

CREAMY PEPPER DIJON**(MD-01)****Portion Size – 1 oz.**

QUANTITY/PORTIONS			INGREDIENTS
<u>16</u>	<u>32</u>	<u>64</u>	
1 cup	2 cups	4 cups	Mustard, Dijon
¾ cup	1 ½ cup	3 cups	Mayonnaise, low fat
¼ cup	½ cup	1 cup	Cracked black pepper
1 ½ tsp.	1 tbsp.	2 tbsp.	Horseradish , prepared
<u>COMPONENTS PER PORTION</u>			
None			
<u>NUTRIENT</u>			
<u>Amount per Serving</u>			
Calories	49		
Protein	0.88 g		
Carbohydrates	2.72 g		
Fat-total	4.16 g		
Saturated Fat	0.73 g		
Cholesterol	0 mg		
Vitamin A (RE)	0 RE		
Vitamin C	0.3 mg		
Iron	0.75 mg		
Calcium	19 mg		
Sodium	265 mg		
Fiber	0.61 g		
% Protein	7.08		
% Carbohydrate	21.77		
% Total Fat	75.00		
% Saturated Fat	13.24		

METHOD**STEP 1**

Combine all ingredients in a mixing bowl and whisk until well blended. Chill until ready to use.

CREAMY SMOKED BACON DRESSING**(MD-03)****Portion Size – 1 oz.**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
2/3 cup	1 ½ cup	3 cups + 2 tbsp.	Mayonnaise, low fat	
1 ¼ oz.	3 1/8 oz.	6 ¼ oz.	Cheddar cheese, shredded	
1/3 cup + 1 tbsp.	¾ cup + 1 ½ tsp.	1 ½ cup + 1 tbsp.	Bacon bits, crisp	
5/8 tsp.	1 5/8 tsp.	1 tbsp. + ¼ tsp.	Sugar	
1/8 oz.	¼ oz.	3/8 oz.	Liquid smoke	

METHOD**STEP 1**

Combine all of the ingredients in a mixing bowl and whisk until well blended. Chill to allow flavors to blend.

COMPONENTS PER PORTION

None

NUTRIENT**Amount per Serving**

Calories	77
Protein	1.83 g
Carbohydrates	2.36 g
Fat-total	7.05 g
Saturated Fat	0.90 g
Cholesterol	4 mg
Vitamin A (RE)	7 RE
Vitamin C	0.9 mg
Iron	0.05 mg
Calcium	32 mg
Sodium	211 mg
Fiber	0.00 g
% Protein	9.46
% Carbohydrate	12.17
% Total Fat	81.94
% Saturated Fat	10.53

DIJON CAESAR DRESSING (MD-04)

Portion Size – 1 oz.

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>32 (1 qt.)</u>	<u>64 (2 qt.)</u>	<u>128 (1 gal.)</u>	
2 cups	4 cups	2 quarts	Caesar dressing	
6 oz.	12 oz.	1 lb. + 8 oz.	Dijon mustard	
1 cup	2 cups	4 cups	Mayonnaise, low fat	

METHOD

STEP 1

Combine all ingredients in a mixing bowl and whisk until well blended. Refrigerate until service.

COMPONENTS PER PORTION

None

NUTRIENT Amount per Serving

Calories	98
Protein	0.42 g
Carbohydrates	2.78 g
Fat-total	9.93 g
Saturated Fat	1.08 g
Cholesterol	0 mg
Vitamin A (RE)	3 RE
Vitamin C	0.0 mg
Iron	0.12 mg
Calcium	8 mg
Sodium	255 mg
Fiber	0.06 g
% Protein	1.69
% Carbohydrate	11.29
% Total Fat	90.75
% Saturated Fat	9.88

HONEY DRESSING (MD-05)

Portion Size – 2 Tbsp.

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5 ¾ oz.	14 oz.	1 lb. + 12 oz.	Yogurt, low fat	
3 ¼ oz.	8 oz.	1 lb.	Honey	
¼ tsp.	½ tsp.	1 tsp.	Paprika	
1 tbsp. + 2 tsp.	¼ cup	½ cup	Orange juice	
3/8 oz.	1 oz.	2 oz.	Mustard	
COMPONENTS PER PORTION				
None				
<u>NUTRIENT</u> <u>Amount per Serving</u>				
Calories	39			
Protein	0.93 g			
Carbohydrates	8.93 g			
Fat-total	0.30 g			
Saturated Fat	0.16 g			
Cholesterol	0 mg			
Vitamin A (RE)	5 RE			
Vitamin C	1.0 mg			
Iron	0.09 mg			
Calcium	30 ng			
Sodium	25 mg			
Fiber	0.04 g			
% Protein	9.43			
% Carbohydrate	90.14			
% Total Fat	6.92			
% Saturated Fat	3.68			

METHOD

STEP 1

Combine all ingredients in a mixing bowl, using a paddle attachment. Mix on low speed for 3 to 5 minutes.

STEP 2

For best results, chill at least 12 hours prior to serving.

STEP 3

Serve as a dipping sauce for chicken or fish nuggets.

HONEY FRENCH DRESSING (MD-10)

Portion Size – 2 Tbsp.

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
2 1/8 tsp.	1 tbsp. + 2 1/4 tsp.	3 tbsp. + 1 1/2 tsp.	Honey	
3/8 tsp.	3/4 tsp.	1 5/8 tsp.	Salt	
1/2 tsp.	1 1/8 tsp.	2 3/8 tsp.	Mustard, dry	
1/2 tsp.	1 1/8 tsp.	2 3/8 tsp.	Paprika	
1 tsp.	2 1/2 tsp.	5 tsp.	Dehydrated onions	
1/2 cup + 3 tbsp.	1 3/4 cup + 1/2 tsp.	3 1/2 cups	Oil	
2 tbsp. + 1 1/2 tsp.	1/4 cup + 2 tbsp.	3/4 cup + 1 1/2 tsp.	Lemon juice	
3 tbsp. + 1/2 tsp.	1/4 cup + 4 tbsp.	3/4 cup + 3 1/2 tsp.	Vinegar	
1 5/8 oz.	4 oz.	7 3/4 oz.	Catsup	
<u>COMPONENTS PER PORTION</u>				
None				
<u>NUTRIENT</u>				
	<u>Amount per Serving</u>			
Calories	147			
Protein	0.14 g			
Carbohydrates	3.12 g			
Fat-total	15.37 g			
Saturated Fat	2.02 g			
Cholesterol	0 mg			
Vitamin A (RE)	10 RE			
Vitamin C	1.7 mg			
Iron	0.06 mg			
Calcium	1 mg			
Sodium	126 mg			
Fiber	0.10 g			
% Protein	0.38			
% Carbohydrate	8.48			
% Total Fat	93.97			
% Saturated Fat	12.38			

METHOD

STEP 1

Mix honey, salt, dry mustard and paprika.

STEP 2

Add onions.

STEP 3

In a blender mix the oil, lemon juice, vinegar, and catsup in mixer at medium speed for 3 minutes. Add the honey mixture.

STEP 4

Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.

STEP 5

Stir or shake well before serving.

HORSERADISH MAYONNAISE (MD-13)

Portion Size – 2 Tbsp.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>12</u>	<u>24</u>	<u>48</u>	
¾ cup	1 ½ cup	3 cups	Mayonnaise, lite, reduced calorie
1 Tbsp.	2 Tbsp.	¼ cup	Horseradish, prepared

METHOD

STEP 1

Combine all ingredients in a mixing bowl. Combine well.

STEP 2

For best results, chill at least 12 hours prior to serving.

STEP 3

Serve as a dipping sauce for chicken or fish nuggets or use as a sandwich spread.

COMPONENTS PER PORTION

None

NUTRIENT

Amount per Serving

Calories	50
Protein	0.02 g
Carbohydrates	2.12 g
Fat-total	5.02 g
Saturated Fat	0.00 g
Cholesterol	0 mg
Vitamin A (RE)	0 RE
Vitamin C	0.0 mg
Iron	0.00 mg
Calcium	0 mg
Sodium	143 mg
Fiber	0.12 g
% Protein	0.12
% Carbohydrate	16.77
% Total Fat	89.23
% Saturated Fat	0.05

ITALIAN DRESSING (MD-15)

Portion Size – 2 Tbsp.

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
¼ cup + 2 ½ tsp.	¾ cup	1 ½ cup	Vegetable stock	
¼ oz	½ oz.	1 oz.	Carrots, minced	
¼ oz.	½ oz.	1 oz.	Onions, minced	
1/8 oz.	¼ oz.	½ oz.	Cornstarch	
5/8 tsp.	1 ½ tsp.	1 tbsp.	Sugar	
1/8 tsp.	¼ tsp.	½ tsp.	Pepper, white	
5/8 tsp.	1 ½ tsp.	1 tbsp.	Parsley, dried	
1/8 tsp.	¼ tsp.	½ tsp.	Oregano, dried	
3/8 tsp.	¾ tsp.	1 ½ tsp.	Basil, dried	
5/8 tsp.	1 ½ tsp.	1 tbsp.	Garlic powder	
2 tbsp. + 1 ¼ tsp.	¼ cup + 2 tbsp.	¾ cup	Vinegar, wine	
¼ cup + 2 1.2 tsp.	¾ cup	1 ½ cup	Oil	
<u>COMPONENTS PER PORTION</u>				
None				
<u>NUTRIENT</u>				
	<u>Amount per Serving</u>			
Calories	62			
Protein	0.08 g			
Carbohydrates	1.28 g			
Fat-total	6.55 g			
Saturated Fat	0.86 g			
Cholesterol	0 mg			
Vitamin A (RE)	21 RE			
Vitamin C	0.4 mg			
Iron	0.09 mg			
Calcium	3 mg			
Sodium	2 mg			
Fiber	0.08 g			
% Protein	0.52			
% Carbohydrate	8.14			
% Total Fat	93.88			
% Saturated Fat	12.37			

METHOD

STEP 1

Measure vegetable stock into pot. Add minced carrots, minced onions, and cornstarch.

STEP 2

Heat to a boil, stirring constantly. Boil for 3 minutes or until thickened.

STEP 3

Turn off heat and let set for 5 minutes.

STEP 4

Add sugar, white pepper, parsley, oregano, basil, garlic powder, and vinegar to the thickened stock. Whisk until smooth.

STEP 5

Slowly add oil to dressing mixture, and beat until well combined.

STEP 6

For best results, refrigerate overnight to thicken and develop flavors.

