

RETHINKING SCHOOL LUNCH
CALIFORNIA FOOD FOR CALIFORNIA KIDS™

SCHOOL MEALS FEATURING CALIFORNIA FOOD

50 AND 100 SERVINGS



CENTER FOR ECOLITERACY

Copyright © 2013 Center for Ecoliteracy
Published by Learning in the Real World

All rights reserved. Reproduction or redistribution of this material in any form is prohibited unless used by educators and school administrators for noncommercial purposes. Educators and administrators copying, distributing, displaying, or modifying this material for noncommercial purposes must also include the copyright notice “© 2013 Center for Ecoliteracy” on all materials. For other permitted uses, please contact the Center for Ecoliteracy at publications@ecoliteracy.org.

Learning in the Real World

Learning in the Real World

Center for Ecoliteracy
David Brower Center
2150 Allston Way, Suite 270
Berkeley, CA 94704-1377

For more information about this book, email info@ecoliteracy.org or visit www.ecoliteracy.org.

Learning in the Real World is a publishing imprint of the Center for Ecoliteracy, a not-for-profit, tax-exempt organization. Learning in the Real World offers resources to support schooling for sustainability, stories of school communities, and the ecological framework that informs the work of the Center.



The Center for Ecoliteracy is pleased to present this collection of 21 recipes for reimbursable school meals, scaled and tested for quantities of 50 and 100. It includes some favorite recipes from our popular cookbook *Cooking with California Food in K-12 Schools*, co-authored by Ann Evans and Georgeanne Brennan, as well as new recipes that we believe will quickly become favorites with the children you serve.

We offer these recipes to support you in creating menus emphasizing fresh, seasonal food. Inspired by our innovative 6-5-4 menu-planning matrix based on six dishes, five flavor profiles, and four seasons, they feature ingredients grown in California.

A team led by Rethinking School Lunch program manager Adam Kesselman crafted the recipes for batch cooking with standard ovens and stovetops and adapted them, where applicable, for production using a tilt skillet and for individual pack-out serving styles. We have included meal plan contributions, nutrition information, serving size, and recipe yields for all the recipes.

In addition to an assortment of pasta dishes, wraps, and salads, many using whole grains, we are delighted to include 10 rice bowl dishes in this collection. Rice bowls offer a convenient way to serve healthy, ethnically diverse meals that students love. Rice bowls are adaptable to every season and flavor profile. The formula of [rice] + [meat/meat alternative] + [seasonal vegetable] + [seasoning/sauce] is straightforward and easy to prepare. It also presents an opportunity to practice your creativity in the kitchen. For instance, you can adapt an Asian rice bowl using soy sauce, chicken, and peppers to a Middle Eastern/Indian flavor profile by highlighting curry powder and ginger instead. Seasonality can be easily achieved by substituting a spring vegetable like snap peas for a fall vegetable such as bell pepper.

When our schools offer children healthy food grown in their home state, we help them to learn and grow. We also help revitalize the state's economy, reactivate regional food systems, create living wage jobs, and preserve precious resources of land and water—all while celebrating the state's rich cultural heritage.

RICE BOWL RECIPES ARE FLEXIBLE

Rice bowls allow for convenient and flexible menu planning. Depending upon what is available, economical, and/or preferred by students, rice bowl ingredients can be served:



over rice,



over pasta,



or in a wrap.

We thank you and honor you for everything you do for the health of our children, communities, and planet. We hope that these recipes will be a useful resource for you.

Sincerely,

A handwritten signature in black ink that reads "zbarlow". The signature is written in a cursive, lowercase style with a long horizontal stroke at the end.

Zenobia Barlow
Cofounder and Executive Director
Center for Ecoliteracy

TABLE OF CONTENTS

RICE BOWLS	Summer Chicken Stew	7
	Black-eyed Peas with Sausage and Dried Apricots	11
	Red Beans, Spinach, and Beef	16
	Kung Pao Chicken with Sweet Peppers	20
	Beef and Asparagus	27
	Chile Verde	32
	Chicken Fajita	38
	Italian Chicken with Oregano and Lemon	43
	Vegetable Biryani with Tofu.	49
	Lemon Chicken with Fresh Cilantro	53
PASTAS	Penne with Sloppy Joe Topping	59
	Noodles with Bok Choy and Shiitakes.	62
	Asian Noodles with Lime Chili Sauce and Spring Vegetables.	66
	Penne with Chorizo and Kale	70
	Penne with Chicken and Walnut Pesto	74
WRAPS	Cheese Enchiladas with Tomatillo Sauce	78
	Yucatan Wrap	82
SALADS	Chinese Chicken Salad	87
	Summer Salad with Bulgur Wheat, Chicken, and Plums.	90
	Cucumber Raita	94
	Tabbouleh.	96
	Credits	99
	About the Center for Ecoliteracy.	100

NOTE: Due to the many varieties and variations of ingredients, please review the recipe and adjust to accommodate your ingredient selection to ensure that your meal meets the requirements for a reimbursable meal.



SUMMER CHICKEN STEW

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN,
1 CUP VEGETABLE (3/8 RED/ORANGE, 1/4 STARCHY, 3/8 OTHER)

SERVING SIZE: 1 CUP RICE, 8 OZ SPOODLE STEW
ONE 8 OZ SPOODLE PORTION WEIGHS 8.9 OZ

	50 SERVINGS	100 SERVINGS
YIELD	24 LB 13 OZ	49 LB 9 OZ

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CHICKEN, DARK MEAT, SKINLESS, BONELESS, RAW*			9 LB
ONIONS	1/2-INCH DICE	6 QT + 3 CUPS	7 LB 8 OZ
GARLIC, FRESH	CHOPPED	1/4 CUP	
TOMATOES, DICED, LOW SODIUM, CANNED, WITH JUICE**		1 QT + 3 CUPS	3 LB 3 OZ
RED BELL PEPPERS	1/2-INCH DICE	2 QT + 2 CUPS	2 LB 12 OZ
POTATOES, RUSSET	UNPEELED, 1-INCH DICE	8 QT	9 LB 6 OZ
CRUSHED RED PEPPER		1 TBSP	
KOSHER SALT		2 TBSP	
CHICKEN STOCK, LOW SODIUM		1 GAL	
OLIVE OIL		1/2 CUP	
FOR THE RICE:***			
WATER		7 QT	11 LB 3 OZ
BROWN RICE, LONG GRAIN, RAW		3 QT + 2 CUPS	5 LB 9 OZ

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CHICKEN, DARK MEAT, SKINLESS, BONELESS, RAW*			18 LB
ONIONS	1/2 - INCH DICE	13 QT + 2 CUPS	15 LB
GARLIC, FRESH	CHOPPED	1/2 CUP	
TOMATOES, DICED, LOW SODIUM, CANNED, WITH JUICE**		3 QT + 1 1/2 CUPS	6 LB 6 OZ
RED BELL PEPPERS	1/2 - INCH DICE	5 QT	5 LB 8 OZ
POTATOES, RUSSET	UNPEELED, 1 - INCH DICE	16 QT	18 LB 12 OZ
CRUSHED RED PEPPER		2 TBSP	
KOSHER SALT		4 TBSP	
CHICKEN STOCK, LOW SODIUM		2 GAL	
OLIVE OIL		1 CUP	
FOR THE RICE:***			
WATER		14 QT	22 LB 6 OZ
BROWN RICE, LONG GRAIN, RAW		7 QT	11 LB 2 OZ

* IF USING COOKED CHICKEN THAT CREDITS OUNCE FOR OUNCE, USE 12 LB 8 OZ FOR 100 PORTIONS AND 6 LB 4 OZ FOR 50 PORTIONS. IF USING A PRE-SEASONED AND/OR COOKED PRODUCT, THE SALT MAY NEED TO BE ADJUSTED. IF USING A COOKED PRODUCT, ADD THE CHICKEN AFTER THE ONIONS AND GARLIC ARE COOKED.

