

Cooking A World of New Tastes



R E C I P E S





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Thick Vegetable Soup

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium vegetable stock.....		3 gal		6 gal		1. Pour vegetable stock into steam-jacketed kettle and bring to boil. 2. Add soaked pinto beans, cover, and simmer for 30 minutes. 3. Add lentils, barley, onions, carrots, celery, potatoes, tomato paste, and white pepper. Simmer, covered, for 20 to 25 minutes.
Dry pinto beans (see preparation note)	8 oz	1 1/4 cups	1 lb	2 1/2 cups		
Dry lentils	8 oz	1 1/4 cups	1 lb	2 1/2 cups		
Pearled barley	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups....		
Onions, finely diced	1 lb	3 1/2 cups	2 lb	1 qt 3 cups....		
OR						
Dried onions	2 oz	3/4 cup	4 oz	1 1/2 cups		
Fresh carrots, 1/2" dice	2 lb	1 qt 2 cups....	4 lb	3 qt		
Fresh celery, 1/2" dice	8 oz	3 1/2 cups	1 lb	1 qt 3 cups....		
Fresh white potatoes, peeled, cubed	1 lb	3 cups	2 lb	1 qt 2 cups....		
Tomato paste	8 oz	1 cup	1 lb	2 cups		
White pepper		1 tsp		2 tsp		
Frozen corn	1 lb	3 cups	2 lb	1 qt 2 cups....		4. Add corn, green beans, and cabbage (optional) and simmer, covered, for 15 minutes.
Frozen cut green beans	1 lb	1 qt	2 lb	2 qt		
Fresh cabbage, shredded (optional)	1 lb	1 qt 1/2 cup ...	2 lb	2 qt 1 cup		

(over)



Thick Vegetable Soup (continued, page 2 of 2)

Serving: 1 cup (8 ounce ladle) provides
1/4 serving of cooked dry beans,
3/8 cup of vegetable, and
1/2 serving of grains/breads

Yield: 50 servings: 28 lb 13 oz
100 servings: 57 lb 10 oz

Volume: 50 servings: 3 gal 1 qt
100 servings: 6 gal 2 qt

Special Tip: Garnish with Parmesan cheese.

Preparation Note

Soaking Beans

Overnight method: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and let stand overnight in a refrigerator. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Nutrients Per Serving

Calories	142	Saturated Fat	.4 g	Iron	1.8 mg
Protein	9 g	Cholesterol	0 mg	Calcium	35 mg
Carbohydrate	23 g	Vitamin A	477 RE/4767 IU	Sodium	86 mg
Total Fat	1.8 g	Vitamin C	7 mg	Dietary Fiber	6 g

Source: USDA's Tool Kit for Healthy School Meals: Recipes and Training Materials



Broccoli Salad

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh broccoli	6 lb 12 oz	2 gal 2 qt	13 lb 8 oz	5 gal		1. Wash broccoli. Cut heads into florets. Dice stems.
Lowfat mayonnaise	2 lb	1 qt	4 lb	2 qt		2. Combine lowfat mayonnaise, sugar, vinegar, and milk. Mix well. Add to diced broccoli.
Sugar	1 lb	2 cups	2 lb	1 qt		
White vinegar		1/4 cup		1/2 cup		
Lowfat milk		1/4 cup		1/2 cup		
Raisins	2 lb 6 oz	1 qt 3 1/2 cups	4 lb 12 oz	3 qt 3 cups		3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing.
Walnuts, chopped (optional)	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups		
Red onions, sliced (optional)	6 oz	1 cup	12 oz	2 cups		
						4. Chill before serving. (For best results, chill for at least 2 hours before serving.)

Serving: 1/2 cup (No. 8 scoop) provides
3/8 cup of vegetable and fruit

Yield: 50 servings: 11 lb 3 oz
100 servings: 22 lb 6 oz

Volume: 50 servings: 2 1/2 gallons
100 servings: 5 gallons

Nutrients Per Serving

Calories	156	Saturated Fat	.7 g	Iron	.9 mg
Protein	2 g	Cholesterol	4 mg	Calcium	36 mg
Carbohydrate	32 g	Vitamin A	78 RE/774 IU	Sodium	107 mg
Total Fat	3.8 g	Vitamin C	47 mg	Dietary Fiber	2 g





Herbed Broccoli and Cauliflower Polonaise

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter, melted . Lemon juice	8 oz.....	1 cup 1/4 cup.....	1 lb	2 cups 1/2 cup.....		1. Heat margarine or butter in a stock pot until browned. 2. Turn off heat and add lemon juice.
Onions, 1/4" diced OR †Dried onions	5 oz.....	1 cup 1/4 cup.....	10 oz.....	2 cups 1/2 cup.....		3. Add fresh or rehydrated onions, basil, parsley, white pepper, onion, salt, Parmesan cheese, and bread crumbs to the margarine or butter. Mix, then set aside.
Dried basil leaves		1 Tbsp		2 Tbsp		
Dried parsley		2 Tbsp		4 Tbsp		
White pepper		1/2 tsp		1 tsp		
Onion salt		2 tsp		1 Tbsp 1 tsp ..		
Parmesan cheese, grated	4 oz.....	3/4 cup.....	8 oz.....	1 1/2 cups		
Dry bread crumbs	10 oz.....	2 cups	1 lb 4 oz	1 qt		
Frozen broccoli spears	6 lb 4 oz		12 lb 8 oz			4. Place broccoli and cauliflower in separate 12" x 20" x 2 1/2" steam table pans. Steam each pan in low-pressure steamer for 6 minutes or until vegetables are tender. Drain water from pans. 5. Combine 2 lb 13 oz of cooked broccoli and 2 lb 13 oz of cooked cauliflower in each 12" x 20" x 2 1/2" steam table pan. 6. Sprinkle 2 cups of bread crumb mixture over each pan of vegetables before serving. 7. Each pan serves 25.
Frozen cauliflower	6 lb 4 oz		12 lb 8 oz			

†Rehydrate onions in an equal amount of water. Do not drain.

