

APPLE SALAD**(CS-05)****Portion Size – ½ Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10 each	25 each	50 each	Apples (medium)
¼ cup + 1 tbsp.	¾ cup + 1 ½ tsp.	1 ½ cup + 1 tbsp.	Orange juice
¾ cup + 3 tbsp.	2 ¼ cups + 1 ½ tbsp.	4 ½ cups + 3 tbsp.	Mayonnaise, low fat, chilled

METHOD**STEP 1**

Peel, core and cut the apple into ½ inch square pieces. Place the apples in the orange juice.

STEP 2

Cut the celery into ½ inch pieces.

STEP 3

Combine the celery with the apple pieces and orange juice. Allow to sit under refrigeration for 30 minutes or until the apples have absorbed some of the orange flavor. Drain well.

STEP 4

Mix the drained apple/celery mixture with the mayonnaise well to combine. Portion with a 4-oz. spoodle.

COMPONENTS PER PORTION

½ cup fruit

NUTRIENT**Amount per Serving**

Calories	153
Protein	0.32 g
Carbohydrates	23.20 g
Fat-total	7.39 g
Saturated Fat	1.45 g
Cholesterol	0 mg
Vitamin A (RE)	7 RE
Vitamin C	10.4 mg
Iron	0.26 mg
Calcium	10 mg
Sodium	151 mg
Fiber	3.74 g
% Protein	0.85
% Carbohydrate	60.43
% Total Fat	43.31
% Saturated Fat	8.54

INSALATA D'ESTATE (CS-100)

Portion Size – ½ Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5 each	12 ½ each	25 each	Tomatoes, medium	
5 each	12 ½ each	25 each	Oranges, large	
3 1/3 each	8 ½ each	16 ¾ each	Red leaf lettuce 5" diameter	
6 ¾ oz.	1 lb. + ¾ oz.	2 lb. + 1 ½ oz.	Fresh spinach	
1 tbsp. + 2 tsp.	¼ cup + ½ tsp.	½ cup + 1 tsp.	Balsamic vinegar	
1 tbsp. + 2 tsp.	¼ cup + ½ tsp.	½ cup + 1 tsp.	Olive oil	
1 ¼ tsp.	1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.	Salt	
¼ cup + 2 ½ tbsp.	1 cup + 2 tsp.	2 cups + 1 tbsp.	Basil leaf, thinly sliced	

METHOD

STEP 1

Core the tomatoes; cut each tomato lengthwise in half and then into thin slices. Set aside in a shallow bowl.

STEP 2

Peel the orange, cut in half lengthwise and thinly slice. Set aside in a shallow bowl. The tomatoes and oranges should be thin slice half circles.

STEP 3

Clean the lettuce and spinach well and pat dry. Cut the greens into long strips. Toss with half of the olive oil and sprinkle with pepper.

STEP 4

Drizzle the tomatoes and oranges with the balance of the oil and the vinegar.

STEP 5

Toss the greens with the tomatoes and oranges. Add the basil strips and toss again. Serve. Portion with a # 10 scoop.

COMPONENTS PER PORTION

1/2 cup vegetables

NUTRIENT

Amount per Serving

Calories	88
Protein	2.70 g
Carbohydrates	15.98 g
Fat-total	2.77 g
Saturated Fat	0.37 g
Cholesterol	0 g
Vitamin A (RE)	244 RE
Vitamin C	70.7 mg
Iron	1.19 mg
Calcium	79 mg
Sodium	23 mg
Fiber	4.07 g
% Protein	12.18
% Carbohydrate	72.01
% Total Fat	28.07
% Saturated Fat	3.80

ITALIAN PASTA SALAD**(CS-102)****Portion Size – ½ Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
6 cups	3 qt. + 3 cups	7 1/2 quarts	Water
¾ lb.	1 ½ lb., dry wgt.	3 lb., dry wgt.	Pasta spirals or shells
11 ¼ tbsp.	1 ¾ cups	3 ½ cups	Broccoli florets, fresh, chopped
2/3 cup	1 ½ cups	3 cups	Carrots, fresh, sliced thin
2/3 cup	1 ½ cups	3 cups	Tomatoes, fresh, diced
2/3 cup	1 ½ cups	3 cups	Black olives, chopped
2 ½ tsp.	2 tbsp.	¼ cup	Pepperoni, minced
3 ¼ tbsp.	½ cup	1 cup	Mozzarella cheese, part skim, Commodity, diced
½ cup + 1 ½ tbsp.	1 ½ cups	3 cups	Lowfat Italian dressing
<u>COMPONENTS PER PORTION</u>			Portion cost = \$0.13
1/4 cup vegetables and 1/2 serving of bread/grains			(\$0.12 if cheese is purchased)
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	147		
Protein	4.57 g		
Carbohydrates	24.64 g		
Fat-total	4.04 g		
Saturated Fat	0.54 g		
Cholesterol	2 mg		
Vitamin A (RE)	239 RE		
Vitamin C	8.54 mg		
Iron	1.47 mg		
Calcium	32.17 mg		
Sodium	999 mg		
Fiber	1.45 g		
% Protein	12.42		
% Carbohydrate	67.01		
% Total Fat	24.69		
% Saturated Fat	3.28		

METHOD**STEP 1**

Heat water to a rolling boil.

STEP 2

Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. DO NOT OVERCOOK. Drain well.

STEP 3

Add mixed vegetables, pepperoni, cheese, and dressing.

STEP 4

Cover. Refrigerate until ready to serve.

STEP 5

Mix lightly before serving.

STEP 6

Portion with # 8 scoop.

ITALIAN STUFFED TOMATO SALAD (CS-103)

Portion Size – 1 Each

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
10 each	25 each	50 each	Tomatoes, medium	
1 lb. + ¾ oz.	4 lb. + 2 ¾ oz.	8 lb. + 6 oz.	Kidney beans, cooked	
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Celery, chopped	
½ cup + 2 tbsp.	1 ½ cup + 1 tbsp.	3 cups + 2 tbsp.	Toasted bread crumbs	
½ cup + 2 tbsp.	1 ½ cup + 1 tbsp.	3 cups + 2 tbsp.	Mozzarella cheese, part skim, shredded	
½ cup + 2 tbsp.	1 ½ cup + 1 tbsp.	3 cups + 2 tbsp.	Scallions sliced	
¼ cup + 1 tbsp.	¾ cup + 1 ½ tsp.	1 ½ cup + 1 tbsp.	Italian dressing	
1 ½ tsp.	1 tbsp. + ¾ tsp.	2 tbsp. + 1 ½ tsp.	Paprika	
¼ tsp.	½ tsp.	1 tsp.	Cracked black pepper	

METHOD

STEP 1

Use fully ripe tomatoes.

STEP 2

Core the tomatoes: cut a thin slice from the tops.

Scoop out the pulp leaving ¼ inch shell walls.

STEP 3

Chop the pulp. In a medium bowl, place ½ cup pulp, add the beans, celery, bread crumbs, mozzarella, scallions, salad dressing, paprika and black pepper. Stir gently to combine.

COMPONENTS PER PORTION

3/8 cup vegetable

STEP 4

Fill tomato shells. Serve. Portion 1 each.

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	174
Protein	8.08 g
Carbohydrates	24.75 g
Fat-total	5.60 g
Saturated Fat	1.39 g
Cholesterol	4 mg
Vitamin A (RE)	113 RE
Vitamin C	26.3 mg
Iron	1.97 mg
Calcium	87 mg
Sodium	572 mg
Fiber	6.93 g
% Protein	18.51
% Carbohydrate	56.73
% Total Fat	28.89
% Saturated Fat	7.16

KOREAN PICKLED CABBAGE (Kim Chi)**(CS-104)****Portion Size – ½ cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
3 qts.	6 qts.	12 qts.	Chinese Cabbage, large dice	
½ cup	1 cup	2 cups	Kosher salt	
¼ cup	½ cup	1 cup	Cayenne pepper	
1 cup	2 cups	1 qt.	Scallions, finely chopped	
¼ cup	½ cup	1 cup	Garlic, fresh finely chopped	
¼ cup	½ cup	1 cup	Red pepper flakes	
3 Tbsp.	6 Tbsp.	¾ cup	Ginger, fresh, finely chopped	
1 cup	2 cups	1 qt.	Tomato sauce	
1 qt.	2 qts.	1 gal.	Water	
2 Tbsp.	¼ cup	½ cup	Light soy sauce	
2 tsp.	4 tsp.	2-2/3 Tbsp.	Sugar	

COMPONENTS PER PORTION

½ cup vegetables

Portion cost = \$0.07

NUTRIENT **Amount per Serving**

Calories	19
Protein	1.13 g
Carbohydrates	3.75 g
Fat-total	0.40 g
Saturated Fat	0.07 g
Cholesterol	0 mg
Vitamin A (RE)	183 RE
Vitamin C	18.91 mg
Iron	0.57 mg
Calcium	45.72 mg
Sodium	218 mg
Fiber	1.08 g
% Protein	23.79
% Carbohydrate	79.16
% Total Fat	18.89
% Saturated Fat	3.34

METHOD**STEP 1**

Wash cabbage well and pat dry with paper towels. Spread the dried cabbage out on sheet pans and place a paper towel over it. Place in the refrigerator overnight to allow the cabbage to dry out and lose some of its moisture. Do not wrap the sheet pan in saran.

STEP 2

Transfer the prepped cabbage to a large plastic (not metal) container. Mix the kosher salt and cayenne together. Place the cabbage into the container in several layers by sprinkling the seasoned salt between each layer of cabbage. Place a lid over the cabbage that is smaller than the container so that it will rest on the cabbage itself. If you must use something metal wrap it in saran. Place a heavy weight on top of the lid (several # 10 cans for example) and refrigerate for one week.

STEP 3

After one week, remove the weights and the lid and rinse the cabbage thoroughly under cold running water. Squeeze out as much moisture as possible.

STEP 4

In a clean, non-metal container layer the rinsed & drained cabbage with the scallions, garlic, hot pepper flakes and fresh ginger. Mix together the vegetable juice, water, soy and sugar. Fill the container with this mixture. Cover with a sheet of wax paper or parchment and replace with the lid resting on the cabbage. No extra weights are needed.

STEP 5

Refrigerate for 4-5 days before the Kim Chi before serving.

STEP 6

Portion with a 4 oz. spoodle.