** IF USING FRESH TOMATOES, USE 3 LB 12 OZ FOR 50 SERVINGS, 7 LB 8 OZ FOR 100 SERVINGS.

*** OUR RICE PREPARATION METHOD USES A 2:1 WATER:RICE RATIO. SINCE DIFFERENT RICE PRODUCTS REQUIRE DIFFERENT WATER RATIOS, PLEASE FOLLOW DIRECTIONS ON THE PACKAGE, IF AVAILABLE.

Method with Critical Control Points (CCP)

FOR THE STEW:

Heat oil in a tilt skillet or large stovetop braising pan large enough to hold all the ingredients.

Add chicken and cook until evenly browned. Remove chicken from skillet.

CCP: Heat to 165°F or higher for at least 15 seconds.

Add onions and garlic and cook until just beginning to brown.

Add remaining ingredients, including chicken, and bring to a boil.

Reduce heat to a simmer and cook until potatoes and chicken are tender, approximately 25 minutes.

Note: If the only equipment available is an oven, preheat a braising pan in the oven and brown the chicken, onions, and garlic in the pan in the oven. Add remaining ingredients, cover, and cook until chicken and potatoes are tender.

CCP: Hold for hot service at 135°F or higher.

FOR THE RICE:

Bring water to a boil.

Place rice in a steam table pan. Pour boiling water over rice, cover tightly with foil, and bake in a 350°F oven for approximately 50 minutes or until rice is tender and water is absorbed.

Note: If boiling water is unavailable, cold water may be used. Increase the cook time by approximately 30 minutes.

TO MAKE RICE IN A STEAMER:

Put 5 lb 9 oz rice in two 6-inch hotel pans. Cover with 5 qt water and steam on high, uncovered, for 50 minutes. Let rest 10 minutes, then fluff with a spatula.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods

PORTIONED RETHERM/REHEAT METHOD:

Follow the instructions above for cooking the rice and the stew. Place the rice in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Remove the stew from its pans to 6-inch hotel pans. Use a rubber spatula to remove all of the stew. Allow the stew to cool for 15 minutes.

Place the stew in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Scoop 1 cup of rice into one side of food trays and an 8 oz spoodle of chicken stew into the other. Seal trays and keep cold until service.

Retherm/reheat the rice and stew on medium-high for 30–35 minutes or until hot (165°F).
Serve immediately.

NUTRITION INFORMATION PER SERVING: Calories 445 kcal, Cholesterol 66.54 mg, Total Fat 7.85 g, Sodium 392.10 mg, Saturated Fat 1.73 g, Iron 2.65 mg, Trans Fat *0.00* g, Vitamin C 36.03 mg, Protein 24.93 g, Vitamin A 126.81 RE, Carbohydrates 68.55 g, Vitamin A 606.15 IU, Dietary Fiber 6.93 g, Calcium 76.09 mg



BLACK-EYED PEAS WITH SAUSAGE AND DRIED APRICOTS

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN, 1/2 CUP VEGETABLE (1/2 CUP BEANS), 1/2 CUP FRUIT (1/4 CUP DRIED)

SERVING SIZE: 1 CUP RICE, 8 OZ SPOODLE
ONE 8 OZ SPOODLE PORTION WEIGHS 9 OZ

	50 SERVINGS	100 SERVINGS
YIELD	28 LB 4 OZ	56 LB 8 OZ

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
SPICY BULK PORK SAUSAGE, RAW*			13 LB 5 OZ
ONIONS	DICED	3 CUPS + 2 TBSP	12.6 OZ
GARLIC, FRESH	CHOPPED	1/4 CUP	
CRUSHED RED PEPPER		2 TBSP	
BLACK-EYED PEAS, CANNED	DRAINED	8 QT	18 LB 2 OZ
BEEF STOCK, LOW SODIUM		2 QT	
KOSHER SALT		1 TBSP	
BLACK PEPPER, GROUND		2 TSP	
APRICOTS, DRIED	CHOPPED	1 QT + 2 1/4 CUPS	2 LB 3 OZ
FOR THE RICE:**			
WATER		7 QT	11 LB 3 OZ
BROWN RICE, LONG GRAIN, RAW		3 QT + 2 CUPS	5 LB 9 OZ

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
SPICY BULK PORK SAUSAGE, RAW*			26 LB 10 OZ
ONIONS	DICED	6 1/4 CUPS	1 LB 8 OZ
GARLIC, FRESH	CHOPPED	1/2 CUP	
CRUSHED RED PEPPER		4 TBSP	
BLACK-EYED PEAS, CANNED	DRAINED	16 QT	36 LB 4 OZ
BEEF STOCK, LOW SODIUM		4 QT	
KOSHER SALT		2 TBSP	
BLACK PEPPER, GROUND		4 TSP	
APRICOTS, DRIED	CHOPPED	3 QT + 1/2 CUP	4 LB 6 OZ
FOR THE RICE:**			
WATER		14 QT	22 LB 6 OZ
BROWN RICE, LONG GRAIN, RAW		7 QT	11 LB 2 OZ

* IF USING COOKED PORK THAT CREDITS OUNCE FOR OUNCE, USE 12 LB 8 OZ FOR 100 PORTIONS AND 6 LB 4 OZ FOR 50 PORTIONS.

** OUR RICE PREPARATION METHOD USES A 2:1 WATER:RICE RATIO. SINCE DIFFERENT RICE PRODUCTS REQUIRE DIFFERENT WATER RATIOS, PLEASE FOLLOW DIRECTIONS ON THE PACKAGE, IF AVAILABLE.

Method with Critical Control Points (CCP)

FOR THE STEW:

Heat a tilt skillet or stovetop braising pan.

Add sausage and cook, breaking the meat up as it browns.

When sausage is cooked through, remove from pan and drain off any fat.

CCP: Heat to 165°F or higher for at least 15 seconds.

Add onions and garlic to the pan and cook, stirring, until they begin to brown.

Add ground chile, black-eyed peas, beef stock, salt, and pepper. Mix well.

Bring to a boil and simmer for 20 minutes.

Add apricots and cook an additional 10 minutes.

CCP: Hold for hot service at 135°F or higher.

FOR THE RICE:

Bring water to a boil.

Place rice in a steam table pan. Pour boiling water over rice, cover tightly with foil, and bake in a 350°F oven for approximately 50 minutes or until rice is tender and water is absorbed.

Note: If boiling water is unavailable, cold water may be used. Increase the cook time by approximately 30 minutes.

TO MAKE RICE IN A STEAMER:

Put 5 lb 9 oz rice in two 6-inch hotel pans. Cover with 5 qt water and steam on high, uncovered, for 50 minutes. Let rest 10 minutes, then fluff with a spatula.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods

BATCH COOKING IN A TILT SKILLET:

Follow methods above, scaling for your production needs.

PORTIONED RETHERM/REHEAT METHOD:

Follow methods above for cooking the rice and black-eyed pea stew. Transfer the stew to two 6-inch hotel pans or other shallow containers and cool for 15 minutes at room temperature.

Cool the rice and the stew in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Note: The stew is very dense and will cool slowly, so it is advised to stir occasionally while cooling to promote even and rapid cooling per CCP plans.

Place 1 cup of rice in center of food trays and spread rice around the outside to form a ring, leaving a space in center. Place 1 heaping 8 oz spoodle (9 oz volume) of stew in the center of the tray. Seal trays and keep cold for service.

Heat trays at medium-high for 30–35 minutes or until hot (165°F). Serve immediately.

