle Ranch Dressing

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Buttermilk, Low fat		3 ¼ cups		1 qt 2½ cups	
Lemon Juice		1 Tbsp 1 tsp		2 Tbsp 2 tsp	1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Low fat Plain Yogurt	10 oz	1¼ cups	1 lb 4 oz	2½ cups	
Low fat Sour Cream	4 oz	½ cup	8 oz	1 cup	2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 minutes.
Low fat Mayonnaise	13 oz	1⅔ cups	1 lb 10 oz	3⅓ cups	
Chipotle Powder		2 Tbsp 2 tsp		5 Tbsp 1 tsp	
Onion Powder		2 Tbsp		¼ cup	
Granulated Garlic		2 Tbsp		¼ cup	
Ground White Pepper		½ tsp		1 tsp	
Dried Chives		1 tsp		2 tsp	
Dried Cilantro		1 Tbsp		2 Tbsp	
Cayenne Pepper Powder* (see Chef's Tips)		2 tsp		1 Tbsp 1 tsp	3. Add rest of the ingredients to mixture in mixing bowl. Mix for 2 - 3 minutes on low speed until blended.
					4. Prepare in advance to allow product to thicken, suggest preparation day before service. Refrigerate until service.
					5. Portion with #70 scoop (1 Tbsp)
					CCP: Chill to 41° F or lower within 4 hours. Cover, refrigerate until ready to serve. Mix lightly before serving.

Chipotle Ranch Dressing

Chef's Tips

Prepare one day in advance to develop flavor profile and allow dressing to thicken.

*Spice up the dressing with Cayenne Pepper Powder for secondary students, if desired.

Replace lemon juice with lime juice for a more authentic flavor.

Conversion fresh to dry chives = 1 Tbsp fresh = 1 tsp dried.

Fresh to dry cilantro = ¼ cup fresh = 1 Tbsp dried.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Buttermilk, low fat	1 qt	½ gal
Yogurt, Plain low fat	2 cups	3 cups
Sour Cream, light	½ cup	1 cup
Mayonnaise, Low fat	2 cups or 1 lb	1 qt or 2 lbs

SERVING:

1 Tbsp (#70 scoop) per ½ cup salad greens

YIELD:

50 Servings: 3 lbs 6 oz

VOLUME:

50 Servings: about 1 qt 2½ cups

100 Servings: about 6 lbs 12 oz

100 Servings: about 3 qts ¾ cup

Nutrients Per Serving

Calories	41	Saturated Fat	.7 g	Iron	.16 mg
Protein	1.1 g	Cholesterol	4.35 mg	Calcium	36 mg
Carbohydrate	2.7 g	Vitamin A	165.2 IU	Sodium	79.6 mg
Total Fat	3 g	Vitamin C	.62 mg	Dietary Fiber	.24 g

General Tso Dipping Sauce

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Apple Juice, frozen reconstituted		1 qt 2 cups		3 qts	1. Reserve 1 cup of the juice mixture.
Minh ® General Tso Sauce (#69065)		1 cup		2 cups	2. Blend remaining juice and sauce over medium heat. 3. Simmer for 5 minutes.
Corn Starch		6 Tbsp		¾ cup	4. Using reserved cup of juice, mix well with the cornstarch and slowly add it to simmering juice/sauce mixture, whisking frequently. 5. Simmer for 15 – 20 minutes, whisking frequently. 6. Portion with 2 oz ladle (¼ cup) to serve warm.
					CCP: Hold at 135° F until ready to serve.

General Tso Dipping Sauce

Chef's Tips

Frozen juice concentrate conversion to juice:
32 oz concentrate + 96 oz water = 1 gal juice

Minh® General Tso Sauce bag = 2 lbs = 100 – ¼ cup dipping sauce servings.

Optional use of sauce - coat noodles, rice, or vegetables for additional flavor.

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Apple Juice, concentrate	12 oz	24 oz
Water	1 qt ½ cup	2 qts 1 cup

SERVING:

¼ cup (2 oz ladle) provides:
½ cup fruit

YIELD:

VOLUME:

25 Servings: about 1 qt 2 cups

50 Servings: about 3 qts 1 cup

Nutrients Per Serving

Calories	44	Saturated Fat	.04 g	Iron	.1 mg
Protein	.2 g	Cholesterol	0	Calcium	5.36 mg
Carbohydrate	10 g	Vitamin A	18.31 IU	Sodium	64.14 mg
Total Fat	.25 g	Vitamin C	.65 mg	Dietary Fiber	.16 g