NORTH AFRICAN LENTIL SALAD (CS-115)

Portion Size – ¾ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
2 cups	5 cups	2 quarts + 2 cups	Dried lentils
2 quarts	5 quarts	2 ½ gallons	Water
1 tbsp. + 1 tsp.	3 tbsp. + 1 tsp.	¼ cup + 2 ½ tbsp.	Salt
½ cup	1 ¼ cup	2 ½ cup	Red onion finely chopped
½ cup	1 ¼ cup	2 ½ cup	Green Pepper small diced
½ cup + 2 ½ tbsp.	1 ½ cup	3 ¼ cup + 1 tbsp.	Celery small diced
½ cup	1 ¼ cup	2 ½ cup	Tomato diced, seeds removed
½ cup + 2 ½ tbsp.	1 ½ cup + 2 ½ tbsp.	3 ¼ cup + 1 tbsp.	Seeded, diced cucumbers
1 cup	2 ½ cup	5 cups	Sliced black olives
¼ cup	¾ cup	1 ½ cups	Fresh parsley, chopped
½ cup	1 ¼ cup	2 ½ cups	Oil
½ cup	1 ¼ cup	2 ½ cups	Lemon juice, fresh
1 tsp.	2 ½ tsp.	1 tbsp. + 2 tsp.	Garlic powder
1 tsp.	2 ½ tsp.	1 tbsp. + 2 tsp.	Ground cumin
1 tsp.	2 ½ tsp.	1 tbsp. + 2 tsp.	Crushed dried oregano
2 cups	5 cups	2 quarts + 2 cups	Unflavored yogurt, low fat
			Salt & pepper to taste

METHOD

STEP 1

In a heavy saucepan, bring the water and 2 tsp. salt to a boil over high heat. Add the lentils, boil for 1 minute, reduce the heat to low, partially cover and simmer for 30 minutes or until the lentils are just tender. Do not overcook. Drain thoroughly and place the lentils in a mixing bowl.

STEP 2

Add the onions, green pepper, celery, tomato, cucumbers, olives and parsley.

STEP 3

In another bowl, beat together the oil, lemon juice, garlic, cumin, oregano, and salt and pepper to taste until well blended. Pour this dressing over the lentil mixture and toss gently but thoroughly. Taste and adjust seasoning. Cover and chill.

STEP 4

Shortly before serving, fold in the yogurt until well blended. Check for seasoning. Serve. Portion with a 6-oz. spoodle.

COMPONENTS PER PORTION

¾ cup vegetables or the equivalent of 2 oz. meat alternate.

*** NOTE: The lentils in this recipe cannot count as both a source of meat alternate and a vegetable.**

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	287
Protein	13.95 g
Carbohydrates	29.74 g
Fat-total	13.61 g
Saturated Fat	2.27g
Cholesterol	2 mg
Vitamin A (RE)	29 RE
Vitamin C	18.5 mg
Iron	4.31mg
Calcium	133 mg
Sodium	1125 mg
Fiber	12.87 g
% Protein	19.44
% Carbohydrate	41.25
% Total Fat	42.66
% Saturated Fat	7.12

PASTA SALAD WITH VEGETABLES

(CS-125) Revised 2006

Portion Size – ½ Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
6 cups	3 qt.	6 qt.	Pasta, white or whole wheat, enriched, <i>cooked al dente</i>	
6 cups	3 qt.	6 qt.	Frozen mixed vegetables, <i>uncooked</i>	
1 cup	2 cups	1 qt.	Light Italian salad dressing	

METHOD

STEP 1
Combine all ingredients together.

STEP 2
Chill in shallow pans that have been labeled and dated in the refrigerator. Keep refrigerated at 41 degrees or colder until served. Maintain refrigerated temperature during service.

STEP 3
Portion with # 8 scoop or a 4 oz. spoodle, or completely fill 4 fl. oz. portion cups with salad.

COMPONENTS PER PORTION

¼ cup vegetable and 1/2 serving of bread/grains

FOOD SAFETY NOTES:

Product may be stored in the refrigerator at 41 degrees or lower for up to 7 days, as long as it has not been removed from the refrigerator. Discard unused product after 7 days.

Product taken out of the refrigerator and that is NOT used (left over) on the serving line should be discarded (thrown away) at the end of meal service.

<u>NUTRIENT</u>	<u>Amount per Serving (white pasta)</u>	<u>Amount per Serving (whole wheat pasta)</u>
Calories	72	68
Protein	2.24 g	2.49 g
Carbohydrates	12.92 g	12.72 g
Fat-total	1.29 g	1.25 g
Saturated Fat	0.21	0.21 g
Cholesterol	0 mg	0 mg
Vitamin A	107 RE	107 RE
Vitamin C	2.20 mg	2.20 mg
Iron	0.65 mg	0.56 mg
Calcium	7.63 mg	10.32 mg
Sodium	97 mg	97 mg
Fiber	1.26 g	1.79 g
% Protein	12.49	14.68
% Carbohydrate	72.10	74.85
% Total Fat	16.14%	16.57
% Saturated Fat	2.61%	2.77

PASTA SALAD WITH VEGETABLES**(CS-125)****Portion Size – ½ Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
5 ½ cups + 1 ½ tbsp.	3 quarts + 2 cusp	7 quarts	Water
6 ½ oz., dry wgt.	1 lb., dry wgt.	2 lb., dry wgt.	Pasta spirals or shells
8 oz.	1 lb. + 4 oz.	2 lb. + 8 oz.	Mixed vegetables
7 ¾ oz.	1 lb. + 3 oz.	2 lb. + 6 oz.	Broccoli, chopped
3/8 tsp.	¾ tsp.	1 ½ tsp.	Pepper
½ cup + 1 ½ tbsp.	1 ½ cup	3 cups	Low fat Italian dressing

METHOD**STEP 1**

Heat water to a rolling boil.

STEP 2

Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. DO NOT OVERCOOK. Drain well.

STEP 3

Add mixed vegetables, broccoli and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly.

STEP 4

Cover. Refrigerate until ready to serve.

STEP 5

Mix lightly before serving.

STEP 6

Portion with # 8 scoop.

COMPONENTS PER PORTION

¼ cup vegetable and 1/2 serving of bread/grains

NUTRIENT**Amount per Serving**

Calories	112
Protein	3.99 g
Carbohydrates	20.31 g
Fat-total	1.96 g
Saturated Fat	0.27 g
Cholesterol	0 mg
Vitamin A (RE)	159 RE
Vitamin C	14.5 mg
Iron	1.21 mg
Calcium	24 mg
Sodium	133 mg
Fiber	2.29 g
% Protein	14.18
% Carbohydrate	72.23
% Total Fat	15.68
% Saturated Fat	2.17

PICKLED BEET SALAD**(CS-128)****Portion Size – ½ cup**

QUANTITY/PORTIONS			INGREDIENTS
25	50	100	
1 ½ cup	3 cups	1 ½ qt.	Sugar
1 ½ cup	3 cups	1 ½ qt.	Cider vinegar
1 ½ cup	3 cups	1 ½ qt.	Water
1 ea.	2 ea.	4 ea.	Large onions, sliced thin
1 tsp.	2 tsp.	4 tsp.	Pepper, white
1 can	2 cans	4 cans	Sliced beets, canned, undrained, #10 cans

METHOD**STEP 1**

In large pan mix together: sugar, vinegar, water, onion, and pepper.

STEP 2

Bring to a boil and then simmer for 5 minutes.

STEP 3

Drain half the juice from a #10 can of beets and add the beets and remaining juice to pan.

STEP 4

Blend together then refrigerate.

STEP 5

Portion with a 4 oz. spoodle.

COMPONENTS PER PORTION

Portion cost = \$0.08

½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	76
Protein	0.82 g
Carbohydrates	19.30 g
Fat-total	0.13 g
Saturated Fat	0.02 g
Cholesterol	0 mg
Vitamin A (RE)	1 RE
Vitamin C	3.75 mg
Iron	1.61 mg
Calcium	14.97 mg
Sodium	159 mg
Fiber	1.52 g
% Protein	4.31
% Carbohydrate	101.14
% Total Fat	1.48
% Saturated Fat	0.25

RAINBOW SALAD (CS-130)

Portion Size – 1/2 Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
2 large	5 large	10 large	Apples, diced
1 1/2 cup	3 3/4 cup	7 1/2 cup	Carrots, diced
1/4 cup + 2 1/2 Tbsp.	1 cup	2 cups	Coconut meat, dried, sweetened, flaked
1/2 cup	1 1/4 cup	2 1/2 cup	Raisins, packed
1/4 cup, + 2 1/2	3/4 cup	1 1/2 cup	Walnuts, chopped

METHOD

STEP 1

Toss all ingredients together, and serve in salad bowls.

STEP 2

Portion with a No. 8 scoop or a 4 oz. spoodle.

COMPONENTS PER PORTION

1/2 cup of fruit/vegetables

NUTRIENT **Amount per Serving**

Calories	99
Protein	1.26 g
Carbohydrates	18.03 g
Fat-total	3.43 g
Saturated Fat	1.09 g
Cholesterol	0 mg
Vitamin A (RE)	825 RE
Vitamin C	5.5 mg
Iron	0.53 mg
Calcium	18 mg
Sodium	19 mg
Fiber	2.65 g
% Protein	5.06
% Carbohydrate	72.49
% Total Fat	30.99
% Saturated Fat	9.86

RATATOUILLE**(CS-135)****Portion Size – ½ Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
7 ½ oz.	1 lb. + 2 ¼ oz.	2 lb. + 4 ½ oz.	White onions	
3 tbsp. + 2 tsp.	½ cup + 1 tbsp.	1 cup + 2 tbsp.	Oil	
7 ½ oz.	1 lb. + 2 ¼ oz.	2 lbs. + 4 ½ oz.	Red, yellow and/or green peppers	
7 ½ oz.	1 lb. + 2 ¼ oz.	2 lbs. + 4 ½ oz.	Eggplant	
2 ¾ clove(s)	6 ¾ clove(s)	13 ¼ clove(s)	Fresh garlic, chopped	
			Salt and Cayenne pepper to taste	
11 oz.	1 lb. + 11 ½ oz.	3 lbs. + 6 ½ oz.	Tomatoes	
¼ tsp.	5/8 tsp.	1 1/8 tsp.	Dried thyme	
2 ¾ tsp.	2 tbsp. + 1 tsp.	¼ cup + 1 ¾ tsp.	Dried parsley	
½ leaf(s)	1 1/8 leaf(s)	2 1/3 leaf(s)	Bay Leaf	
7 ½ oz.	1 lb. + 2 ¼ oz.	2 lbs. + 4 ½ oz.	Zucchini, small	
2 ¾ tsp.	2 tbsp. + 1 tsp.	¼ cup + 1 ¾ tsp.	Dried basil	

COMPONENTS PER PORTION

½ cup vegetable

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	74
Protein	1.27 g
Carbohydrates	7.00 g
Fat-total	5.23 g
Saturated Fat	0.73 g
Cholesterol	0 mg
Vitamin A (RE)	47 RE
Vitamin C	28.4 mg
Iron	0.73 mg
Calcium	23 mg
Sodium	12 mg
Fiber	2.06 g
% Protein	6.80
% Carbohydrate	37.50
% Total Fat	63.04
% Saturated Fat	8.83

METHOD**STEP 1**

Cut the onions into quarters or eighths, depending on size.

