

# PLANT-FORWARD

## Cooking Students Love

Recipes and Techniques  
for School Meals



CENTER FOR ECOLITERACY



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**CALIFORNIA FOOD**  
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# Plant-Forward Cooking Students Love

by Zenobia Barlow

Creativity abounds in school kitchens. From developing new recipes to exploring how to serve abundant fruits and vegetables in culturally relevant meals, school nutrition professionals know how to craft meals that delight and nourish students.

In this guide, you'll find fresh, flavorful plant-forward dishes that showcase this creativity. Because most of these recipes are provided by public school districts as examples of student-tested favorites, you can have confidence that these dishes will be successful with the young people you serve. To support your efforts, we have developed a companion guide, *Success with Plant-Forward Meals: Ideas and Resources for Engaging Students*. This guide provides insight and tools to help as you introduce students to plant-forward flavors and build their trust and loyalty in your food programs. *Success with Plant-Forward Meals* is available at no cost at: [www.ecoliteracy.org/resources](http://www.ecoliteracy.org/resources).

We hope these resources empower you and your staff to prepare plant-forward dishes that students love.



Executive Director  
Center for Ecoliteracy

**School chefs** are among the most innovative, resourceful, and dedicated cooks to be found anywhere. This guide is dedicated to their tireless and creative spirit.

## What is Plant-Forward Cooking?

For generations, traditional diets around the world emphasized dishes rich in plant-based foods. Legumes, fruits, vegetables, and whole grains were celebrated in flavorful “plant-forward” cuisines that provided nourishing, delicious meals. The farms, gardens, and landscapes that produced these ingredients were tended in ways that sustained their productivity and ecological health.

Today, many of our diets have transitioned to higher-calorie, highly processed foods—including foods higher in refined carbohydrates, sugar, salt, and unhealthy fats—with higher amounts of animal protein. This shift has led to increases in obesity, diabetes, heart disease, and other diet-related diseases. In addition to negative human health impacts, modern industrial food production is contributing to climate change, biodiversity loss, pollution, and unsustainable practices in land and water use.

How can plant-forward diets help? According to Harvard T.H. Chan School of Public Health, “Human diets inextricably link health and environmental sustainability, and have the potential to nurture both.” And plant-forward eating isn’t limited to only plant-based crops. Flavorful plant-based foods can be featured as the main part of the meal with accents of meat, dairy, fish, or eggs to round out the plate.

## Why Serve Plant-Forward Meals in Schools?

About *seven billion* school meals are served every year in the United States. Improving the quality of those meals provides an unparalleled opportunity to make positive, long-lasting contributions to student health, learning readiness, and the ability of young people to succeed in school and life. Serving plant-forward meals can connect to students’ diverse cultural backgrounds because many traditional cuisines rely on plant-based foods. Taking a plant-forward approach to school meals can also contribute to better and more sustainable outcomes on our farms and in the natural environment.

The recipes contained in this guide emphasize plant-forward ingredients and cooking techniques. Most of them are provided by public school districts as examples of popular, student-tested favorites. They meet USDA meal pattern requirements and are suitable for school menus across the United States.

# Plant-Forward Cooking is Beloved by Many Cultures

Many traditional diets are plant-forward. These cuisines honor sustainable connections between food, culture, health, and the environment. Some examples from our shared food heritage include:

Vegetables and savory broth with rice or noodles are central to many Asian dishes.



In the United States, plant-forward staples such as beans and cornbread are based on Indigenous crops.



This burrito contains beans, vegetables, and salsa with a traditional Latin American flavor profile.



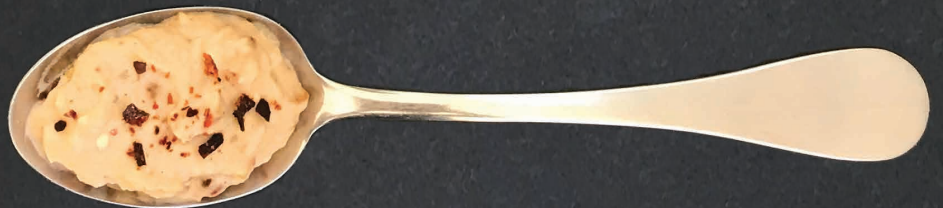
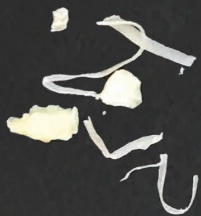
Made from chickpeas, hummus is a popular Middle Eastern spread and side dish. It is often served with falafel, another dish made from chickpeas.



Often served with tomatoes and Mediterranean seasonings, pasta—which originated in China—is a plant-forward favorite all over the world.



# SAUCES AND SPREADS





# Broccoli Pesto

Source: Mt. Diablo Unified School District

This vegetable-rich broccoli pesto is an allergy-free alternative to traditional pesto made with tree nuts.

| INGREDIENT             | 50 SERVINGS |             | 100 SERVINGS |                   |
|------------------------|-------------|-------------|--------------|-------------------|
|                        | WEIGHT      | VOLUME      | WEIGHT       | VOLUME            |
| Broccoli, Raw, Florets | 3 lb + 2 oz | 5 qt + 2½ c | 6 lb + 4 oz  | 2 GL + 3 qt + 1 c |
| Garlic, Raw, Minced    | 4.75 oz     | -           | 9.38 oz      | -                 |
| Basil, Fresh           | -           | 3 c + 2 T   | -            | 1 qt + 2¼ c       |
| Cheese, Vegan Parmesan | 10 oz       | -           | 1 lb + 4 oz  | -                 |
| Olive Oil              | 1 lb + 3 oz | 2⅓ c        | 2 lb + 5 oz  | 1 qt + ½ c + 2T   |
| Salt                   | -           | 1 T + ¼ t   | -            | 2 T + ¼ t         |
| Black Pepper           | -           | 1 T + ¼ t   | -            | 2 T + ¼ t         |