(over)



Herbed Broccoli and Cauliflower Polonaise

(continued, page 2 of 2)

Serving: 1/2 cup (No. 8 scoop) provides
1/2 cup of vegetable

Yield: 50 servings: 12 lb 11 oz
100 servings: 25 lb 6 oz

Special Tip: For best results, use perforated pans to steam vegetables.

Nutrients Per Serving

Calories	97	Saturated Fat	1.3 g	Iron	1.1 mg
Protein	5 g	Cholesterol	2 mg	Calcium	82 mg
Carbohydrate	10 g	Vitamin A	125 RE/927 IU	Sodium	216 mg
Total Fat	5.0 g	Vitamin C	54 mg	Dietary Fiber	3 g

Source: USDA's Tool Kit for Healthy School Meals: Recipes and Training Materials



Orange Glazed Sweet Potatoes

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned cut sweet potatoes, with light syrup	8 lb 7 oz	1 ¹ / ₄ No. 10 cans	16 lb 14 oz.	2 ¹ / ₂ No. 10 cans		1. Drain sweet potatoes, reserving liquid. For 50 servings, reserve 1 cup liquid. For 100 servings, reserve 2 cups liquid. Set liquid aside for step 3.
						2. Place 5 lb 9 oz (3 ¹ / ₂ qt) sweet potatoes into each steamtable pan (12"x20"x2 ¹ / ₂ "). For 50 servings, use 1 steamtable pan. For 100 servings, use 2 steamtable pans.
Butter or margarine	4 oz	1/2 cup	8 oz	1 cup		3. For glaze: Combine butter or margarine, brown sugar, undiluted orange juice concentrate, sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend.
Brown sugar, packed	5 ¹ / ₄ oz	1/2 cup 3 Tbsp	10 1/2 oz	1 ¹ / ₄ cups 2 Tbsp		
Undiluted frozen orange juice concentrate	7 oz	3/4 cup	14 oz	1 ¹ / ₄ cups		
Ground nutmeg (optional)		1 tsp		2 tsp		
Ground cinnamon		1 tsp		2 tsp		
Raisins (optional)		1 cup	10 oz	2 cups		4. Bring to boil. Remove from heat. Add raising (optional).
						5. Pour 2 ³ / ₄ cups glaze over each pan of sweet potatoes. Bake: Conventional oven; 375°F for 20-30 minutes Convection oven: 325°F for 15-20 minutes
						6. Portion 1/4 cup per serving.

(over)



Orange Glazed Sweet Potatoes
(continued, page 2 of 2)

Serving: 1/4 cup provides
1/4 cup of vegetable.

Yield: 50 servings: 1 steamtable pan
100 servings: 2 steamtable pans

Variation

a. Orange Glazed Carrots

50 servings: Omit step 1. In step 2, omit sweet potatoes. Use 5 lb 5 oz (1 1/4 No. 10 cans) drained sliced carrots. In step 3, omit sweet potato liquid. Use 1 cup water mixed with 2 Tbsp 2 tsp cornstarch. Continue with steps 4-6.

100 servings: Omit step 1. In step 2, omit sweet potatoes. Use 10 lb 10 oz (2 1/2 No. 10 cans) drained sliced carrots. In step 3, omit sweet potato liquid. Use 2 cups water mixed with 1/3 cup cornstarch. Continue with steps 4-6.

Nutrients Per Serving

Calories	102	Vitamin A	456 RE/3,361 IU	Iron	0.8 mg
Protein	1 g	Vitamin C	11.6 mg	Calcium	16 mg
Carbohydrate	20 g	Thiamin	0.03 mg	Phosphorus	24 mg
Fat	2 g	Riboflavin	0.04 mg	Potassium	180 mg
Cholesterol	5 mg	Niacin	0.26 mg	Sodium	53 mg

Source: USDA's Quantity Recipes for School Food Service



Chinese Style Vegetables

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Assorted frozen and/or fresh vegetables GROUP A Broccoli Carrots Cauliflower Celery Onions GROUP B Cabbage Green beans Green peas Yellow summer squash Zucchini Optional vegetables Bean sprouts Snow peas Red or green peppers Pimientos Water chestnuts	6 lb 4 oz		12 lb 8 oz			1. Select a colorful assortment of 4 or more vegetables from vegetable list. (Frozen vegetables may be mixed with fresh vegetables.) Keep Group A vegetables separate from Group B vegetables, as they require different cooking times in step 3. Clean, slice, and cut vegetables into bite-size pieces.
Water		1/2 cup		1 cup		2. Combine water, soy sauce, and garlic powder. Set aside for step 6.
Soy sauce		1/4 cup		1/2 cup		
Garlic powder		2 tsp		1 Tbsp 1 tsp ..		3. Heat oil in steam-jacketed kettle.
Vegetable oil		1/2 cup		1 cup		
Black pepper		1/2 tsp		1 tsp		4. Add pepper to oil and stir.

(over)



Chinese Style Vegetables (continued, page 2 of 2)

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.
						6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.
						7. Cover, lower heat, and steam for 2-3 minutes. VEGETABLES SHOULD NOT BE OVERCOOKED as they will continue to cook on the steamtable.
						8. Pour into serving pans.
						9. Portion 1/4 cup per serving.

Serving: 1/4 cup provides
1/4 cup of vegetable.

Yield: 50 servings: about 3 3/4 quarts
100 servings: about 2 gallons

Nutrients Per Serving*

Calories	37	Vitamin A	247 RE/2345 IU	Iron	0.5 mg
Protein	1 g	Vitamin C	18.6 mg	Calcium	18 mg
Carbohydrate	4 g	Thiamin	0.03 mg	Phosphorus	23 mg
Fat	2 g	Riboflavin	0.03 mg	Potassium	143 mg
Cholesterol	0 mg	Niacin	0.20 mg	Sodium	121 mg

Source: USDA's Tool Kit for Healthy School Meals:
Recipes and Training Materials

*Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, onion, and canned bean sprouts are used in the nutrient calculation.