Hummus

Meat/Meat Alternate

Salads and Salad Dressings

E-24

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned garbanzo beans or chickpeas, drained	8 lb 8 oz	5 qt 1 cup (2 No. 10 cans)	17 lb	2 gal 2 ½ qt (4 No. 10 cans)	1. Combine all ingredients in a food processor and puree to a smooth consistency. 2. Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service. 4. Portion with No. 8 scoop (½ cup).
Frozen lemon juice concentrate, reconstituted		3 ¼ cups		1 qt 2 ½ cups	
Peanut butter OR	1 ½ lb OR	2 ½ cups OR	3 lb OR	1 qt 1 cup OR	
Tahini OR	1 ½ lb OR	2 ½ cups OR	3 lb OR	1 qt 1 cup OR	
Sunflower seed butter	1 ½ lb	2 ½ cups	3 lb	1 qt 1 cup	
*Garlic cloves, peeled	5 oz	1 cup 1 Tbsp	10 oz	2 cups 2 Tbsp	
Water		3 ¼ cup		1 qt 2 ½ cups	
Ground black or white pepper		1 Tbsp		2 Tbsp	

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Garlic	17 cloves	34 cloves

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate.	50 Servings: about 13 lb 9 oz	50 Servings: about 1 gallon 2 ¼ quarts 2 pans
	100 Servings: about 27 lb 2 oz	100 Servings: about 3 gallons 2 cups 4 pans

Tested 2006

Hummus

Meat/Meat Alternate

Salads and Salad Dressings

E-24

Special Tip:
Serve with pita bread; warning for service - contains peanut butter.

Nutrients Per Serving					
Calories	182	Saturated Fat	1.44 g	Iron	1.38 mg
Protein	7.49 g	Cholesterol	0 mg	Calcium	37 mg
Carbohydrate	22.37 g	Vitamin A	21 IU	Sodium	301 mg
Total Fat	7.90 g	Vitamin C	7.7 mg	Dietary Fiber	4.4 g

Macaroni Salad

Grains/Breads

Salads and Salad Dressings

E-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to rolling boil. Add salt.
Salt		2 Tbsp 2 tsp	3 ½ oz	½ cup	
Enriched elbow macaroni	2 lb 10 oz	2 qt 1 ¼ cups	5 lb 4 oz	1 gal 2 ½ cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Rinse under cold water.
Reduced calorie salad dressing OR Lowfat mayonnaise	1 lb 8 oz OR 1 lb 8 oz	3 cups OR 3 cups	3 lb OR 3 lb	1 qt 2 cups OR 1 qt 2 cups	
*Fresh carrots, chilled, shredded	8 oz	¾ cup 2 Tbsp	1 lb	1 ¾ cups	4. Add carrots, celery, onions, pickle relish, pepper, dry mustard, and salt. Toss lightly. Spread 3 lb 13 ½ oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
*Fresh celery, chilled, chopped	8 oz	2 cups	1 lb	1 qt	
*Fresh onions, chopped	4 oz	¾ cup	8 oz	1 ½ cups	
Sweet pickle relish, chilled, undrained	4 oz	½ cup	8 oz	1 cup	
Ground black or white pepper		1 tsp		2 tsp	
Dry mustard		1 Tbsp		2 Tbsp	
Salt		1 tsp		2 tsp	
Paprika		1 ½ tsp		1 Tbsp	5. Garnish with paprika. 6. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.
					7. Portion with No. 8 scoop (½ cup).

Macaroni Salad

Grains/Breads

Salads and Salad Dressings

E-07

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Carrots	10 oz	1 lb 4 oz
Celery	10 oz	1 lb 4 oz
Mature onions	5 oz	10 oz

SERVING:

½ cup (No. 8 scoop) provides 1 serving of grains/breads.

YIELD:

50 Servings: about 7 lb 11 oz

100 Servings: about 15 lb 6 oz

VOLUME:

50 Servings: about 1 gallon 2 ¼ quarts
2 pans

100 Servings: about 3 gallons ½ cup
4 pans

Edited 2004

Variation:

A. Macaroni and Ham Salad

50 servings: Follow steps 1-3. In step 4, use 3 lb 14 oz diced cooked ham (water added). Continue with steps 5-7.

100 servings: Follow steps 1-3. In step 4, use 7 lb 12 oz diced cooked ham. Continue with steps 5-7.

Serving: ⅔ cup (No. 6 scoop) provides ¾ oz equivalent meat/meat alternate and 1 serving of grains/breads.

Macaroni Salad

Grains/Breads

Salads and Salad Dressings

E-07

Nutrients Per Serving					
Calories	144	Saturated Fat	0.49 g	Iron	1.18 mg
Protein	3.67 g	Cholesterol	6 mg	Calcium	10 mg
Carbohydrate	25.03 g	Vitamin A	1330 IU	Sodium	262 mg
Total Fat	3.10 g	Vitamin C	1.0 mg	Dietary Fiber	1.7 g

Margherita Topping

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Tomatoes, Fresh, Diced	3 lbs	1 qt 2 cups	6 lbs	3 qts	1. Wash tomatoes, dice, and drain in colander.
Fresh Red Onion, Chopped	6 oz	1 cup	12 oz	2 cups	2. Peel onion and chop.
Basil, Fresh, Chopped		½ cup		1 cup	
Vinegar, Red Wine		¼ cup		½ cup	
Garlic, Fresh, Minced		2 Tbsp		4 Tbsp	
Black Pepper		2 tsp		4 tsp	3. Combine all ingredients in a bowl and mix thoroughly.
					4. Cover and refrigerate. Prepare in advance to develop flavor profile, suggest day before preparation.
					5. Portion with #16 scoop (¼ cup).
					CCP: Chill to 41° F or lower within 4 hours.