RANCH DRESSING**(MD-20)****Portion Size – 2 Tbsp.**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
½ cup + 2 ½ tbsp.	1 ½ cup + 2 tbsp.	3 ¼ cups	Buttermilk, from skim milk
7/8 tsp.	2 tsp.	1 tbsp. + 1 tsp.	Lemon juice
2 oz.	5 oz.	10 oz.	Yogurt, low fat
7/8 oz.	2 oz.	4 oz.	Sour cream
2 5/8 oz.	6 ½ oz.	13 oz.	Mayonnaise, low fat
1 ¼ tsp.	1 tbsp.	2 tbsp.	Onion powder
1 ¼ tsp.	1 tbsp.	2 tbsp.	Garlic powder
1/8 tsp.	¼ tsp.	½ tsp.	Pepper
¼ tsp.	½ tsp.	1 tsp.	Chives
5/8 tsp.	1 ½ tsp.	1 tbsp.	Parsley
3/8 tsp.	1 tsp.	2 tsp.	Salt
<u>COMPONENTS PER PORTION</u>			
None			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	41		
Protein	0.99 g		
Carbohydrates	2.25 g		
Fat-total	3.17 g		
Saturated Fat	0.93 g		
Cholesterol	1 mg		
Vitamin A (RE)	7 RE		
Vitamin C	0.4 mg		
Iron	0.05 mg		
Calcium	33 mg		
Sodium	169 mg		
Fiber	0.06 g		
% Protein	9.48		
% Carbohydrate	21.62		
% Total Fat	68.45		
% Saturated Fat	20.14		

METHOD**STEP 1**

Place buttermilk, lemon juice, yogurt and sour cream in a mixing bowl. Allow to rest for 10 minutes.

STEP 2

Using a paddle attachment, blend ingredients until smooth. Let mixture rest for 5 minutes.

STEP 3

Add remaining ingredients and beat on low speed for 2 to 3 minutes until blended.

STEP 4

Chill at least 12 hours before serving to allow to thicken.

RED BELL PEPPER VINAIGRETTE (MD-25)

Portion Size – 1 oz.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>2 Cups</u>	<u>1 Quart</u>	<u>1 Gallon</u>	
¼ cup	½ cup	2 cups	Red bell pepper roasted, finely chopped
¼ cup + 2 tbsp.	¾ cup	3 cups	Red wine vinegar
½ oz.	1 oz.	4 oz.	Dijon mustard
3/8 tsp.	¾ tsp.	1 tbsp.	Salt
¼ tsp.	3/8 tsp.	½ tbsp.	Cracked black pepper
¾ cup	1 ½ cup	1 ½ quart	Vegetable oil
½ cup	1 cup	1 quart	Olive oil
½ oz.	1 oz.	4 oz.	Scallions diced

METHOD

STEP 1

In a small bowl, beat together the bell pepper, vinegar, mustard, salt and pepper.

STEP 2

Combine the vegetable oil and olive oil.

STEP 3

Pour the combined oils in a steady stream into the vegetable vinegar mixture while whisking.

STEP 4

When the dressing has emulsified add the diced scallions.

COMPONENTS PER PORTION

None

NUTRIENT Amount per Serving

Calories	152
Protein	0.09 g
Carbohydrates	0.61 g
Fat-total	17.03 g
Saturated Fat	2.34 g
Cholesterol	0 mg
Vitamin A (RE)	13 RE
Vitamin C	4.6 mg
Iron	0.10 mg
Calcium	2 mg
Sodium	66 mg
Fiber	0.08 g
% Protein	0.24
% Carbohydrate	1.60
% Total Fat	98.4
% Saturated Fat	13.83

SESAME SOY VINAIGRETTE (MD-27)

Portion Size – ¼ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>1 (1/4 cup)</u>	<u>5 (1 ¼ cups)</u>	<u>10 (2 ½ cups)</u>	
1 1/8 tsp.	2 tbsp.	¼ cup	Sesame Oil
1 tbsp. + 5/8 tsp.	1/3 cup + 2 tsp.	¾ cup	Light Soy Sauce
2 3/8 tsp.	¼ cup	½ cup	Red Wine Vinegar
1 tbsp. + 1 ¾ tsp.	½ cup	1 cup	Canola Salad Oil
1 1/8 tsp.	2 tbsp.	¼ cup	Granulated Garlic
3/8 tsp.	2 tsp.	1 tbsp. + 1 tsp.	Dry Ginger
1 1/8 tsp.	2 tbsp.	¼ cup	Sugar
<u>COMPONENTS PER PORTION</u>			
None			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	73		
Protein	0.60 g		
Carbohydrates	2.79 g		
Fat-total	6.84 g		
Saturated Fat	0.59 g		
Cholesterol	0 mg		
Vitamin A (RE)	0 RE		
Vitamin C	0.2 mg		
Iron	0.06 mg		
Calcium	2 mg		
Sodium	152 mg		
Fiber	0.11 g		
% Protein	3.27		
% Carbohydrate	15.26		
% Total Fat	83.98		
% Saturated Fat	7.19		

METHOD

In a small bowl combine all of the ingredients and whisk well until the sugar has dissolved and all of the ingredients are well mixed.

SPICY DRESSING (MD-28)

Portion Size – 2 fl. oz.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1/3 cup + 6 1/2 tsp.	1 1/8 cups + 1/2 tbsp.	2 1/3 cups	Salad oil
1/3 cup + 6 1/2 tsp.	1 1/8 cups + 1/2 tbsp.	2 1/3 cups	Lime Juice
1/4 cup + 1 tbsp.	3/4 cup + 1/2 tbsp.	1 1/2 cups + 1 tbsp.	Honey
5/8 tsp.	1/2 tbsp.	1 tbsp. + 1/8 tsp.	Cayenne Pepper
5/8 tsp.	1/2 tbsp.	1 tbsp. + 1/8 tsp.	Allspice

METHOD

STEP 1

Mix all ingredients together.

STEP 2

Put mixed dressing in a labeled container and keep refrigerated until ready to serve.

STEP 3

Offer dressing in 2 fl. oz. cups w/ lids.

COMPONENTS PER PORTION

None

NUTRIENT Amount per Serving

Calories	126
Protein	0.08 g
Carbohydrates	9.65 g
Fat-total	10.28 g
Saturated Fat	2.66 g
Cholesterol	0 mg
Vitamin A (RE)	5 RE
Vitamin C	0.9 mg
Iron	0.09 mg
Calcium	3 mg
Sodium	2 mg
Fiber	0.12 g
% Protein	0.26
% Carbohydrate	30.73
% Total Fat	73.60
% Saturated Fat	19.03

SWEET & SOUR SOY VINAIGRETTE (MD-29)

Portion Size – ¼ Cup

QUANTITY/PORTIONS			INGREDIENTS	METHOD
1 (1/4 cup)	5 (1 ¼ cup)	10 (2 ½ cup)		
1 tbsp. + 1 ¾ tsp.	½ cup	1 cup	Sweet & Sour Sauce	In a small bowl combine all of the ingredients and whisk well until all of the ingredients are well mixed.
2 3/8 tsp.	¼ cup	½ cup	Light Soy Sauce	
1 1/8 tsp.	2 tbsp.	¼ cup	Red Wine Vinegar	
1 tbsp. + 5/8 tsp.	1/3 cup + 2 tsp.	¾ cup	Canola Salad Oil	
1 1/8 tsp.	2 tbsp.	¼ cup	Granulated Garlic	
COMPONENTS PER PORTION				
None				
NUTRIENT	Amount per Serving			
Calories	49			
Protein	0.45 g			
Carbohydrates	2.94 g			
Fat-total	4.10 g			
Saturated Fat	0.29 g			
Cholesterol	0 mg			
Vitamin A (RE)	0 RE			
Vitamin C	0.2 mg			
Iron	0.07 mg			
Calcium	2 mg			
Sodium	121 mg			
Fiber	0.10 g			
% Protein	3.68			
% Carbohydrate	23.78			
% Total Fat	74.68			
% Saturated Fat	5.31			

THOUSAND ISLAND DRESSING**(MD-30)****Portion Size – 2 Tbsp.**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
6 ¾ oz.	1 lb. + ¾ oz.	2 lb. + 1 ¾ oz.	Mayonnaise
2 5/8 oz.	6 ½ oz.	12 ¾ oz.	Catsup
2/3 oz.	1 ¾ oz.	3 3/8 oz.	Pickle relish, sweet
½ tsp.	1 1/8 tsp.	2 3/8 tsp.	Dehydrated onion flakes

METHOD

STEP 1
Combine mayonnaise and catsup. Blend well.

STEP 2
Add relish and onions. Mix well.

STEP 3
Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.

STEP 4
Stir or shake well before serving.

<u>COMPONENTS PER PORTION</u>	
None	

SERVING: 2 tablespoons (1-oz. ladle)

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	146
Protein	0.33 g
Carbohydrates	3.20 g
Fat-total	15.16 g
Saturated Fat	1.64 g
Cholesterol	11 mg
Vitamin A (RE)	23 RE
Vitamin C	1.1 mg
Iron	0.16 mg
Calcium	4 mg
Sodium	209 mg
Fiber	0.12 g
% Protein	0.90
% Carbohydrate	8.73
% Total Fat	92.99
% Saturated Fat	10.07

TOMATO MAYONNAISE**(MD-35)****Revised Aug. 2007****Portion Size – 1 fl. oz.**

	<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.	Mayonnaise, fat free, no Cholesterol	
2 fl. oz.	5 fl. oz.	10 fl. oz.	Tomatoes, canned, diced, drained, commodity	
½ tsp.	1 ¼ tsp.	2 ½ tsp.	Black pepper	

METHOD**STEP 1**

Combine all ingredients in a mixing bowl. Combine well.

STEP 2

For best results, chill at least 12 hours prior to serving.

For Spicy Tomato Mayonnaise Recipe variation:

Substitute commodity salsa for canned tomatoes.

COMPONENTS PER PORTION

1/8 cup vegetables

**Portion cost \$0.06
if all ingredients
are purchased****NUTRIENT****Amount per Serving**

Calories	8
Protein	0.16 g
Carbohydrates	1.98 g
Fat-total	0.15 g
Saturated Fat	0.02 g
Cholesterol	2 mg
Vitamin A (RE)	7 RE
Vitamin C	2.13 mg
Iron	0.09 mg
Calcium	2.93 mg
Sodium	154 mg
Fiber	0.73 g
% Protein	8.15
% Carbohydrate	99.02
% Total Fat	16.40
% Saturated Fat	1.95

NK2039

CRANBERRY GLAZE (MGL-05)

Portion Size – 4 Tsp.

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
64	
3 cups	Cranberry sauce
1 cup	Orange juice
½ cup	Lemon juice
½ cup	Soy sauce

METHOD**STEP 1**

Blend all the ingredients in a food processor.