Spaghetti and Meat Sauce

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef..... (no more than 24% fat)	8 lb 10 oz		17 lb 4 oz			1. Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes.
Dehydrated onions	6 oz.....	1 ³ / ₄ cup.....	12 oz.....	3 ¹ / ₂ cups		
OR	OR	OR	OR	OR		
Fresh onions, chopped	3 lb	2 qt	6 lb	1 gal		
Garlic powder		1 Tbsp 1 ¹ / ₂ tsp		3 Tbsp		2. Add pepper, canned tomatoes, tomato paste, water, and seasonings. Simmer about 1 hour.
Black pepper		1 ¹ / ₂ tsp		1 Tbsp		
Canned tomatoes, with liquid, chopped	4 lb 4 oz	2 ² / ₃ No. 10 can	8 lb 8 oz	1 ¹ / ₃ No. 10 cans		
Tomato paste	1 lb 12 oz	1 ¹ / ₄ No. 10 can	3 lb 8 oz	1 ¹ / ₂ No. 10 can		
Water		1 ¹ / ₂ qt		3 qt		
Seasonings						
Flaked basil		3 Tbsp 2 tsp ..		1 ¹ / ₄ cup 3 Tbsp		
Flaked oregano		3 Tbsp 2 tsp ..		1 ¹ / ₄ cup 3 Tbsp		
Flaked marjoram		2 Tbsp 2 tsp ..		1 ¹ / ₄ cup 1 Tbsp		
Flaked thyme		1 ¹ / ₂ tsp		1 Tbsp		
Water		3 gal		6 gal		3. Heat water to rolling boil. Add salt.
Salt		1 Tbsp		2 Tbsp		
Spaghetti, broken into thirds	3 lb 1 oz		6 lb 2 oz			4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
						5. Stir into meat sauce.
						6. Pour into serving pans.
						7. Portion ³ / ₄ cup per serving.



Spaghetti and Meat Sauce (continued, page 2 of 2)

Serving: $\frac{3}{4}$ cup provides 2 ounces of cooked lean meat, $\frac{3}{8}$ cup of vegetable, and 1 serving of bread alternate.

Yield: 50 servings: about 2 $\frac{3}{4}$ gallons
100 servings: about 5 gallons

Variation

a. Spaghetti and Meat Sauce (Ground Beef and Ground Pork)

50 servings: In step 1, use 5 lb 10 oz raw ground beef and 3 lb raw ground pork (no more than 24 percent fat). Continue with steps 2-7.

100 servings: In step 1, use 11 lb 4 oz raw ground beef and 6 lb raw ground pork (no more othan 24 percent fat). Continue with steps 2-7.

Nutrients Per Serving

Calories	288	Vitamin A	75 RE/628 IU	Iron	3.0 mg
Protein	18 g	Vitamin C	14.0 mg	Calcium	44 mg
Carbohydrate	26 g	Thiamin	0.20 mg	Phosphorus	180 mg
Fat	12 g	Riboflavin	0.24 mg	Potassium	526 mg
Cholesterol	49 mg	Niacin	4.73 mg	Sodium	191 mg



Stagecoach Spaghetti

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Onions diced	15 oz	2 cups	1 lb 14 oz	1 qt		1. Saute onions and turkey until no signs of pink remain. Drain fat and return to heat.
OR Dried onions		2 Tbsp		1/4 cup		
Ground turkey	4 lb 12 oz		9 lb 8 oz			
Canned diced tomatoes	6 lb 8 oz	3 qt	13 lb	1 gal 2 qt		
Dried oregano leaf		1 tsp		2 tsp		
Dried thyme leaf		1 tsp		2 tsp		
Dried basil leaf		1 Tbsp		2 Tbsp		
Salt		1 1/2 tsp		1 Tbsp		
Black pepper		3/4 tsp		1 1/2 tsp		
Granulated garlic		2 tsp		1 Tbsp 1 tsp ..		
Wagonwheel pasta	2 lb 10 oz	3 qt	5 lb 4 oz	1 gal 1 qt		
Parmesan cheese, grated	2 oz	1/2 cup	4 oz	1 cup		2. Add diced tomatoes, oregano, thyme, basil, salt, pepper and garlic to turkey mixture and simmer, covered, for one hour over low heat, stirring occasionally.
						3. Cook pasta in boiling water until tender-firm, about 8 minutes. Drain.
						4. Add drained, cooked pasta and parmesan to turkey mixture and blend. Heat to 165°F. Portion using a No. 6 scoop, (2/3 cup).



Stagecoach Spaghetti and Meat Sauce
(continued, page 2 of 2)

Serving: 1/3 cup
Provides 1 oz of cooked poultry,
1/4 cup of vegetable, and
1 serving of grains/breads

Yield: 50 servings: 15 lb 9 oz
100 servings: 31 lb 2 oz

Volume: 50 servings: 2 gal
100 servings: 4 gal

Nutrients Per Serving					
Calories	165	Cholesterol	35 mg	Calcium	43 mg
Protein	11 g	Vitamin A	39 RE/372 IU	Sodium	216 mg
Carbohydrate	20 g	Vitamin C	9 mg	Dietary Fiber	2 g
Fat	4.4 g	Iron	1.8 mg		
Saturated Fat	1.3 g				