## INSTRUCTIONS

1. Bring a large pot of water to a boil.
2. Prepare a separate bowl of ice water.
3. Separate broccoli florets and chop.
4. Place broccoli in the pot of boiling water and blanch for 3 minutes.
5. Using a slotted spoon, transfer broccoli to the bowl of ice water to cool.
6. Once cooled, use a slotted spoon to transfer broccoli to a food processor.
7. Add garlic, basil, vegan Parmesan, oil, salt, and pepper. Process until smooth.
8. Transfer to container(s) and secure lid(s) to avoid discoloration.
9. Keep refrigerated at 41°F or lower until service.
10. Broccoli Pesto can be made 1 day ahead.

## RECIPE CATEGORY

Vegetable

## SERVING INFORMATION

2 oz (#16 scoop) serving provides ¼ c V (¼ c DGV)

# White Navy Bean Spread

Source: San Diego Unified School District

Use this spread in a healthy plant-based burrito or as a dip with sliced veggies.

| INGREDIENT                         | 50 SERVINGS  |                                   | 100 SERVINGS |                                   |
|------------------------------------|--------------|-----------------------------------|--------------|-----------------------------------|
|                                    | WEIGHT       | VOLUME                            | WEIGHT       | VOLUME                            |
| Garlic, Raw, Whole Head            | -            | 1 head                            | -            | 2 heads                           |
| Olive Oil                          | -            | 2 $\frac{2}{3}$ c + 1 T           | -            | 1 qt + 1 $\frac{1}{3}$ c          |
| Salt                               | -            | 2 T + $\frac{1}{4}$ t             | -            | $\frac{1}{4}$ c + $\frac{1}{2}$ t |
| Black Pepper                       | -            | 2 T + $\frac{1}{4}$ t             | -            | $\frac{1}{4}$ c + $\frac{1}{2}$ t |
| Beans, White Navy, Canned, Drained | 12 lb + 8 oz | 1 GL+3 qt+1 c                     | 25 lb        | 3 GL+2 qt+2 c                     |
| Spices, Thyme, Dried               | -            | $\frac{3}{4}$ c + $\frac{1}{2}$ T | -            | 1 $\frac{1}{2}$ c                 |
| Seasoning, Italian                 | -            | $\frac{3}{4}$ c + $\frac{1}{2}$ T | -            | 1 $\frac{1}{2}$ c + 1 T           |

## INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Quarter the head(s) of garlic and place on foil sheet(s).
3. Drizzle with  $\frac{1}{2}$  tablespoon of olive oil per head. Season with half of the salt and pepper, reserve the remaining.
4. Wrap foil to create a packet around the garlic head(s). Place in the oven and roast for 20 minutes.
5. Remove from the oven and open the packet(s) to let cool.
6. Once cooled, remove any remaining outer layer of garlic. Place cloves in a food processor.
7. Drain white navy beans. Add drained beans to the food processor.
8. Add thyme, Italian seasoning, and the remaining oil, salt, and pepper. Process until smooth.
9. Transfer to container(s) and cover.
10. Keep refrigerated at 41°F or lower until service.
11. White Navy Bean Spread needs to be refrigerated for a minimum of 15 minutes before use.

## RECIPE CATEGORY

Meat/Meat Alternate, Vegetable

## SERVING INFORMATION

4 oz serving provides 2 oz eq M/MA or  $\frac{1}{2}$  c BPV

# White Navy Bean Alfredo Sauce

## Source: Mt. Diablo Unified School District

A low-fat, plant-based, healthy alternative to traditional Alfredo sauce.

| INGREDIENT                         | 50 SERVINGS   |                                   | 100 SERVINGS |                                   |
|------------------------------------|---------------|-----------------------------------|--------------|-----------------------------------|
|                                    | WEIGHT        | VOLUME                            | WEIGHT       | VOLUME                            |
| Beans, White Navy, Canned, Drained | 12 lb + 8 oz  | 1 GL + 3 qt + 1 c                 | 25 lb        | 3 GL + 2 qt + 1 pt                |
| Spices, Thyme, Dried, Ground       | -             | $\frac{3}{4}$ c + $\frac{1}{2}$ T | -            | $1\frac{1}{2}$ c + 1 t            |
| Seasoning, Italian                 | -             | $\frac{3}{4}$ c + $\frac{1}{2}$ T | -            | $1\frac{1}{2}$ c + 1 T            |
| Garlic, Granulated                 | -             | $\frac{3}{4}$ c + $\frac{1}{2}$ T | -            | $1\frac{1}{2}$ c + 1 T            |
| Red Chili Flakes                   | -             | $\frac{1}{4}$ c + $\frac{1}{2}$ t | -            | $\frac{1}{2}$ c + 1 t             |
| Salt                               | -             | 2 T + $\frac{1}{4}$ t             | -            | $\frac{1}{4}$ c + $\frac{1}{2}$ t |
| Black Pepper                       | -             | 2 T + $\frac{1}{4}$ t             | -            | $\frac{1}{4}$ c + $\frac{1}{2}$ t |
| Olive Oil                          | -             | $2\frac{2}{3}$ c                  | -            | 1 qt + 1 t                        |
| Onion, Raw, Diced                  | 2 lb + 5.5 oz | 1 qt + 3 c                        | 4 lb + 11 oz | 3 qt + 1 pt                       |
| Garlic, Minced                     | 1 lb + 9 oz   | -                                 | 3 lb + 2 oz  | -                                 |
| Vegetable Broth                    | 4 lb + 11 oz  | 2 qt + $1\frac{1}{4}$ c + 2 T     | 9 lb + 6 oz  | 1 GL + $2\frac{3}{4}$ c           |
| Cheese, Vegan Parmesan             | 12.5 oz       | -                                 | 1 lb + 9 oz  | -                                 |
| Yeast, Active Dry                  | 6.25 oz       | -                                 | 12.5 oz      | -                                 |