NUTRITION INFORMATION PER SERVING: Calories 499 kcal, Cholesterol 50.46 mg, Total Fat 13.79 g, Sodium 283.44 mg, Saturated Fat 4.24 g, Iron 3.77 mg, Trans Fat *0.00* g, Vitamin C 1.26 mg, Protein 27.31 g, Vitamin A 57.29 RE, Carbohydrates 67.38 g, Vitamin A 354.10 IU, Dietary Fiber 9.51 g, Calcium 59.20 mg



SUMMER CHICKEN STEW



BLACK-EYED PEAS WITH SAUSAGE AND DRIED APRICOTS



RED BEANS, SPINACH, AND BEEF

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT. (1 OZ MEAT, 1 OZ MEAT ALT.), 2 OZ GRAINS, 1/2 CUP VEGETABLE (1/4 CUP DARK GREEN, 1/4 CUP RED/ORANGE)

SERVING SIZE: 8 OZ SPOODLE
ONE 8 OZ SPOODLE PORTION WEIGHS 9.8 OZ

	50 SERVINGS	100 SERVINGS
YIELD	30 LB 14 OZ	61 LB 12 OZ

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
OLIVE OIL		2 TBSP	
BEEF, GROUND, 80/20, RAW*			4 LB 8 OZ
ONIONS	1/4 - INCH DICE	2 QT	2 LB 2 OZ
KOSHER SALT		2 TBSP	
CHILI POWDER		2 TBSP	
TOMATOES, DICED, LOW SODIUM, CANNED, WITH JUICE**		3 QT + 1 CUP	6 LB 11 OZ
BEANS, CANNED, KIDNEY, LOW SODIUM, DRAINED***		5 QT + 2 CUPS	8 LB 7 OZ
SPINACH, BABY, RAW		38 QT	6 LB 12 OZ
BLACK PEPPER, GROUND		1 TBSP	
FOR THE RICE:****			
WATER		7 QT	11 LB 3 OZ
BROWN RICE, LONG GRAIN, RAW		3 QT + 2 CUPS	5 LB 9 OZ

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
OLIVE OIL		1/4 CUP	
BEEF, GROUND, 80/20, RAW*			9 LB
ONIONS	1/4 - INCH DICE	4 QT	4 LB 4 OZ
KOSHER SALT		1/4 CUP	
CHILI POWDER		1/4 CUP	
TOMATOES, DICED, LOW SODIUM, CANNED, WITH JUICE**		6 QT + 3 CUPS	13 LB 6 OZ
BEANS, CANNED, KIDNEY, LOW SODIUM, DRAINED***		11 QT	16 LB 14 OZ
SPINACH, BABY, RAW		76 QT	13 LB 8 OZ
BLACK PEPPER, GROUND		2 TBSP	
FOR THE RICE:****			
WATER		14 QT	22 LB 6 OZ
BROWN RICE, LONG GRAIN, RAW		7 QT	11 LB 2 OZ

* IF USING COOKED BEEF THAT CREDITS OUNCE FOR OUNCE, USE 6 LB 4 OZ FOR 100 SERVINGS, 3 LB 2 OZ FOR 50 SERVINGS.

** IF USING FRESH TOMATOES, USE 7 LB 8 OZ FOR 50 SERVINGS, 15 LB FOR 100 SERVINGS.

*** IF USING DRY KIDNEY BEANS, USE 2 LB FOR 50 SERVINGS, 4 LB FOR 100 SERVINGS.

**** OUR RICE PREPARATION METHOD USES A 2:1 WATER:RICE RATIO. SINCE DIFFERENT RICE PRODUCTS REQUIRE DIFFERENT WATER RATIOS, PLEASE FOLLOW DIRECTIONS ON THE PACKAGE, IF AVAILABLE.

Method with Critical Control Points (CCP)

Heat the oil in a tilt skillet or stovetop braising pan large enough to hold all ingredients.

Add beef to the pan and break up the meat as it cooks and browns.

CCP: Heat to 165°F or higher for at least 15 seconds.

Remove the meat and drain off all the fat in the skillet.

Add the onions to the skillet and cook until translucent, stirring to keep from burning.

Return the meat to the pan.

Add the salt and chili powder and stir well to combine.

Add the tomatoes and beans. Bring to a simmer, simmer for 5 minutes.

Add the spinach and cook, stirring, until wilted.

Simmer an additional 10 minutes.

CCP: Hold for hot service at 135°F or higher.

FOR THE RICE:

Bring water to a boil.

Place rice in a steam table pan. Pour boiling water over rice, cover tightly with foil, and bake in a 350°F oven for approximately 50 minutes or until rice is tender and water is absorbed.

Note: If boiling water is unavailable, cold water may be used. Increase the cook time by approximately 30 minutes.

TO MAKE RICE IN A STEAMER:

Put 5 lb 9 oz rice in two 6-inch hotel pans. Cover with 5 qt water and steam on high, uncovered, for 50 minutes. Let rest 10 minutes, then fluff with a spatula.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods

BATCH COOKING IN A TILT SKILLET:

Follow methods above, scaling for your production needs.

PORTIONED RETHERM/REHEAT METHOD:

Follow methods above, scaling for your production needs, except add the spinach after simmering for 10 minutes and stir to wilt.

Remove the beef and beans from the heat and transfer to 6-inch hotel pans or larger containers to cool for 15 minutes at room temperature. Then cool in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Cook and cool the rice in a blast chiller (preferred) or under refrigeration until 41°F or below. Fluff the rice once cool.

Note that beef and bean stews, and other stews like them, are very dense and take a long time to cool down. You may need to stir occasionally to cool them per your CCP plan.

Place a 1 cup scoop of rice in the center of the food trays and spread the rice to the sides, leaving a space in the center, and place one heaping 8 oz spoodle (10 fl oz stew) in the center.

Seal the food trays and keep cold until service.

Retherm or heat trays on medium-high, or 275°F for 35–40 minutes or until hot (165°F), and serve immediately.

NUTRITION INFORMATION PER SERVING: Calories 406 kcal, Cholesterol 30.51 mg, Total Fat 8.19 g, Sodium 431.90 mg, Saturated Fat 2.61 g, Iron 4.64 mg, Trans Fat *0.00* g, Vitamin C 25.49 mg, Protein 20.08 g, Vitamin A 497.26 RE, Carbohydrates 63.39 g, Vitamin A 6207.72 IU, Dietary Fiber 10.70 g, Calcium 127.79 mg



KUNG PAO CHICKEN WITH SWEET PEPPERS

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN, 1/4 CUP VEGETABLE, RED/ORANGE

SERVING SIZE: 1 CUP RICE, 8 OZ SPOODLE CHICKEN/VEGETABLE
ONE 8 OZ SPOODLE PORTION WEIGHS 4.2 OZ

	50 SERVINGS	100 SERVINGS
YIELD	13 LB 2 OZ	26 LB 4 OZ

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CHICKEN, DARK MEAT, SKINLESS, BONELESS, RAW*			9 LB
FOR THE MARINADE:			
CORNSTARCH		3 TBSP	
SOY SAUCE, REDUCED SODIUM**		1/3 CUP	
KOSHER SALT		1 TBSP + 1 TSP	
OLIVE OIL		2 TBSP	
SHERRY VINEGAR***		3 TBSP	
FOR THE SAUCE:			
CORNSTARCH		3 TBSP	
SOY SAUCE, REDUCED SODIUM		1/4 CUP	
SUGAR, GRANULATED		1/4 CUP	
SHERRY VINEGAR***		1/2 CUP	
SESAME OIL		3 TBSP	
PEPPER, RED, CRUSHED		2 TSP	
WATER		1 CUP	

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE VEGETABLES:			
OLIVE OIL		2 TBSP	
GARLIC, FRESH	CHOPPED	1/4 CUP	
GINGER, FRESH	CHOPPED	1/4 CUP	
SCALLIONS	SLICED	3 1/2 CUPS	8 OZ
PEPPERS, RED AND/OR ORANGE BELL	SEEDED, SLICED	7 QT	5 LB 2 OZ
FOR THE RICE:****			
WATER		7 QT	11 LB 3 OZ
BROWN RICE, LONG GRAIN, RAW		3 QT + 2 CUPS	5 LB 9 OZ