Orange Rice Pilaf

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh onions, chopped	8 oz	1 ² / ₃ cups	1 lb	3 ¹ / ₃ cups		1. Place onions, water, orange juice, seasonings, and bay leaves in a stockpot. Boil for 5 minutes or until onions are tender. Remove bay leaves.
OR Dried onions, minced	2 oz	³ / ₈ cup	4 oz	³ / ₄ cup		
Water		2 qt		1 gal		
Orange juice		2 qt		1 gal		
Salt		2 tsp		1 Tbsp 1 tsp ..		
White pepper		1 tsp		2 tsp		
Bay leaves		4 each		8 each		
White rice	3 lb 4 oz	1 qt 3 cups....	6 lb 8 oz	3 qt 2 cups....		2. Weigh out 3 lb 4 oz of rice into each 12" x 20" x 2 ¹ / ₂ " steam table pan. Add 1 gal 1 cup of liquid per pan. Cover with foil or metal lid. 3. To Bake: Conventional Oven 350°F, 45 minutes Convection Oven 350°F, 30 minutes Compartment Steamer 30 minutes

(over)



Orange Rice Pilaf (continued, page 2 of 2)

Serving: 1/2 cup (No. 8 scoop)
provides 1 serving of grains/breads

Yield: 50 servings: 11 lb 2 oz
100 servings: 22 lb 4 oz

Special Tip: One-half cup (2 oz) of toasted almonds may be added to each pan of pilaf, after cooking, for color and taste. To toast almonds, spread almonds on a half-sheet pan (18" x 13" x 1"). Bake in a conventional oven at 350°F for 15 minutes, until lightly browned.

Nutrients Per Serving

Calories	127	Saturated Fat	0 g	Iron	1.3 mg
Protein	2 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	28 g	Vitamin A	3 RE/31 IU	Sodium	96 mg
Total Fat	.2 g	Vitamin C	15 mg	Dietary Fiber	1 g



Brown Rice Pilaf

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Brown rice	1 lb 7 oz	3 ¹ / ₄ cups	2 lb 14 oz	1 qt 2 ¹ / ₂ cups		1. Place 1 lb 7 oz of brown rice and 1 lb 7 oz of white rice in each 12" x 20" x 2 ¹ / ₂ " steam table pan.
White rice	1 lb 7 oz	3 ¹ / ₄ cups	2 lb 14 oz	1 qt 2 ¹ / ₂ cups		
Low-sodium chicken stock, non-MSG		3 qt 1 cup		1 gal 2 qt 2 cups		2. Heat the chicken stock, white pepper, and onions in a pot. Bring to a boil.
White pepper		1 ¹ / ₂ tsp		1 tsp		
Onions, 1 ¹ / ₄ " diced	4 oz	3 ³ / ₄ cup	8 oz	1 ¹ / ₂ cups		3. Add 3 quarts 1 cup of hot chicken stock to each pan of rice and cover with lid or foil. 4. To Bake: Conventional Oven 350°F, 50 minutes Convection Oven 350°F, 40 minutes Compartment Steamer 40 minutes
OR †Dried onions, diced	1 oz	3 ³ / ₈ cup	2 oz	3 ³ / ₄ cup		

†Rehydrate onions in an equal amount of water. Do not drain.

Serving: 1/2 cup (No. 8 scoop)
provides 1 serving of grains/breads

Yield: 50 servings: 9 lb 6 oz
100 servings: 18 lb 12 oz

Source: USDA's Tool Kit for Healthy School Meals:
Recipes and Training Materials

Nutrients Per Serving

Calories	107	Saturated Fat	.2 g	Iron	.9 mg
Protein	3 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	21 g	Vitamin A	0 RE/0 IU	Sodium	20 mg
Total Fat	.8 g	Vitamin C	0 mg	Dietary Fiber	1 g



Stir-Fry (Chicken, Beef, Pork)

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		1 cup		2 cups		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch	4 oz.....	³ / ₄ cup 2 Tbsp	8 oz.....	1 ³ / ₄ cups		
Ground ginger		¹ / ₂ tsp		1 tsp		
Granulated garlic		3 Tbsp		6 Tbsp		
White pepper		2 tsp		1 Tbsp 1 tsp ..		
Low-sodium chicken stock, non-MSG		2 qt		1 gal		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						Prepare no more than 50 portions per batch. 4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal		
Fresh carrots, peeled, ¹ / ₄ " slices	5 lb 10 oz	1 gal 2 cups..	11 lb 4 oz	2 gal 1 qt		
Onions, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		
OR †Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb			
Vegetable oil		¹ / ₂ cup		1 cup		5. Saute chicken in oil for 3 to 5 minutes until no signs of pink remain. Add chicken to vegetables in steam table pan. Add sauce and mix to coat chicken and vegetables. Heat to serving temperature.
Skinless, boneless chicken breasts, cut 2" x 2"	9 lb		18 lb			
Vegetable oil		1 cup		2 cups		

†If using Oriental vegetables, add frozen vegetables to sauteed chicken in Step 5.



Stir-Fry
(continued, page 2 of 2)

Serving: 1 cup (2 No. 8 scoops)
provides 2 ounces of meat and
5/8 cup of vegetable

Yield: 50 servings: 23 lb 4 oz
100 servings: 46 lb 8 oz

Variations

a. Beef Stir-Fry

50 servings: Follow Steps 1-4. In Step 5, use 10 lb 4 oz of boneless beef top round, cut in 1/2" cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

100 servings: Follow Steps 1-4. In Step 5, use 20 lb 8 oz of boneless beef top round, cut in 1/2" cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

b. Pork Stir-Fry

50 servings: Follow Steps 1-4. In Step 5, use 11 lb 9 oz of boneless pork shoulder or loin, cut in 1/2" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

100 servings: Follow Steps 1-4. In Step 5, use 23 lb 2 oz of boneless pork shoulder or loin, cut in 1/2" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

- Special Tips:** 1) For an authentic Oriental flavor, substitute 1/4 cup of sesame oil for 1/4 cup of vegetable oil to saute chicken, for each 50 servings.
- 2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