STEP 2

Half, seed and derib the peppers and cut them into 1-inch squares.

STEP 3

Cut the top off the eggplant and cut it into ¾-inch cubes, leaving the skin on.

STEP 4

Peel, half and seed the tomatoes and cut each into sixths or eighths.

STEP 5

Cut the zucchini into ½ - 1-inch slices.

STEP 6

Heat half of the oil in a low, wide saucepan. Put the onions in to cook gently over medium heat. Do not allow to brown. When salt, add the peppers, eggplant, garlic, salt and a pinch of cayenne. Continue to cook gently for 10 minutes, stirring gently with a wooden spoon. Then add the tomatoes and herbs.

STEP 7

Bring to a boil and leave to cook over a very low heat, at a bare simmer, with the lid ajar, for two hours, adding the zucchini after 1 hour.

STEP 8

Place a colander or sieve over another saucepan. Pour in the vegetables and allow them to drain well. Then return the vegetables to their original saucepan and continue cooking over a low heat leaving the lid off. Place the saucepan containing the liquid over a very high heat and stirrings constantly with a wooden spoon reduce to a syrup. There should be about ½ cup syrup remaining. Pour back into the vegetables. Remove from the heat and cool. Add the remaining oil and basil. Stir and mix together. Serve chilled or at room temperature. Portion with a 4 oz. spoodle.

RED POTATO SALAD (CS-137)

Portion Size – ¼ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 1 ¾ oz.	2 lb. + 12 ½ oz.	5 lb. + 9 oz.	Red skin potatoes
1 ½	3 ¾	7 ½	Large eggs, hard-cooked chopped
2 ¼ oz.	5 ¾ oz.	11 ¼ oz.	Celery, small dice
¾ oz.	1 7/8 oz.	3 ¾ oz.	Red onions, small dice
3/8 oz.	1 oz.	1 7/8 oz.	Dijon mustard
6 oz.	14 ¾ oz.	1 lb. + 13 ¾ oz.	Mayonnaise, low fat
¼ tsp.	½ tsp.	1 tsp.	Worcestershire sauce
¼ tsp.	½ tsp.	1 tsp.	Salt
1/8 tsp.	¼ tsp.	½ tsp.	Pepper

METHOD

STEP 1

Scrub the potatoes well and place them in a pot. Covers with cold, salted water and bring to a simmer. Cook until the potatoes can be easily pierced. Drain and dry. When they are cool enough to handle, slice or dice them.

STEP 2

Combine the eggs, celery and onions. Mix the mustard with the mayonnaise, Worcestershire sauce, salt and pepper to taste.

STEP 3

Fold in the potatoes gently. Adjust seasoning. Chill well. Portion with a # 16 scoop.

COMPONENTS PER PORTION

¼ cup vegetables

NUTRIENT **Amount per Serving**

Calories	124
Protein	2.22 g
Carbohydrates	14.41 g
Fat-total	6.47 g
Saturated Fat	1.37 g
Cholesterol	31 mg
Vitamin A (RE)	15 RE
Vitamin C	7.0 mg
Iron	0.84 mg
Calcium	13 mg
Sodium	200 mg
Fiber	1.37 g
% Protein	7.11
% Carbohydrate	46.15
% Total Fat	46.65
% Saturated Fat	9.92

SALSA**(CS-141)****Portion Size – ½ Cup**

QUANTITY/PORTIONS			INGREDIENTS
25	50	100	
6 lb. + 4 oz.	12 lb. + 8 oz.	25 lb.	Tomatoes, canned, diced, drained <i>or</i> diced fresh tomatoes
1 lb. + 6 oz.	2 ¾ lb.	5 ½ lb.	Onions, green, fresh, chopped
1 ¾ oz.	3 ½ oz.	7 oz.	Garlic, crushed
2 2/3 tbsp.	1/3 cup	2/3 cup	Parsley, dried
¼ cup	½ cup	1 cup	Hot chili peppers, green, raw
2 2/3 tbsp.	1/3 cup	2/3 cup	Lime juice
2 tsp.	1 tbsp. + 1 tsp.	2 tbsp. + 2 tsp.	Hot pepper sauce

METHOD**STEP 1**

Combine all ingredients. Mix well.

STEP 2

Keep chilled at 40 degrees or lower until ready to serve.

STEP 3

Portion with a 4 oz. spoodle or serve in 4 fl. oz. cups.

COMPONENTS PER PORTION

Portion cost = \$0.24

½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	36
Protein	1.62 g
Carbohydrates	8.11 g
Fat-total	0.44 g
Saturated Fat	0.06 g
Cholesterol	0 mg
Vitamin A (RE)	165 RE
Vitamin C	31.4 mg
Iron	1.07 mg
Calcium	30 mg
Sodium	19 mg
Fiber	2.01 g
% Protein	17.86
% Carbohydrate	89.66
% Total Fat	11.01
% Saturated Fat	1.53

SPINACH & ROMAINE WITH ALMONDS (CS-143)

Portion Size – ½ Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
	2 7/8 oz.	7 ¼ oz.	14 ½ oz.	Fresh spinach
	5 ¾ oz.	14 ½ oz.	1 lb. + 12 ¾ oz.	Romaine lettuce
	2 7/8 oz.	7 ¼ oz.	14 ½ oz.	Red bell pepper julienne
	¼ cup + 1 ½ tbsp.	¾ cup + 2 tbsp.	1 ¾ cup + 1 ¾ tsp.	Slivered almonds
	2 tbsp. + 2 ¾ tsp.	¼ cup + 3 tbsp.	¾ cup + 2 tbsp.	Olive oil
	1 tbsp. + 1 ¼ tsp.	3 tbsp. + 1 ¾ tsp.	¼ cup + 3 tbsp.	Raspberry vinegar
	3/8 tsp.	7/8 tsp.	1 ¾ tsp.	Salt
	1/8 tsp.	¼ tsp.	½ tsp.	Cracked black pepper
<u>COMPONENTS PER PORTION</u>				
½ cup vegetables				
<u>NUTRIENT</u>				
	<u>Amount per Serving</u>			
Calories	60			
Protein	1.25 g			
Carbohydrates	2.02 g			
Fat-total	5.71 g			
Saturated Fat	0.70 g			
Cholesterol	0 mg			
Vitamin A (RE)	142 RE			
Vitamin C	21.5 mg			
Iron	0.59 mg			
Calcium	23 mg			
Sodium	91 mg			
Fiber	1.03 g			
% Protein	8.17			
% Carbohydrate	13.24			
% Total Fat	84.19			
% Saturated Fat	10.32			

METHOD

STEP 1

Clean and trim the spinach. Dry the leaves well and place them in a large bowl. Wash the romaine leaves and cut them into pieces the size of the spinach leaves. Add the romaine to the spinach.

STEP 2

Add the julienne red bell pepper and almonds to the bowl.

STEP 3

Prepare the dressing: in a small bowl whisk together the oil, raspberry vinegar, salt and black pepper.

SALT 4

Pour the dressing over the salad ingredients. Toss well but gently to coat. Serve. Portion with 4-oz. spoodle.

SPINACH SALAD WITH BACON & ROASTED RED BELL PEPPER VINAIGRETTE (CS-144)

Portion Size – ½ Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
8 oz.	1 lb. + 4 oz.	2 lb. + 8 oz.	Spinach	
3 oz.	7 ½ oz.	15 oz.	Button mushrooms, fresh, cleaned, sliced	
2 tbsp.	¼ cup + 1 tbsp.	½ cup + 2 tbsp.	Bacon cooked chopped	
1	2 ½	5	Large egg, diced	
4 oz.	10 oz.	20 oz.	Red bell pepper vinaigrette (See Recipe # MD-25)	

METHOD

STEP 1
Wash and trim spinach well. Pat dry. Place spinach in a bowl.

STEP 2
Top the spinach with the sliced mushrooms. Sprinkle with bacon bits and diced eggs.

STEP 3
Stir the dressing well and add to the salad. Toss gently to combine. Portion with a 4-oz. spoodle.

COMPONENTS PER PORTION

½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	82
Protein	1.84 g
Carbohydrates	1.50 g
Fat-total	8.02 g
Saturated Fat	1.31 g
Cholesterol	22 mg
Vitamin A (RE)	166 RE
Vitamin C	8.9 mg
Iron	0.84 mg
Calcium	26 mg
Sodium	69 mg
Fiber	0.75 g
% Protein	8.92
% Carbohydrate	7.26
% Total Fat	87.53
% Saturated Fat	14.37

SWEET & SOUR CELERY (CS-145)

Portion Size – ¼ Cup – (4 Sticks)

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
6 ¾ oz.	1 lb. + ¾ oz.	2 lbs. + 1 ½ oz.	Celery, trimmed cut into sticks*	
1 ¼ tsp.	1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.	Sugar	
1/8 tsp.	¼ tsp.	½ tsp.	Salt	
1/8 tsp.	1/8 tsp.	¼ tsp.	Cayenne pepper	
1 tbsp. + 2 tsp.	¼ cup + ½ tsp.	½ cup + 1 tsp.	Cider vinegar	
1 ¼ tsp.	1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.	Finely chopped red pepper	
	* Sticks cut 3” x ¾ “			

METHOD

STEP 1

Remove the leaves from the celery and cut the stalks on the diagonal into 1-inch slices.

STEP 2

Pour enough water into a large skillet to fill it about ¼ inch deep. Add the celery, sugar, sugar, salt and cayenne pepper. Cover the skillet, leaving the lid slightly off center to vent the steam, and bring the water to a boil. Cook until the celery is tender and the water has evaporated – about 5 minutes. Remove the pan from the heat and stir in the vinegar. Transfer the sweet and sour celery to a bowl and scatter the top with the red pepper. Chill until ready for service. Portion into ¼ cup servings (4 slices per serving).