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CHICKEN, DARK MEAT, SKINLESS, BONELESS, RAW*			18 LB
FOR THE MARINADE:			
CORNSTARCH		6 TBSP	
SOY SAUCE, REDUCED SODIUM**		2/3 CUP	
KOSHER SALT		2 TBSP + 2 TSP	
OLIVE OIL		1/4 CUP	
SHERRY VINEGAR***		6 TBSP	
FOR THE SAUCE:			
CORNSTARCH		6 TBSP	
SOY SAUCE, REDUCED SODIUM		1/2 CUP	
SUGAR, GRANULATED		1/2 CUP	
SHERRY VINEGAR***		1 CUP	
SESAME OIL		6 TBSP	
PEPPER, RED, CRUSHED		1 TBSP + 1 TSP	
WATER		2 CUPS	

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE VEGETABLES:			
OLIVE OIL		1/4 CUP	
GARLIC, FRESH	CHOPPED	1/2 CUP	
GINGER, FRESH	CHOPPED	1/2 CUP	
SCALLIONS	SLICED	1 QT + 3 CUPS	1 LB
PEPPERS, RED AND/OR ORANGE BELL	SEEDED, SLICED	14 QT	10 LB 4 OZ
FOR THE RICE:****			
WATER		14 QT	22 LB 6 OZ
BROWN RICE, LONG GRAIN, RAW		7 QT	11 LB 2 OZ

* IF USING COOKED CHICKEN THAT CREDITS OUNCE FOR OUNCE, USE 12 LB 8 OZ FOR 100 PORTIONS AND 6 LB 4 OZ FOR 50 PORTIONS. IF USING A PRE-SEASONED AND/OR COOKED PRODUCT, THE SALT MAY NEED TO BE ADJUSTED.

** IT IS POSSIBLE TO MAKE REDUCED SODIUM SOY SAUCE FROM FULL STRENGTH SOY SAUCE (OR TAMARI FOR GLUTEN-FREE) BY MIXING 2 PARTS SOY WITH 1 PART WATER (2:1, SOY:WATER).

*** YOU MAY SUBSTITUTE RED WINE VINEGAR OR RICE VINEGAR FOR SHERRY VINEGAR. FLAVOR WILL CHANGE – TEST IN SMALL BATCH FOR FLAVOR FIRST.

**** OUR RICE PREPARATION METHOD USES A 2:1 WATER:RICE RATIO. SINCE DIFFERENT RICE PRODUCTS REQUIRE DIFFERENT WATER RATIOS, PLEASE FOLLOW DIRECTIONS ON THE PACKAGE, IF AVAILABLE.

Method with Critical Control Points (CCP)

FOR THE MARINADE:

First dissolve cornstarch with soy sauce, then mix in remaining marinade ingredients.

CCP: Keep cold food at or below 41°F.

FOR THE CHICKEN:

Place chicken in a large container with a lid.

Pour marinade over chicken and mix well to coat it. Cover and refrigerate for up to 2 hours.

CCP: Keep cold food at or below 41°F.

Preheat oven to 375°F. Lay chicken out onto parchment-lined sheet pans in one layer. Cook until browned and cooked through.

CCP: Heat to 165°F or higher for at least 15 seconds.

Slice chicken into strips and hold hot for service.

CCP: Hold for hot service at 135°F or higher.

FOR THE SAUCE:

In a large pot, first dissolve cornstarch with soy sauce, then mix in remaining sauce ingredients.

Bring to a boil, reduce heat, and simmer until sauce has thickened. Sauce can also be heated in a steam table pan in the oven.

FOR THE VEGETABLES:

In a large mixing bowl, combine the olive oil, garlic, ginger, scallions, and bell peppers. Mix well to coat the vegetables.

Lay vegetables out on parchment-lined sheet pans and cook until the peppers are tender but not overcooked.

Mix vegetables and sauce together and place in steam table pans. Hold hot for service.

FOR THE RICE:

Bring water to a boil.

Place rice in a steam table pan. Pour boiling water over rice, cover tightly with foil, and bake in a 350°F oven for approximately 50 minutes or until rice is tender and water is absorbed.

Note: If boiling water is unavailable, cold water may be used. Increase the cook time by approximately 30 minutes.

TO MAKE RICE IN A STEAMER:

Put 5 lb 9 oz rice in two 6-inch hotel pans. Cover with 5 qt water and steam on high, uncovered, for 50 minutes. Let rest 10 minutes, then fluff with a spatula.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods

BATCH COOKING IN A TILT SKILLET:

Marinate the chicken as above. Heat skillet or wok over medium-high heat. Whisk the cornstarch for the sauce with 1 cup cold water and then whisk in the rest of the sauce ingredients until completely mixed.

Add chicken and cook, stirring, until cooked and nicely browned, with an internal temperature of 165°F or higher. Remove chicken and cut into strips.

Add the ginger and garlic to the pan and cook, stirring, 1–2 minutes. Add the peppers and cook 3–5 minutes until just softened. Return the chicken to the skillet or wok and pour in the sauce mixture and stir until thickened.

Add scallions, transfer to hotel pans, and hold hot for service.

Portion the rice and chicken as above and serve immediately.

PORTIONED RETHERM/REHEAT METHOD:

Prepare recipe using oven recipe above.

Cool the chicken, vegetables, and sauce separately in a blast chiller (preferred), or under refrigeration until cold (41°F or below).

Mix the chicken with half of the sauce, and the vegetables with the other half.

Place 1 cup of rice in the center of retherm food trays, and then place a 4 oz spoodle of the pepper mixture over it, and 2 oz of chicken on top.

Seal trays and keep cold until service. Retherm/reheat on medium-high for 25-30 minutes or until hot (165°F), and serve immediately.

SERVING SUGGESTION: Garnish with walnuts or cashews.

NUTRITION INFORMATION PER SERVING: Calories 363 kcal, Cholesterol 65.32 mg, Total Fat 7.33 g, Sodium 314.73 mg, Saturated Fat 1.53 g, Iron 2.23 mg, Trans Fat *0.00* g, Vitamin C 62.99 mg, Protein 22.40 g, Vitamin A 295.69 RE, Carbohydrates 50.30 g, Vitamin A 1614.49 IU, Dietary Fiber 4.64 g, Calcium 44.87 mg



RED BEANS, SPINACH, AND BEEF



KUNG PAO CHICKEN WITH SWEET PEPPERS



BEEF AND ASPARAGUS

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN, 1/4 CUP VEGETABLE, OTHER

SERVING SIZE: 1 CUP RICE, 8 OZ SPOODLE
ONE 8 OZ SPOODLE PORTION WEIGHS 9 OZ

	50 SERVINGS	100 SERVINGS
YIELD	18 LB 12 OZ	37 LB 8 OZ

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
BEEF BOTTOM SIRLOIN, TRI-TIP ROAST, RAW*	CUBED		9 LB 5 OZ
FOR THE MARINADE:			
CORNSTARCH		1/2 CUP	
SOY SAUCE, REDUCED SODIUM**		1/2 CUP	
OLIVE OIL		1/4 CUP	
SHERRY VINEGAR		1/4 CUP	
SUGAR, GRANULATED		2 TBSP	
KOSHER SALT		2 TBSP	
FOR THE SAUCE:			
GARLIC, FRESH	CHOPPED	2 TBSP	
GINGER, FRESH	CHOPPED	2 TBSP	
SHERRY VINEGAR		1 1/2 CUPS	
SOY SAUCE, REDUCED SODIUM		1/4 CUP	

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE VEGETABLES:			
ASPARAGUS	TRIMMED, SLICED ON THE BIAS	12 QT	12 LB 8 OZ
OLIVE OIL		1/2 CUP	
FOR THE RICE:***			
WATER		7 QT	11 LB 3 OZ
BROWN RICE, LONG GRAIN, RAW		3 QT + 2 CUPS	5 LB 9 OZ

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
BEEF BOTTOM SIRLOIN, TRI-TIP ROAST, RAW*	CUBED		18 LB 10 OZ
FOR THE MARINADE:			
CORNSTARCH		1 CUP	
SOY SAUCE, REDUCED SODIUM**		1 CUP	
OLIVE OIL		1/2 CUP	
SHERRY VINEGAR		1/2 CUP	
SUGAR, GRANULATED		4 TBSP	
KOSHER SALT		4 TBSP	
FOR THE SAUCE:			
GARLIC, FRESH	CHOPPED	1/4 CUP	
GINGER, FRESH	CHOPPED	1/4 CUP	
SHERRY VINEGAR		3 CUPS	
SOY SAUCE, REDUCED SODIUM		1/2 CUP	
FOR THE VEGETABLES:			
ASPARAGUS	TRIMMED, SLICED ON THE BIAS	24 QT	25 LB
OLIVE OIL		1 CUP	

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE RICE:***			
WATER		14 QT	22 LB 6 OZ
BROWN RICE, LONG GRAIN, RAW		7 QT	11 LB 2 OZ

* IF USING COOKED BEEF THAT CREDITS OUNCE FOR OUNCE, USE 12 LB 8 OZ FOR 100 PORTIONS AND 6 LB 4 OZ FOR 50 PORTIONS.