STEP 2

Brush onto the meat prior to roasting and occasionally during the cooking process.

Recommended applications:

Poultry, ham, pork

COMPONENTS PER PORTION

None

NUTRIENT**Amount per Serving**

Calories	22
Protein	0.18 g
Carbohydrates	5.80 g
Fat-total	0.03 g
Saturated Fat	0.00 g
Cholesterol	0 mg
Vitamin A (RE)	0 RE
Vitamin C	2.4 mg
Iron	0.08 mg
Calcium	1 mg
Sodium	132 mg
Fiber	0.14 g
% Protein	3.14
% Carbohydrate	95.50
% Total Fat	1.25
% Saturated Fat	0.11

PINEAPPLE SWEET & SOUR GLAZE (MGL-10)

Portion Size – 2 tbsp.

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
64	
1 cup	White vinegar
4 cups	Sugar
2 cups	Pineapple juice
½ cup	Light brown sugar, firmly packed
¼ cup	Lime juice
3 tbsp.	Thyme, dried
1 tbsp.	Cracked black pepper

METHOD

STEP 1
Bring the vinegar to a boil. Simmer for 10 minutes.

STEP 2
Combine all the remaining ingredients, bring to a boil and simmer for 20 minutes, stirring frequently.

Brush onto the meat prior to roasting and baste occasionally during the cooking process.

Recommended applications:
Ham, Pork, Chicken

COMPONENTS PER PORTION

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	61
Protein	0.06 g
Carbohydrates	15.78 g
Fat-total	0.03 g
Saturated Fat	0.00 g
Cholesterol	0 mg
Vitamin A (RE)	0 RE
Vitamin C	1.0 mg
Iron	0.33 mg
Calcium	7 mg
Sodium	1 mg
Fiber	0.11 g
% Protein	0.37
% Carbohydrate	103.38
% Total Fat	0.39
% Saturated Fat	0.10

ORANGE GLAZE (MGL-15)

Portion Size – 2 Tbsp.

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
64	
4 cups	Sugar
3 cups	Orange juice
½ cup	Light brown sugar, firmly packed
1 cup	Orange Marmalade
3 tbsp.	Tarragon, dried
1 tbsp.	Cracked black pepper

METHOD**STEP 1**

Combine all the ingredients, bring to a boil and simmer for 20 minutes, stirring frequently.

STEP 2

Brush the glaze onto the meat prior to roasting and baste occasionally during the cooking process.

Recommended applications:

Ham, Pork, Chicken

COMPONENTS PER PORTION

None

NUTRIENT**Amount per Serving**

Calories	73
Protein	0.17 g
Carbohydrates	18.93 g
Fat-total	0.05 g
Saturated Fat	0.00 g
Cholesterol	0 mg
Vitamin A (RE)	2 RE
Vitamin C	4.2 mg
Iron	0.16 mg
Calcium	7 mg
Sodium	3 mg
Fiber	0.07 g
% Protein	0.93
% Carbohydrate	98.35
% Total Fat	0.62
% Saturated Fat	0.10

BARBECUE GRAVY (MGR- 05)

Portion Size – 2 oz.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>32</u>	<u>64</u>	<u>128</u>	
1 qt., prepared	½ gal., prepared	1 gal., prepared	Brown gravy from mix, prepared according to package directions
1 qt.	½ gal.	1 gal.	Barbecue sauce, commercially prepared
<u>COMPONENTS PER PORTION</u>			
None			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	50		
Protein	0.66 g		
Carbohydrates	12.40 g		
Fat-total	0.29 g		
Saturated Fat	0.10 g		
Cholesterol	0 mg		
Vitamin A (RE)	22 RE		
Vitamin C	3.6 mg		
Iron	0.27 mg		
Calcium	16 mg		
Sodium	409 mg		
Fiber	0.44 g		
% Protein	5.27		
% Carbohydrate	97.83		
% Total Fat	5.15		
% Saturated Fat	1.91		

METHOD

STEP 1

Combine all ingredients in a mixing bowl. Mix well.

STEP 2

Heat thoroughly before serving.

STEP 3

Serve as a gravy for meatloaf or pot roast.

BROWN GRAVY (MGR- 10)

Portion Size – 2 oz. (1/4 cup)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
½ cup	1 cup	2 cups	Light soy sauce
¾ cup	1 ½ cups	3 cups	Cornstarch
¼ tsp.	½ tsp.	1 tsp.	Ground ginger
1 ½ Tbsp.	3 Tbsp.	6 Tbsp.	Garlic powder
1 tsp.	2 tsp.	4 tsp.	White pepper
½ gal.	1 gal.	2 gal.	Beef stock
<u>COMPONENTS PER PORTION</u>			
None			
<u>NUTRIENT</u>			
	<u>Amount per Serving</u>		
Calories	23		
Protein	0.81 g		
Carbohydrates	4.87 g		
Fat-total	0.05 g		
Saturated Fat	0.00 g		
Cholesterol	0 mg		
Vitamin A (RE)	0 RE		
Vitamin C	0.1 mg		
Iron	0.06 mg		
Calcium	1 mg		
Sodium	499 mg		
Fiber	0.11 g		
% Protein	13.72		
% Carbohydrate	82.35		
% Total Fat	2.06		
% Saturated Fat	0.07		

METHOD

STEP 1

Dissolve cornstarch in soy sauce until dissolved.

STEP 2

Add spices.

STEP 3

Bring stock to a boil and slowly add in soy sauce mixture. Return to a boil.

STEP 4

Continue cooking, stirring constantly, until gravy is smooth and thickened.

STEP 5

Portion with a 2 oz. ladle.

SAUSAGE GRAVY (MGR- 15)

Portion Size – 2 oz. (1/4 cup)

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
½ cup	1 cup	2 cups	Vegetable oil
1 cup	2 cups	1 qt.	Flour
1 tsp.	2 tsp.	4 tsp.	Black pepper
1 ¼ tsp.	2 ½ tsp.	5 tsp.	Salt
1 cup	2 cups	1 qt.	Milk, 2% lowfat
6 cups	¾ gal.	1 ½ gal.	Water
12 oz.	1 lb. + 8 oz.	3 lb.	Pork sausage, cooked, chopped finely
<u>COMPONENTS PER PORTION</u>			
None			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	98		
Protein	3.54 g		
Carbohydrates	4.34 g		
Fat-total	7.36 g		
Saturated Fat	2.21 g		
Cholesterol	14 mg		
Vitamin A (RE)	7 RE		
Vitamin C	0.1 mg		
Iron	0.42 mg		
Calcium	15 mg		
Sodium	198 mg		
Fiber	0.15 g		
% Protein	14.43		
% Carbohydrate	17.69		
% Total Fat	67.46		
% Saturated Fat	20.32		

METHOD

STEP 1

Mix together vegetable oil, flour, pepper, and salt in a pot. Stir for about 3 minutes over medium heat.

STEP 2

Add milk and water. Bring to a boil, stirring frequently.

STEP 3

Add chopped sausage. Cook over low heat for approximately 10 minutes or until gravy reaches 160 degrees F.

STEP 4

Portion with a 2 oz. ladle.

Chartwells School Dining Services

003237 - Turkey or Chicken Gravy

Source: MGR- 20
 Number of Portions: 32
 Size of Portion: 2 Tbsp.

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

004044 OIL,SOYBN,SALAD OR COOKING..... 020581 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBL 000084 CHICKEN STOCK..... 002034 POULTRY SEASONING..... 002026 ONION POWDER..... 002030 PEPPER,BLACK.....	1/4 CUP 1/4 CUP + 3 1/2 TBSP 1 QT + 1/4 CUP 1/2 TSP 1 TSP 1/8 TSP	<p>STEP 1 Heat oil over medium heat. Blend in flour and cook until flour is lightly browned, about 5 minutes.</p> <p>STEP 2 Slowly stir in stock and seasonings. Blend well and bring to a boil.</p> <p>STEP 3 Reduce heat and simmer, stirring constantly until thickened, about 8 minutes.</p> <p>STEP 4 CCP: Heat to 165 degrees F for 15 seconds. CCP: Hold for hot service at 140 degrees F.</p>
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Calories	24	Iron	0.10 Mg	Protein	0.31 G	5.32%	Calories from Prot
Cholesterol	0 Mg	Calcium	1 Mg	Carbohydrates	1.66 G	28.16%	Calories from Carb
Sodium	187 Mg	Vitamin A	1 IU	Total Fat	1.76 G	67.17%	Calories from T Fat
Dietary Fiber	0.06 G	Vitamin C	0.0 Mg	Saturated Fat	0.25 G	9.52%	Calories from S Fat
* - Denotes Missing Nutrient Values							

FAJITA MARINADE (MM-05)

Portion Size – 1 oz.

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>64 (1 qt.)</u>	<u>128 (2 qts.)</u>	<u>256 (1 gal)</u>	
3 cups	6 cups	3 quarts	Lime juice	
½ cup	1 cup	2 cups	Oil	
¼ cup	½ cup	1 cup	Garlic, minced	
¼ tsp.	½ tsp.	1 tsp.	Light soy sauce	
2 tbsp.	¼ cup	½ cup	Chili powder	
2 tbsp.	¼ cup	½ cup	Crushed red pepper	
1 tbsp.	2 tbsp.	¼ cup	Cumin, ground	

METHOD

STEP 1

Combine all ingredients and mix well.

COMPONENTS PER PORTION

None

NUTRIENT Amount per Serving

Calories	19
Protein	0.13 g
Carbohydrates	1.22 g
Fat-total	1.82 g
Saturated Fat	0.25 g
Cholesterol	0 mg
Vitamin A (RE)	15 RE
Vitamin C	1.1 mg
Iron	0.14 mg
Calcium	4 mg
Sodium	5 mg
Fiber	0.19 g
% Protein	264
% Carbohydrate	24.49
% Total Fat	82.28
% Saturated Fat	11.49

LEMON ROSEMARY OR THYME MARINADE**(MM-10)****Portion Size – 2 Tsp.**

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
64 (2 ½ cups)	
½ cup	Rosemary or thyme, dried
½ cup	Garlic, minced
1 cup	Lemon juice
½ cup	Cracked black pepper

METHOD**STEP 1**

Thoroughly blend the ingredients.

STEP 2

Ladle over the meat or poultry and allow to marinate for a minimum of 3 hours in the cooler.