### INSTRUCTIONS

1. Place drained beans in a food processor.
2. Add thyme, Italian seasoning, granulated garlic, red chili flakes, salt, and pepper to the food processor. Puree until smooth.
3. In a saucepan, add oil and onion. Cook until onions are soft and translucent.
4. Add minced garlic to the saucepan. Continue to cook garlic and onions for 1 minute, stirring frequently.
5. Add navy bean puree, vegetable broth, vegan Parmesan, and yeast to the saucepan.
6. Stir the contents until well combined.
7. Reduce heat and simmer for 3-5 minutes, until heated through.
8. Serve immediately or transfer to a holding container, cover, and hold at a minimum internal temperature of 135°F or higher until service.

### RECIPE CATEGORY

Condiment, Meat/Meat Alternate

### SERVING INFORMATION

4.5 oz (#6 scoop) serving provides 2 oz eq M/MA or  $\frac{1}{2}$  c BPV



SIDE  
DISHES

# VEGGIES ON FIRE

with Mushrooms and Corn



# Veggies on Fire

Source: San Diego Unified School District

Are your students bored with traditional school vegetables? Try this savory roasted vegetable side dish and add surprising sophistication to your menu.

| INGREDIENT                   | 50 SERVINGS  |                          | 100 SERVINGS |                          |
|------------------------------|--------------|--------------------------|--------------|--------------------------|
|                              | WEIGHT       | VOLUME                   | WEIGHT       | VOLUME                   |
| Mushrooms, Diced, Frozen     | 12 lb + 8 oz | 4 qt + 2 $\frac{3}{4}$ c | 25 lb        | 9 qt + 1 $\frac{1}{2}$ c |
| Corn, Canned, Drained        | 2 lb + 5 oz  | $\frac{1}{2}$ (#10) can  | 4 lb + 10 oz | 1 (#10) can              |
| Pepper, Red, Sliced          | 1 lb         | 3 $\frac{1}{2}$ c        | 2 lb         | 1 qt + 3 c               |
| Broccoli, Florets, Bite Size | 1 lb + 8 oz  | 2 qt + 2 $\frac{1}{2}$ c | 3 lb         | 1 GL + 1 qt + 1 c        |
| Carrots, Raw, Shredded       | 1 lb         | 1 qt + 1 c               | 2 lb         | 2 qt + 1 pt              |
| Olive Oil                    | 1 oz         | 2 T                      | 2 oz         | $\frac{1}{4}$ c          |
| Sauce, Teriyaki              | -            | $\frac{1}{4}$ c + 2 T    | -            | $\frac{3}{4}$ c          |
| Seasoning, BBQ Spice Blend   | -            | 2 t                      | -            | 1 T + 1 t                |

## INSTRUCTIONS

1. Preheat the convection oven to 425°F.
2. Line sheet pans with parchment paper and arrange frozen mushrooms in a single layer.
3. Manually break up any clusters of frozen mushrooms.
4. Place sheet pans in the oven and roast for 20 minutes until caramelized.
5. While mushrooms are in the oven, open the cans of corn and transfer corn to a colander.
6. Allow all excess liquid to drain while preparing the rest of the ingredients.
7. In a large mixing bowl, add peppers, broccoli, carrots, oil, teriyaki sauce, and spice blend. Mix to combine.
8. Remove mushrooms from the oven once fully caramelized and set aside. Lower oven temperature to 400°F.
9. Add drained corn and roasted mushrooms to the large mixing bowl. Mix to combine.
10. Line clean sheet pans with parchment paper. Divide vegetables from the large bowl evenly on sheet pans and arrange in a single layer.
11. Place sheet pans in the oven and roast for 7-10 minutes or until very lightly charred.
12. Transfer vegetable mixture to serving container(s) and cover.
13. Hold vegetables at an internal temperature of 135°F until service.

## RECIPE CATEGORY

Vegetable, Side

## SERVING INFORMATION

$\frac{1}{2}$  cup (#8 scoop) serving provides  $\frac{1}{2}$  c V ( $\frac{1}{2}$  c OV)

# ROASTED TOMATOES AND BROCCOLI



# Roasted Tomatoes and Broccoli

Source: Center for Ecoliteracy

Roasted vegetables are a versatile addition to wraps, rice bowls, and pasta. They are popular on salad bars, too.

| INGREDIENT               | 50 SERVINGS   |                    | 100 SERVINGS |                    |
|--------------------------|---------------|--------------------|--------------|--------------------|
|                          | WEIGHT        | VOLUME             | WEIGHT       | VOLUME             |
| Broccoli, Raw, Florets   | 4 lb + 6 oz   | 1 GL + 3 qt + 3½ c | 8 lb + 12 oz | 3 GL + 3 qt + 3 c  |
| Tomatoes, Cherry, Halved | 4 lb + 2.5 oz | 3 qt + 1 c         | 8 lb + 5 oz  | 1 GL + 2 qt + 1 pt |
| Olive Oil                | 8 oz          | 1 c                | 16 oz        | 1 pt               |
| Salt                     | -             | 2 t                | -            | 1 T + 1 t          |
| Garlic, Minced           | -             | ¼ c + 2 T          | -            | ¾ c                |