** IT IS POSSIBLE TO MAKE REDUCED SODIUM SOY SAUCE FROM FULL STRENGTH SOY SAUCE (OR TAMARI FOR GLUTEN-FREE) BY MIXING 2 PARTS SOY WITH 1 PART WATER (2:1, SOY:WATER).

*** OUR RICE PREPARATION METHOD USES A 2:1 WATER:RICE RATIO. SINCE DIFFERENT RICE PRODUCTS REQUIRE DIFFERENT WATER RATIOS, PLEASE FOLLOW DIRECTIONS ON THE PACKAGE, IF AVAILABLE.

Method with Critical Control Points (CCP)

FOR THE MARINADE:

First dissolve cornstarch with soy sauce, then mix in remaining marinade ingredients.

FOR THE BEEF:

Place beef in a large container with a lid.

Pour marinade over beef and mix well to coat. Cover and refrigerate for up to 2 hours.

CCP: Keep cold food at or below 41°F.

Preheat oven to 400°F.

Spread out beef on a parchment-lined sheet pan in one layer. Cook until meat is very brown and completely cooked, approximately 25 minutes.

CCP: Heat to 165°F or higher for at least 15 seconds.

Hold hot until ready to mix with vegetables.

FOR THE SAUCE:

In a pot, combine all ingredients for the sauce. Bring to a boil and simmer for 20 minutes.

FOR THE VEGETABLES:

In a large container, toss the asparagus with the olive oil.

Spread out asparagus on parchment-lined sheet pans in one layer. Cook until asparagus is tender but not overcooked, approximately 20 minutes.

Combine beef, asparagus, and sauce and evenly distribute to steam table pans. Hold hot for service.

CCP: Hold for hot service at 135°F or higher.

FOR THE RICE:

Bring water to a boil.

Place rice in a steam table pan. Pour boiling water over rice, cover tightly with foil, and bake in a 350°F oven for approximately 50 minutes or until rice is tender and water is absorbed.

Note: If boiling water is unavailable, cold water may be used. Increase the cook time by approximately 30 minutes.

TO MAKE RICE IN A STEAMER:

Put 5 lb 9 oz rice in two 6-inch hotel pans. Cover with 5 qt water and steam on high, uncovered, for 50 minutes. Let rest 10 minutes, then fluff with a spatula.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods**BATCH COOKING IN A TILT SKILLET, BRAISER, OR WOK:**

Heat the wok or skillet to medium-high, then add the beef and cook, stirring to cook all sides evenly, until nicely browned, 4–5 minutes.

Add the asparagus and stir-fry 4 minutes more.

Add the sauce and cook until the sauce thickens and is nicely glazed.

PORTIONED RETHERM/REHEAT METHOD:

Cook rice as above in oven or steamer, and then cool for 15 minutes and place under refrigeration until cold (41°F or below).

Cook beef and asparagus exactly as in the above methods, but place in pans to cool rapidly in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Cook the sauce and cool in an ice bath.

Weigh the beef first to 2 oz to determine proper scoop size. Using a 1 cup scoop, place the rice in one side of food retherm trays. In the other side, scoop the beef and then the asparagus.

Ladle 1 oz of sauce over the beef and asparagus, seal the trays, and keep cool for service.

Place trays in retherm on medium-high setting for 25–30 minutes or until hot, at least 165°F on a calibrated food thermometer. Serve immediately.

NUTRITION INFORMATION PER SERVING: Calories 458 kcal, Cholesterol 70.12 mg, Total Fat 14.49 g, Sodium 382.77 mg, Saturated Fat 4.28 g, Iron 5.03 mg, Trans Fat *0.00* g, Vitamin C 6.47 mg, Protein 30.05 g, Vitamin A 65.77 RE, Carbohydrates 51.52 g, Vitamin A 857.32 IU, Dietary Fiber 5.91 g, Calcium 73.20 mg



CHILE VERDE

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN, 1/2 CUP VEGETABLE, OTHER

SERVING SIZE: 1 CUP RICE, 2 OZ MEAT, 2/3 CUP SAUCE
ONE 8 OZ SPOODLE PORTION WEIGHS 7.9 OZ

	50 SERVINGS	100 SERVINGS
YIELD	24 LB 11 OZ	49 LB 6 OZ

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
SHREDDED PORK OR CHICKEN, COOKED			6 LB 4 OZ
FOR THE SAUCE:			
TOMATILLOS	HUSKED	5 QT	10 LB 8 OZ
ANAHEIM CHILES*		25 EA	5 LB 8 OZ
ONIONS	DICED	4 QT + 3 CUPS	5 LB 4 OZ
GARLIC	CHOPPED	1/4 CUP	
OLIVE OIL		2 TBSP	
CILANTRO		2 CUPS	2 BUNCHES
KOSHER SALT		2 TBSP	
FOR THE RICE:**			
WATER		7 QT	11 LB 9 OZ
BROWN RICE, LONG GRAIN, RAW		3 QT + 2 CUPS	5 LB 3 OZ

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
SHREDDED PORK OR CHICKEN, COOKED			12 LB 8 OZ
FOR THE SAUCE:			
TOMATILLOS	HUSKED	10 QT	21 LB
ANAHEIM CHILES*		50 EA	11 LB
ONIONS	DICED	9 QT + 2 CUPS	10 LB 8 OZ
GARLIC	CHOPPED	1/2 CUP	
OLIVE OIL		1/4 CUP	
CILANTRO		4 CUPS	4 BUNCHES
KOSHER SALT		1/4 CUP	
FOR THE RICE:**			
WATER		14 QT	22 LB 6 OZ
BROWN RICE, LONG GRAIN, RAW		7 QT	11 LB 2 OZ

* 50 SERVINGS: 3 LB ROASTED, PEELED SEEDED CHILES; 100 SERVINGS: 6 LB ROASTED, PEELED, SEEDED CHILES.

** OUR RICE PREPARATION METHOD USES A 2:1 WATER:RICE RATIO. SINCE DIFFERENT RICE PRODUCTS REQUIRE DIFFERENT WATER RATIOS, PLEASE FOLLOW DIRECTIONS ON THE PACKAGE, IF AVAILABLE.

SAUCE CAN BE MADE AHEAD AND PROPERLY CHILLED UNTIL READY FOR USE.

Method with Critical Control Points (CCP)

FOR THE TOMATILLOS:

Preheat oven to 500°F.

Lay out tomatillos in a single layer on parchment-lined sheet pans.

Roast until they have softened and started to brown. Reserve tomatillos and juice.

FOR THE CHILES:

Lay out chiles in a single layer on parchment-lined sheet pans.

Roast until they have softened and the skins have blistered and browned.

Place chiles in a container with a lid for 20 minutes to steam the skins for easy removal.

When cool enough to handle, peel the skins off and remove the stems and seeds.

Roughly chop the chiles.

Mix together the onions, garlic, and olive oil.

Lay out onto parchment-lined sheet pans in a 1/2-inch layer.

Roast until onions are translucent and beginning to brown.