Nutrients Per Serving

Calories	208	Saturated Fat	1.4 g	Iron	1.5 mg
Protein	22 g	Cholesterol	47 mg	Calcium	51 mg
Carbohydrate	12 g	Vitamin A1355 RE/13640 IU		Sodium	251 mg
Total Fat	8.1 g	Vitamin C	46 mg	Dietary Fiber	3 g

Source: USDA's Tool Kit for Healthy School Meals: Recipes and Training Materials



Stir-Fry Sauce

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		1 cup		2 cups		1. Dissolve cornstarch in soy sauce. Add spices and sesame oil (optional) to this mixture.
Cornstarch	4 oz	³ / ₄ cup 2 Tbsp	8 oz	1 ³ / ₄ cups		
Ground ginger		¹ / ₂ tsp		1 tsp		
Granulated garlic		3 Tbsp		¹ / ₄ cup 2 Tbsp		
White pepper		2 tsp		1 Tbsp 1 tsp ..		
Sesame oil (optional)		¹ / ₄ cup		¹ / ₂ cup		
Low-sodium beef, chicken, or vegetable stock, non-MSG		2 qt		1 gal		2. Heat beef, chicken, or vegetable stock in pot to the boiling point. 3. Slowly stir in cornstarch-soy sauce mixture and return to boil. Continue cooking until sauce is smooth and thickened. Remove from heat.

Serving: 3 Tbsp

YIELD: 50 servings: 4 lb 14 oz
100 servings: 9 lb 12 oz

Volume: 50 servings: 2 qt 1¹/₂ cups
100 servings: 1 gal 3 cups

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 qt of sauce for each 12 lb of vegetables.

Nutrients Per Serving

Calories	16	Saturated Fat	.1 g	Iron	.1 mg
Protein	1 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	3 g	Vitamin A	0 RE/1 IU	Sodium	388 mg
Total Fat	.1 g	Vitamin C	0 mg	Dietary Fiber	0 g





Chicken Fajitas

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Marinade: Vegetable stock, non-MSG Cornstarch		2 cups 1/4 cup		1 qt 1/2 cup		1. Dissolve the cornstarch in the vegetable stock. 2. Heat over medium heat until thickened. Cool.
Vegetable oil		2 cups		1 qt		3. Add the oil to the cooled, thickened stock mixture.
White vinegar Sugar White pepper Garlic powder Chili powder Ground cumin Dried oregano leaves	 12 oz	2 cups 1 1/2 cups 1 Tbsp 1 tsp .. 1 Tbsp 1 tsp .. 2 Tbsp 1 1/4 tsp 2 tsp	 1 lb 8 oz	1 qt 3 cups 2 Tbsp 2 tsp .. 2 Tbsp 2 tsp .. 1/4 cup 2 1/2 tsp 1 Tbsp 1 tsp		4. Combine the white vinegar, sugar, white pepper, garlic powder, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
Raw, boned, skinless chicken breasts, 1/2" slices	9 lb		18 lb			5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator. 6. Drain the chicken, reserving the marinade. 7. Preheat grill to 350° F. For each batch of fajitas, pour 2 cups of the marinade on the heated grill. Add 9 lb of the sliced chicken and saute about 10 minutes, until no signs of pink remain. Remove to steam table pan.

(over)



Chicken Fajitas (continued, page 2 of 2)

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned corn, drained	2 lb 4 oz	1/2 No. 10 can	4 lb 8 oz	1 No. 10 can		8. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.
OR						
Frozen corn	2 lb 4 oz		4 lb 8 oz			
Onions, diced	12 oz	2 1/4 cups	1 lb 8 oz	1 qt 1/2 cup ...		
Fresh green peppers, diced ...	8 oz	1 2/3 cups	1 lb	3 1/3 cups		
Canned tomatoes, drained, chopped	1 lb	1/4 No. 10 can	2 lb	1/2 No. 10 can		9. For each serving, place 1/2 cup (3 1/2 oz) of filling on each tortilla. If desired, fold or roll tortilla over filling. Serve warm.
Canned salsa	1 lb		2 lb			
Flour tortillas, 7-inch		50 each		100 each		

Serving: 1 fajita provides 2 ounces of cooked poultry, 1/8 cup of vegetable, and 1 serving of grains/breads

Yield: 50 servings: 12 lb 4 oz (filling)
100 servings: 24 lb 8 oz (filling)

- Special Tips:** 1) If a grill is not available, a steam-jacketed kettle may be used to saute the chicken.
2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.
3) This makes an attractive lunch plate when served with Refried Beans.

Nutrients Per Serving

Calories	306	Saturated Fat	1.5 g	Iron	2.3 mg
Protein	23 g	Cholesterol	47 mg	Calcium	68 mg
Carbohydrate	33 g	Vitamin A	29 RE/261 IU	Sodium	379 mg
Total Fat	8.9 g	Vitamin C	8 mg	Dietary Fiber	2 g

Source: USDA's Tool Kit for Healthy School Meals:
Recipes and Training Materials



Gingerbread

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	14 oz.....	1 ³ / ₄ cups	1 lb 12 oz	3 ¹ / ₂ cups		1. Combine dry ingredients in mixer bowl using a paddle attachment. Blend on low speed for 1 minute.
All-purpose flour.....	2 lb 4 oz	1 qt 2 ³ / ₄ cups	4 lb 8 oz	3 qt 1 ¹ / ₂ cups		
Baking soda		2 Tbsp		1 ¹ / ₄ cup		
Salt		1 ¹ / ₂ tsp		1 Tbsp		
Ground cinnamon		1 Tbsp		2 Tbsp		
Ground cloves		1 tsp		2 tsp		
Ground ginger		1 tsp		2 tsp		
Vegetable oil		1 ³ / ₄ cups		3 ¹ / ₂ cups		2. Mix vegetable oil, egg whites, hot water, and molasses in a bowl with a wire whip for 2 minutes or until blended. Slowly add the oil mixture to dry ingredients on low speed and mix for 1 minute or until blended. Scrape down the sides of the bowl. 3. Pour 1 gallon (8 lb 12 oz) of batter into each lightly greased and floured 18" x 26" x 1" sheet pan. To Bake: Conventional Oven 350°F, 35 minutes Convection Oven 325°F, 25 minutes 4. Cut each cake 10x5 into 50 pieces.
Frozen egg whites, thawed OR	12 oz.....	1 ¹ / ₂ cups	1 lb 8 oz	3 cups		
Fresh large egg whites		10 each		20 each		
Hot water		3 ³ / ₄ cups		1 qt 3 ¹ / ₂ cups		
Molasses		3 ¹ / ₂ cups		1 qt 3 cups....		