COMPONENTS PER PORTION

¼ cup vegetable

NUTRIENT **Amount per Serving**

Calories	5
Protein	0.15 g
Carbohydrates	1.39 g
Fat-total	0.03 g
Saturated Fat	0.00 g
Cholesterol	0 mg
Vitamin A (RE)	5 RE
Vitamin C	2.0 mg
Iron	0.09 mg
Calcium	7 mg
Sodium	40 mg
Fiber	0.33 g
% Protein	10.56
% Carbohydrate	100.53
% Total Fat	4.74
% Saturated Fat	1.20

SWEET CORN SALAD (CS-150)

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
4 cups + 2 ½ tbsp.	2 quarts + 2 ½ cups	5 quarts + 1 cup	Frozen corn kernels, defrosted
7/8 each	2 1/8 each	4 ¼ each	Red pepper, small dice
7/8 each	2 1/8 each	4 ¼ each	Green pepper, small dice
7/8 small	2 1/8 small	4 ¼ small	Small red onion, small dice
3 tbsp. + 2 tsp.	½ cup + 1 tsp.	1 cup + 2 tsp.	Red wine vinegar
2 ½ tsp.	2 tbsp. + ¼ tsp.	¼ cup + ½ tsp.	Light brown sugar (light packed)
1 tbsp. + 2 tsp.	¼ cup + ½ tsp.	½ cup + 1 tsp.	Vegetable oil
3/8 tsp.	1 tsp.	2 1/8 tsp.	Dried oregano
Dash	Dash	Dash	Salt and Pepper

METHOD

STEP 1

In a large bowl, combine the corn with the peppers and the onions.

STEP 2

In a separate bowl, whisk together the vinegar, brown sugar, vegetable oil, oregano, salt and pepper to taste.

STEP 3

Pour the dressing over the vegetable mixture and toss to combine. Serve the salad at room temperature or refrigerate at least one hour and serve it chilled.

Portion with a 4-oz. spoodle.

COMPONENTS PER PORTION

Provide ½ cup vegetables

NUTRIENT **Amount per Serving**

Calories	93
Protein	2.32 g
Carbohydrates	17.45 g
Fat-total	2.85 g
Saturated Fat	0.40 g
Cholesterol	0 mg
Vitamin A (RE)	72 RE
Vitamin C	32.4 mg
Iron	0.47 mg
Calcium	7 mg
Sodium	3 mg
Fiber	2.15 g
% Protein	9.96
% Carbohydrate	75.04
% Total Fat	27.58
% Saturated Fat	3.93

TABOULEH**(CS-155)****Portion Size – ½ Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
6 ½ oz.	1 lb.	2 lb.	Bulgur, dry
1 cup + 3 tbsp.	3 cups	6 cups	Water
12 ¾ oz.	2 lbs.	4 lb.	Tomatoes, diced
6 oz.	15 oz.	1 lb. + 14 oz.	Cucumber, diced
5/8 oz.	1 ½ oz.	3 oz.	Parsley
2 3/8 oz.	6 oz.	12 oz.	Onions, diced
2 3/8 tsp.	2 tbsp.	¼ cup	Mint leaves
1 ¼ tsp.	1 tbsp.	2 tbsp.	Salt
¼ cup + 1 tsp.	½ cup + 2 ½ tsp.	1 ¼ cup + 1 ½ tbsp.	Lemon juice
1 Tbsp. + 2 tsp.	¼ cup	½ cup	Oil

METHOD**STEP 1**

Combine bulgur and boiling water in a large bowl. Let stand for 30 minutes or until water is absorbed. Do not drain.

STEP 2

Add tomatoes, cucumbers, parsley, onions, and mint to the bulgur.

STEP 3

For the dressing, combine salt and lemon juice in a small bowl. Whisk in the oil.

STEP 4

Add dressing to salad and toss to combine all ingredients.

STEP 5

Can be served either chilled or at room temperature.

STEP 6

Portion with a No. 8 scoop or a 4 oz. spoodle.

COMPONENTS PER PORTION

3/8 cup of vegetable and ¾ serving of bread/grain

NUTRIENT**Amount per Serving**

Calories	95
Protein	2.79 g
Carbohydrates	17.00 g
Fat-total	2.61 g
Saturated Fat	0.35 g
Cholesterol	0 mg
Vitamin A (RE)	33 RE
Vitamin C	11.7 mg
Iron	0.77 mg
Calcium	15 mg
Sodium	289 mg
Fiber	4.04 g
% Protein	11.69
% Carbohydrate	71.13
% Total Fat	24.60
% Saturated Fat	3.38

TEXAS TABBOULEH

(CS-157)

Portion Size – ¾ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 ½ cup + 2 tbsp.	4 cups + 1 ½ tbsp.	2 quarts + ¼ cup	Bulgur wheat
5 ¼ oz.	13 ¼ oz.	1 lb. + 10 ¼ oz.	Tomatoes, diced
2/3	1 2/3	3 1/3	Cucumber, 8 ¼”, diced
½ cup + 2 ½ tbsp.	1 ½ cup + 2 tbsp.	3 ¼ cup	Italian parsley minced
¼ cup + 1 tbsp.	¾ cup + 1 tbsp.	1 ½ cup + 2 tbsp.	Fresh mint chopped
1/3 oz.	7/8 oz.	1 2/3 oz.	Jalapeno pepper minced
2 tbsp. + 2 tsp.	¼ cup + 2 ½ tbsp.	¾ cup + 1 tbsp.	Lime juice
¼ cup + 4 tbsp.	1 cup + 3 ½ tbsp.	2 ¼ cup + 3 tbsp.	Olive oil
5/8 tsp.	1 5/8 tsp.	1 tbsp. + ¼ tsp.	Salt
1 2/3 each	4 ¼ each	8 ¼ each	Scallions, medium, finely sliced
1 tbsp. + 1 tsp.	3 tbsp. + 1 tsp.	¼ cup + 2 ½ tbsp.	Fresh cilantro minced
3/8 tsp.	7/8 tsp.	1 5/8 tsp.	Garlic minced

METHOD

STEP 1

Place the bulgur wheat in a large bowl and add enough boiling water to cover. Soak for 3 minutes. Drain, if necessary and cool.

STEP 2

Mix together the tomatoes, cucumbers, parsley, mint and jalapeno peppers in a bowl. Stir in the cooled bulgur wheat. Mix well to combine.

STEP 3

Beat together the lime juice, olive oil, salt, scallions, cilantro and garlic.

STEP 4

Pour the dressing over the bulgur and vegetables. Stir well to combine. Serve cold. Portion with a 6-oz spoodle.

COMPONENTS PER PORTION

1 serving bread/grains and ¼ cup vegetables

NUTRIENT

Amount per Serving

Calories	182
Protein	3.31 g
Carbohydrates	19.61 g
Fat-total	11.06 g
Saturated Fat	1.50 g
Cholesterol	0 mg
Vitamin A (RE)	45 RE
Vitamin C	11.5 mg
Iron	1.11 mg
Calcium	21 mg
Sodium	174 mg
Fiber	4.80 g
% Protein	7.27
% Carbohydrate	43.04
% Total Fat	54.61
% Saturated Fat	7.45

THREE BEAN SALAD (CS-160)

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
¾ cup + 2 ¼ tsp.	¼ # 10 can	½ # 10 can	Kidney beans
1 ¼ cup	3 cups + 2 tbsp.	½ # 10 can	Wax beans
3 cups + 2 tbsp.	5/8 # 10 can	1 ¼ # 10 can	Green beans
3 tbsp. + ¾ tsp.	½ cup	1 cup	Onions, chopped
1 ¼ cup + 1 tsp.	½ cup + 2 ½ tsp.	1 1/3 cup	Oil
1 ¼ cup + 1 tsp.	½ cup + 2 ½ tsp.	1 1/3 cup	Vinegar
1 oz.	2 ¼ oz.	4 ½ oz.	Sugar
1 ¼ tsp.	1 tbsp.	2 tbsp.	Italian Seasoning

METHOD

STEP 1

Rinse kidney beans in cold water and drain well.

STEP 2

Combine kidney beans, wax beans, green beans, and onions.

STEP 3

Combine vegetable oil, vinegar, sugar and Italian seasoning. Mix until well blended.

STEP 4

Pour dressing over beans. Toss lightly to combine evenly. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.

STEP 5

Mix lightly before serving.

STEP 6

Portion with # 8 scoop.

COMPONENTS PER PORTION

½ cup vegetables

NUTRIENT

Amount per Serving

Calories	91
Protein	1.82 g
Carbohydrates	8.95 g
Fat-total	5.94 g
Saturated Fat	0.78 g
Cholesterol	0 mg
Vitamin A (RE)	17 RE
Vitamin C	3.1 mg
Iron	0.87 mg
Calcium	24 mg
Sodium	220 mg
Fiber	1.86 g
% Protein	7.93
% Carbohydrate	38.94
% Total Fat	58.10
% Saturated Fat	7.71

TOSSED SALAD

(CS-163)

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
2 qt.	4 qt.	8 qt.	70/20 Romaine/Iceberg lettuce mix
1 ½ cups	3 cups	6 cups	Baby cut carrots <i>or</i> shredded carrots
3 cups	1 ½ qt.	3 qt.	Fresh tomatoes, chopped <i>or</i> grape tomatoes
<u>COMPONENTS PER PORTION</u>			
½ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	10		
Protein	0.51 g		
Carbohydrates	2.08 g		
Fat-total	0.12 g		
Saturated Fat	0.02 g		
Cholesterol	2 mg		
Vitamin A (RE)	233 RE		
Vitamin C	7.96 mg		
Iron	0.29 mg		
Calcium	8.38 mg		
Sodium	6 mg		
Fiber	0.72 g		
% Protein	20.82		
% Carbohydrate	85.18		
% Total Fat	10.96		
% Saturated Fat	1.50		

METHOD

STEP 1

Wash all ingredients. Drain and pat dry if necessary with clean paper towels.

STEP 2

Toss all ingredients together in a large mixing bowl or pan.

STEP 3

Portion ½ cup of mixture into 4 oz. bowls for individual portions. For self service, place mixture into large serving dishes; provide 4 oz. bowls for customers.

STEP 4

Portion size = ½ cup.

TUNA SALAD (CS-165)

Portion Size – ½ Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
3/8	1	2		Tuna (66.6 oz.) packed in water
6 ½ oz.	1 lb.	2 lbs.		Mayonnaise, low fat*
6 ½ oz.	1 lb.	2 lbs.		Celery, chopped fine
¼ tsp.	½ tsp.	1 tsp.		White pepper
¼ tsp.	½ tsp.	1 tsp.		Dry mustard
				*Chill before salad preparation.