## INSTRUCTIONS

1. Preheat the oven to 375°F.
2. In a large bowl, combine the broccoli and tomatoes.
3. Add oil, salt, and garlic to the large bowl. Mix to combine.
4. Line sheet pans with parchment paper and arrange vegetables in a single layer.
5. Place sheet pans in the oven and roast for 7-10 minutes.
6. Rotate pans and roast for 8-10 minutes more until tomatoes have softened and broccoli has become tender and lightly browned.
7. Transfer vegetable mixture to serving container(s) and cover.
8. Hold vegetables at an internal temperature of 135°F until service.

## RECIPE CATEGORY

Vegetable, Side

## SERVING INFORMATION

½ c (#8 scoop) serving provides ½ c V (¼ c ROV, ¼ c DGV)



# SPICY CARROTS

with Jalapeños and Onions



# Spicy Carrots

## from San Diego Unified School District

"Spicy Carrots" was inspired by taco stands located throughout the San Diego area. They add natural sweetness and spice to tacos and other dishes.

| INGREDIENT                 | 50 SERVINGS  |              | 100 SERVINGS |                   |
|----------------------------|--------------|--------------|--------------|-------------------|
|                            | WEIGHT       | VOLUME       | WEIGHT       | VOLUME            |
| Carrots, Raw, Coins        | 8 lb + 2 oz  | 5 qt + 1½ c  | 16 lb + 4 oz | 2 GL + 2 qt + 3 c |
| Onions, Raw, Thinly Sliced | 9 oz         | 1 ⅓ c        | 1 lb + 2 oz  | 2 ⅔ cup           |
| Jalapeño, Sliced, Canned   | 1 lb + 14 oz | 1 qt + 1 ⅓ c | 3 lb + 12 oz | 2 qt 2 ⅔ cups     |
| Jalapeño Juice             | 2 lb + 11 oz | 1 qt + 1 ⅓ c | 5 lb + 6 oz  | 2 qt 2 ⅔ cups     |
| Olive Oil                  | 3 oz         | ⅓ cup        | 6 oz         | ⅔ cup             |
| Salt                       | -            | 1 ⅓ tsp      | -            | 2 ⅔ tsp           |

### INSTRUCTIONS

1. Steam carrots for 15 minutes or until carrots are fully cooked, but remain firm, and reach a minimum internal temperature of 135°F.
2. Transfer cooked carrots to clean sheet pans or a hotel pan and allow to cool in the refrigerator until they reach an internal temperature of 41°F or lower.
3. Once cooled, place carrots in a large bowl and add sliced onions. Mix to combine.
4. Add canned jalapeños and jalapeño juice to the large bowl. Mix to combine.
5. Add oil and salt to the large bowl. Mix to combine.
6. Cover and keep refrigerated at 41°F or lower until service.

### RECIPE CATEGORY

Vegetable, Side

### SERVING INFORMATION

½ c (#8 scoop) serving provides ½ c V (¼ c ROV, ¼ c OV)

# SALADS



# BUFFALO CHICKPEA SALAD



# Buffalo Chickpea Salad

Source: USA Pulses

This easy, fresh salad is a complete meal.

| INGREDIENT                                   | 50 SERVINGS  |                       | 100 SERVINGS |                        |
|--|--------------|-----------------------|--------------|------------------------|
|  | WEIGHT       | VOLUME                | WEIGHT       | VOLUME                 |
| Beans, Garbanzo, Low Sodium, Canned, Drained | 10 lb        | 1 GL + 2 qt + 1 c     | 20 lb        | 3 GL + 1 pt            |
| Sauce, Buffalo                               | -            | 3 c + 2 T             | -            | 1 pt + 2 ¼ c           |
| Carrot, Shredded                             | 2 lb + 12 oz | 3 qt + 1 c            | 5 lb + 8 oz  | 1 GL + 2 qt + 1 pt     |
| Cucumber, Slices Cut in Half                 | 4 lb + 7 oz  | 3 qt + 1 c            | 8 lb + 14 oz | 1 GL + 2 qt + 1 pt     |
| Celery, Diced                                | 4 lb + 1 oz  | 3 qt + 1 c            | 8 lb + 2 oz  | 1 GL + 2 qt + 1 pt     |
| Romaine Lettuce, Chopped                     | 4 lb         | 1 GL + 2 qt + 1 c     | 8 lb         | 3 GL + 1 pt            |
| Ranch Dressing, Low Fat                      | 6 lb + 4 oz  | 50 (2 fl oz) portions | 12 lb + 8 oz | 100 (2 fl oz) portions |

## FOR THE BUFFALO GARBANZO BEANS

1. Preheat the convection oven to 400°F.
2. Drain garbanzo beans and place them in a large bowl.
3. Add buffalo sauce to the large bowl. Stir gently to coat beans.
4. Line sheet pans with parchment paper.
5. Divide garbanzo beans evenly and pour onto sheet pans. **Note:** Beans should be in a single layer.
6. Divide any remaining sauce at the bottom of the large bowl between all the sheet pans.
7. Place sheet pans in the oven. Bake for 5 minutes.
8. Remove sheet pans and stir beans gently.
9. Return to the oven and bake for 5 minutes more or until beans are glazed but not roasted.
10. Remove from the oven and allow beans to cool.
11. Transfer cooled beans to clean sheet pans and keep refrigerated at 41°F or lower until ready to assemble salads.