Margherita Topping

Chef's Tips

Prepare one day in advance to develop flavor profile.

Dried Basil and garlic may be substituted for fresh:

1 Tbsp fresh basil = 1 tsp dried basil

1 Tbsp fresh garlic = ¾ tsp dried garlic

Substitute Italian seasoned diced tomatoes, canned (drained) when fresh are unavailable or price prohibitive.

Topping may be added to **Big Daddy's**® pizza or sandwich; or **Tony's**® flatbread or French bread.

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Tomatoes, medium	3 lbs	6 lbs
Onion, red	8 oz	1 lb

SERVING:

¼ cup (#16 scoop) provides:
¼ cup vegetable

YIELD:

VOLUME:

25 Servings: about 1 qt 3 cups

50 Servings: about 3 qts 2 cup

Nutrients Per Serving

Calories	17	Saturated Fat	.02 g	Iron	.22 mg
Protein	.6 g	Cholesterol	0	Calcium	9.47 mg
Carbohydrate	3 g	Vitamin A	499.29 IU	Sodium	3.26 mg
Total Fat	.3 g	Vitamin C	8.13 mg	Dietary Fiber	.8 g

Oatmeal Cookies

Desserts

C-10

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Enriched all-purpose flour	14 ½ oz	3 ½ cups	1 lb 13 oz	1 qt 3 cups	1. Blend flour, baking soda, salt, rolled oats, sugar, brown sugar, cinnamon, cloves, and nutmeg (optional) in mixer for 2 minutes on low speed.	
Baking soda		2 tsp		1 Tbsp 1 tsp		
Salt		1 tsp		2 tsp		
Rolled oats	10 oz	3 ½ cups	1 lb 4 oz	1 qt 3 cups		
Sugar	7 oz	1 cup	14 oz	2 cups		
Brown sugar, packed	9 ½ oz	1 ¼ cups	1 lb 3 oz	2 ½ cups		
Ground cinnamon		1 tsp		2 tsp		
Ground cloves		¼ tsp		½ tsp		
Ground nutmeg (optional)		½ tsp		1 tsp		
Shortening	8 oz	1 ¼ cups	1 lb	2 ½ cups		2. Add shortening, margarine or butter, eggs, and vanilla. Mix for 1 minute on medium speed.
Margarine or butter	7 oz	¾ cup 2 Tbsp	14 oz	1 ¾ cups		
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	5 ¼ oz	¾ cup OR 3 each	10 ½ oz	1 ¼ cups OR 6 each		
Vanilla		1 Tbsp		2 Tbsp		
†Raisins, plumped (optional)	9 ½ oz	1 ½ cups	1 lb 3 oz	3 cups		
					3. Add raisins (optional) and blend for 30 seconds on low speed.	
					4. Portion with level No. 40 scoop (1 ½ Tbsp) in rows of 5 across and 5 down onto each sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. (Cookie machine may be used, but adjustments may be necessary.)	
					5. Bake until lightly browned: Conventional oven: 350° F for 12-14 minutes Convection oven: 300° F for 6-8 minutes DO NOT OVERBAKE.	
					6. Cool completely. Remove from sheet pans.	

Oatmeal Cookies

Desserts

C-10

Comments:

†To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

SERVING:	YIELD:	VOLUME:
1 cookie. For Enhanced Meal Pattern only: 1 cookie provides ¾ serving of grains/breads.	50 Servings: about 3 lb 14 oz (dough)	50 Servings: about 1 quart 2 cups 60 cookies
	100 Servings: about 7 lb 12 oz (dough)	100 Servings: about 3 quarts 120 cookies

Tested 2004

Special Tip:

For 50 servings, use 1 ½ oz (½ cup) dried whole eggs and ½ cup water in place of eggs.

For 100 servings, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

Nutrients Per Serving					
Calories	161	Saturated Fat	1.96 g	Iron	0.82 mg
Protein	2.22 g	Cholesterol	13 mg	Calcium	12 mg
Carbohydrate	19.35 g	Vitamin A	161 IU	Sodium	140 mg
Total Fat	8.50 g	Vitamin C	0.0 mg	Dietary Fiber	0.9 g