(over)



Gingerbread
(continued, page 2 of 2)

Serving: 1 piece

Yield: 50 servings: 8 lb 2 oz
100 servings: 16 lb 4 oz

Special Tips: 1) To make pouring easy, place bottles of molasses in hot water for 5 minutes before using.

2) Serve with Whipped Topping (C-19), powdered sugar, or Orange Glaze (C-24).

3) Cupcakes can be made for a special occasion. Using a No. 16 scoop (1/4 cup), portion into greased or paper-lined muffin tins. Bake in a 375°F conventional oven for 15 to 20 minutes. One gallon of batter makes approximately 50 cupcakes.

Nutrients Per Serving					
Calories	238	Saturated Fat	1.2 g	Iron	2.1 mg
Protein	3 g	Cholesterol	0 mg	Calcium	53 mg
Carbohydrate	40 g	Vitamin A	0 RE/1 IU	Sodium	242 mg
Total Fat	7.9 g	Vitamin C	0 mg	Dietary Fiber	1 g

Source: USDA's Tool Kit for Healthy School Meals: Recipes and Training Materials



Spicy Italian Roast Potato Chunks

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Baking potatoes, 80 count	16 lb 11 oz ...	25 80-count..	33 lb 6 oz	50 80-count..		1. Wash potatoes and cut into bite-sized chunks, skin on. 2. Toss potatoes with oil to lightly coat surface. Spread 8 lb 6 oz (1 gal 2 qt 2 cups) of pieces evenly over each sheet pan. (18" x 26" x 1"). 3. Combine white pepper, garlic, and paprika. 4. Sprinkle 2 1/2 Tbsp of seasoning mix over each sheet tray of potatoes. 5. Bake in a 450°F conventional oven for 20 minutes or a 400°F convection oven for 20 minutes. 6. Portion potatoes using a No. 8 scoop (1/2 cup).
Vegetable oil		1/2 cup		1 cup		
OR						
Olive oil		1/2 cup		1 cup		
White pepper		1 Tbsp 1 tsp ..		2 Tbsp 2 tsp ..		
Granulated garlic		2 Tbsp		1/4 cup		
Paprika		2 Tbsp		1/4 cup		

Serving: 1/2 cup potatoes (with skin)
Provides 1/2 cup of vegetable

Yield: 50 servings: 13 lb 6 oz
100 servings: 23 lb 12 oz

Nutrients Per Serving

Calories	153	Saturated Fat	.4 g	Iron	1.7 mg
Protein	3 g	Cholesterol	0 mg	Calcium	13 mg
Carbohydrate	31 g	Vitamin A	5 RE/51 IU	Sodium	10 mg
Total Fat	2.3 g	Vitamin C	16 mg	Dietary Fiber	3 g





Fruit Pan Dowdy

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned, sliced peaches	7 lb 2 oz	3 qt 3 cups....	14 lb 4 oz	1 gal 3 qt		1. Drain peach slices and reserve juice. Set aside. 2. Using the paddle attachment, blend flour, baking soda, salt, and sugar at low speed for 30 seconds. 3. Whisk eggs until smooth. Add eggs, reserved juice, and water to dry ingredients and mix at low speed for 1 minute. Scrape sides of bowl and mix at medium speed for 1 minute. 4. Spread 3 lb 12 oz (1 qt 2 cups) of batter in each lightly greased steam table pan (12" x 20" x 2 1/2"). 5. Distribute 3 lb 9 oz (1 qt 3 1/2 cups) of peaches evenly over each pan of batter. Blend brown sugar and cinnamon. Sprinkle 1/2 cup (4 oz) evenly over each pan. 6. Blend brown sugar and cinnamon. Sprinkle 1/2 cup (4 oz) evenly over each pan. 7. Bake in a 350°F conventional oven for 50 minutes or a 325°F convection oven for 50 minutes. 8. Cut each pan into 25 portions (5x5).
or Canned, mixed fruit	7 lb 2 oz	3 qt 3 cups....	14 lb 4 oz	1 gal 3 qt		
All purpose flour	3 lb	2 qt 1 1/2 cups	6 lb	1 gal 3 cups ..		
Baking soda		3 Tbsp		1/4 cup 2 Tbsp		
Salt		1 Tbsp		2 Tbsp		
Sugar	1 lb 1 oz	2 1/4 cups	2 lb 2 oz	1 qt 1/2 cup ...		
Frozen whole eggs, thawed ..	6 oz	3/4 cup	12 oz	1 1/2 cups		
or Fresh large eggs	6 oz	3 each		6 each		
Reserved juice from peaches		1 1/2 cups		3 cups		
Water		1 qt 1/2 cup ...		2 qt 1 cup		
Brown sugar	8 oz	1 cup	1 lb	2 cups		
Ground cinnamon		1 Tbsp		2 Tbsp		

Serving: 1 piece
Provides 1/2 cup of fruit

Yield: 50 servings: 12 lb 6 oz
100 servings: 24 lb 12 oz

Source: School Lunch Challenge II Recipes

Nutrients Per Serving

Calories	187	Saturated Fat	.2 g	Iron	1.6 mg
Protein	4 g	Cholesterol	14 mg	Calcium	16 mg
Carbohydrate	42 g	Vitamin A	25 RE/205 IU	Sodium	376 mg
Total Fat	.6 g	Vitamin C	1 mg	Dietary Fiber	1 g