Recommended applications:

Beef, lamb, pork, chicken

COMPONENTS PER PORTION

None

NUTRIENT**Amount per Serving**

Calories	6
Protein	0.19 g
Carbohydrates	1.47 g
Fat-total	0.10 g
Saturated Fat	0.04 g
Cholesterol	0 mg
Vitamin A (RE)	1 RE
Vitamin C	2.5 mg
Iron	0.37 mg
Calcium	11 mg
Sodium	0 mg
Fiber	0.43 g
% Protein	12.60
% Carbohydrate	98.04
% Total Fat	14.86
% Saturated Fat	6.94

OLIVE TAPENADE MARINADE**(MM-15)****Portion Size**

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
64	
5 cups	Black olives
½ cup	Garlic, minced
3 cups	Olive oil
1 cup	Tuna in water, drained
½ cup	Thyme, dried
1 cup	Lemon juice
4 oz.	Dijon mustard
2 tbsp.	Cracked black pepper

METHOD**STEP 1**

Thoroughly blend the ingredients using a food processor.

STEP 2

Ladle over the meat or poultry. Allow to marinate overnight in the cooler.

Recommended applications: beef, chicken**COMPONENTS PER PORTION**

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	110
Protein	0.96 g
Carbohydrates	1.89 g
Fat-total	11.43 g
Saturated Fat	1.55 g
Cholesterol	0 mg
Vitamin A (RE)	6 RE
Vitamin C	2.4 mg
Iron	1.17 mg
Calcium	24 mg
Sodium	123 mg
Fiber	0.64 g
% Protein	3.47
% Carbohydrate	6.85
% Total Fat	93.12
% Saturated Fat	12.67

SASSATIES MARINADE**(MM-20)****Portion Size - 1 Tbsp.**

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
<u>190</u>	
½ cup	Olive oil
3 cups	Onions, small dice
4 tbsp.	Garlic, minced
5 cups	Apricots, dried
1 cup	Curry powder
1 cup	Light brown sugar, firmly packed
1 cup	Cider vinegar
1 oz.	Tomato salsa
1 cup	Worcestershire sauce
2 tsp.	Cayenne pepper

METHOD**STEP 1**

Sauté the onions and garlic in the olive oil until golden. Add the curry powder and stir for 2 minutes.

STEP 2

Add the remaining ingredients and bring to a boil while stirring. Simmer for 20 minutes.

STEP 3

Puree and cool prior to ladling over the meat or poultry. Allow to marinate for a minimum of 3 hours in the cooler.

COMPONENTS PER PORTION

None

Recommended applications:

Most meats and poultry

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	21
Protein	0.23 g
Carbohydrates	3.91 g
Fat-total	0.66 g
Saturated Fat	0.09 g
Cholesterol	0 mg
Vitamin A (RE)	26 RE
Vitamin C	0.3 mg
Iron	0.35 mg
Calcium	5 mg
Sodium	21 mg
Fiber	0.53 g
% Protein	4.33
% Carbohydrate	72.33
% Total Fat	27.58
% Saturated Fat	3.77

TEXAS BBQ MARINADE (MM-25)

Portion Size – 1 Tbsp.

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
64 (1 qt)	
½ cup + 2 ¾ tsp.	Olive oil
½ cup + 2 ¾ tsp.	Onions, small dice
1 1/8 oz.	Jalapenos, canned
½ cup + 2 ¾ tsp.	Cider vinegar
½ cup + 2 ¾ tsp.	Light brown sugar, packed
5/8 tsp.	Cinnamon, ground
5/8 tsp.	Allspice, ground
1 cup + 2 tbsp.	Catsup
½ cup + 2 ¾ tsp.	Worcestershire sauce

METHOD

STEP 1

Sauté the onions and jalapenos in ½ cup olive oil over moderate heat for 3 minutes.

STEP 2

Add the remaining ingredients and bring to a boil while stirring. Simmer for 20 minutes. Strain.

STEP 3

Cool prior to ladling over meat or poultry. Allow to marinate for a minimum of 3 hours in the cooler.

Recommended applications:

Ribs, beef, chicken

COMPONENTS PER PORTION

None

NUTRIENT

Amount per Serving

Calories	30
Protein	0.09 g
Carbohydrates	3.32 g
Fat-total	1.90 g
Saturated Fat	0.25 g
Cholesterol	0 mg
Vitamin A (RE)	5 RE
Vitamin C	0.7 mg
Iron	0.11 mg
Calcium	3 mg
Sodium	90 mg
Fiber	0.10 g
% Protein	1.13
% Carbohydrate	43.06
% Total Fat	55.60
% Saturated Fat	7.50

BASIC TOMATO SAUCE**(MS-10)****Portion Size – ½ Cup**

QUANTITY/PORTIONS			INGREDIENTS
10	25	50	
5/8 fl. oz.	1 ½ fl. oz.	3 fl. oz.	Vegetable oil
4 ¾ oz.	12 oz.	1 ½ lb.	Onion, chopped
3/8 oz.	1 oz.	2 oz.	Garlic, chopped
1 lb. + 9 ¾ oz.	4 lb.	8 lb.	Tomato puree
8 oz.	1 lb. + 4 oz.	2 ½ lb.	Tomato paste
1 cup + 3 tbsp.	3 cups	1 ½ quart	Water
2 tsp.	2 Tbsp.	¼ cup	Capistrano Spice Rub (See recipe # MSR-25)*
3/8 tsp.	1 tsp.	2 tsp.	Cracked black pepper

METHOD**STEP 1**

In a large saucepot, sauté the onions and garlic in the oil over low heat for 10 minutes or until the onions are soft but not browned.

STEP 2

Stir in the tomato puree, tomato paste, water, Capistrano Spice Rub, salt and pepper. Bring to a boil, reduce heat and simmer for 1 hour, stirring occasionally.

* May substitute salt free Italian seasoning blend

COMPONENTS PER PORTION

½ cup vegetables

NUTRIENT**Amount per Serving**

Calories	90
Protein	3.11 g
Carbohydrates	17.95 g
Fat-total	2.03 g
Saturated Fat	0.28 g
Cholesterol	0 mg
Vitamin A (RE)	218 RE
Vitamin C	52.6 mg
Iron	2.00 mg
Calcium	36 mg
Sodium	39 mg
Fiber	4.13 g
% Protein	13.83
% Carbohydrate	79.70
% Total Fat	20.30
% Saturated Fat	2.88

Chartwells School Dining Services

007053 - Cheese Sauce

Source: MS- 15
 Number of Portions: 50
 Size of Portion: 3 TBSP

Meat/Alt 1 oz.
 Grain/Bread 0 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

001155 MILK, DRY, NONFAT, INST, WO/ VIT A..... 900002 CHEESE BLEND, AMERICAN AND SKIM MILK C 004044 OIL, SOYBN, SALAD OR COOKING.....	3 CUP 3 LB + 6 OZ 4 OZ	1. Combine milk, cheese, oil, and seasonings (optional). Stir over medium heat until cheese is melted and mixture is smooth, approximately 15 minutes. 2. . To maintain smooth consistency, serve immediately or keep warm. If sauce becomes too thick, add a small amount of milk, as needed, stirring well after each addition. 4. Portion 1 ½ oz ladle (3 Tbsp). CCP: Hold for hot service at 140° F or higher.
		Serving 3 Tbsp (1 ½ oz ladle) provides 1 oz equivalent meat/meat alternate.

Calories	110	Iron	0.01 Mg	Protein	8.99 G	32.62% Calories from Prot
Cholesterol	17 Mg	Calcium	266 Mg	Carbohydrates	4.29 G	15.56% Calories from Carb
Sodium	465 Mg	Vitamin A	811 IU	Total Fat	6.62 G	54.02% Calories from T Fat
Dietary Fiber	0.00 G	Vitamin C	0.2 Mg	Saturated Fat	3.59 G	29.27% Calories from S Fat
* - Denotes Missing Nutrient Values						

CHEESE SAUCE (MS-15)

Portion Size – 2 Tbsp.

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
½ oz.	1 ¼ oz.	2 ½ oz.	Margarine	
5/8 oz.	1 3/8 oz.	2 7/8 oz.	Flour	
1 cup	2 ½ cups	5 cups	Milk, skim	
3 oz.	7 ½ oz.	15 oz.	American cheese	

METHOD

STEP 1
Melt margarine and add flour.

STEP 2
Add milk gradually, stirring constantly.

STEP 3
Add cheese and cook, stirring frequently, until smooth and thick, about 12-15 minutes.

COMPONENTS PER PORTION

0.30 oz. meat/meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	56
Protein	2.90 g
Carbohydrates	2.55 g
Fat-total	3.86 g
Saturated Fat	1.93 g
Cholesterol	8 mg
Vitamin A (RE)	54 RE
Vitamin C	0.2 mg
Iron	0.11 mg
Calcium	83 mg
Sodium	147 mg
Fiber	0.04 g
% Protein	20.52
% Carbohydrate	18.09
% Total Fat	61.49
% Saturated Fat	30.75

CUCUMBER SAUCE (MS-17)

Portion Size – 1 Tbsp.

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>64 (1 qt.)</u>	<u>128 (½ gal.)</u>	<u>256 (1 gal.)</u>	
1 lb. + ¾ oz.	2 lbs. + 1 ½ oz.	4 lbs. + 2 ¾ oz.	Cucumbers, peeled, seeded and grated	
1 1/3 oz.	2 5/8 oz.	5 ¼ oz.	Onions, chopped	
5 ¼ oz.	10 ½ oz.	1 lb. + 4 ½ oz.	Mayonnaise, low fat	
1 tbsp. + 1 ½ tsp.	3 tbsp.	¼ cup + 2 tbsp.	Vinegar, white	
10 ¼ oz.	1 lb. + 4 ½ oz.	2 lbs. + 9 oz.	Yogurt, low fat	
1 tbsp. + 1 tsp.	2 tbsp. + 1 ¾ tsp.	¼ cup + 1 tbsp.	Parsley, dried	
1/8 tsp.	3/8 tsp.	5/8 tsp.	Salt	
1/8 tsp.	3/8 tsp.	5/8 tsp.	Pepper	

METHOD

STEP 1

Place grated cucumbers in a colander and press to remove juice

STEP 2

In a separate bowl, mix together the rest of the ingredients.

STEP 3

Fold cucumbers into mixture.

STEP 4

Chill at least 2 hours before serving.

STEP 5

Serve with Gyro sandwich.