New Oatmeal Raisin Cookies

Desserts

C-25

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	1. Combine sugar and margarine or butter in mixer with a paddle attachment for 5 minutes on medium speed until smooth and creamy.
Margarine or butter	8 oz	1 cup	1 lb	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	8 oz	¾ cup 3 Tbsp OR 5 each	1 lb	1 ¾ cups 2 Tbsp OR 9 each	2. Add eggs slowly. Mix on medium speed for 1 minute.
Lowfat 1% milk		½ cup		1 cup	
Canned applesauce	8 oz	1 cup	1 lb	2 cups	3. Add milk and applesauce. Mix for 1 minute on medium speed. Scrape down sides of bowl.
Enriched all-purpose flour	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	
Baking soda		1 tsp		2 tsp	4. Add the flour, baking soda, salt, cinnamon, and nutmeg. Mix for 2 minutes on low speed until blended.
Salt		1 tsp		2 tsp	
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	5. Add oats and raisins. Mix on low speed for 30 seconds.
Ground nutmeg		1 tsp		2 tsp	
Rolled oats	1 lb 4 oz	1 qt 3 cups	2 lb 8 oz	3 qt 2 cups	6. Lightly coat each sheet pan (18" x 26" x 1") with pan release spray or line with parchment paper. For 50 servings, use 3 pans, one pan will have only 10 cookies. For 100 servings, use 5 pans. Portion with level No. 24 scoop (2 ⅔ Tbsp) in rows of 4 across and 5 down.
Raisins	13 oz	2 ¾ cups	1 lb 10 oz	1 qt 1 ½ cups	
					7. Bake until lightly browned: Conventional oven: 350° F for 18-20 minutes Convection oven: 325° F for 10-12 minutes

SERVING:	YIELD:	VOLUME:
1 cookie. For Enhanced Meal Pattern only: 1 cookie provides 1 serving of grains/breads.	50 Servings: about 6 lb 1 oz (dough)	50 Servings: about 2 quarts 1/2 cup (dough) 50 cookies

New Oatmeal Raisin Cookies

Desserts

C-25

100 Servings: about 12 lb 2 oz (dough)

100 Servings: about 1 gallon 1 cup (dough)
100 cookies

Edited 2006

Special Tips:

For 50 servings, use 2 ¼ oz (¾ cup) dried whole eggs and ¾ cup water in place of eggs.

For 100 servings, use 4 ½ oz (1 ½ cup) dried whole eggs and 1 cup water in place of eggs.

For bar cookies, spread 6 lb 5 oz (2 qt ½ cup) of dough in a half-sheet pan (18" x 13" x 1") which has been lightly coated with pan release spray. Bake for 20-25 minutes in a 325° F convection oven. Cut 5 x 10 for 50 servings.

Nutrients Per Serving					
Calories	188	Saturated Fat	1.07 g	Iron	1.13 mg
Protein	3.56 g	Cholesterol	19 mg	Calcium	19 mg
Carbohydrate	33.34 g	Vitamin A	197 IU	Sodium	122 mg
Total Fat	5.04 g	Vitamin C	0.4 mg	Dietary Fiber	1.8 g

Orange Dipping Sauce

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Orange Juice, frozen reconstituted		1 qt 2 cups		3 qts	1. Reserve 1 cup of the juice.
Minh [®] Orange Stir Fry Sauce (#69066)		1 cup		2 cups	2. Blend remaining juice and sauce over medium heat. 3. Simmer for 5 minutes.
Corn Starch		6 Tbsp		¾ cup	4. Using reserved cup of juice, mix cold juice well with the cornstarch and slowly add it to simmering juice/sauce mixture, whisking frequently. 5. Simmer for 15 – 20 minutes, whisking frequently. 6. Portion with 2 oz ladle to serve warm.
					CCP: Hold at 135° F until ready to serve.

Orange Dipping Sauce

Chef's Tips

Frozen juice concentrate conversion to juice:
32 oz concentrate + 96 oz water = 1 gal juice

Minh® Orange sauce bag = 2 lbs = 100 – ¼ cup dipping sauce servings.

Optional use of sauce - coat noodles, rice, or vegetables for additional flavor.

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Juice, Orange Concentrate	12 oz	24 oz
Water	1 qt, ½ cup	2 qts, 1 cup

SERVING:

¼ cup (2 oz ladle) provides:
½ cup fruit

YIELD:

VOLUME:

25 Servings: about 1 qt 2½ cups

50 Servings: about 3 qts 1 cup

Nutrients Per Serving

Calories	43	Saturated Fat	.02 g	Iron	.11 mg
Protein	.5 g	Cholesterol	0	Calcium	7.28 mg
Carbohydrate	10 g	Vitamin A	44.31 IU	Sodium	32.1 mg
Total Fat	.1 g	Vitamin C	19.97 mg	Dietary Fiber	.22 g