METHOD

STEP 1

Place tuna in a colander and squeeze to remove any excess liquid. Set it aside.

STEP 2

Mix together the mayonnaise, celery, pepper and dry mustard. Adjust seasonings.

STEP 3

Flake the tuna fish and add it to the dressing. Mix well to combine. Portion with a # 8 scoop.

COMPONENTS PER PORTION

2 oz. meat/meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	130
Protein	14.91 g
Carbohydrates	1.92 g
Fat-total	6.55 g
Saturated Fat	1.35 g
Cholesterol	17 mg
Vitamin A (RE)	12 RE
Vitamin C	1.2 mg
Iron	0.96 mg
Calcium	13 mg
Sodium	344 mg
Fiber	0.32 g
% Protein	45.57
% Carbohydrate	5.88
% Total Fat	45.04
% Saturated Fat	9.30

WEST AFRICAN ABIDJIAN CABBAGE SALAD**(CS-170)****Portion Size – ½ cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
2 qt.	1 gal.	2 gal.	Cabbage, thinly shredded
2 cups	1 qt.	2 qt.	Carrots, shredded
2 cups	1 qt.	2 qt.	Pineapple chunks, canned, light syrup, drained
¼ cup	½ cup	1 cup	Lemon juice
½ cup	1 cup	2 cups	Orange juice
½ cup	1 cup	2 cups	Pineapple juice
½ tsp.	1 tsp.	2 tsp.	Salt
½ cup	1 cup	2 cups	Vegetable oil

METHOD**STEP 1**

Place the cabbage, carrots and pineapple in a large bowl.

STEP 2

Make the dressing: In a small bowl combine the lemon juice, orange juice and pineapple juice along with the salt. Beat well to combine. While still beating, drizzle in the oil very slowly to make a smooth, creamy dressing.

STEP 3

Combine the dressing and the cabbage. Toss well.

STEP 4

Portion with a 4 oz. spoodle.

COMPONENTS PER PORTION

Portion cost = \$0.06

½ cup fruit/vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	66
Protein	0.64 g
Carbohydrates	6.55 g
Fat-total	4.50 g
Saturated Fat	0.59 g
Cholesterol	0 mg
Vitamin A (RE)	252 RE
Vitamin C	14.80 mg
Iron	0.31 mg
Calcium	20.13 mg
Sodium	56 mg
Fiber	1.11 g
% Protein	3.90
% Carbohydrate	39.99
% Total Fat	61.74
% Saturated Fat	8.11

BROCCOLI & OVEN-ROASTED MUSHROOM SALAD (CS-25)

Portion Size – 3/8 Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
12 ¾ oz.	2 lbs.	4 lb.	Mushrooms, quartered	
1 5/8 oz.	4 oz.	8 oz.	Onions, large dice	
1 ¼ oz.	3 oz.	6 oz.	Lemon Juice	
7/8 tsp.	2 tsp.	1 tbsp. + 1 tsp.	Dried thyme	
1/8 tsp.	¼ tsp.	½ tsp.	Black pepper	
1 lb.	2 ½ lb.	5 lb.	Broccoli florets	
3/8 oz.	1 oz.	2 oz.	Dijon mustard	
7/8oz.	2 oz.	4 oz.	Balsamic vinegar	
½ tsp.	1 ¼ tsp.	2 ½ tsp.	Sugar	
3/8 tsp.	1 tsp.	2 tsp.	Dried parsley	
¼ tsp.	½ tsp.	1 tsp.	Dried oregano	
Pinch	¼ tsp.	½ tsp.	Black Pepper	
1 5/8 oz.	4 oz.	8 oz.	Vegetable oil	

METHOD

STEP 1

Put the mushrooms, onions, lemon juice, thyme, black pepper and ¼ of the vegetable oil in a large roasting pan and toss the mixture to coat the mushrooms. Roast the mushroom mixture in a pre-heated 450 degree F. oven for 20-25 minutes.

STEP 2

Cook the broccoli until tender but still crisp.

STEP 3

Prepare the dressing: Place the mustard, vinegar, sugar, parsley and oregano in a small bowl. Beat well to dissolve the sugar. Whisk in the remaining oil until well blended.

STEP 4

Mix the broccoli and mushroom mixture and coat with the mustard dressing. It may be served warm or chilled. Portion with a # 10 scoop.

COMPONENTS PER PORTION

3/8 cup vegetables

NUTRIENT

Amount per Serving

Calories	66
Protein	2.25 g
Carbohydrates	5.05 g
Fat-total	4.94 g
Saturated Fat	0.69 g
Cholesterol	0 mg
Vitamin A (RE)	70 RE
Vitamin C	45.49 mg
Iron	1.06 mg
Calcium	29.14 mg
Sodium	28 mg
Fiber	1.97 g
% Protein	13.58
% Carbohydrate	30.48
% Total Fat	67.08
% Saturated Fat	9.40

Chartwells School Dining Services

007090 - Buffalo Style Chicken Salad

Source: CS- 30
 Number of Portions: 50
 Size of Portion: 1/2 Cup

Meat/Alt 2 oz.
 Grain/Bread 0 SRV.
 F/V/J 0.25 Cup
 Milk 0 FLOZ

005360 CHICK,DICED,CKD,FROZEN-COMMOD..... 6 LB + 6 OZ 011143 CELERY,RAW..... 12 1/2 CUP, diced 011282 ONIONS,RAW..... 12 1/2 CUP, chopped 002031 PEPPER,RED OR CAYENNE..... 2 TSP 990219 BLUE CHEESE DRESSING..... 26 OZ		1. Combine cooked diced chicken, diced celery, chopped onions, and cayenne pepper. Add dressing. Mix lightly until well blended. Spread 5 lb 7 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. 2. CCP: Cool to 40° F or lower within 4 hours. Keep refrigerated until served. 3. Portion with No. 8 scoop (½ cup).												
		Food as Purchased												
		<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%; text-align: center;">50 Servings</th> <th style="width: 20%; text-align: center;">100 Servings</th> </tr> </thead> <tbody> <tr> <td>Chicken, whole,w/out neck&giblets</td> <td style="text-align: center;">17 lb 12 oz</td> <td style="text-align: center;">35 lb 8 oz</td> </tr> <tr> <td>Celery</td> <td style="text-align: center;">1 lb 10 oz</td> <td style="text-align: center;">3 lb 4 oz</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">14 oz</td> <td style="text-align: center;">1 lb 12 oz</td> </tr> </tbody> </table>		50 Servings	100 Servings	Chicken, whole,w/out neck&giblets	17 lb 12 oz	35 lb 8 oz	Celery	1 lb 10 oz	3 lb 4 oz	Mature onions	14 oz	1 lb 12 oz
	50 Servings	100 Servings												
Chicken, whole,w/out neck&giblets	17 lb 12 oz	35 lb 8 oz												
Celery	1 lb 10 oz	3 lb 4 oz												
Mature onions	14 oz	1 lb 12 oz												
		Special Tip												
		Serve on Salad greens or in sandwiches.												
		Serving												
		½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate.												

Calories	159	Iron	0.95 Mg	Protein	19.33 G	48.58%	Calories from Prot
Cholesterol	56 Mg	Calcium	31 Mg	Carbohydrates	6.55 G	16.47%	Calories from Carb
Sodium	124 Mg	Vitamin A	197 IU	Total Fat	6.09 G	34.45%	Calories from T Fat
Dietary Fiber	1.06 G	Vitamin C	3.5 Mg	Saturated Fat	1.41 G	7.98%	Calories from S Fat
* - Denotes Missing Nutrient Values							

BUTTERMILK COLESLAW (CS-35)

Portion Size – ¼ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
4 cup	2 quart + 1 cup	5 quarts	Cabbage, shredded
2 tbsp. + 2 tsp.	1/3 cup + 2 ½ tbsp.	¾ cup + 1 ½ tbs.	Onion, sliced thin
½ cup + 2 ½ tbsp.	1 ½ cup + 2 tbsp.	3 ¼ cup + 1 tbsp.	Carrot (julienne), sliced thin
½ cup	1 ¼ cup	2 ½ cups	Mayonnaise, low fat
½ cup	1 ¼ cup	2 ½ cups	Buttermilk
5/8 tsp.	1 5/8 tsp.	1 tbsp. + ½ tsp.	Salt
1 tbsp. + 1 tsp.	3 tbsp. + 1 tsp.	¼ cup + 2 ½ tbsp.	Dill

METHOD

STEP 1

Mix the cabbage, onions and carrots in a large bowl. Set aside.

STEP 2

In a bowl combine the mayonnaise, buttermilk and salt. Stir until smooth.

STEP 3

Add dressing to the vegetables and stir in the dill. Portion with a # 16 scoop.

COMPONENTS PER PORTION

¼ cup vegetable

NUTRIENT

Amount per Serving

Calories	55
Protein	1.03 g
Carbohydrates	4.42 g
Fat-total	3.89 g
Saturated Fat	0.81 g
Cholesterol	0 mg
Vitamin A (RE)	336 RE
Vitamin C	10.5 mg
Iron	0.43 mg
Calcium	38 mg
Sodium	258 mg
Fiber	1.08 g
% Protein	7.45
% Carbohydrate	31.90
% Total Fat	63.23
% Saturated Fat	13.23

CHICKEN SALAD**(CS-45)****Portion Size – ½ Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 4 oz.	3 lbs. + 2 oz.	6 lbs. + 4 oz.	Chicken meat, cooked, diced	
4 ¾ oz.	12 ¼ oz.	1 lb. + 8 ¼ oz.	Mayonnaise, reduced fat	
7 ½ oz.	1 lb. + 2 ¼ oz.	2 lbs. + 4 ½	Celery, minced	
3/8 tsp.	¾ tsp.	1 ½ tsp.	Salt	
1/8 tsp.	3/8 tsp.	¾ tsp.	Black pepper	
1/8 tsp.	3/8 tsp.	¾ tsp.	Poultry seasoning	

METHOD**STEP 1**

Combine all ingredients; mix well and adjust seasoning. Portion with a # 8 scoop.