COMPONENTS PER PORTION

None

NUTRIENT

Amount per Serving

Calories	11
Protein	0.29 g
Carbohydrates	0.73 g
Fat-total	0.84 g
Saturated Fat	0.20 g
Cholesterol	0 mg
Vitamin A (RE)	1 RE
Vitamin C	0.3 mg
Iron	0.03 mg
Calcium	9 mg
Sodium	25 mg
Fiber	0.06 g
% Protein	10.01
% Carbohydrate	25.25
% Total Fat	64.93
% Saturated Fat	15.45

EASY CREAMY CHEESE SAUCE**(MS-18)****Portion Size – ½ cup**

QUANTITY/PORTIONS			INGREDIENTS
<u>25</u>	<u>50</u>	<u>100</u>	
2 qt.	1 gal.	2 gal.	Water
½ pkg.	1 pkg.	2 pkg.	Powdered cream soup base, 19.5 oz. pkg. US Foodservice Red # 301628 or Le Gout # 301146
1 lb. + 9 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	American cheese, shredded
1 lb. + 9 oz.	3 lb. + 2 oz.	6 lb. + 4 oz.	Cheddar cheese, shredded
<u>COMPONENTS PER PORTION</u>			Portion cost = \$0.35
2 oz. meat/meat alternate			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	261		
Protein	14.50 g		
Carbohydrates	7.22 g		
Fat-total	19.42 g		
Saturated Fat	11.85 g		
Cholesterol	57 mg		
Vitamin A (RE)	161 RE		
Vitamin C	0.00 mg		
Iron	0.31 mg		
Calcium	380.50 mg		
Sodium	1206 mg		
Fiber	0.00 g		
% Protein	22.20		
% Carbohydrate	11.05		
% Total Fat	66.88		
% Saturated Fat	40.83		

METHOD**STEP 1**

Follow the directions on the package for preparing cream soup base, using 1 gallon of water per package of base.

STEP 2

When the sauce is hot, add the shredded cheese. Stir well as the cheese melts into the sauce to combine. The sauce should be rich, creamy and smooth, and without lumps.

STEP 3

Portion with a 4 oz. ladle.

Chartwells School Dining Services

007054 - Honey Barbecue Sauce

Source: MS- 19
 Number of Portions: 50
 Size of Portion: 2 TBSP

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

011284 ONIONS,DEHYDRATED FLAKES..... 1/4 OZ 014429 WATER,MUNICIPAL..... 2 TBSP 004044 OIL, SOYBN,SALAD OR COOKING..... 6 OZ 019296 HONEY..... 1 QT 002030 PEPPER,BLACK..... 1 TBSP 002028 PAPRIKA..... 2 TBSP 002046 MUSTARD,PREPARED,YELLOW..... 1 TBSP 043374 SAUCE,WORCESTERSHIRE..... 2 TBSP 011935 CATSUP..... 1/4 #10 CAN 090017 GARLIC,GRANULATED..... 1 TSP 002053 VINEGAR,DISTILLED..... 1/2 CUP 011541 TOMATO PASTE,CND,HTD..... 3/4 CUP + 2 TBSP	1. Reconstitute onions in an equal amount of hot water. Do not drain. 2. Add remaining ingredients and allow to simmer, uncovered, for 20-30 minutes. 3. CCP: Hold for hot service at 140° F or higher.
	Special Tip
	Use to baste chicken or meat during cooking, or use as a dipping sauce for chicken and fish nuggets.
	Serving
	2 Tbsp (1 oz ladle).

Calories	135	Iron	0.44 Mg	Protein	0.61 G	1.81%	Calories from Prot
Cholesterol	0 Mg	Calcium	9 Mg	Carbohydrates	27.89 G	82.62%	Calories from Carb
Sodium	195 Mg	Vitamin A	400 IU	Total Fat	3.53 G	23.50%	Calories from T Fat
Dietary Fiber	0.46 G	Vitamin C	5.6 Mg	Saturated Fat	0.51 G	3.39%	Calories from S Fat
* - Denotes Missing Nutrient Values							

Chartwells School Dining Services

003718 - Hungarian Goulash Sauce

Source: MS- 20
 Number of Portions: 25
 Size of Portion: 1/2 cup

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

011282 ONIONS,RAW..... 004044 OIL,SOYBN,SALAD OR COOKING..... 090098 TOMATOES,CND,DICED,DRND..... 011333 PEPPERS,SWEET,GREEN,RAW..... 002032 PEPPER,WHITE..... 002004 SPICES,BAY LEAF..... 002028 PAPRIKA..... 000082 BEEF STOCK..... 011439 SAUERKRAUT,CND,SOL&LIQUIDS..... 990217 CREAM SOUP BASE.....	2 CUP, chopped 2 TBSP 1 QT, diced 1 CUP, chopped 1 TSP 2 LEAF(s) 1/4 CUP 2 CUP 3 LB 6 1/8 OZ	<p><u>STEP 1</u> In a saucepan, saute the onions in the oil until they are soft and translucent. Add the tomatoes and green pepper. Cook for 15 minutes, very slowly.</p> <p><u>STEP 2</u> Add the white pepper, bay leaves, paprika and beef stock and simmer, covered for 30 minutes.</p> <p><u>STEP 3</u> Rinse the sauerkraut in cold water to remove the excess salt. Add the sauerkraut and cook for 30 minutes longer.</p> <p><u>STEP 4</u> Stir in the prepared cream soup base*. The sauce should be smooth and creamy.</p> <p><u>STEP 5</u> Portion with a 4 oz. ladle or spoodle.</p> <p>*Note: Prepare The Cream Soup Base is made following instructions using 1 gallon of water per package of base.</p>
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Calories	47	Iron	1.28 Mg	Protein	1.32 G	11.25% Calories from Prot
Cholesterol	0 Mg	Calcium	30 Mg	Carbohydrates	7.71 G	65.93% Calories from Carb
Sodium	482 Mg	Vitamin A	775 IU	Total Fat	1.75 G	33.61% Calories from T Fat
Dietary Fiber	2.47 G	Vitamin C	17.3 Mg	Saturated Fat	0.38 G	7.26% Calories from S Fat

* - Denotes Missing Nutrient Values

LO MEIN SAUCE

(MS-21)

Portion Size – ¼ Cup

<u>QUANTITY/PORTIONS</u>		<u>INGREDIENTS</u>
<u>64 (makes 1 gallon)</u>		
2 ½ cups		Light soy sauce
½ lb.		Brown sugar
3 qt.		Brown gravy, prepared from dry mix, according to package directions
1/3 cup		Garlic, granulated
<u>COMPONENTS PER PORTION</u>		Portion cost = \$0.04
None		
<u>NUTRIENT</u>	<u>Amount per Serving</u>	
Calories	16	
Protein	0.69 g	
Carbohydrates	3.32 g	
Fat-total	0.03 g	
Saturated Fat	0.00 g	
Cholesterol	0 mg	
Vitamin A (RE)	0 RE	
Vitamin C	0.1 mg	
Iron	0.05 mg	
Calcium	1 mg	
Sodium	330 mg	
Fiber	0.09 g	
% Protein	16.73	
% Carbohydrate	80.43	
% Total Fat	1.85	
% Saturated Fat	0.10	

METHOD**STEP 1**

Combine all ingredients in a stock pot.

STEP 2

Heat to the boiling point.

STEP 3

Reduce heat and simmer for 5 minutes.

SPECIAL TIPS:

This sauce can be made 1 to 2 days in advance.
 Makes an excellent dressing for chicken or pork lo mein or plain lo mein noodles- see recipes HE-69A and HVG-118.

Chartwells School Dining Services

007052 - Nacho Cheese Sauce

Source: MS- 23
 Number of Portions: 50
 Size of Portion: 3 TBSP

Meat/Alt 1 oz.
 Grain/Bread 0 SRV.
 F/V/J 0 Cup
 Milk 0 FLOZ

001155 MILK, DRY, NONFAT, INST, WO/ VIT A..... 900002 CHEESE BLEND, AMERICAN AND SKIM MILK C 004044 OIL, SOYBN, SALAD OR COOKING..... 050152 Mexican Seasoning Mix..... 011980 PEPPERS, CHILI, GRN, CND.....	3 CUP 3 LB + 6 OZ 4 OZ 1/4 CUP 1/2 CUP	1. Combine milk, cheese, oil, and Mexican seasoning. Stir over medium heat until cheese is melted and mixture is smooth, approximately 15 minutes. 2. Add diced green chili peppers. Stir to combine. 3. To maintain smooth consistency, serve immediately or keep warm. (If sauce becomes too thick, add a small amount of milk, as needed, stirring well after each addition.) 4. Portion 1 ½ oz ladle (3 Tbsp). CCP: Hold for hot service at 140° F or higher.
		Special Tip
		Serve over taco shell pieces, baked potato, broccoli, cauliflower, or other vegetables.
		Serving
		3 Tbsp (1 ½ oz ladle) provides 1 oz equivalent meat/meat alternate.

Calories	113	Iron	0.21 Mg	Protein	9.08 G	32.30% Calories from Prot
Cholesterol	17 Mg	Calcium	270 Mg	Carbohydrates	4.67 G	16.61% Calories from Carb
Sodium	474 Mg	Vitamin A	950 IU	Total Fat	6.72 G	53.74% Calories from T Fat
Dietary Fiber	0.16 G	Vitamin C	1.0 Mg	Saturated Fat	3.60 G	28.79% Calories from S Fat

* - Denotes Missing Nutrient Values

RED PRIMAVERA**(MS-25)****Portion Size – 2 oz.**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
2 ½ cups	3 quarts + ½ cup	6 quarts + 1 cup	Basic Tomato Sauce (See recipe # MS-10)
2 tbsp. + 1 ½ tsp.	¼ cup + 2 tbsp.	¾ cup + 1 ½ tsp.	Olive oil
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Onions, sliced
3 ¾ oz.	9 ½ oz.	1 lb. + 2 ¾ oz.	Summer squash, thinly sliced
3 ¾ oz.	9 ½ oz.	1 lb. + 2 ¾ oz.	Carrots, thinly sliced
3 ¾ oz.	9 ½ oz.	1 lb. + 2 ¾ oz.	Broccoli, florets
10 oz.	1 lb. + 9 oz.	3 lb. + 2 oz.	Mushrooms, sliced
5 oz.	12 ½ oz.	1 lb. + 9 oz.	Green peppers, ½” dice
1/3 # 10 can	7/8 # 10 can	1 5/8 # 10 can	Plum tomatoes, crushed
1 7/8 tsp.	1 tbsp. + 1 ¾ tsp.	3 tbsp. + ½ tsp.	Oregano, dried
1 tsp.	2 3/8 tsp.	1 tbsp. + 1 ¾ tsp.	Black pepper

METHOD**STEP 1**

Saute the garlic and onions in the olive oil until translucent. Add the remaining vegetables and sauté over a moderate heat until tender.