Pasta Salad

Vegetable-Grains/Breads

Salads and Salad Dressings

E-08

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 1 ½ qt		2 gal 3 qt	1. Heat water to rolling boil. Add salt.
Salt		2 Tbsp		¼ cup	
Enriched pasta spirals OR Enriched pasta shells, medium	1 lb 11 oz OR 1 lb 15 oz	2 qt 1 ¼ cups OR 2 qt 3 ¾ cups	3 lb 6 oz OR 3 lb 14 oz	1 gal 2 ½ cups OR 1 gal 1 ¾ qt	2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. DO NOT OVERCOOK. Drain well. Rinse under cold water.
Frozen mixed vegetables, thawed and drained OR Canned mixed vegetables, chilled, drained	2 lb 4 oz OR 2 lb 9 oz	1 qt 1 ½ cups OR 1 qt 1 ¾ cups (¾ No. 10 can)	4 lb 8 oz OR 5 lb 2 oz	2 qt 3 cups OR 2 qt 3 ½ cups (1 ⅓ No. 10 cans)	
Frozen chopped broccoli, thawed and drained	1 lb 7 oz	3 ½ cups	2 lb 14 oz	1 qt 3 cups	3. Add mixed vegetables, broccoli, and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. Spread 5 lb 1 oz (approximately 2 qt 1 ½ cups) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Ground black or white pepper		1 tsp		2 tsp	
Italian Dressing (see E-15)		2 cups		1 qt	4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve. 5. Mix lightly before serving. 6. Portion with No. 10 scoop (¾ cup).

SERVING:	YIELD:	VOLUME:
¾ cup (No. 10 scoop) provides ¼ cup of vegetable and ½ serving of grains/breads.	50 Servings: about 10 lb 2 oz	50 Servings: about 1 gallon 2 ¾ cups 2 pans
	100 Servings: about 20 lb 4 oz	100 Servings: about 2 gallons 1 ½ quarts 4 pans

Edited 2006

Pasta Salad

Vegetable-Grains/Breads

Salads and Salad Dressings

E-08

Nutrients Per Serving					
Calories	141	Saturated Fat	0.98 g	Iron	0.98 mg
Protein	3.27 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	16.83 g	Vitamin A	1309 IU	Sodium	165 mg
Total Fat	7.00 g	Vitamin C	10.0 mg	Dietary Fiber	2.03 g

Philly Topping K - 6

Ingredients	30 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Beef, Ground, Cooked	15 oz	1½ cups	1 lb 9 oz	3 cups	
Oregano, Fresh, Chopped		2 Tbsp		4 Tbsp	
Garlic, Fresh, Chopped		2 Tbsp		4 Tbsp	
Black Pepper		2 tsp		1Tbsp	1. Combine oregano, garlic, and pepper with cooked ground beef that has been held at 155° F if cooked fresh from raw or 165° F if reheated from cooked, chilled product.
					2. Evenly distribute 5 oz/ #6 scoop cooked ground beef on each Big Daddy's ® Pizza or ½ oz portion on an individual serving product.
					CCP: Heat to 155° F or higher for 15 seconds. Hold for hot service at 135° F or higher.

Philly Topping K - 6

Chef's Tips

Fresh oregano and garlic may be substituted for dry:

1 tsp dry oregano = 1 Tbsp fresh oregano

¾ tsp dry garlic = 1 Tbsp fresh garlic, chopped

Topping may be added to **Big Daddy's**® pizza or sandwich; or **Tony's**® flatbread or french bread.

Marketing Guide for Selected Items

Food as Purchased for	30 Servings	50 Servings
Beef, Ground, cooked 80%	1 lb	1½ lbs

SERVING:

.5 oz serving provides:
½ meat/meat alternate

YIELD:

VOLUME:

30 Servings: 2 cups

50 Servings: 1 qt

Nutrients Per Serving

Calories	40	Saturated Fat	.9 g	Iron	.41 mg
Protein	4 g	Cholesterol	12.62 mg	Calcium	6.4 mg
Carbohydrate	.2 g	Vitamin A	6.26 IU	Sodium	13 mg
Total Fat	2.5 g	Vitamin C	.27 mg	Dietary Fiber	.04 g

Philly Topping 7 - 12

Ingredients	30 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Peppers Green, Diced	1 lb 8 oz	3 cups	3 lbs	1 qt 2 cups	
Onion, Diced	6 oz	¾ cup	12 oz	1½ cups	
Oregano, Fresh, Chopped		2 Tbsp		4 Tbsp	
Garlic, Fresh, Chopped		2 Tbsp		4 Tbsp	
Black Pepper		2 tsp		1 Tbsp	1. Combine green peppers, onion, oregano, garlic, and pepper. Steam until crisp tender. Drain excess liquid in colander if needed.
Beef, Ground, Cooked	15 oz	1½ cups	1 lb 9 oz	3 cups	2. Mix with cooked ground beef that has been held at 155° F if cooked fresh from raw or 165° F if reheated from cooked, chilled product.
					3. Evenly distribute 15 oz of topping on each Big Daddy's ® pizza. Bake and serve. Or, for individual serving products, distribute 1 oz topping per serving on a baked slice.
					CCP: Heat to 155° F or higher for 15 seconds. Hold for hot service at 135° F or higher.

Philly Topping 7 - 12

Chef's Tips

Fresh oregano and garlic may be substituted for dry:

1 tsp dry oregano = 1 Tbsp fresh oregano

¾ tsp dry garlic = 1 Tbsp fresh garlic, chopped

Topping may be added to **Big Daddy's**® pizza or sandwich; or **Tony's**® flatbread or French bread.