Tabouleh (tah-BUHL-lee)

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
No. 3 Bulgur	2 lb	1 qt 2 cups	4 lb	3 qt		1. Combine bulgur and boiling water in a large bowl. Let stand for 30 minutes or until water is absorbed. Do not drain.
Water		1 qt 2 cups		3 qt		
Fresh tomatoes, unpeeled, diced	4 lb	2 qt	8 lb	1 gal		2. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur.
Fresh cucumbers, peeled, seeded, diced	1 lb 14 oz	1 qt	3 lb 12 oz	2 qt		
Fresh parsley, chopped	3 oz	3 cups	6 oz	1 qt 2 cups		
Onions, diced	12 oz	2 cups	1 lb 8 oz	1 qt		
Fresh mint, chopped		1/4 cup		1/2 cup		
OR						
Dried mint		1 tsp		2 tsp		3. For dressing, combine salt and lemon juice in a small bowl. Whisk in the oil. 4. Add dressing to salad and toss to combine all ingredients. 5. Can be served either chilled or at room temperature.
Cumin (optional)		1/2 tsp		1 tsp		
Salt		2 Tbsp		1/4 cup		
Lemon juice		1 1/3 cups		2 2/3 cups		
Vegetable oil		1/2 cup		1 cup		

(over)



Tabouleh (continued, page 2 of 2)

Serving: 1/2 cup
provides 3/8 cup of vegetable
and 3/4 serving of grains/breads

Yield: 50 servings: 12 lb 5 oz
100 servings: 24 lb 10 oz

Volume: 50 servings: 1 1/2 gal
100 servings: 3 gal

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

Nutrients Per Serving					
Calories	96	Saturated Fat	.4 g	Iron	.8 mg
Protein	3 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	17 g	Vitamin A	33 RE/334 IU	Sodium	289 mg
Total Fat	2.6 g	Vitamin C	12 mg	Dietary Fiber	4 g



Baked Cajun Fish

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Paprika		2 tsp		1 Tbsp 1 tsp ..		1. Mix seasonings in a small bowl. Place in a spice shaker.
Granulated garlic		2 tsp		1 Tbsp 1 tsp ..		
Onion salt		2 tsp		1 Tbsp 1 tsp ..		
Red pepper		3/4 tsp		1 1/2 tsp		
Black pepper		3/4 tsp		1 1/2 tsp		
White pepper		3/4 tsp		1 1/2 tsp		
Ground oregano		1 tsp		2 tsp		
Ground thyme		1 tsp		2 tsp		
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz ...	100 each		2. Place 25 fish portions into each ungreased 12" x 20" x 2 1/2" steam table pan. 3. Sprinkle 1/4 cup of lemon juice and 3 Tbsp 1 tsp of seasoning mix over the top of each pan. 4. Drizzle 3/8 cup of melted margarine over the seasonings. 5. To Bake: Conventional Oven 350°F, 20 minutes Convection Oven 350°F, 15 minutes Until fish flakes easily with a fork.
Margarine or butter, melted .	6 oz	3/4 cup	12 oz	1 1/2 cups		
Lemon juice		1 1/2 cup		1 cup		

(over)



Baked Cajun Fish
(continued, page 2 of 2)

Serving: 1 portion
provides 2 ounces of cooked fish

Yield: 50 servings: 7 lb 14 oz
100 servings: 15 lb 12 oz

Special Tips: 1) For best results, batch-cook fish throughout the meal.

2) Boneless, skinless chicken breasts or thighs may be substituted for the fish.

Nutrients Per Serving					
Calories	141	Saturated Fat	1.3 g	Iron	.4 mg
Protein	16 g	Cholesterol	51 mg	Calcium	25 mg
Carbohydrate	0 g	Vitamin A	69 RE/275 IU	Sodium	136 mg
Total Fat	7.8 g	Vitamin C	1 mg	Dietary Fiber	0 g

Source: USDA's Tool Kit for Healthy School Meals: Recipes and Training Materials



Vegetable Chili

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		1/4 cup		1/2 cup		1. Heat the oil in a steam-jacketed kettle. 2. Add the chopped onions and saute 3 minutes, until translucent. 3. Add the chopped green peppers and saute 2 minutes, until tender.
Onions, chopped OR	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		
†Dehydrated onions	3 1/2 oz	1 cup	7 oz	2 cups		
Fresh green peppers, chopped OR	9 oz	2 cups	1 lb 2 oz	1 qt		
†Dried green peppers	1/2 oz	1/3 cup	1 oz	2/3 cup		4. Add the chili powder, cumin, granulated garlic, onion salt, brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
Chili powder	3 oz	3/4 cup	6 oz	1 1/2 cups		
Cumin	1 oz	1/4 cup	2 oz	1/2 cup		
Granulated garlic		1 Tbsp 1 tsp ..		2 Tbsp 2 tsp ..		
Onion salt		2 tsp		1 Tbsp 1 tsp ..		
Red hot sauce (optional)		1/4 cup		1/2 cup		
Brown sugar	4 oz	1/2 cup	8 oz	1 cup		
Canned crushed tomatoes	6 lb 11 oz	1 No. 10 can	13 lb 6 oz	2 No. 10 cans		
Canned diced tomatoes, drained	1 lb	2 1/2 cups	2 lb	1 qt 1 cup		5. Add the kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered. 6. Add yogurt and stir to blend. 7. Sprinkle 1/4 cup of cheddar cheese on top of each serving.
Canned kidney beans, drained	8 lb 1 oz	3 qt 1/2 cup ...	16 lb 2 oz	1 gal 2 qt 1 cup ..		
No. 3 bulgur wheat	1 lb	3 cups	2 lb	1 qt 2 cups		
Water		1 qt		2 qt		
Lowfat plain yogurt	2 lb	1 qt	4 lb	2 qt		
Lowfat cheddar cheese, shredded	3 lb 2 oz	3 qt 1/2 cup ...	6 lb 4 oz	1 gal 2 qt 1 cup ..		