STEP 2

Add the crushed tomatoes and tomato sauce. Bring to a slow boil. Simmer for 4 minutes.

STEP 3

Stir in the oregano and black pepper. Remove from the heat. Do not overcook the vegetables.

Recommended Use: Serve over pasta (fettucine, linguine, angel hair, rigatoni, fusilli)

COMPONENTS PER PORTION

¼ cup vegetables

NUTRIENT**Amount per Serving**

Calories	123
Protein	4.01 g
Carbohydrates	17.25 g
Fat-total	5.93 g
Saturated Fat	0.82 g
Cholesterol	0 mg
Vitamin A (RE)	423 RE
Vitamin C	45.0 mg
Iron	1.92 mg
Calcium	41 mg
Sodium	583 mg
Fiber	4.76 g
% Protein	13.03
% Carbohydrate	56.07
% Total Fat	43.35
% Saturated Fat	6.03

ROASTED GARLIC CREAM SAUCE**(MS-30)****Portion Size – 2 oz.**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 tbsp. + ¾ tsp.	3 tbsp. + ½ tsp.	¼ cup + 2 tbsp.	Roasted garlic concentrate, Minors
1 ¾ cups + 2 tbsp.	4 ½ cups + 3 tbsp.	2 quarts + 1 ½ cup	White sauce (See recipe # MS-65)
1/8 oz.	¼ oz.	3/8 oz.	Grated parmesan cheese
3 ¾ oz.	9 ½ oz.	1 lb. + 2 ¾ oz.	Whole milk
½ tsp.	1 1/8 tsp.	2 3/8 tsp.	Oregano, dried

METHOD**STEP 1**

Blend all ingredients.

STEP 2

Bring to a boil.

COMPONENTS PER PORTION

None

NUTRIENT**Amount per Serving**

Calories	55
Protein	2.41 g
Carbohydrates	5.41 g
Fat-total	2.70 g
Saturated Fat	1.66 g
Cholesterol	8 mg
Vitamin A (RE)	52 RE
Vitamin C	0.9 mg
Iron	0.21 mg
Calcium	76 mg
Sodium	109 mg
Fiber	0.13 g
% Protein	17.46
% Carbohydrate	39.11
% Total Fat	43.97
% Saturated Fat	27.11

ROMA GARDEN SAUCE (MS-40)

Portion Size – 2 oz.

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 7/8 tsp.	1 tbsp. + 1 3/4 tsp.	3 tbsp. + 1/2 tsp.	Garlic, chopped	
2 1/2 oz.	6 1/4 oz.	12 1/2 oz.	Onions, chopped	
1 tbsp. + 3/4 tsp.	3 tbsp. + 1/2 tsp.	1/4 cup + 2 tbsp.	Olive oil	
7 1/2 oz.	1 lb. + 2 3/4 oz.	2 lbs. + 5 1/2 oz.	Mushrooms, sliced	
5 oz.	12 1/2 oz.	1 lb. + 9 oz.	Green bell peppers 1/2" dice	
1 cup + 3 1/2 tbsp.	1/2 # 10 can	1 # 10 can	Plum tomatoes, crushed	
1/3 # 10 can	1 # 10 can	1 1/2 # 10 can	Canned tomato sauce	
1 tsp.	2 3/8 tsp.	1 tbsp. + 1 3/4 tsp.	Basil, dried	
1/2 tsp.	1 1/8 tsp.	2 3/8 tsp.	Fresh ground black pepper	

METHOD

STEP 1

Sauté the garlic and onions in the olive oil until translucent. Add the mushrooms and peppers and sauté for 5 minutes, until tender.

STEP 2

Add the crushed tomatoes and tomato sauce. Bring to a slow boil. Season and simmer for 20 minutes.

STEP 3

Stir in the basil and remove from the heat.

Recommended Use: Serve over pasta (fettuccine, linguine, angel hair, rigatoni, fusilli)

COMPONENTS PER PORTION

1/4 cup vegetables

NUTRIENT

Amount per Serving

Calories	67
Protein	2.69 g
Carbohydrates	11.90 g
Fat-total	2.07 g
Saturated Fat	0.28 g
Cholesterol	0 mg
Vitamin A (RE)	117 RE
Vitamin C	30.9 mg
Iron	1.43 mg
Calcium	25 mg
Sodium	644 mg
Fiber	2.29 g
% Protein	16.01
% Carbohydrate	70.82
% Total Fat	27.72
% Saturated Fat	3.76

ROSA SAUCE**(MS-43)****Portion Size – ½ Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
2 ½ cup	1 ½ qt. + ¼ cup	3 qt. + ½ cup	Basic tomato sauce (see Recipe MS-10)
2 ½ cup	1 ½ qt. + ¼ cup	3 qt. + ½ cup	White sauce (see recipe MS-65)

METHOD**STEP 1**

Place basic tomato sauce in a stock pot. Bring to a boil. Reduce heat to a simmer.

STEP 2

Slowly add white sauce, stirring constantly to combine well. Heat to 160 degrees F.

COMPONENTS PER PORTION

¼ cup vegetables

NUTRIENT**Amount per Serving**

Calories	97
Protein	3.75 g
Carbohydrates	12.88 g
Fat-total	4.00 g
Saturated Fat	0.78 g
Cholesterol	1 mg
Vitamin A (RE)	144 RE
Vitamin C	10.1 mg
Iron	1.24 mg
Calcium	101 mg
Sodium	161 mg
Fiber	1.69 g
% Protein	15.36
% Carbohydrate	52.77
% Total Fat	36.87
% Saturated Fat	7.19

Chartwells School Dining Services

003715 - Swedish Cream Sauce

Source: MS- 44
 Number of Portions: 25
 Size of Portion: 1/2 cup

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

011282 ONIONS,RAW..... 004044 OIL,SOYBN,SALAD OR COOKING..... 011124 CARROTS,RAW..... 011143 CELERY,RAW..... 002032 PEPPER,WHITE..... 002004 SPICES,BAY LEAF..... 000082 BEEF STOCK..... 990217 CREAM SOUP BASE..... 002045 DILL WEED,FRSH.....	1 QT, chopped 3 TBSP 2 CUP, chopped 2 CUP, diced 1/2 TSP 2 LEAF(s) 5 CUP 2 1/2 OZ 3 TBSP, sprigs	<p><u>STEP 1</u> In a saucepan, saute the onions in the oil until they are soft and translucent. Add the carrots and celery. Cook for 15 minutes, very slowly.</p> <p><u>STEP 2</u> Add the white pepper, bay leaves and beef stock. Simmer, covered for 30 minutes.</p> <p><u>STEP 3</u> Stir in the prepared cream soup base*. The sauce should be smooth and creamy.</p> <p><u>STEP 4</u> Stir in the dill just before use.</p> <p><u>STEP 5</u> Portion with a 4 oz. ladle or spoodle.</p> <p>*Note: Prepare The Cream Soup Base is made following instructions using 1 gallon of water per package of base.</p>
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Calories	32	Iron	0.11 Mg	Protein	0.53 G	6.52%	Calories from Prot
Cholesterol	0 Mg	Calcium	10 Mg	Carbohydrates	3.78 G	46.65%	Calories from Carb
Sodium	220 Mg	Vitamin A	54 IU	Total Fat	1.84 G	51.05%	Calories from T Fat
Dietary Fiber	0.58 G	Vitamin C	2.0 Mg	Saturated Fat	0.31 G	8.68%	Calories from S Fat
* - Denotes Missing Nutrient Values							

STIR-FRY SAUCE**(MS-45)****Revised 2005****Portion Size – 3 Tbsp.**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
3 tbsp. + ¾ tsp.	½ cup	1 cup	Light soy sauce
7/8 oz.	2 oz.	4 oz.	Cornstarch
1/8 tsp.	¼ tsp.	½ tsp.	Ginger, ground
1 7/8 tsp.	1 tbsp. + 1 ½ tsp.	3 tbsp.	Garlic, powder
3/8 tsp.	1 tsp.	2 tsp.	Pepper, black
1 ½ cup + 1 ½ tbsp.	4 cups	2 quarts	Beef stock, prepared from low sodium base

METHOD**STEP 1**

Dissolve cornstarch in soy sauce. Add spices to this mixture.

STEP 2

Heat beef stock in pot to the boiling point.

STEP 3

Slowly stir in cornstarch – soy mixture and return to boil. Continue cooking until sauce is smooth and thickened. Remove from heat.

SPECIAL TIPS:

1. This sauce can be made 1 to 2 days in advance.
2. Makes an excellent dressing for a vegetable stir-fry. Use 1 quart of sauce for each 12 lb. of vegetables.

COMPONENTS PER PORTION

None

Portion cost \$0.08
(if all ingredients are purchased)

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
Calories	16	
Protein	0.69 g	
Carbohydrates	3.32 g	
Fat-total	0.03 g	
Saturated Fat	0.00 g	
Cholesterol	0 mg	
Vitamin A	0 RE	
Vitamin C	0.10 mg	
Iron	0.06 mg	
Calcium	2 mg	
Sodium	331 mg	
Fiber	0.10 g	
% Protein	16.73	
% Carbohydrate	80.42	
% Total Fat	1.85	
% Saturated Fat	0.10	NK1538

SWEET & SOUR SAUCE, CHINESE STYLE (MS-50)

Portion Size – 2 Tbsp.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
½ cup + ½ tsp.	1 ¼ cup + 1 tsp.	2 ½ cups + ½ tbsp.	Chicken stock
2 tbsp. + 1 ½ tsp.	¼ cup + 2 tbsp.	¾ cup + 1 ½ tsp.	Vinegar, white
7/8 oz.	2 oz.	4 oz.	Brown sugar
1 tbsp. + ¾ tsp.	3 tbsp. + ½ tsp.	¼ cup + 2 tbsp.	Light Soy Sauce
¾ oz.	1 7/8 oz.	3 5/8 oz.	Tomato paste
¼ cup + 2 tbsp.	¾ cup + 3 ½ tbsp.	1 ¾ cup + 3 tbsp.	Pineapple juice
½ oz.	1 ¼ oz.	2 1/3 oz.	Cornstarch
1 tbsp. + ¾ tsp.	3 tbsp. + ½ tsp.	¼ cup + 2 tbsp.	Water

METHOD

STEP 1

Combine stock, vinegar, brown sugar, soy sauce, tomato paste, and pineapple juice. Bring to a boil. Reduce heat to simmer.

STEP 2

Combine cornstarch and water. Mix until smooth.

STEP 3

Add cornstarch mixture to simmering mixture. Stir occasionally and cook over medium heat until thickened, 6-8 minutes.