Marketing Guide for Selected Items

Food as Purchased for	30 Servings	50 Servings
Beef, Ground, cooked 80%	1 lb	1½ lb
Peppers, Green	1¾ lbs	3½ lbs
Onions	12 oz	1½ lbs

SERVING:

.5 oz serving provides:
½ meat/meat alternate

YIELD:

30 Servings: about 2½ lbs

50 Servings: about 5½ lbs

VOLUME:

30 Servings: about 1 qt 1¼ cups

50 Servings: about 2 qts 1¼ cups

Nutrients Per Serving

Calories	45	Saturated Fat	.9 g	Iron	.48 mg
Protein	4 g	Cholesterol	12.6 mg	Calcium	8.59 mg
Carbohydrate	1.4 g	Vitamin A	267.17 IU	Sodium	13.67 mg
Total Fat	2.5 g	Vitamin C	16.07 mg	Dietary Fiber	.39 g

Tabouleh (tah-BUHL-lee)

Vegetable-Grains/Breads

Salads and Salad Dressings

E-23

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 qt 2 ½ cups		1 gal 1 ¼ qt	1. Add salt to water and bring to a boil.
Salt		2 Tbsp	2 ½ oz	¼ cup	
No. 3 bulgur	3 lb 6 oz	2 qt 2 ½ cups	6 lb 12 oz	1 gal 1 ¼ qt	2. In a large bowl combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain.
*Fresh tomatoes, unpeeled, diced	4 lb 14 oz	2 qt 2 ½ cups	9 lb 12 oz	1 gal 1 ¼ qt	
*Fresh cucumbers, peeled, seeded, diced	2 lb 8 oz	1 qt 2 ¾ cups	5 lb	3 qt 1 ½ cups	3. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur.
*Fresh parsley, chopped	3 oz	1 ½ cups	6 oz	3 cups	
*Fresh onions, diced	12 oz	2 cups	1 lb 8 oz	1 qt	4. Add lemon juice and vegetable oil to salad mixture and toss to combine all ingredients. Spread 5 lb 13 oz (approximately 3 qt ¾ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 3 pans. For 100 servings, use 6 pans.
Fresh mint, chopped OR Dried mint		¼ cup OR 1 tsp		½ cup OR 2 tsp	
Ground cumin (optional)		½ tsp		1 tsp	5. CCP: Cool to 41° F or lower within 4 hours. Refrigerate until ready to serve.
Lemon juice		1 ⅓ cups		2 ⅔ cups	
Vegetable oil		½ cup		1 cup	6. Portion with 6 oz ladle (¾ cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Tomatoes	5 lb 10 oz	11 lb 4 oz
Cucumbers	3 lb 2 oz	6 lb 4 oz
Parsley	4 oz	8 oz
Mature onions	14 oz	1 lb 12 oz

Tabouleh (tah-BUHL-lee)

Vegetable-Grains/Breads

Salads and Salad Dressings

E-23

SERVING:	YIELD:	VOLUME:
¾ cup (6 oz ladle) provides ⅔ cup of vegetable and ¼ serving of grains/breads.	50 Servings: about 17 lb 8 oz	50 Servings: about 2 gallons 1 ½ quarts 3 pans
	100 Servings: about 35 lb	100 Servings: about 4 gallons 3 quarts 6 pans

Tested 2004

Special Tip:

For a tasty variation, add 2 cups of chopped black olives per 50 servings.

Nutrients Per Serving					
Calories	141	Saturated Fat	0.41 g	Iron	1.13 mg
Protein	4.43 g	Cholesterol	0 mg	Calcium	22 mg
Carbohydrate	26.96 g	Vitamin A	391 IU	Sodium	292 mg
Total Fat	2.81 g	Vitamin C	13.4 mg	Dietary Fiber	6.5 g

Teriyaki Dipping Sauce

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Apple Juice, frozen reconstituted		3 cups		1 qt 2 cups	
Pineapple Juice (100% juice)		3 cups		1 qt 2 cups	1. Blend apple and pineapple juices. 2. Reserve 1 cup of the juice mixture.
Minh ® Teriyaki Sauce (#69064)		1 cup		2 cups	3. Blend remaining juice and teriyaki sauce over medium heat. 4. Simmer mixture for 5 minutes.
Corn Starch		6 Tbsp		¾ cup	6. Using reserved cup of juice mix well with the cornstarch and slowly add it to simmering juice/sauce mixture, whisking frequently.
					7. Simmer for 15 – 20 minutes, whisking frequently.
					8. Portion with 2 oz ladle (¼ cup).
					CCP: Hold at 135° F until ready to serve.

Teriyaki Dipping Sauce

Chef's Tips

Frozen juice concentrate conversion to juice:
32 oz concentrate + 96 oz water = 1 gal juice

Teriyaki Sauce bag = 2 lbs = 100 – ¼ cup dipping sauce servings.

Optional use of sauce - coat noodles, rice, or vegetables for additional flavor.