Using a blender, food processor, or immersion blender, puree the tomatillos (with juice), chiles, onion mixture, cilantro, and salt until smooth.

Distribute pork and sauce evenly among steam table pans.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

FOR THE RICE:

Bring water to a boil.

Place rice in a steam table pan. Pour boiling water over rice, cover tightly with foil, and bake in a 350°F oven for approximately 50 minutes or until rice is tender and water is absorbed.

Note: If boiling water is unavailable, cold water may be used. Increase the cook time by approximately 30 minutes.

TO MAKE RICE IN A STEAMER:

Put 5 lb 9 oz rice in two 6-inch hotel pans. Cover with 5 qt water and steam on high, uncovered, for 50 minutes. Let rest 10 minutes, then fluff with a spatula.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods

BATCH COOKING IN A TILT SKILLET STOVETOP POT:

Cook and prepare the tomatillos and chiles exactly as above. Heat a tilt skillet or large pot over medium-high heat.

Add the oil and the onions and garlic, and cook, stirring, until soft, 3-5 minutes. Add the tomatillos, peeled chiles, cilantro, and salt and bring to a simmer.

Puree the mixture with an immersion blender (best method), or in batches in a food processor or tabletop blender.

Note: If using a tabletop blender, do not fill the blender more than $\frac{2}{3}$ full, and pulse the blender several times very quickly on and off to keep the hot sauce from exploding. Do not turn the blender on high with the hot sauce inside or you could be severely burned.

Heat the pork or chicken in the oven or on the stovetop and add the sauce to cover.

Serve 1 cup rice with one 8 oz scoop of chile verde. Serve immediately.

PORTIONED RETHERM/REHEAT METHOD:

Cook the sauce ingredients using either of the above methods to completion.

Cool the sauce in an ice bath (preferred), in a blast chiller, or in hotel pans under refrigeration until cold (41°F or below).

Note: Thick sauces cool slowly, so it is highly recommended to cool the sauce in shallow pans (6-inch) and stir occasionally during cooling.

Cook the rice as above and cool in a blast chiller (preferred) or under refrigeration. Make sure rice and sauce are cold, 41°F or below.

Mix the sauce with the pork or chicken.

Place 1 cup rice in one side of food retherm trays and one 8 oz scoop of meat with sauce in the other. Seal trays and keep cold until service.

Retherm/cook at medium-high until hot, 25–30 minutes, 165°F internal temperature, checked using a calibrated food thermometer.

SERVING SUGGESTION: Try with cooked diced pork, chicken, or tofu.

NUTRITION INFORMATION PER SERVING: Calories 366 kcal, Cholesterol 65.32 mg, Total Fat 7.61 g, Sodium 240.78 mg, Saturated Fat 1.58 g, Iron 2.02 mg, Trans Fat *0.00* g, Vitamin C 58.54 mg, Protein 22.35 g, Vitamin A 228.23 RE, Carbohydrates 51.01 g, Vitamin A 1345.92 IU, Dietary Fiber 5.12 g, Calcium 44.99 mg

THE NUTRITION INFORMATION SHOWN REFLECTS SHREDDED CHICKEN.



BEEF AND ASPARAGUS



CHILE VERDE



CHICKEN FAJITA

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN,
1/4 CUP VEGETABLE (1/8 CUP RED/ORANGE, 1/8 CUP OTHER)

SERVING SIZE: 1 CUP RICE, 8 OZ SPOODLE CHICKEN AND VEGETABLES
ONE 8 OZ SPOODLE PORTION WEIGHS 4.4 OZ

	50 SERVINGS		100 SERVINGS	
YIELD	CHICKEN	7 LB	CHICKEN	14 LB
	VEGETABLES	7 LB	VEGETABLES	14 LB

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CHICKEN, DARK MEAT, SKINLESS, BONELESS, RAW*			9 LB
FOR THE MARINADE:			
CILANTRO, FRESH	CHOPPED	5 CUPS	5 BUNCHES
OLIVE OIL		1/4 CUP	
LIME JUICE		2/3 CUP	
GARLIC, FRESH	CHOPPED	1/4 CUP	
JALAPEÑO PEPPER, FRESH	SEEDED, DICED	1/2 CUP	2.5 OZ
KOSHER SALT		1 TBSP + 2 TSP	
FOR THE VEGETABLES:			
RED BELL PEPPERS	SEEDED, SLICED	4 QT	3 LB 5 OZ
GREEN BELL PEPPERS	SEEDED, SLICED	2 QT	1 LB 10 OZ
ONIONS	PEELED, SLICED	2 QT	3 LB 8 OZ
OLIVE OIL		1/4 CUP	

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE RICE:**			
WATER		7 QT	11 LB 3 OZ
BROWN RICE, LONG GRAIN, RAW		3 QT + 2 CUPS	5 LB 9 OZ

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CHICKEN, DARK MEAT, SKINLESS, BONELESS, RAW*			18 LB
FOR THE MARINADE:			
CILANTRO, FRESH	CHOPPED	10 CUPS	10 BUNCHES
OLIVE OIL		1/2 CUP	
LIME JUICE		1 1/3 CUPS	
GARLIC, FRESH	CHOPPED	1/2 CUP	
JALAPEÑO PEPPER, FRESH	SEEDED, DICED	1 CUP	5 OZ
KOSHER SALT		3 TBSP + 1 TSP	
FOR THE VEGETABLES:			
RED BELL PEPPERS	SEEDED, SLICED	8 QT	6 LB 10 OZ
GREEN BELL PEPPERS	SEEDED, SLICED	4 QT	3 LB 4 OZ
ONIONS	PEELED, SLICED	4 QT	7 LB
OLIVE OIL		1/2 CUP	
FOR THE RICE:**			
WATER		14 QT	22 LB 6 OZ
BROWN RICE, LONG GRAIN, RAW		7 QT	11 LB 2 OZ

* IF USING COOKED CHICKEN THAT CREDITS OUNCE FOR OUNCE, USE 12 LB 8 OZ FOR 100 PORTIONS AND 6 LB 4 OZ FOR 50 PORTIONS. IF USING A PRE-SEASONED AND/OR COOKED PRODUCT, THE SALT MAY NEED TO BE ADJUSTED AND THE CHICKEN CAN MARINATE FOR UP TO TWO HOURS.

** OUR RICE PREPARATION METHOD USES A 2:1 WATER:RICE RATIO. SINCE DIFFERENT RICE PRODUCTS REQUIRE DIFFERENT WATER RATIOS, PLEASE FOLLOW DIRECTIONS ON THE PACKAGE, IF AVAILABLE.

Method with Critical Control Points (CCP)

FOR THE MARINADE:

Combine cilantro, oil, lime juice, garlic, jalapeño, and salt.

FOR THE CHICKEN:

Place chicken in a large container with a lid.

Pour marinade over chicken and mix well to coat it. Cover and refrigerate for 30 minutes.

CCP: Keep cold food at or below 41°F.

Preheat oven to 375°F. Lay chicken out onto sheet pans in one layer. Pour remaining marinade over chicken.

Bake until chicken is fully cooked (165°F).

CCP: Heat to 165°F or higher for at least 15 seconds.

Reserve the juices and marinade that have collected on the sheet pan.

Slice the chicken into strips and pour half of the marinade over the chicken. Reserve the other half for the vegetables.

CCP: Hold for hot service at 135°F or higher.

FOR THE VEGETABLES:

In a large container, combine peppers, onions, and oil. Mix well to coat the vegetables.

Spread vegetables out onto sheet pans in one layer. Cook until the onions are tender and slightly browned.

Place vegetables in a steam table pan and pour remaining marinade over them.

TO MAKE THE RICE:

Bring water to a boil.

Place rice in a steam table pan. Pour boiling water over rice, cover tightly with foil, and bake in a 350°F oven for approximately 50 minutes or until rice is tender and water is absorbed.

Note: If boiling water is unavailable, cold water may be used. Increase the cook time by approximately 30 minutes.