## FOR THE SALAD ASSEMBLY: USE A 2-CUP (16 FL OZ) SALAD SHAKER

1. Place ½ cup (#8 scoop) of oven-glazed Buffalo Garbanzo Beans in the bottom of salad shaker container.
2. Place ¼ cup (#16 scoop) shredded carrots on top of Buffalo Garbanzo Beans.
3. Place ¼ cup (#16 scoop) of sliced cucumbers on top of carrots.
4. Place ¼ cup (#16 scoop) of diced celery on top of the cucumber.
5. Place ½ cup (#8 scoop) of chopped romaine lettuce on top of the celery.
6. Place the dome lid on top of the salad shaker.
7. Serve immediately or refrigerate at 41°F or lower until service.
8. Serve with 2 fl oz portions of reduced-fat Ranch dressing.

## RECIPE CATEGORY

Entrée, Vegetable

## SERVING INFORMATION

1 Salad (1 ¼ c) serving provides 2 oz eq M/MA, 1 c V (¼ c DGV, ¼ c ROV, ½ c OV) or 1 ½ c V (½ c BPV, ¼ c DGV, ¼ c ROV, ½ c OV)

# SPINACH SALAD

with Pasta and Vegetables



# Spinach Salad with Pasta and Vegetables

Source: San Luis Coastal Unified School District

This combination of crisp, fresh spinach, juicy tomatoes, pasta, and tangy dressing is simply irresistible.

| INGREDIENT                          | 50 SERVINGS |                        | 100 SERVINGS |                       |
|-------------------------------------|-------------|------------------------|--------------|-----------------------|
|                                     | WEIGHT      | VOLUME                 | WEIGHT       | VOLUME                |
| Olive Oil                           | 6 oz        | $\frac{3}{4}$ c        | 12 oz        | 1 $\frac{1}{2}$ c     |
| Vinegar, Red Wine                   | 2 oz        | $\frac{1}{4}$ c        | 4 oz         | $\frac{1}{2}$ c       |
| Seasoning, Italian                  | -           | 2 T                    | -            | $\frac{1}{4}$ c       |
| Pasta, Cooked                       | 1 lb + 4 oz | 3 c                    | 2 lb + 8 oz  | 1 qt + 1 pt           |
| Beans, Garbanzo, Low Sodium, Canned | 1 lb + 5 oz | 1 $\frac{1}{2}$ c      | 2 lb + 10 oz | 3 c                   |
| Onions, Raw, Thinly Sliced          | 1 lb        | 1 qt + 1 pt            | 2 lb         | 3 qt                  |
| Tomatoes, Red Ripe, Halved          | 1 lb + 6 oz | 3 c                    | 2 lb + 12 oz | 1 qt + 1 pt           |
| Spinach, Raw, Baby                  | -           | 3 qt + $\frac{1}{2}$ c | -            | 6 qt + 1 c            |
| Parmesan Cheese                     | 1.5 oz      | $\frac{1}{2}$ c        | 3 oz         | 1 c                   |
| Garlic, Minced                      | -           | 3 T                    | -            | $\frac{1}{4}$ c + 2 T |
| Salt                                | -           | 1 t                    | -            | 2 t                   |
| Black Pepper                        | -           | 1 t                    | -            | 2 t                   |

## INSTRUCTIONS

1. Combine oil, vinegar, and Italian seasoning in a small bowl and set aside.
2. Place cooked and cooled pasta in a large bowl.
3. Drain garbanzo beans and add to pasta in the large bowl.
4. Slice onions and add to the beans and pasta mixture. Stir to combine.
5. Slice tomatoes and add to the large bowl. Stir to combine.
6. Add raw, cleaned spinach to the large bowl. Stir to combine.
7. Add Parmesan, garlic, salt, and pepper to the large bowl. Stir to combine.
8. Pour dressing (from step one) over the mixture in the large bowl. Stir to combine.
9. Cover and refrigerate at 41°F or lower until service.

## RECIPE CATEGORY

Vegetable, Side

## SERVING INFORMATION

$\frac{3}{4}$  cup (6 oz spoodle) serving provides  $\frac{1}{2}$  oz eq GR,  $\frac{1}{8}$  c V

# ENTRÉES





# ROASTED VEGETABLE WRAP

with White Beans



# Roasted Vegetable Wrap with White Beans

Source: Center for Ecoliteracy

Freshly roasted vegetables with a bean spread can be an attractive alternative to a traditional bean and cheese burrito.

| INGREDIENT                       | 50 SERVINGS   |             | 100 SERVINGS |             |
|----------------------------------|---------------|-------------|--------------|-------------|
|                                  | WEIGHT        | VOLUME      | WEIGHT       | VOLUME      |
| Broccoli, Raw, Florets           | 3 lb + 10 oz  | 1GL+2qt+1pt | 7 lb + 4 oz  | 3 GL + 1 qt |
| Tomatoes, Cherry, Halved         | 4 lb + 2.5 oz | 3 qt + 1½ c | 8 lb + 5 oz  | 1GL+2qt+3c  |
| Olive Oil                        | 8 oz          | 1 c         | 1 lb         | 1 pt        |
| Salt                             | -             | 2 t         | -            | 1 T + 1 t   |
| Garlic, Minced                   | -             | ¼ c + 2 T   | -            | ¾ c         |
| White Navy Bean Spread, Prepared | 12 lb + 8 oz  | -           | 25 lb        | -           |
| Lavash Bread (56 g)              | -             | 50 ea       | -            | 100 ea      |