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Apple Juice, unsweetened, concentrate	12 oz	24 oz
Water	1 qt ½ cup	2 qts, 1 cup

SERVING:

¼ cup (2 oz ladle)
⅓ cup fruit

YIELD:

VOLUME:

25 Servings: about 1 qt 2 cups

50 Servings: about 3 qts 1 cup

Nutrients Per Serving

Calories	43	Saturated Fat	.01 g	Iron	.15 mg
Protein	.3 g	Cholesterol	0	Calcium	6.65 mg
Carbohydrate	10.2 g	Vitamin A	5.08 IU	Sodium	61.27 mg
Total Fat	.11 g	Vitamin C	2.98 mg	Dietary Fiber	.16 g

Three Bean Relish

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Bean, Red, Small, Canned, Drained and Rinsed	2 lbs 4 oz	1 qt	4 lbs 8 oz	2 qts	1. Drain and rinse canned red, black, and pinto beans. Weigh/measure drained beans.
Beans, Black, Canned Drained and Rinsed	2 lbs 4oz	1 qt	4 lbs 8 oz	2 qts	
Bean, Pinto, Canned Drained and Rinsed	1 lb 14 oz	1 qt	3 lbs 12 oz	2 qts	
Fresh Red Onion, Chopped	6 oz	1 cup	12 oz	2 cups	2. Peel and chop onion
Fresh Parsley, Chopped		¼ cup		½ cup	3. Rinse parsley. Finely chop.
Lemon Juice		¼ cup		½ cup	
Onion Powder		2 Tbsp		4 Tbsp	
Garlic Powder		2 Tbsp		4 Tbsp	
Black Pepper		2 tsp		4 tsp	4. Combine all ingredients in a bowl and mix thoroughly.
					5. Prepare in advance to allow time for flavors to blend, suggest day before preparation.
					6. Portion with #16 scoop.
					CCP: Chili to 41° F or lower within 4 hours. Cover, refrigerate until ready to serve. Mix lightly before serving.

Three Bean Relish

Chef's Tips

Prepare one day in advance to develop flavor profile

Conversion for fresh parsley to dry:
1 Tbsp fresh parsley = 1 tsp dry parsley.

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Beans, Red	1/3 # 10 can	2/3 # 10 can
Bean, Black	1/3 # 10 can	2/3 # 10 can
Beans, Pinto	1/3 # 10 can	2/3 # 10 can
Onion, Red, Whole	8 oz	1 lb

SERVING:

1/4 cup (No. 16 scoop) provides:
1/4 cup vegetable or 1 meat/meat alternative
1/4 cup serving provides 1/4 cup legumes for HUSSC

YIELD:

25 Servings: about 4 lbs 12 oz

50 Servings: about 9 lbs 8 oz

VOLUME:

25 Servings: about 3 qts

50 Servings: about 6 qts

Nutrients Per Serving

Calories	50	Saturated Fat	.03 g	Iron	.87 mg
Protein	3 g	Cholesterol	0 mg	Calcium	23.9 mg
Carbohydrate	9.5 g	Vitamin A	26.36 IU	Sodium	111 mg
Total Fat	.2 g	Vitamin C	1.43 mg	Dietary Fiber	3 g

Upside Down Pizza

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Tony's® Whole Grain Turkey Breakfast Sausage and Textured Vegetable Protein Pizza (#63912)		25 each		50 each	1. Place pizza on baking pan.
Eggs, Frozen, whole, pasteurized	12½ oz	1½ cups	1 lb 8 oz	3 cups	2. Cook eggs to 145° F.
Cheese, Mozzarella, Shredded	12½ oz	3 cups	1 lb 8 oz	1 qt 2 cups	3. Mix the cooked scrambled eggs and cheese.
					4. Distribute the egg/cheese evenly on top of each pizza portion, 1 oz (light #30 scoop).
					5. Bake pizza at 425° F for 12 to 16 minutes and check periodically to insure even proper cooking. Bake until crust is lightly browned.
					CCP: Heat to 155° F or higher for 15 seconds. Hold for hot service at 135° F or higher.

Upside Down Pizza

Chef's Tips

Top this recipe with the ½ cup serving size of Veggie Delight Vegetable Mix recipe to add ½ cup of vegetable to an entire serving.

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Eggs, frozen, whole, pasteurized	¾ lb	1½ lbs
Cheese, Mozzarella	12½ oz	1½ lbs

SERVING:

1 serving provides:
2 meat/meat alternate and 1½ servings of grains/breads

YIELD:

25 Servings: about 1 lb 9 oz

50 Servings: about 3 lbs 2 oz

VOLUME:

25 Servings: about 1 qt ½ cup

50 Servings: about 2 qts 1 cup

Nutrients Per Serving

Calories	294	Saturated Fat	6.01 g	Iron	2.02 mg
Protein	15 g	Cholesterol	61.92 mg	Calcium	262.97 mg
Carbohydrate	25 g	Vitamin A	367.69 IU	Sodium	662.97 mg
Total Fat	14.4 g	Vitamin C	0	Dietary Fiber	1 g