TO MAKE RICE IN A STEAMER:

Put 5 lb 9 oz rice in two 6-inch hotel pans. Cover with 5 qt water and steam on high, uncovered, for 50 minutes. Let rest 10 minutes, then fluff with a spatula.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods

BATCH COOKING IN A TILT SKILLET, BRAISER, OR WOK:

Marinate the chicken as above.

Heat the wok or tilt skillet to medium-high, add the chicken, and cook, stirring, for 3–5 minutes.

Add the marinade and bring to a simmer, 3–5 minutes.

Cook until chicken is fully cooked and internal temperature is at least 165°F.

Remove chicken to hotel pans or trays to cool slightly. Add the remaining oil and the vegetables to the skillet and cook, stirring, 3–5 minutes.

Slice the chicken into thin 1/4-inch slices and return to the skillet with all the remaining juices and marinade, and simmer, stirring, 3–5 minutes.

Remove fajita chicken to hotel pans and portion for service with 1 cup of cooked rice and an 8 oz scoop of chicken and vegetables over the top.

PORTIONED RETHERM/REHEAT METHOD:

Follow the cooking methods above for the rice, chicken, and vegetables, whether using ovens or tilt skillet.

Remove the rice, chicken, and vegetables and cool in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Fluff the rice once cool.

Place 1 cup of rice in one side of retherm food trays, and place one 4 oz scoop of vegetables and one 2 oz scoop of chicken in the other side, seal, and keep cold for delivery and service.

Retherm/cook at medium-high until hot, 25–30 minutes, 165°F internal temperature, checked using a calibrated food thermometer.

SERVING SUGGESTION: Filling may also be used in a wrap.

NUTRITION INFORMATION PER SERVING: Calories 366 kcal, Cholesterol 65.32 mg, Total Fat 7.61 g, Sodium 240.78 mg, Saturated Fat 1.58 g, Iron 2.02 mg, Trans Fat *0.00* g, Vitamin C 58.54 mg, Protein 22.35 g, Vitamin A 228.23 RE, Carbohydrates 51.01 g, Vitamin A 1345.92 IU, Dietary Fiber 5.12 g, Calcium 44.99 mg



ITALIAN CHICKEN WITH OREGANO AND LEMON

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN
SERVING SIZE: 1 CUP RICE, 4 OZ SPOODLE CHICKEN/SAUCE
 ONE 4 OZ SPOODLE PORTION WEIGHS 2.9 OZ

	50 SERVINGS	100 SERVINGS
YIELD	9 LB 4 OZ	18 LB 8 OZ

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CHICKEN, DARK MEAT, SKINLESS, BONELESS, RAW*			9 LB
FOR THE MARINADE:			
GARLIC, FRESH	CHOPPED	1/4 CUP	
OREGANO, DRIED		2 TBSP	
KOSHER SALT		3 TBSP	
BLACK PEPPER, GROUND		2 TSP	
OLIVE OIL		1/2 CUP	
LEMON JUICE		1/2 CUP	
FOR THE STOCK:			
CHICKEN STOCK, LOW SODIUM		1 QT + 2 CUPS	
LEMON JUICE		1/4 CUP	
FOR THE RICE:**			
WATER		7 QT	11 LB 3 OZ
BROWN RICE, LONG GRAIN, RAW		3 QT + 2 CUPS	5 LB 9 OZ

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CHICKEN, DARK MEAT, SKINLESS, BONELESS, RAW*			18 LB
FOR THE MARINADE:			
GARLIC, FRESH	CHOPPED	1/2 CUP	
OREGANO, DRIED		4 TBSP	
KOSHER SALT		6 TBSP	
BLACK PEPPER, GROUND		4 TSP	
OLIVE OIL		1 CUP	
LEMON JUICE		1 CUP	
FOR THE STOCK:			
CHICKEN STOCK, LOW SODIUM		3 QT	
LEMON JUICE		1/2 CUP	
FOR THE RICE:**			
WATER		14 QT	22 LB 6 OZ
BROWN RICE, LONG GRAIN, RAW		7 QT	11 LB 2 OZ

* IF USING COOKED CHICKEN THAT CREDITS OUNCE FOR OUNCE, USE 12 LB 8 OZ FOR 100 PORTIONS AND 6 LB 4 OZ FOR 50 PORTIONS. IF USING A PRE-SEASONED AND/OR COOKED PRODUCT, THE SALT MAY NEED TO BE ADJUSTED AND THE CHICKEN CAN MARINATE FOR UP TO TWO HOURS.

** OUR RICE PREPARATION METHOD USES A 2:1 WATER:RICE RATIO. SINCE DIFFERENT RICE PRODUCTS REQUIRE DIFFERENT WATER RATIOS, PLEASE FOLLOW DIRECTIONS ON THE PACKAGE, IF AVAILABLE.

Method with Critical Control Points (CCP)

FOR THE MARINADE:

In a bowl, combine garlic, oregano, salt, pepper, olive oil, and lemon juice.

FOR THE CHICKEN:

Place chicken in a container. Pour marinade over the chicken and mix with gloved hands to coat the chicken.

Cover the container and refrigerate for up to 2 hours.

CCP: Keep cold food at or below 41°F.

Preheat oven to 375°F.

Lay out the chicken onto parchment-lined sheet pans in one layer.

Bake until chicken is fully cooked.

CCP: Heat to 165°F or higher for at least 15 seconds.

FOR THE STOCK:

In a pot, bring chicken stock and lemon juice to a boil (stock and lemon juice may also be heated in a steam table pan in the oven).

ASSEMBLE:

Slice the chicken into strips and place in a steam table pan with the stock.

To serve, place 1 cup of rice in a bowl and top with 2 oz of chicken using a 4 oz spoodle to get some of the stock.

CCP: Hold for hot service at 135°F or higher.

FOR THE RICE:

Bring water to a boil.

Place rice in a steam table pan. Pour boiling water over rice, cover tightly with foil, and bake in a 350°F oven for approximately 50 minutes or until rice is tender and water is absorbed.

Note: If boiling water is unavailable, cold water may be used. Increase the cook time by approximately 30 minutes.

TO MAKE RICE IN A STEAMER:

Put 5 lb 9 oz rice in two 6-inch hotel pans. Cover with 5 qt water and steam on high, uncovered, for 50 minutes. Let rest 10 minutes, then fluff with a spatula.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods

BATCH COOKING IN A TILT SKILLET OR ON STOVETOP:

Marinate the chicken as stated above. Heat the tilt skillet or stovetop sauté pans over medium-high.

Cook the chicken in the skillet, stirring, until lightly browned, 5–9 minutes.

Add the stock and the lemon juice, bring to a boil, and simmer 5 minutes or until chicken is fully cooked and measures at least 165°F on a calibrated food thermometer.

Hold hot for service and portion as stated above.

PORTIONED RETHERM/REHEAT METHOD:

Cook the rice and the chicken separately with either of the above methods, and cool in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Scoop 1 cup of rice into the center of retherm food trays, and scoop a 4 oz spoodle of chicken and stock on top of the rice.

Add 1/2 cup seasonal vegetable to make a complete meal.

Seal trays and keep cold until service. Retherm/reheat on medium-high for 25–30 minutes or until hot (165°F), and serve immediately.

SERVING SUGGESTION: Serve with seasonal vegetables, such as steamed broccoli or carrots, for a complete meal.