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 1/8 cup vegetables

NUTRIENT**Amount per Serving**

Calories	154
Protein	15.99 g
Carbohydrates	1.70 g
Fat-total	8.81 g
Saturated Fat	2.08 g
Cholesterol	49 mg
Vitamin A (RE)	12 RE
Vitamin C	1.45 mg
Iron	0.77 mg
Calcium	16.87 mg
Sodium	238 mg
Fiber	0.36 g
% Protein	41.61
% Carbohydrate	4.43
% Total Fat	51.60
% Saturated Fat	12.19

CHUNKY TUNA SALAD**(CS-47)****Portion Size – ½ Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Tuna, water packed
1 2/3 oz.	4 ¼ oz.	8 ½ oz.	Scallions, finely chopped
1 2/3 oz.	4 ¼ oz.	8 ½ oz.	Celery, finely chopped
1 2/3 oz.	4 ¼ oz.	8 ½ oz.	Italian parsley, finely chopped
1 2/3 oz.	4 ¼ oz.	8 ½ oz.	Carrots, shredded
3 1/3 oz.	8 ½ oz.	1 lb. + ¾ oz.	Tomatoes, chopped
1 2/3 oz.	4 ¼ oz.	8 ½ oz.	Green bell pepper, finely chopped
¼ cup + 1 tbsp.	¾ cup + 1 ½ tsp.	1 ½ cup + 1 tbsp.	Mayonnaise, low fat
1 2/3 oz.	4 ¼ oz.	8 ½ oz.	Picante sauce or salsa
3/8 tsp.	1 tsp.	2 1/8 tsp.	Cracked black pepper

METHOD**STEP 1**

Drain and rinse the tuna. Using a fork flake the tuna slightly but do not mash it up.

STEP 2

Add the scallions, celery, parsley, shredded carrot, chopped tomato, green pepper, mayonnaise, piquant sauce (or salsa). Stir well, but gently to combine. Season with black pepper. Portion with a # 8 scoop.

COMPONENTS PER PORTION

2 oz. meat/meat alternate and 1/8 cup vegetable

NUTRIENT**Amount per Serving**

Calories	99
Protein	14.98 g
Carbohydrates	2.88 g
Fat-total	2.87 g
Saturated Fat	0.61 g
Cholesterol	17 mg
Vitamin A (RE)	181 RE
Vitamin C	14.1 mg
Iron	1.46 mg
Calcium	21 mg
Sodium	272 mg
Fiber	0.77 g
% Protein	59.98
% Carbohydrate	11.54
% Total Fat	25.86
% Saturated Fat	5.49

COLD BAYOU RICE (CS-50)

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
5 cups	3 quarts + ½ cup	6 quarts + 1 cup	Cooked white rice, chilled
1 cup + 1 ½ tbsp.	2 ¾ cups	5 ½ cups + ½ tbsp.	Diced cooked turkey ham
½ cup + 2 ¾ tsp.	1 ¼ cup + 2 tbsp.	2 ¾ cups	Chopped fresh parsley
4 ½ ea.	11 ¼ ea.	22 ¼ ea.	Scallions with green tops, fine chop
¾ cup + 1 ½ tbsp.	2 cups + 1 tbsp.	4 cups + 2 ½ tbsp.	Mayonnaise, low fat
¼ cup + 1 ½ tsp.	½ cup + 3 tbsp.	1 ¼ cup + 2 tbsp.	Milk, whole
2 tbsp. + ¾ tsp.	¼ cup + 1 ½ tbsp.	½ cup + 3 tbsp.	Red wine vinegar
1 1/8 oz.	2 ¾ oz.	5 ¾ oz.	Dijon mustard
1 1/8 tsp.	2 ¾ tsp.	1 tbsp. + 2 ¾ tsp.	Salt
5/8 tsp.	1 3/8 tsp.	2 ¾ tsp.	Black pepper

METHOD

STEP 1

In a large bowl, combine the rice with the turkey ham, parsley and scallions. Toss with two forks to mix.

STEP 2

Beat together the mayonnaise, milk, vinegar, mustard, salt and pepper.

STEP 3

Pour the dressing over the rice mixture and toss with two forks until well mixed. Chill for 3 hours before serving. Portion with a # 8 scoop.

COMPONENTS PER PORTION

1 bread/grains

NUTRIENT Amount per Serving

Calories	224
Protein	6.29 g
Carbohydrates	31.47 g
Fat-total	7.64 g
Saturated Fat	1.74 g
Cholesterol	9 mg
Vitamin A (RE)	22 RE
Vitamin C	5.8 mg
Iron	2.07 mg
Calcium	34 mg
Sodium	982 mg
Fiber	0.76 g
% Protein	11.21
% Carbohydrate	56.08
% Total Fat	30.64
% Saturated Fat	6.98

CREAMY CARROT, RAISIN & PINEAPPLE SALAD (CS-55)

Portion Size – ½ Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 ¼ cups + 1 ½ tbsp.	1/3 # 10 can	5/8 # 10 can	Pineapple chunks	
2 ½ cups + 2 ½ tsp.	6 ½ cups + 2 ½ tsp.	3 quarts + 1 ½ cup	Carrot, short shred	
1 cup	2 ½ cups	5 cups	Raisins	
¼ cup + 1 ½ tbsp.	¾ cups + 1 ½ tbsp.	1 ½ cup + 2 ½ tbsp.	Pineapple juice	
1/8 tsp.	3/8 tsp.	7/8 tsp.	Salt	
1 tsp.	2 ½ tsp.	1 tbsp. + 2 tsp.	Sugar	
¼ cup + 1 ½ tbsp.	¾ cup + 1 ½ tbsp.	1 ½ cup + 2 ½ tbsp.	Mayonnaise	

METHOD

STEP 1

Drain the pineapple chunks through a colander saving the juice. Measure the juice needed for the recipe. Save the rest of the juice for another use.

STEP 2

Combine the pineapple chunks and the shredded carrots in a bowl. Mix well. Cover the bowl with plastic wrap and refrigerate until ready to combine with the other ingredients.

STEP 3

Place the raisins in a bowl and pour ¾ of the pineapple juice over them. Stir to combine. Cover the bowl with plastic wrap and refrigerate for 20 minutes.

STEP 4

In a small bowl dissolve the salt and sugar in the remaining ¼ pineapple juice. When the sugar and salt have been thoroughly incorporated into the juice blend in the mayonnaise and beat well.

STEP 5

Remove the bowls containing the carrots and pineapple and the soaking raisins from the refrigerator. The raisins should be plump and moist. Pour any excess juice from the raisins into a small bowl and set it aside.

STEP 6

Combine the plumped raisins with the carrots and pineapple. Mix well to combine.

STEP 7

Pour the mayonnaise mixture over the raisin, carrot pineapple mixture and mix well to combine. Check the consistency of the dressing. It should not be too thick. Adjust thickness with raisin soaking liquid if necessary

STEP 8

Adjust for seasonings. Portion with # 8 scoop.

COMPONENTS PER PORTION

½ cup fruit/vegetable

NUTRIENT

Amount per Serving

Calories	137
Protein	1.05 g
Carbohydrates	21.92 g
Fat-total	6.02 g
Saturated Fat	0.66 g
Cholesterol	4 mg
Vitamin A (RE)	831 RE
Vitamin C	6.6 mg
Iron	0.67 mg
Calcium	23 mg
Sodium	93 mg
Fiber	1.80g
% Protein	3.05
% Carbohydrate	63.94
% Total Fat	39.51
% Saturated Fat	4.39

CREAMY CHEESE SPREAD

(CS-57)

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 qt. + 1 cup	3 qt. + ½ cup	1 ½ gal. + 1 cup	Cottage cheese, creamed, 4% fat
1 ¼ cup	3 1/8 cups	1 qt. + 2 ¼ cups	Frozen strawberries, sweetened, thawed
<u>COMPONENTS PER PORTION</u>			
2 oz. meat/meat alternate			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	139		
Protein	13.28 g		
Carbohydrates	11.08 g		
Fat-total	4.78 g		
Saturated Fat	2.99 g		
Cholesterol	15 mg		
Vitamin A (RE)	51 RE		
Vitamin C	13.1 mg		
Iron	0.33 mg		
Calcium	66 mg		
Sodium	426 mg		
Fiber	0.60 g		
% Protein	38.18		
% Carbohydrate	31.83		
% Total Fat	30.92		
% Saturated Fat	19.39		

METHOD**STEP 1**

Puree ingredients together in a blender or a food processor.

STEP 2

Portion into 4 oz. cups.

Use as a spread for bagels, as a lower fat alternative to cream cheese.

Recipe Variations

Instead of frozen strawberries, use frozen or canned peaches or canned pineapples.

CUCKOO CHICKEN SALAD (CS-59) R'04

Portion Size – 1 ¼ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
5 cups	3 qt. + ½ cup	6 qt. + 1 cup	Basic cooked couscous
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Celery, minced
½ cup + 2 tbsp.	1 ½ cup + 1 tbsp.	3 cups + 2 tbsp.	Onions, minced
12 ½ oz.	1 lb. + 14 ¾ oz.	3 lb. + 13 ½ oz.	Chicken, cooked, diced
12 ¼ oz.	1 lb. + 14 ½ oz.	3 lb. + 13 ¾ oz.	Turkey ham, cooked, diced
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Frozen peas, thawed
3/8 tsp.	¾ tsp.	1 5/8 tsp.	Dried sage
¾ cup + 1 ½ tbsp.	2 cups + 1 tbsp.	4 cups + 2 ½ tbsp.	Mayonnaise, low fat
¾ cup + 1 ½ tbsp.	2 cups + 1 tbsp.	4 cups + 2 ½ tbsp.	Sour cream
1 ¼ oz.	3 1/8 oz.,	6 ¼ oz.	Dijon mustard
½ cup + 2 tbsp.	1 ½ cup + 1 tbsp.	3 cups + 2 tbsp.	Strong beef stock
2 tbsp. + 1 ½ tsp.	¼ cup + 2 tbsp.	¾ cup + 1 ½ tsp.	Fresh parsley

METHOD

STEP 1

Combine the couscous with the celery, onions chicken, ham, peas, and sage in a large bowl. Toss lightly

STEP 2

Whisk together the mayonnaise with the sour cream in a medium size bowl. Whisk in the mustard and beef stock. Pour over the couscous mixture and toss until mixed. Add salt and pepper and sprinkle with parsley. Portion with a 10-oz. spoodle.