## INSTRUCTIONS

1. Preheat the oven to 375°F.
2. In a large bowl, combine the broccoli and tomatoes.
3. Add oil, salt, and garlic to the large bowl. Mix to combine.
4. Line sheet pans with parchment paper and arrange vegetables in a single layer.
5. Place sheet pans in the oven and roast for 7-10 minutes.
6. Rotate pans and roast for 8-10 minutes more until tomatoes have softened and broccoli has become tender and lightly browned.
7. Transfer vegetable mixture to serving container(s) and set aside.
8. Remove previously prepared White Navy Bean Spread from the refrigerator.
9. Lay lavash bread on a clean surface.
10. Using a #8 scoop, add ½ c of White Navy Bean Spread on the upper half of the lavash.
11. Using a #8 scoop, add ½ c of Roasted Broccoli and Tomatoes over the lower half.
12. Roll lavash lengthwise.
13. Serve immediately or refrigerate at 41°F or lower until service.

## RECIPE CATEGORY

Entrée

## SERVING INFORMATION

1 Wrap (1 Lavash + 4 oz Bean Spread + ½ c Veg) provides 2 oz eq M/MA, 2 oz eq GR, ¾ c V (¼ c ROV, ½ c DGV)

# PASTA ONOFRIO

with Peppers and Broccoli



# Pasta Onofrio

Source: Mt. Diablo Unified School District

Try this vegetable-based pasta enriched with savory white bean Alfredo sauce.

| INGREDIENT                              | 50 SERVINGS |              | 100 SERVINGS  |              |
|---|-------------|--------------|---------------|--------------|
|   | WEIGHT      | VOLUME       | WEIGHT        | VOLUME       |
| Carrots, Raw                            | 2 lb + 2 oz | 1 qt + 2 c   | 4 lb + 4 oz   | 3 qt         |
| Broccoli, Raw, Florets                  | 3 lb + 7 oz | 2 qt + ½ c   | 6 lb + 14 oz  | 1 GL + 1 c   |
| Olive Oil                               | 2 lb + 2 oz | 1 qt + 2 T   | 4 lb + 4 oz   | 2 qt + ¼ c   |
| Onions, Raw, Diced                      | 2 lb + 2 oz | 1 qt + 1 c   | 4 lb + 4 oz   | 2 qt + 2 c   |
| Peppers, Red, Sliced                    | 1 lb + 1 oz | 1qt + ½ c    | 2 lb + 2 oz   | 2 qt + 1 c   |
| Peppers, Green and Yellow, Sliced       | 2 lb + 2 oz | 2 qt         | 4 lb + 4 oz   | 4 qt         |
| Potatoes, Raw, Diced                    | 2 lb + 2 oz | 1 qt + 1 c   | 4 lb + 4 oz   | 2 qt + 2 c   |
| White Navy Bean Alfredo Sauce, Prepared | 9 lb 6 oz   | -            | 18 lb 12 oz   | -            |
| Pasta, Penne                            | 8 lb + 6 oz | -            | 16 lb + 12 oz | -            |
| Cheese, Vegan Parmesan                  | 1 lb + 9 oz | -            | 3 lb + 2 oz   | -            |
| Basil, Fresh                            | 3 oz        | 2 c + 2 T    | 6 oz          | 1 qt + 2 ¼ c |
| Tomatoes, Raw, Diced                    | 3 lb + 2 oz | 1 qt + 2 cup | 6 lb + 4 oz   | 3 qt         |

## INSTRUCTIONS

1. Bring two large pots of water to a boil.
2. Prepare two separate bowls of ice water.
3. Cut carrots lengthwise into matchsticks.
4. Place carrots in one pot of boiling water and blanch for 3 minutes.
5. Place broccoli in other pot of boiling water and blanch for 4 minutes.
6. Using a slotted spoon, transfer carrots and broccoli to separate bowls of ice water.
7. Once cooled, drain and set aside.
8. In a saucepan, add oil and onions. Cook over medium heat, stirring frequently, until onions are translucent.
9. Add peppers, potatoes, and blanched carrots and broccoli to the saucepan. Cook until potatoes are soft, stirring occasionally.
10. Add previously prepared White Navy Bean Alfredo Sauce to the saucepan. Mix to combine. Keep warm.  
**Note:** If sauce is too thick, add water or vegetable stock to thin.
11. Cook pasta according to package directions. Place cooked pasta in colander to drain. Return pasta to pot.
12. Pour sauce and vegetable mixture over pasta. Gently toss.
13. Portion in 10 oz portions. Top with 0.5 oz vegan Parmesan, 3 pieces of fresh basil, and 1 oz diced tomatoes.
14. Serve immediately.