†When using dried vegetables, rehydrate in an equal amount of water. Do not drain before using.

(over)



Vegetable Chili
(continued, page 2 of 2)

Serving: 3/4 cup (6-oz ladle)
provides the equivalent of
2 ounces of cooked lean meat,
3/8 cup of vegetable, and
1/4 serving of grains/breads

Yield: 50 servings: 20 lb 6 oz
100 servings: 40 lb 12 oz

Volume: 50 servings: 1 gal 3 qt 2 cups
100 servings: 3 gal 3 qt

Special Tip: This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).

Nutrients Per Serving					
Calories	201	Saturated Fat	1.7 g	Iron	2.5 mg
Protein	15 g	Cholesterol	7 mg	Calcium	214 mg
Carbohydrate	27 g	Vitamin A	126 RE/1130 IU	Sodium	637 mg
Total Fat	4.5 g	Vitamin C	17 mg	Dietary Fiber	7 g

Source: USDA's Tool Kit for Healthy School Meals: Recipes and Training Materials



Whole Wheat Sugar Cookies

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter	12 oz	1 1/2 cups	1 lb 8 oz	3 cups		1. Cream margarine or butter and sugar in a mixer, using a paddle attachment on medium speed for 10 minutes.
Sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups....		
Frozen whole eggs, thawed ..	6 oz	3/4 cup	12 oz	1 1/2 cups		2. Add eggs, vanilla, and milk. Mix for 1 minute or until smooth. Scrape down sides of the bowl.
OR						
Fresh large eggs		3 each		6 each		
Vanilla		1 Tbsp		2 Tbsp		3. Mix all dry ingredients. Add gradually to the creamed mixture. Mix for 1 minute or until well blended. Scrape down sides of the bowl.
Lowfat milk		3/8 cup		3/4 cup		
Whole wheat flour	1 lb 13 oz	1 qt 2 cups....	3 lb 10 oz	3 qt		
Baking powder		1 Tbsp		2 Tbsp		4. Portion with a No. 30 scoop (4x5) on lightly greased or paperlined 18" x 26" x 1" sheet pans. 5. Combine sugar and cinnamon in a salt shaker and sprinkle over cookies. 6. To Bake: Conventional Oven 375°F, 12 minutes Convection Oven 350°F, 16 minutes Bake until light brown.
Baking soda		1 1/2 tsp		1 Tbsp		
Salt		1 1/2 tsp		1 Tbsp		
Ground nutmeg		1 tsp		2 tsp		
Ground cinnamon		1 tsp		2 tsp		
Sugar	4 oz	1/2 cup	8 oz	1 cup		
Ground cinnamon		2 tsp		1 Tbsp 1 tsp ..		

(over)



Whole Wheat Sugar Cookies

(continued, page 2 of 2)

Serving: 1 cookie

Yield: 50 servings: 3 lb 15 oz
100 servings: 7 lb 14 oz

Volume: 50 servings: 1 qt 1/4 cup (dough)
100 servings: 2 qt 1/2 cup (dough)

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

Nutrients Per Serving					
Calories	173	Saturated Fat	1.3 g	Iron	.8 mg
Protein	3 g	Cholesterol	15 mg	Calcium	30 mg
Carbohydrate	28 g	Vitamin A	75 RE/251 IU	Sodium	207 mg
Total Fat	6.2 g	Vitamin C	0 mg	Dietary Fiber	2 g



Zesty Oatmeal Raisin Cookies

Ingredients	Directions
Flour 4 cups Rolled oats 4 cups Baking powder 4 tsp Cinnamon 1/2 tsp Raisins 2 cups Sugar 2 cups Brown sugar 1 cup Unsalted butter, melted 1/2 cup Applesauce 1 1/2 cups Honey 2 Tbsp Orange zest 2 Tbsp Fresh orange juice 2 Tbsp Cooking spray As needed	Preheat oven to 400°F. Combine all the dry ingredients in a large mixing bowl and mix. Drizzle in the melted butter, applesauce, honey, orange zest, and juice. Mix well, being sure to evenly distribute raisins or other dried fruits throughout the batter. (Batter should have the consistency of moist play dough.) Lightly coat cookie sheets with cooking spray and roll small amounts of the dough into “golf balls”. Place them a few inches apart on the cookie sheets, place in the preheated oven and bake for about 12 to 15 minutes until golden brown. Remove and cool before handling.

Note: Once you have made this recipe a few times, you can experiment by adding more oats and less flour, different fruits, different spices, chocolate chips, cocoa, etc.

SERVINGS: 72

Nutritional Information

Calories	99	Cholesterol	3 mg
Total fat	1.7 gm	Sodium	19 mg
Percent of calories from fat	15%	Fiber	1.01 gm





Lemon Tofu Chiffon

Ingredients	Directions
Lemon gelatin 12 oz Sugar 1/2 cup Boiling water 4 cups Silken or soft tofu, drained ... 2 lbs Egg whites 8 each Sliced peaches, drained 6 cups Lemon juice 1/4 cup Lemon zest, finely minced 3 Tbsp Additional fruits for garnish, such as blueberries, peaches, etc... As needed	Combine the gelatin and sugar in a small mixing bowl and add the water to dissolve the mixture. Set aside to cool thoroughly. In a blender, combine the remaining ingredients, except the fruits for garnishing and blend on high speed until smooth. Add in the cooled gelatin mixture and blend until smooth again. Pour into cups and refrigerate several hours or overnight before serving. Garnish with fresh fruits if desired.

SERVINGS: 25

Nutritional Information

Calories	115	Cholesterol	0 mg
Total fat	1.9 gm	Sodium	34 mg
Percent of calories from fat	14%	Fiber	3.13 gm