COMPONENTS PER PORTION

2 oz. meat/meat alternate, 1 serving of bread/grains, and ¼ cup vegetables

NUTRIENT

Amount per Serving

Calories	371
Protein	21.86 g
Carbohydrates	30.99 g
Fat-total	17.62 g
Saturated Fat	5.47 g
Cholesterol	70 mg
Vitamin A (RE)	69 RE
Vitamin C	10.2 mg
Iron	1.65 mg
Calcium	57 mg
Sodium	860 mg
Fiber	3.15 g
% Protein	23.54
% Carbohydrate	33.39
% Total Fat	42.70
% Saturated Fat	13.26

CUCUMBER AND CITRUS SALAD (CS-60)

Portion Size – ½ Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
2 each	4 each	8 each	Cucumbers, large	
7/8 tsp.	2 1/8 tsp.	1 tbsp. + 1 ¼ tsp.	Vegetable oil	
¼ tsp.	½ tsp.	1 tsp.	Dried rosemary	
Pinch	Pinch	Pinch	Black pepper	
1 each	2 each	4 each	Grapefruit	
2 each	4 each	8 each	Oranges, medium	
1 tbsp. + 2 tsp.	¼ cup + ½ tsp.	½ cup + 1 tsp.	Lime juice	
3 tbsp. + 1 tsp.	½ cup + 1 tsp.	1 cup + 2 tsp.	Orange juice	
3 tbsp. + 1 tsp.	½ cup + 1 tsp.	1 cup + 2 tsp.	Grapefruit juice	
7/8 tsp.	2 1/8 tsp.	1 tbsp. + 1 ¼ tsp.	Red vinegar	
2 ½ tsp.	2 tbsp. + ¼ tsp.	¼ cup + ½ tsp.	Sugar	
1 each	2 each	4 each	Scallions, cut	
<u>COMPONENTS PER PORTION</u>				
½ cup fruit/vegetable				
<u>NUTRIENT</u>				
<u>Amount per Serving</u>				
Calories	38			
Protein	0.83g			
Carbohydrates	8.63 g			
Fat-total	0.53 g			
Saturated Fat	0.08 g			
Cholesterol	0 mg			
Vitamin A (RE)	19 RE			
Vitamin C	28.2 mg			
Iron	0.22 mg			
Calcium	21 mg			
Sodium	1 mg			
Fiber	1.30 g			
% Protein	8.59			
% Carbohydrate	89.18			
% Total Fat	12.25			
% Saturated Fat	1.91			

METHOD

STEP 1

Slice the cucumber in half lengthwise, trim the ends but do not peel. Using an apple corer, a melon baller or a small spoon, remove the seeds from each cucumber segment. Slice the segments into half rings about 1/8 inch thick. Toss the slices with the oil, rosemary and a generous amount of pepper.

STEP 2

Working over a bowl to catch the juice, cut away the peel, white pith and outer membrane from the grapefruits and oranges. To separate the segments from the inner membranes, slice down to the core with a sharp knife on either side of each segment. Set the segments aside. Cut each grapefruit segment in half, leave the orange segments whole. Set the bowl containing the juice aside.

STEP 3

Combine the lime juice, orange juice, grapefruit juice, vinegar, and sugar with the reserved juice in the bowl. Pour this dressing over the salad; scatter the top with the scallions. Portion with 4-oz. spoodle.

EGG SALAD

(CS-65)

Portion Size – 1/3 Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
10 large	25 large	50 large	Eggs, hard-cooked, chopped
4 oz.	10 oz.	1 lb. + 4 oz.	Mayonnaise, low fat
3 ¼ oz	8 oz.	1 lb.	Celery, minced
¼ tsp.	½ tsp.	1 tsp.	White pepper
1/8 tsp.	¼ tsp.	½ tsp.	Salt
¼ tsp.	½ tsp.	1 tsp.	Garlic powder
3/8 oz.	1 oz.	2 oz.	Dijon mustard

METHOD**STEP 1**

Peel the eggs under running water to insure that there are no shells attached. Dice the eggs using an egg slicer to get a uniform dice.

STEP 2

Mix together the mayonnaise, celery, pepper and salt, garlic powder and Dijon mustard. Check for seasoning. Fold in the diced eggs being careful not to break up the egg whites. Portion with # 12 scoop.

COMPONENTS PER PORTION

1 large egg (equivalent to 2 oz. meat/meat alternate)

NUTRIENT**Amount per Serving**

Calories	115
Protein	6.39 g
Carbohydrates	1.83 g
Fat-total	8.88 g
Saturated Fat	2.32 g
Cholesterol	212 mg
Vitamin A (RE)	96 RE
Vitamin C	0.6 mg
Iron	0.78 mg
Calcium	29 mg
Sodium	192 mg
Fiber	0.18 g
% Protein	22.22
% Carbohydrate	6.36
% Total Fat	69.39
% Saturated Fat	18.14

GARDEN SALAD**(CS-70)****Portion Size – 1/2 Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>20</u>	<u>50</u>	<u>100</u>	
1 lb. + 5 ½ oz.	3 lb. + 5 ½ oz.	6 lb. + 11 oz.	Lettuce, iceberg, chopped
2 ½ cups + 2 ½ tbsp.	6 ½ cups + 2 ½ tbsp.	3 quarts + 1 ½ tbsp.	Tomatoes, fresh, red ripe, diced
1/14 cup + 1 ½ tbsp.	3 ¼ cup + 1 tbsp.	6 ½ cup + 2 ½ tbsp.	Cabbage, red, shredded
2 ½ cup + 2 ½ tsp.	6 ½ cup + 2 ½ tsp.	3 quart = 1 ½ cup	Carrots, shredded
1 ¼ cup + 1 ½ tbsp.	3 ¼ cup + 1 tbsp.	6 ½ cup + 2 ½ tbsp.	Radishes, sliced thin
1 ¼ cup + 1 ½ tbsp.	3 ¼ cups + 1 tbsp.	1/3 # 10 can	Bean sprouts, canned
<u>COMPONENTS PER PORTION</u>			
Provides 1/2 cup vegetables.			
<u>NUTRIENT</u>		<u>Amount per Serving</u>	
Calories	47		
Protein	2.79 g		
Carbohydrates	8.59 g		
Fat-total	1.06 g		
Saturated Fat	0.14 g		
Cholesterol	0 mg		
Vitamin A (RE)	874 RE		
Vitamin C	25.7 mg		
Iron	0.95 mg		
Calcium	37 mg		
Sodium	26 mg		
Fiber	2.83 g		
% Protein	236.47		
% Carbohydrate	72.27		
% Total Fat	20.15		
% Saturated Fat	2.66		

METHOD**STEP 1****PREPARE VEGETABLES:****Iceberg Lettuce:**

Trim, core and chop into 1 inch pieces.

Red Cabbage:

Trim, core and shred

Carrots:

Peel, trim and shred

Radishes:

Trim, and slice thin

STEP 2

Combine all ingredients in very cold water. Drain well (at least 1 hour). Place in airtight bags for transport.

STEP 3

Pre-portion into 4 oz. cups or bowls or portion at the point of service with a 4 oz. spoodle.

GERMAN POTATO SALAD (CS-73)

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 12 ¾ oz.	4 lb. + 7 ½ oz.	8 lb. + 15 oz.	Potatoes, all-purpose
2 7/8 oz.	7 ¼ oz.	14 ½ oz.	Bacon, diced, raw wgt.
5 ¾ oz.	14 ½ oz.	1 lb. + 12 ¾ oz.	Red onions, diced
2 7/8 fl oz.	7 ¼ fl oz.	14 ½ fl oz.	Cider vinegar
3/8 tsp.	7/8 tsp.	1 ¾ tsp.	Salt
¼ tsp.	½ tsp.	7/8 tsp.	Black pepper
1 3/8 oz.	3 5/8 oz.	7 ¼ oz.	Dijon mustard
1 ½ cups	3 ¾ cups	7 ½ cups	Chicken stock
1 3/8 oz.	3 5/8 oz.	7 ¼ oz.	Chives or scallions tops, sliced

METHOD

STEP 1

Cook the potatoes in simmering water until tender. Drain. Peel the potatoes while they are still warm and slice into a bowl. Set them aside.

STEP 2

Sauté the bacon until it is nearly cooked. Add the onions and over low heat cook the onions in the bacon fat until translucent but not browned. Drain off the excess fat.

STEP 3

With the pan off the heat, add the vinegar, salt, pepper, mustard, stock and chives (or scallion greens). Return the pan to the heat and simmer. Pour the hot dressing over the hot potatoes. Serve the salad warm. Portion with a # 8 scoop.

COMPONENTS PER PORTION

½ cup vegetables

NUTRIENT

Amount per Serving

Calories	109
Protein	3.66 g
Carbohydrates	20.10 g
Fat-total	1.92 g
Saturated Fat	0.57 g
Cholesterol	2 mg
Vitamin A (RE)	17 RE
Vitamin C	14.9 mg
Iron	0.60 mg
Calcium	18 mg
Sodium	419 mg
Fiber	2.10 g
% Protein	13.38
% Carbohydrate	73.56
% Total Fat	15.81
% Saturated Fat	4.75

GREEK POTATO SALAD**(CS-75)****Portion Size – ½ Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. 9 ½ oz.	4 lb.	8 lb.	Russet potatoes, cooked	
1 tbsp. + 1 tsp.	3 tbsp. + ¾ tsp.	¼ cup + 2 ½ tbsp.	Parsley chopped	
¼ cup + 1 tbsp.	¾ cup + 2 ¼ tsp.	1 ½ cup + 1 ½ tbsp.	Tomatoes, diced	
1 tsp.	2 3/8 tsp.	1 tbsp. + 1 ¾ tsp.	Dill weed	
5/8 tsp.	1 5/8 tsp.	1 tbsp. + ¼ tsp.	Fresh mint, chopped	
¼ cup + 1 tbsp.	¾ cup + 2 ¼ tsp.	1 ½ cup + 1 ½ tbsp.	Olive oil	
1 tbsp. + 1 tsp.	3 tbsp. + ¾ tsp.	¼ cup + 2 ½ tbsp.	Lemon juice	
5/8 tsp.	1 5/8 tsp.	1 tbsp. + ¼ tsp.	Dry mustard	
5 ¼ oz.	12 ¾ oz.	1 lb. + 9 ½ oz.	Red onion sliced	
<u>COMPONENTS PER PORTION</u>				
½ cup vegetables				
<u>NUTRIENT</u>				
<u>Amount per Serving</u>				
Calories	133			
Protein	1.68 g			
Carbohydrates	16.65 g			
Fat-total	7.03 g			
Saturated Fat	0.95 g			
Cholesterol	0 mg			
Vitamin A (RE)	6 RE			
Vitamin C	13.1 mg			
Iron	0.37 mg			
Calcium	10 mg			
Sodium	177 mg			
Fiber	1.85 g			
% Protein	5.04			
% Carbohydrate	49.94			
% Total Fat	47.43			
% Saturated Fat	6.45			

METHOD**STEP 1**

Peel the cooked potatoes and slice into ¼ inch slices. Place in a large bowl.