## RECIPE CATEGORY

Entrée

## SERVING INFORMATION

10 oz (1 c pasta + 4.5 oz White Bean Alfredo Sauce + ¾ c Veg) serving provides 2 oz eq M/MA, 2.5 oz eq G, ¾ c V

# BEAN AND CHEESE TOSTADA



# Bean and Cheese Tostada

Source: Oakland Unified School District

This classic tostada is a plant-forward student favorite.

| INGREDIENT               | 50 SERVINGS  |                    | 100 SERVINGS |                   |
|--------------------------|--------------|--------------------|--------------|-------------------|
|                          | WEIGHT       | VOLUME             | WEIGHT       | VOLUME            |
| Tostada Shell (28 g)     | -            | 100 ea             | -            | 200 ea            |
| Beans, Refried, Canned   | 3 lbs + 1 oz | 2 GL + 1 qt + 1½ c | 6 lbs + 2 oz | 4 GL + 2 qt + 3 c |
| Cheddar Cheese, Shredded | 3 lbs + 2 oz | 3 qt + ½ c         | 6 lbs + 4 oz | 1 GL + 2 qt + 1 c |
| Salsa                    | 6 lb + 8 oz  | 3 qt               | 13 lbs       | 1 GL + 2 qt       |

## INSTRUCTIONS

1. Preheat the oven to 375°F.
2. Line sheet pans with parchment paper.
3. Place 10-12 tostadas on each pan.
4. Top each tostada with  $\frac{3}{4}$  c beans and spread evenly using a spatula.
5. Sprinkle  $\frac{1}{4}$  c cheese on top of beans.
6. Place the second tostada on top of the cheese.
7. Repeat steps 3-5.
8. Place tostadas in the oven for 10-15 minutes, until the cheese is melted and bubbling, and the tostadas are crisp.
9. Top with  $\frac{1}{4}$  c salsa.
10. Serve immediately.

## RECIPE CATEGORY

Entrée

## SERVING INFORMATION

1 Tostada provides 1 oz eq M/MA, 1 oz eq GR, 1 c V ( $\frac{1}{4}$  c OV,  $\frac{3}{4}$  c BPV)

# THAI BASIL BURGER

with Cabbage Slaw



# Thai Basil Burger

Source: San Luis Coastal Unified School District

Asian flavors come together in a delicious burger full of color and vegetables.

| INGREDIENT   | 50 SERVINGS   |                   | 100 SERVINGS  |                 |
|--|---------------|-------------------|---------------|-----------------|
|  | WEIGHT        | VOLUME            | WEIGHT        | VOLUME          |
| <b>For the Burger:</b>                               |               |                   |               |                 |
| Red Lentils, Dried                                   | 4 lb + 3.5 oz | -                 | 8 lb + 7 oz   | -               |
| Water  | 15 lb         | 2 GL              | 30 lb         | 4 GL            |
| Garlic, Raw  | -             | 10 cloves         | -             | 20 cloves       |
| Sweet Potato, Peeled, Shredded                       | 8 lb + 8 oz   | 3 qt + 1 pt       | 17 lb         | 1 GL + 3 qt     |
| Thai Basil, Chopped                                  | -             | 2 qt + 1 pt       | -             | 1 GL + 1 qt     |
| Cilantro, Chopped                                    | 5.75 oz       | -                 | 11.5 oz       | -               |
| Curry Powder   | -             | ¼ c + 2 T + 2 t   | -             | ¾ c + 1 T + 1 t |
| Ginger, Ground                                       | -             | 3 T + 1 t         | -             | ¼ c + 2 T + 2 t |
| Garlic, Granulated                                   | -             | ¼ c + 1 T         | -             | ⅔ c             |
| Soy Sauce  | -             | ¼ c + 2 T + 2 t   | -             | ¾ c + 1 T + 1 t |
| Lime Juice, Fresh                                    | -             | ⅔ c               | -             | 1⅓ c            |
| Oats   | 1 lb + 10 oz  | 2 qt + 1 pt       | 3 lb 4 oz     | 1 GL + 1 qt     |
| Egg  | -             | 10 ea             | -             | 20 ea           |
| <b>For the Cabbage Slaw:</b>                         |               |                   |               |                 |
| Cabbage Slaw Mix                                     | 3 lb + 2.6 oz | 1 GL + 1 qt + 1 c | 6 lb + 5.2 oz | 10 qt + 1 pt    |
| Mayonnaise   | -             | 1¾ c + 2 T        | -             | 3¾ c            |
| Apple Cider Vinegar                                  | 10 oz         | 1¼ c              | 1 lb + 4 oz   | 2½ c            |
| Salt   | -             | 2½ t              | -             | 1 T + 2 t       |
| <b>For Assembly:</b>                                 |               |                   |               |                 |
| Whole Grain, Whole Wheat Burger Buns (56 g), Toasted | -             | 50 ea             | -             | 100 ea          |
| Apple, whole   | -             | 10 ea             | -             | 20 ea           |

## INSTRUCTIONS

1. Preheat the convection oven to 400°F.
2. In a small pot, combine the red lentils with water.
3. Cover and cook on medium high heat for 10-12 minutes until lentils are fully cooked. Strain and set aside.
4. Mince garlic and set aside.
5. In a large bowl, combine garlic, shredded sweet potato, basil, cilantro, curry powder, ground ginger, garlic powder, soy sauce, and lime juice. Mix to combine.
6. Add cooked lentils and oats to the large bowl. Mix to combine.
7. In a small bowl, crack eggs and whisk together.
8. Add whisked eggs to the large bowl. Mix to combine.



## Thai Basil Burger, continued

9. Line sheet pans with parchment paper.
10. Using a #8 scoop, portion  $\frac{1}{2}$  cup of the mixture and form into a ball.
11. Tightly flatten to form a patty and place onto sheet pan. **Note:** Mixture will be slightly wet.
12. Repeat until all mixture has been formed into patties. Place in the refrigerator for at least 10 minutes. **Note:** If making ahead, you can cover and freeze.
13. Place sheet pans in the oven and bake for 10 minutes.
14. Remove from the oven and flip patties.
15. Return to the oven and bake for 3-5 minutes more until crispy.
16. In a medium bowl, add the cabbage slaw mix, mayonnaise, apple cider vinegar, and salt. Mix to combine and set aside.
17. Slice apples into  $\frac{1}{2}$ -inch-thick slices and set aside.