Veggie Delight Vegetable Mix

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup		½ cup	1. Heat oil in a steam-jacketed kettle.
Carrot, Fresh, Shredded	8 oz	1½ cups	1 lb	3 cups	2. Add shredded carrots and sauté 3 minutes.
Bell Peppers, Fresh, Strips	1 lb	2 cup	2 lbs	1 qt	3. Add pepper strips and cook till translucent.
Broccoli, Fresh, Trimmed, Chopped	1 lb	3¼ cups	2 lbs	1qt 2½ cups	4. Add chopped broccoli, chopped parsley, and other ingredients.
Fresh Parsley, Chopped		2 Tbsp		4 Tbsp	
Lemon Juice		¼ cup		½ cup	
Garlic Powder		2 Tbsp		4 Tbsp	
Black Pepper		2 tsp		4 tsp	
					5. Cook uncovered for 10 minutes, stirring frequently.
					Portion with #16 scoop (¼ cup).
					CCP: For service Heat to 145° F or higher for at least 15 seconds. Hold for hot service at 135° F or higher.

Veggie Delight Vegetable Mix

Chef's Tips

Top a **Big Daddy's**® pizza or add to a sandwich, or top **Tony's**® open-faced flatbread or breakfast pizza.

Serving size modification: ½ cup = ⅓ cup vegetable.

Conversion of fresh parsley to dry:
1 Tbsp fresh = 1 tsp dry

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	8 oz	1 lb
Peppers, Green	1 lb	2 lb
Broccoli	1½ lb	3 lb

SERVING:

¼ cup serving provides:
¼ cup vegetable

YIELD:

25 Servings: about 2 lbs 8 oz

50 Servings: about 5 lbs

VOLUME:

25 Servings: about 1 qt 3 cups

50 Servings: about 3 qts 2 cups

Nutrients Per Serving

Calories	36	Saturated Fat	.18 g	Iron	.31 mg
Protein	1 g	Cholesterol	0 mg	Calcium	12.43 mg
Carbohydrate	3.8 g	Vitamin A	1840.53 IU	Sodium	8.79mg
Total Fat	2.3 g	Vitamin C	22.12 mg	Dietary Fiber	1.17 g

Whole Wheat Sugar Cookies

Desserts

C-30

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Margarine or butter	12 oz	1 ½ cups	1 lb 8 oz	3 cups	1. Cream margarine or butter and sugar in mixer with paddle attachment on medium speed for 10 minutes.	
Sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups		
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	6 oz	¾ cup OR 4 each	12 oz	1 ½ cups OR 7 each	2. Add eggs, vanilla, and milk. Mix for 1 minute on low speed or until smooth. Scrape down sides of bowl.	
Vanilla		1 Tbsp		2 Tbsp		
Lowfat 1% milk		¾ cup		¾ cup	3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on low speed until blended.	
Whole wheat flour	1 lb 13 oz	1 qt 2 cups	3 lb 10 oz	3 qt		
Baking powder		1 Tbsp		2 Tbsp		
Baking soda		1 ½ tsp		1 Tbsp		
Salt		1 ½ tsp		1 Tbsp		
Ground nutmeg		1 tsp		2 tsp		
Ground cinnamon		1 tsp		2 tsp		
						4. Lightly coat each sheet pan (18" x 26" x 1") with pan release spray or line with parchment paper. Portion with a No. 30 scoop (2 Tbsp) in rows of 4 across and 5 down. For 50 servings, use 3 pans, 1 pan will only have 10 cookies. For 100 servings, use 4 pans.
Sugar	4 oz	½ cup	8 oz	1 cup		5. Combine sugar and cinnamon and sprinkle over cookies.
Ground cinnamon		2 tsp		1 Tbsp 1 tsp		
					6. Bake until light brown: Conventional oven: 375° F for 12 minutes Convection oven: 350° F for 6 minutes	

Whole Wheat Sugar Cookies

Desserts

C-30

SERVING:	YIELD:	VOLUME:
1 cookie. For Enhanced Meal Pattern only: 1 cookie provides 1 serving of grains/breads.	50 Servings: about 4 lb 11 oz (dough)	50 Servings: about 1 quart 2 ⅔ cups (dough) 50 cookies
	100 Servings: about 9 lb 6 oz (dough)	100 Servings: about 3 quarts 1 ⅓ cup (dough) 100 cookies

Edited 2006

Special Tip:

For 50 servings, use 2 oz (⅔ cup) dried whole eggs and ⅔ cup water in place of eggs.

For 100 servings, use 3 ½ oz (1 cup 3 Tbsp) dried whole eggs and 1 cup 3 Tbsp water in place of eggs.

For a lighter texture, substitute enriched all-purpose flour for half of the whole wheat flour.

Nutrients Per Serving					
Calories	173	Saturated Fat	1.29 g	Iron	0.78 mg
Protein	2.81 g	Cholesterol	15 mg	Calcium	30 mg
Carbohydrate	28.22 g	Vitamin A	269 IU	Sodium	207 mg
Total Fat	6.17 g	Vitamin C	0.1 mg	Dietary Fiber	2.1 g