STEP 2

Combine the fresh chopped parsley, diced, tomatoes, dill weed and fresh mint. Add this mixture to the potatoes.

STEP 3

Beat together the olive oil, lemon juice and mustard. Pour over the potatoes. Toss well.

STEP 4

Blanch the red onion slices briefly in boiling water. Drain. Squeeze dry. Sprinkle over the salad. Serve cold. Portion with a # 8 scoop.

GREEK STYLE MARINATED VEGETABLES

(CS-80)

Portion Size – ½ Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
4 oz.	10 oz.	1 lb. + 4 oz.	Spanish onion	
8 oz.	1 lb. + 4 oz.	2 lbs. + 8 oz.	Zucchini	
8 oz.	1 lb. + 4 oz.	2 lbs. + 8 oz.	Yellow Squash	
8 oz.	1 lb. + 4 oz.	2 lbs. + 8 oz.	Green bell pepper	
8 oz.	1 lb. + 4 oz.	2 lbs. + 8 oz.	Celery	
8 oz.	1 lb. + 4 oz.	2 lbs. + 8 oz.	Green beans	
8 oz.	1 lb. + 4 oz.	2 lbs. + 8 oz.	Button mushrooms	
8 oz.	1 lb. + 4 oz.	2 lbs. + 8 oz.	Cucumber	
8 oz.	1 lb. + 4 oz.	2 lbs. + 8 oz.	Tomatoes 6x6	
2 tbsp. + 2 tsp.	¼ cup + 2 ½ tbsp.	¾ cup + 1 ½ tbsp.	Cider vinegar	
1 ½ cup	3 ¾ cups	7 ½ cups	Chicken stock	
¼ cup	½ cup + 2 tbsp.	1 ¼ cup	Vegetable oil	
¼ cup	½ cup + 2 tbsp.	1 ¼ cup	Lemon juice	
2 tbsp.	¼ cup	½ cup	Greek spice – rub/mix	
<u>COMPONENTS PER PORTION</u>			(See recipe MSR-35)	

½ cup vegetables.

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	107
Protein	3.22 g
Carbohydrates	11.69 g
Fat-total	6.34 g
Saturated Fat	0.95 g
Cholesterol	1 mg
Vitamin A (RE)	65 RE
Vitamin C	37.4 mg
Iron	1.38 mg
Calcium	41 mg
Sodium	77 mg
Fiber	3.20 g
% Protein	11.98
% Carbohydrate	43.50
% Total Fat	53.10
% Saturated Fat	8.02

METHOD

STEP 1

Prepare the vegetables: onions – ½ inch thick circles. Zucchini and yellow squash- ½ inch thick rings. Green peppers and celery- ½ inch thick slices. Green beans- trimmed. Mushrooms- quartered. Cucumbers- peeled, seeded and cut into ½ inch pieces. Tomatoes- cored and cut into ½ inch dice.

STEP 2

Prepare the marinade: Stir the vinegar, chicken stock, oil, lemon juice and Greek Spice Mix together in a 4 quart enameled or stainless steel pan (do not use aluminum). Bring to a boil, reduce heat and simmer partially covered slowly, for 45 minutes.

STEP 3

Add the onions; after 5 minutes add the green pepper and celery. After 5 minutes more add the green beans, zucchini and yellow squash. After 5 minutes add the mushrooms, cucumbers and tomatoes. Cook for an additional 5 minutes.

STEP 4

Transfer the vegetables along with the marinade to a large bowl. Cover tightly with plastic wrap and refrigerate until well chilled. Portion with a 4-oz. spoodle.

GREEN BEAN SALAD (CS-85)

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 10 ¾ oz.	4 lb. + 2 ¾ oz.	8 lbs. + 6oz.	Green beans, french style
2 ¼ each	5 ¾ each	11 ¼ each	Tomatoes, medium
1 1/8 each	2 ¾ each	5 ¾ each	Red onion, small
5/8 tsp.	1 3/8 tsp.	2 ¾ tsp.	Garlic powder
2 tbsp. + ¾ tsp.	¼ cup + 1 ½ tbsp.	½ cup + 3 tbsp.	Red vinegar
2 tbsp. + ¾ tsp.	¼ cup + 1 ½ tbsp.	½ cup + 3 tbsp.	Oil
5/8 tsp.	1 3/8 tsp.	2 ¾ tsp.	Salt
Pinch	Pinch	Pinch	Black pepper

METHOD

STEP 1

Cook green beans until they are tender, crisp and bright. Do not over cook or allow to get soggy and mushy. Drain, shock in cold water to stop cooking. Drain well and chill.

STEP 2

Core the tomatoes, and dice into ½ inch pieces. Save any tomato juice that drains from the tomatoes and set it aside. Place the diced tomato with the drained green beans. Slice the red onion very thinly and add it to the other vegetables.

STEP 3

Make the dressing: beat together the garlic powder, red vinegar, oil, salt and black pepper to taste with any tomato juice saved. Pour this mixture on the green beans. Toss well and chill to allow flavors to combine. Check salt and pepper before serving. Portion with a 4-oz. spoodle.

COMPONENTS PER PORTION

½ cup vegetables

NUTRIENT

Amount per Serving

Calories	57
Protein	1.45 g
Carbohydrates	7.02 g
Fat-total	3.26 g
Saturated Fat	0.46 g
Cholesterol	0 mg
Vitamin A (RE)	47 RE
Vitamin C	8.8 mg
Iron	0.83 mg
Calcium	40 mg
Sodium	317 mg
Fiber	2.93 g
% Protein	10.15
% Carbohydrate	49.15
% Total Fat	51.34
% Saturated Fat	7.39

GREEN GODDESS PASTA SALAD (CS-90)

Portion Size – ½ Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
8 oz.	1 lb. + 4 oz.	2 lb. + 8 oz.		Small shell pasta
2 tbsp.	¼ cup + 1 tbsp.	½ cup + 2 tbsp.		Oil
¼ cup	½ cup + 2 tbsp.	1 ¼ cup		Fresh parsley leaves, chopped
¼ cup	½ cup + 2 tbsp.	1 ¼ cup		Fresh basil leaves
½ clove(s)	1 ¼ clove(s)	2 ½ clove(s)		Large garlic clove, crushed
¼ cup	½ cup + 2 tbsp.	1 ¼ cup		Plain yogurt, low fat
¼ cup	½ cup + 2 tbsp.	1 ¼ cup		Mayonnaise, low fat
1 ½ tsp.	1 tbsp. + ¾ tsp.	2 tbsp. + 1 ½ tsp.		Lemon juice
1 ½ each	3 ¾ each	7 ½ each		Scallions, sliced including tops
Dash	Dash	Dash		Salt and black pepper

METHOD

STEP 1

Cook pasta in boiling salted water for 8-10 minutes. Drain and cool.

STEP 2

Put the oil, parsley, basil and garlic in the container of an electric blender. Cover and blend to a paste. Add the yogurt, mayonnaise, lemon juice, scallions and salt and pepper. Cover and blend to a pale creamy dressing.

STEP 3

Place the cooled pasta in a bowl. Add the green dressing and toss gently but thoroughly. Adjust the seasoning. Cover and refrigerate for several hours or overnight. Portion with a # 8 scoop.

COMPONENTS PER PORTION

1 serving of bread/grains

NUTRIENT

Amount per Serving

Calories	132
Protein	3.35 g
Carbohydrates	18.16 g
Fat-total	5.04 g
Saturated Fat	0.86 g
Cholesterol	0 mg
Vitamin A (RE)	13 RE
Vitamin C	3.0 mg
Iron	1.04 mg
Calcium	20 mg
Sodium	55 mg
Fiber	0.70 g
% Protein	10.11
% Carbohydrate	54.86
% Total Fat	34.23
% Saturated Fat	5.85

HAM SALAD**(CS-95)****Portion Size – ½ Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 4 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Ham, 95% fat free, fine dice	
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Mayonnaise, low fat	
1 oz.	2 1/3 oz.	4 ¾ oz.	Sweet relish	
5/8 oz.	1 5/8 oz.	3 1/8 oz.	Prepared mustard	

METHOD**STEP 1**

Mix all ingredients together and adjust seasoning.
 Portion with a # 8 scoop.

COMPONENTS PER PORTION

2 oz. meat/meat alternate

NUTRIENT**Amount per Serving**

Calories	119
Protein	9.53
Carbohydrates	2.92 g
Fat-total	8.10 g
Saturated Fat	1.91 g
Cholesterol	51 mg
Vitamin A (RE)	10 RE
Vitamin C	8.5 mg
Iron	0.64 mg
Calcium	4 mg
Sodium	841 mg
Fiber	0.04g
% Protein	31.93
% Carbohydrate	9.78
% Total Fat	61.06
% Saturated Fat	14.42

HUMMUS**(CS-97)****Portion Size – 1/4 Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5 cups	1 #10 can	2 #10 cans	Garbanzo beans, canned	
1 tbsp.	2 tbsp. + 2 tsp.	1/3 cup	Garlic, fresh, peeled	
6 ½ tbsp.	1 cup	2 cups	Lemon juice, canned/bottled	
6 ½ tbsp.	1 cup	2 cups	Tahini paste, from roasted/ Toasted sesame kernals	
1 tbsp. + 1 tsp.	½ cup	1 cup	Water, warm	
1 tbsp. + 1 tsp.	½ cup	1 cup	Olive oil	
			Portion cost = \$0.15	
<u>COMPONENTS PER PORTION</u>				
2 oz. meat/meat alternate				
<u>NUTRIENT</u>	<u>Amount per Serving</u>			
Calories	190			
Protein	5.55 g			
Carbohydrates	20.41 g			
Fat-total	10.39 g			
Saturated Fat	1.40 g			
Cholesterol	0 mg			
Vitamin A (RE)	1290 RE			
Vitamin C	5.63 mg			
Iron	1.95 mg			
Calcium	68 mg			
Sodium	244 mg			
Fiber	4.34 g			
% Protein	11.65			
% Carbohydrate	42.86			
% Total Fat	49.10			
% Saturated Fat	6.62			

METHOD**STEP 1**

Drain garbanzos.

STEP 2

Place all the ingredients, except the olive oil, in a food processor or blender and puree.

STEP 3

Transfer pureed mixture to a bowl.

STEP 4

Pour the olive oil over the spread before refrigerating so the hummus does not dry out. Cover bowl with plastic wrap.

STEP 5

Prior to serving, stir the olive oil into the puree. Mix well to combine.

STEP 6

Portion with a # 16 scoop (1/4 cup).