### FOR THE BURGER ASSEMBLY

1. To assemble, place buns, open-faced, on a clean surface.
2. Place a patty on the bottom half of the bun.
3. Place one apple slice on top of each patty.
4. Using a #16 scoop, place  $\frac{1}{4}$  cup slaw mixture on top of each apple slice.
5. Place the other half of the bun on top.
6. Serve immediately.

### RECIPE CATEGORY

Entrée

### SERVING INFORMATION

1 Burger (1 Bun + 4 oz Patty +  $\frac{1}{4}$  c Slaw + 1 Slice Apple) provides 2.5 oz eq M/MA, 2.5 oz eq GR,  $\frac{1}{2}$  c OV

# ANGIE'S BURRITO

with Peppers and Carrots



# Angie's Burrito with Peppers and Carrots

Source: Mt. Diablo Unified School District

This fresh, plant-forward burrito is deliciously rich and creamy.

| INGREDIENT                       | 50 SERVINGS  |              | 100 SERVINGS |                   |
|----------------------------------|--------------|--------------|--------------|-------------------|
|                                  | WEIGHT       | VOLUME       | WEIGHT       | VOLUME            |
| Carrots, Whole, Raw              | 6 lb + 4 oz  | 1 GL + ¼ c   | 12 lb + 8 oz | 2 GL + ½ c        |
| Peppers, Red                     | 3 lb + 2 oz  | 2 qt + 3 ½ c | 6 lb + 4 oz  | 1 GL + 1 qt + 3 c |
| Peppers, Green and Yellow        | 3 lb + 2 oz  | 2 qt + 3 ½ c | 6 lb + 4 oz  | 1 GL + 1 qt + 3 c |
| Olive Oil                        | -            | 2 T          | -            | ¼ c               |
| White Navy Bean Spread, Prepared | 12 lb + 8 oz | -            | 25 lb        | -                 |
| Broccoli Pesto, Prepared         | 4 lb + 11 oz | 3 qt + ½ c   | 9 lb + 6 oz  | 1 GL + 2 qt + 1 c |
| Tortilla, 10" (56 g)             | -            | 50 ea        | -            | 100 ea            |
| Brown Rice, Cooked               | -            | 25 c         | -            | 50 c              |
| Pico de Gallo, Prepared          | 4 lb + 11 oz | 2 qt + ½ c   | 9 lb + 6 oz  | 1 GL + 1 c        |

## INSTRUCTIONS

1. Bring a large pot of water to a boil.
2. Prepare a separate bowl of ice water.
3. Cut carrots lengthwise into matchsticks.
4. Place carrots in the pot of boiling water and blanch for 4 minutes.
5. Using a slotted spoon, transfer carrots to the bowl of ice water.
6. Once cooled, use a slotted spoon to transfer carrots to a container. Set aside.
7. Slice all bell peppers lengthwise into thin strips.
8. In a saucepan, add oil and bell peppers. Cook 3-5 minutes, stirring frequently, until bell peppers are soft.
9. Remove from heat and set aside.
10. Remove previously prepared White Navy Bean Spread from the refrigerator.
11. Remove previously prepared Broccoli Pesto from the refrigerator.
12. Lay a tortilla flat on a clean surface.
13. Using a #8 scoop, distribute ½ c of White Navy Bean Spread lengthwise down the middle of the tortilla.
14. Using a #16 scoop, spread 2 oz of Broccoli Pesto over the White Navy Bean Spread.
15. Using a #8 scoop, distribute ½ cup cooked rice over the spreads.
16. Using a #16 scoop, continue to distribute ¼ c cooked carrots, ¼ c cooked peppers, and 1.5 oz pico de gallo.
17. Wrap each end of the tortilla inward, then roll into a burrito.
18. Serve immediately or hold at an internal temperature of 135°F until service.

## RECIPE CATEGORY

Entrée

## SERVING INFORMATION

1 Burrito provides 3 oz eq GR, 2 oz eq M/MA, 1 c V (½ c ROV, ¼ c DGV, ¼ c OV)



## ABOUT THE CENTER FOR ECOLITERACY

The Center for Ecoliteracy has a 25-year history of advancing ecological education and school food systems change in K-12 schools. We recognize that students need to experience and understand how nature sustains life and how to live accordingly. Our California Food for California Kids initiative builds the capacity and commitment of public school districts to provide all students with fresh, locally grown school meals and reinforce connections between the classroom, the cafeteria, and the garden. When schools serve more fresh, locally grown food, they support student health and academic achievement while benefiting local economies, communities, and the natural world. The Center for Ecoliteracy leads systems change initiatives, publishes original books and resources, facilitates conferences and professional development, and provides strategic consulting and technical assistance. We work at multiple levels of scale with local, regional, state, and national programs.

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# It often goes unrecognized

that school districts serve as the largest “restaurants” in every city and town, yet schools serve **seven billion** meals a year in the United States. Improving the quality of those meals provides an incredible opportunity for improving student health and learning. And recipes like those in *Plant-Forward Cooking Students Love*—freshly prepared from local, plant-forward ingredients—can contribute to sustainable outcomes on our farms and in the natural environment, too.

This guide and the accompanying resources from the Center for Ecoliteracy’s Plant-Forward Culinary Training provide a vision and a foundation for realizing vital connections between our food, health, and the environment, especially for young people. On the 50th anniversary of *Diet for a Small Planet* it is particularly rewarding to see these connections being made at such a large scale.

**Frances Moore Lappé**

Author, *Diet for a Small Planet*



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