COMPONENTS PER PORTION

None

NUTRIENT Amount per Serving

Calories	23
Protein	0.34 g
Carbohydrates	5.64 g
Fat-total	0.04 g
Saturated Fat	0.00 g
Cholesterol	0 mg
Vitamin A (RE)	5 RE
Vitamin C	4.6 mg
Iron	0.14 mg
Calcium	4 mg
Sodium	151 mg
Fiber	0.12 g
% Protein	5.78
% Carbohydrate	96.19
% Total Fat	1.60
% Saturated Fat	0.12

Chartwells School Dining Services

007089 - Sweet & Sour Sauce, Jewish

Source: MS- 53
 Number of Portions: 100
 Size of Portion: 1/2 Cup

Meat/Alt 0 oz.
 Grain/Bread 0 SRV.
 F/V/J 0.125 Cup
 Milk 0 FLOZ

Alternate Menu Name: Sweet & Sour Sauce,
 Jewish Style

004044 OIL,SOYBN,SALAD OR COOKING..... 990640 ONIONS,FRESH..... 990646 FLOUR,ALL PURPOSE WHITE,ENRICHED,BLE 000084 CHICKEN STOCK..... 002030 PEPPER,BLACK..... 002010 CINNAMON,GROUND..... 002011 CLOVES,GROUND..... 990491 TOMATO SAUCE,CANNED..... 009151 LEMONS,RAW,WITH PEEL..... 990477 SUGAR,BROWN..... 019296 HONEY..... 009298 RAISINS,SEEDLESS.....	3/4 CUP 1 QT, chopped 3/4 CUP 6 QT 4 TSP 8 TSP 2 TSP 6 CUP 12 each medium 2 1/4 CUP, unpacked 3/4 CUP 6 CUP	<p>STEP 1 Heat oil in a saucepan, and saute the onions in the until they are soft and translucent. Sprinkle the onions with the flour and cook, stirrin g constantly, until the flour is browned, 1 minute. Slowly add chicken stock and cook stirring constantly, until smooth and slightly thickened, about 2 minutes.</p> <p>STEP 2 Add pepper. Then stir in the cinnamon, cloves and tomato sauce. Gr ate the peel from the lemons and add them to the sauce along with the juice from the lemons. Add the brown sugar, honey and raisins.</p> <p>STEP 3 Reduce the heat to medium-low and simmer, stirring often, 10 minutes.</p> <p>CCP: Heat to 165 degrees F for 15 seconds.</p> <p>CCP: Hold for hot service at 140 degrees F.</p> <p>STEP 4 Portion with a 4 oz. ladle or spoodle.</p>
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Calories	77	Iron	0.63 Mg	Protein	1.02 G	5.29% Calories from Prot
Cholesterol	0 Mg	Calcium	21 Mg	Carbohydrates	16.44 G	85.35% Calories from Carb
Sodium	417 Mg	Vitamin A	56 IU	Total Fat	1.84 G	21.54% Calories from T Fat
Dietary Fiber	1.43 G	Vitamin C	11.7 Mg	Saturated Fat	0.26 G	2.98% Calories from S Fat
* - Denotes Missing Nutrient Values						

TARTAR SAUCE (MS-55)

Portion Size – 2 Tbsp.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
6 ¾ oz.	1 lb. + ½ oz.	2 lb. + ¾ oz.	Mayonnaise
3 ½ oz.	8 ¾ oz.	1 lb. + 1 ¾ oz.	Pickle relish
1 7/8 tsp.	1 tbsp. + 1 ¾ tsp.	3 tbsp. + ½ tsp.	Dehydrated onion flakes
1 tbsp. + ¾ tsp.	3 tbsp. + ½ tsp.	¼ cup + 2 tbsp.	Parsley, dried
1/8 tsp.	3/8 tsp.	¾ tsp.	Dry mustard

METHOD

STEP 1

Combine all ingredients. Blend well.

STEP 2

Cover. Refrigerate until ready to use.

STEP 3

Serve with fish sandwiches, fish portion or fish sticks.

COMPONENTS PER PORTION

None

NUTRIENT

Amount per Serving

Calories	147
Protein	0.30 g
Carbohydrates	4.25 g
Fat-total	14.82 g
Saturated Fat	1.60 g
Cholesterol	10 mg
Vitamin A (RE)	19 RE
Vitamin C	0.4 mg
Iron	0.29 mg
Calcium	5 mg
Sodium	187 mg
Fiber	0.16 g
% Protein	0.80
% Carbohydrate	11.53
% Total Fat	90.45
% Saturated Fat	9.79

TAZIKI SAUCE (MS-57)

Portion Size – 1 oz.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
¼ cup + 1 tbsp.	¾ cup + 1 ½ tsp.	1 ½ cup + 1 tbsp.	Plain yogurt
¼ cup + 1 tbsp.	¾ cup + 1 ½ tsp.	1 1/2 cup + 1 tbsp.	Red onion, grated
¼ cup + 1 tbsp.	¾ cup + 1 ½ tsp.	1 ½ cup + 1 tbsp.	Cucumber, peeled, seeded & grated
1 tsp.	2 3/8 tsp.	1 tbsp. + 1 ¾ tsp.	Lemon juice
Pinch	Pinch	Pinch	Cracked black pepper
1 tsp.	1 tbsp.	2 tbsp.	Dill weed, dried
¼ cup + 1 tbsp.	¾ cup + 1 ½ tsp.	1 ½ cup + 1 tbsp.	Sour cream

METHOD

STEP 1

Place a coffee filter in a strainer or colander set over a bowl. Put the yogurt in the coffee filter and allow it to drain for about 1 hour. All of the excess liquid will drain from the yogurt and it will thicken.

STEP 2

Place the drained yogurt, sour cream, grated red onion, grated cucumber, lemon juice, dill weed and a pinch of black pepper in a bowl. Whisk until well blended. Chill until ready for service.

NOTE:

For a thicker sauce: after grating the onion and cucumbers place them on several layers of paper towel or in a clean dry cloth and squeeze to remove excess liquid before adding them to the yogurt-sour cream blend.

COMPONENTS PER PORTION

NUTRIENT

Amount per Serving

Calories	22
Protein	0.58 g
Carbohydrates	1.23 g
Fat-total	1.77 g
Saturated Fat	1.10 g
Cholesterol	4 mg
Vitamin A (RE)	17 RE
Vitamin C	0.8 mg
Iron	0.02 mg
Calcium	19 mg
Sodium	7 mg
Fiber	0.11 g
% Protein	10.21
% Carbohydrate	21.77
% Total Fat	70.56
% Saturated Fat	43.93

TERIYAKI SAUCE (MS-60)

Portion Size – 2 Tbsp.

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
7/8 oz.	2 oz.	4 oz.	Brown sugar	
1/2 tsp.	1 1/4 tsp.	2 1/2 tsp.	Garlic powder	
3/8 tsp.	1 tsp.	2 tsp.	Onion powder	
3/8 tsp.	3/4 tsp.	1 1/2 tsp.	Ginger, ground	
1 1/4 tsp.	1 tbsp.	2 tbsp.	Worcestershire Sauce	
8 oz.	1 lb. + 4 oz.	2 lb. + 8 oz.	Catsup	
1 tbsp. + 2 tsp.	1/4 cup	1/2 cup	Vinegar, cider	
3 Tbsp. + 3/4 tsp.	1/2 cup	1 cup	Light soy sauce	

METHOD

STEP 1

Mix all dry ingredients in a bowl.

STEP 2

Add Worcestershire sauce, catsup, vinegar, and soy sauce to the dry ingredients. Mix with wire whip until well mixed.

STEP 3

Cover and place in refrigerator overnight to develop flavors.

STEP 4

Use to baste chicken or meat during cooking or as a dipping sauce for chicken and fish nuggets.

COMPONENTS PER PORTION

None

NUTRIENT **Amount per Serving**

Calories	38
Protein	0.85 g
Carbohydrates	9.43 g
Fat-total	0.09 g
Saturated Fat	0.01 g
Cholesterol	0 mg
Vitamin A (RE)	23 RE
Vitamin C	3.4 mg
Iron	0.24 mg
Calcium	7 mg
Sodium	440 mg
Fiber	0.32 g
% Protein	8.85
% Carbohydrate	97.96
% Total Fat	2.17
% Saturated Fat	0.29

Chartwells School Dining Services

007051 - White Sauce

Source: MS- 65
 Number of Portions: 32
 Size of Portion: 2 Tbsp.

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

004044 OIL,SOYBN,SALAD OR COOKING..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 002047 SALT,TABLE..... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A.....	1 OZ 1/4 CUP + 1 TBSP 1/2 TSP 1 QT	1. Heat oil over medium heat. Add flour and salt. Stir until smooth. Cook 5 minutes. 2. Add milk gradually, stirring constantly. 3. Cook, stirring frequently, until smooth and thick, 12-15 minutes. Use immediately. CCP: Hold for hot service at 135° F or higher.
		Suggested Uses
		Cream soup; gravy; creamed and scalloped vegetables, eggs, fish, meat.
		Serving
		2 Tbsp (1 oz ladle).

Calories	43	Iron	0.08 Mg	Protein	3.11 G	29.13%	Calories from Prot
Cholesterol	2 Mg	Calcium	105 Mg	Carbohydrates	5.37 G	50.28%	Calories from Carb
Sodium	84 Mg	Vitamin A	1 IU	Total Fat	0.96 G	20.21%	Calories from T Fat
Dietary Fiber	0.03 G	Vitamin C	0.5 Mg	Saturated Fat	0.17 G	3.57%	Calories from S Fat
* - Denotes Missing Nutrient Values							

YOGURT SALSA**(MS-70)****Portion Size – ¼ Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
1 ¼ cup	3 1/8 cups	1 qt. + 2 ¼ cups	Yogurt, low fat	
½ cup + 2 tbsp.	1 ½ cup + 1 tbsp.	3 1/8 cups	Tomatoes, chopped fine	
¼ cup + 1 tbsp.	¾ cup + ½ tbsp.	1 ½ cup + 1 tbsp.	Onions, chopped fine	
3 tbsp. + 1 tsp.	½ cup + 1 tsp.	1 cup + ½ tbsp.	Parsley, chopped	
2 ½ tsp.	2 tbsp. + ¼ tsp.	¼ cup + ½ tsp.	Lemon juice	
1 ¼ tsp.	1 tbsp. + 1/8 tsp.	2 tbsp. + ¼ tsp.	Salt	

METHOD**STEP 1**

Combine all ingredients.

STEP 2

Chill for at least 2 hours prior to serving.

COMPONENTS PER PORTION

None

NUTRIENT**Amount per Serving**

Calories	35
Protein	1.42 g
Carbohydrates	6.85 g
Fat-total	0.40 g
Saturated Fat	0.23 g
Cholesterol	1 mg
Vitamin A (RE)	17 RE
Vitamin C	4.8 mg
Iron	0.16 mg
Calcium	45 mg
Sodium	308 mg
Fiber	0.26 g
% Protein	15.98
% Carbohydrate	77.36
% Total Fat	10.29
% Saturated Fat	5.97

BASIC SEASONED OIL**(MSR-12) Rev. Aug. 2007****Portion Size – 0.2 Teaspoon**

QUANTITY/PORTIONS			INGREDIENTS
1 CUP	1 PINT	1 QUART	
1 cup	2 cups	4 cups	Vegetable oil
2 Tablespoons	4 Tablespoons	½ cup	Granulated garlic
1 tsp.	2 tsp.	1 Tablespoon	Basil leaf, dried
1 tsp.	2 tsp.	1 Tablespoon	Oregano leaf, dried
2 Tablespoons	4 Tablespoons	½ cup	Parsley, dried
½ tsp.	1 tsp.	2 tsp.	Salt
½ tsp.	1 tsp.	2 tsp.	Black pepper
COMPONENTS PER PORTION			
None			
NUTRIENT			
	Amount per Serving		
Calories	4		
Protein	0.01 g		
Carbohydrates	0.03 g		
Fat-total	0.46 g		
Saturated Fat	0.08 g		
Cholesterol	0 mg		
Vitamin A (RE)	0 RE		
Vitamin C	0.02 mg		
Iron	0.01 mg		
Calcium	0.23 mg		
Sodium	2 mg		
Fiber	0.01 g		
% Protein	0.78		
% Carbohydrate	3.22		
% Total Fat	98.26		
% Saturated Fat	17.68		

METHOD**STEP 1**

Place the vegetable oil in a container that you will designate for seasoned oil. DO NOT use the measuring cup or a bowl that will be needed at another time. Make sure that you will be able to cover the seasoned oil securely.

STEP 2

Add the remaining ingredients to the oil (garlic, basil, oregano, parsley, salt & pepper). Whisk thoroughly to combine. Use as needed

NOTE: this oil can be used as is or as a base for other flavored oils. Once the oil is made either additional oil or herbs & spices can be added as they are depleted during use. REFRIGERATE this oil, covered, when not in use.

VARIATIONS: To ONE cup measure basic seasoned oil add the following:

PESTO: 1 Tablespoon prepared pesto sauce

TOMATO: 2 Tablespoons tomato paste

ROSEMARY: 1 Tablespoon dried rosemary leaves

PARMESAN: 1 Tablespoon parmesan cheese

SPICY: 1 teaspoon cayenne pepper & 1 teaspoon paprika

BARBECUE SPICE RUB**(MSR-15)****Portion Size –1 Tbsp.**

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
60 (3 ¾ cup)	
½ cup	Sugar
½ cup	Brown sugar, firmly packed
½ cup	Cumin, ground
½ cup	Chili powder
½ cup	Cracked black pepper
¼ cup	Cayenne pepper
1 cup	Paprika

METHOD**STEP 1**

Thoroughly blend the rub ingredients. Pat thickly over the meat or poultry 3 hours prior to cooking. Store in cooler.

Recommended applications: Most meats and poultry

COMPONENTS PER PORTION

None

NUTRIENT**Amount per Serving**

Calories	26
Protein	0.62 g
Carbohydrates	5.71 g
Fat-total	0.63 g
Saturated Fat	0.09 g
Cholesterol	0 mg
Vitamin A (RE)	144 RE
Vitamin C	2.2 mg
Iron	1.32 mg
Calcium	18 mg
Sodium	12 mg
Fiber	1.04 g
% Protein	9.44
% Carbohydrate	87.13
% Total Fat	21.51
% Saturated Fat	3.18

CAJUN SPICE RUB**(MSR-20)****Portion Size – 1 Tbsp.**

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
60 (3 ¾ cup)	
4 oz.	White pepper
1 oz.	Thyme leaves, dried
1 oz.	Oregano, dried
6 ½ oz.	Garlic, dehydrated
1 cup	Cracked black pepper
4 oz.	Cayenne pepper
3 oz.	Paprika
4 oz.	Onions, dehydrated
1 ½ oz.	Basil, dried

METHOD**STEP 1**

Thoroughly blend the rub ingredients. Pat thickly over the meat or poultry 3 hours prior to cooking. Store in cooler.

Recommended applications: beef, chicken, pork

COMPONENTS PER PORTION

None

NUTRIENT**Amount per Serving**

Calories	38
Protein	1.59 g
Carbohydrates	8.52 g
Fat-total	0.70 g
Saturated Fat	0.14 g
Cholesterol	0 mg
Vitamin A (RE)	165 RE
Vitamin C	5.6 mg
Iron	2.28 mg
Calcium	52 mg
Sodium	3 mg
Fiber	2.71 g
% Protein	16.64
% Carbohydrate	89.08
% Total Fat	16.50
% Saturated Fat	3.36

CAPISTRANO SPICE RUB (MSR-25)

Portion Size – 1 Tbsp.

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
60 (3 3/4 cups)	
1/2 cup	Oregano, dried
1/2 cup	Basil, dried
1/2 cup	Thyme, dried
1/2 cup	Rosemary, dried, chopped
1/2 cup	Cracked black pepper
1/4 cup	Garlic powder

METHOD

STEP 1

Thoroughly blend the rub ingredients. Pat thickly over the meat or poultry 3 hours prior to cooking. Store in cooler.

Recommended applications: Most meats and poultry

COMPONENTS PER PORTION

None

NUTRIENT Amount per Serving

Calories	14
Protein	0.61 g
Carbohydrates	3.26 g
Fat-total	0.30 g
Saturated Fat	0.09 g
Cholesterol	0 mg
Vitamin A (RE)	21 RE
Vitamin C	2.0 mg
Iron	1.97 mg
Calcium	59 mg
Sodium	1 mg
Fiber	1.60 g
% Protein	16.73
% Carbohydrate	89.90
% Total Fat	18.48
% Saturated Fat	5.80

GREEK SPICE RUB (MSR-35)

Portion Size – 1 Tbsp.

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
60 (3/3/4 cup)	
1/2 cup	Oregano, dried
1 cup	Mint, fresh, chopped
1 cup	Lemon juice
1/4 cup	Cracked black pepper

METHOD

STEP 1

Thoroughly blend the rub ingredients. Pat thickly over the meat or poultry 3 hours prior to cooking. Store in cooler.

Recommended applications: lamb, chicken

COMPONENTS PER PORTION

None

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	3
Protein	0.12 g
Carbohydrates	0.90 g
Fat-total	0.07 g
Saturated Fat	0.01 g
Cholesterol	0 mg
Vitamin A (RE)	6 RE
Vitamin C	2.1 mg
Iron	35 mg
Calcium	10 mg
Sodium	0 mg
Fiber	0.34 g
% Protein	13.26
% Carbohydrate	102.22
% Total Fat	17.62
% Saturated Fat	4.58

ITALIAN SEASONING (MSR-40)

Portion Size – 1 Tsp.

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>50</u>	<u>100</u>	<u>250</u>	
¼ cup + 1 ½ tbsp.	½ cup + 3 ½ tbsp.	1 ¾ cup + 2 tsp.	Basil, dried
¼ cup + 1 ½ tbsp.	½ cup + 3 ½ tbsp.	1 ¾ cup + 2 tsp.	Oregano leaves, dried
¼ cup + ½ tsp.	½ cup + 1 tsp.	1 ¼ cup + 2 ½ tsp.	Marjoram, dried
1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.	¼ cup + 1 tbsp.	Thyme leaf, dried

METHOD

STEP 1

Combine all ingredients.

STEP 2

Before using, stir or shake all ingredients well.
(Ingredients may settle during storage.)

COMPONENTS PER PORTION

None

NUTRIENT

Amount per Serving

Calories	3
Protein	0.15 g
Carbohydrates	0.77 g
Fat-total	0.09 g
Saturated Fat	0.01 g
Cholesterol	0 mg
Vitamin A (RE)	9 RE
Vitamin C	0.6 mg
Iron	0.66 mg
Calcium	22 mg
Sodium	0 mg
Fiber	0.50 g
% Protein	17.81
% Carbohydrate	89.94
% Total Fat	23.32
% Saturated Fat	4.72

OREGANO AND CUMIN LIME RUB (MSR-50)

Portion Size – 1 Tbsp.

<u>QUANTITY/PORTIONS</u>	<u>INGREDIENTS</u>
60 (3 ¾ cup)	
½ cup	Oregano, dried
1 cup	Cumin, ground
1 cup	Lime juice
¼ cup	Cracked black pepper

METHOD

STEP 1

Thoroughly blend the rub ingredients. Pat thickly over the meat or poultry 3 hours prior to cooking. Store in cooler.

Recommended applications: beef, lamb pork, chicken

COMPONENTS PER PORTION

None

NUTRIENT

Amount per Serving

Calories	12
Protein	0.53 g
Carbohydrates	2.43 g
Fat-total	0.46 g
Saturated Fat	0.05 g
Cholesterol	0 mg
Vitamin A (RE)	6 RE
Vitamin C	1.8 mg
Iron	1.74 mg
Calcium	30 mg
Sodium	3 mg
Fiber	0.83 g
% Protein	16.78
% Carbohydrate	76.58
% Total Fat	32.93
% Saturated Fat	3.90

ROSEMARY AND GARLIC RUB (MSR-55)

Portion Size – 1 Tbsp.

<u>QUANTITY/PORTIONS</u>		<u>INGREDIENTS</u>
60 (3 ¾ cup)		
¾ cup		Rosemary, dried
1 cup		Garlic, minced
2 cups		Cracked black pepper
COMPONENTS PER PORTION		
None		
<u>NUTRIENT</u>	<u>Amount per Serving</u>	
Calories	12	
Protein	0.50 g	
Carbohydrates	3.02 g	
Fat-total	0.18 g	
Saturated Fat	0.07 g	
Cholesterol	0 mg	
Vitamin A (RE)	2 RE	
Vitamin C	1.5 mg	
Iron	1.07 mg	
Calcium	23 mg	
Sodium	1 mg	
Fiber	1.07 g	
% Protein	15.83	
% Carbohydrate	95.61	
% Total Fat	12.91	
% Saturated Fat	5.01	

METHOD

STEP 1

Thoroughly blend the rub ingredients. Pat thickly over the meat or poultry 3 hours prior to cooking. Store in cooler.

Recommended applications: beef, lamb