NUTRITION INFORMATION PER SERVING: Calories 342 kcal, Cholesterol 65.77 mg, Total Fat 7.55 g, Sodium 372.95 mg, Saturated Fat 1.60 g, Iron 1.74 mg, Trans Fat *0.00* g, Vitamin C 3.75 mg, Protein 21.76 g, Vitamin A 67.28 IU, Carbohydrates 45.33 g, Vitamin A 18.84 RE, Dietary Fiber 3.58 g, Calcium 32.59 mg



CHICKEN FAJITA



ITALIAN CHICKEN WITH OREGANO AND LEMON



VEGETABLE BIRYANI WITH TOFU

MEAL PLAN CONTRIBUTION: 2 OZ MEAT ALT., 2 OZ GRAIN, 1/2 CUP VEGETABLE (1/4 STARCHY, 1/4 OTHER)

SERVING SIZE: 8 OZ SPOODLE BIRYANI, 4.4 OZ TOFU
ONE 8 OZ SPOODLE PORTION BIRYANI WEIGHS 9.8 OZ

	50 SERVINGS	100 SERVINGS
YIELD	30 LB 13 OZ	61 LB 10 OZ

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
BUTTER, UNSALTED		1 CUP	
GARLIC, FRESH	CHOPPED	1/2 CUP	
GINGER, FRESH	CHOPPED	1 CUP	
CORIANDER, GROUND		1/3 CUP	
ALLSPICE, GROUND		3 TBSP	
CUMIN, GROUND		1/3 CUP	
BROWN RICE, LONG GRAIN, RAW		3 QT + 2 CUPS	5 LB 9 OZ
ONIONS	PEELED, 1/2-INCH DICE	2 QT + 1 CUP	2 LB 8 OZ
POTATOES, RUSSET	UNPEELED, 1-INCH DICE	4 QT	4 LB 11 OZ
CARROTS	UNPEELED, SLICED	2 QT	2 LB
CORN KERNELS		1 QT + 2 1/4 CUPS	2 LB 4 OZ
EGGPLANT, ITALIAN	UNPEELED, 1-INCH DICE	3 QT	2 LB
SALT		1/4 CUP + 3 TBSP	
WATER		6 QT + 1 CUP	

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CILANTRO, FRESH	CHOPPED	¾ CUP	1 BUNCH
GREEN ONIONS	CHOPPED	1 ½ CUPS	3 OZ
FOR THE TOFU:			
TOFU, FIRM*	1-INCH DICE		13 LB 13 OZ
OLIVE OIL		¼ CUP	
KOSHER SALT		1 TBSP	
BLACK PEPPER, GROUND		1 TSP	

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
BUTTER, UNSALTED		2 CUPS	
GARLIC, FRESH	CHOPPED	1 CUP	
GINGER, FRESH	CHOPPED	2 CUPS	
CORIANDER, GROUND		⅔ CUP	
ALLSPICE, GROUND		6 TBSP	
CUMIN, GROUND		⅔ CUP	
BROWN RICE, LONG GRAIN, RAW		7 QT	11 LB 2 OZ
ONIONS	PEELED, ½-INCH DICE	4 QT + 2 CUPS	5 LB
POTATOES, RUSSET	UNPEELED, 1-INCH DICE	8 QT	9 LB 6 OZ
CARROTS	UNPEELED, SLICED	4 QT	4 LB
CORN KERNELS		3 QT + ½ CUP	4 LB 8 OZ
EGGPLANT, ITALIAN	UNPEELED, 1-INCH DICE	6 QT	4 LB
SALT		¾ CUP	
WATER		3 GAL + 2 CUPS	
CILANTRO, FRESH	CHOPPED	1 ½ CUPS	2 BUNCHES
GREEN ONIONS	CHOPPED	3 CUPS	6 OZ

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE TOFU:			
TOFU, FIRM*	1 - INCH DICE		27 LB 10 OZ
OLIVE OIL		1/2 CUP	
KOSHER SALT		2 TBSP	
BLACK PEPPER, GROUND		1 TSP	

* A SERVING SIZE OF TOFU PER MEAL PLAN CONTRIBUTION IS 1/4 CUP OR 2.2 OZ BY WEIGHT, AND MUST HAVE A MINIMUM OF 5 G PROTEIN. MAY SUBSTITUTE COOKED CHICKEN. USE 12 LB 8 OZ FOR 100 PORTIONS AND 6 LB 4 OZ FOR 50 PORTIONS.

Method with Critical Control Points (CCP)

FOR THE BIRYANI:

Heat the butter in a tilt skillet or stovetop braising pan large enough to hold all ingredients except the tofu.

Add garlic and ginger and sauté for 3 minutes, taking care not to burn.

Mix in the coriander, allspice, and cumin.

Add the brown rice and stir well to coat the rice with the butter and spices.

Add onions and sauté, stirring occasionally, until onions are translucent.

Add potatoes, carrots, corn, eggplant, salt, and water and stir well.

Bring to a boil, reduce heat to a simmer, and cook, covered, until liquid is absorbed and vegetables are cooked, about 50 minutes.

Note: If using a stovetop braising pan, it may be covered and cooked in a 350°F oven.

Mix biryani well with a rubber spatula, transfer to steam table pans, and sprinkle with cilantro and scallions.

CCP: Hold for hot service at 135°F or higher.

FOR THE TOFU:

Preheat the oven to 400°F.

Cut the tofu into 1-inch cubes.

Toss tofu with the oil, salt, and pepper and lay out onto parchment-lined sheet pans in one layer.

Roast tofu until golden. Transfer to steam table pans.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods**PORTIONED RETHERM/REHEAT METHOD:**

Cook the tofu and biryani exactly as above until cooked. Do not add the scallions and cilantro. Ladle the biryani into 6-inch hotel pans to cool.

Cool the tofu and the biryani in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Place an 8 oz spoodle/scoop of biryani in the center of food trays, then place 4 oz (weight) of tofu on top. Sprinkle with a pinch of scallions and cilantro.

Seal the trays and keep cold until service.

Heat/retherm the biryani on medium-high for 25–30 minutes or until hot (165°F with a calibrated food thermometer). Serve immediately.

SERVING SUGGESTION: Serve with Cucumber Raita.

NUTRITION INFORMATION PER SERVING: Calories 425 kcal, Cholesterol 9.76 mg, Total Fat 12.10 g, Sodium 703.06 mg, Saturated Fat 3.99 g, Iron 3.63 mg, Trans Fat *0.00* g, Vitamin C 15.07 mg, Protein 17.65 g, Vitamin A 557.81 RE, Carbohydrates 65.07 g, Vitamin A 3289.71 IU, Dietary Fiber 7.88 g, Calcium 302.42 mg



LEMON CHICKEN WITH FRESH CILANTRO

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN, 2 TBSP VEGETABLE, RED/ORANGE

SERVING SIZE: 1 CUP RICE, 4 OZ SPOODLE CHICKEN/VEGETABLE
ONE 4 OZ SPOODLE PORTION WEIGHS 3.8 OZ

	50 SERVINGS	100 SERVINGS
YIELD	12 LB	24 LB

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
GINGER, FRESH	PEELED, SLICED	1/2 CUP	
GARLIC, FRESH	PEELED	1/4 CUP	
OLIVE OIL		1/2 CUP	
CILANTRO, FRESH	ROUGHLY CHOPPED	3 CUPS	3 BUNCHES
JALAPEÑO PEPPER	SEEDED, ROUGHLY CHOPPED	3/4 CUP	
CAYENNE PEPPER		1 TSP	
CUMIN, GROUND		1/4 CUP	
CORIANDER, GROUND		2 TBSP	
KOSHER SALT		2 1/2 TBSP	
LEMON JUICE		1 CUP	
CHICKEN, BONELESS, SKINLESS THIGHS, RAW*			9 LB
CARROTS	UNPEELED, SLICED	3 QT + 2 3/4 CUPS	3 LB 1.5 OZ
CHICKEN STOCK, LOW SODIUM		1 QT	

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE RICE:**			
WATER		7 QT	11 LB 3 OZ
BROWN RICE, LONG GRAIN, RAW		3 QT + 2 CUPS	5 LB 9 OZ

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
GINGER, FRESH	PEELED, SLICED	1 CUP	
GARLIC, FRESH	PEELED	1/2 CUP	
OLIVE OIL		1 CUP	
CILANTRO, FRESH	ROUGHLY CHOPPED	6 CUPS	
JALAPEÑO PEPPER	SEEDED, ROUGHLY CHOPPED	1 1/2 CUPS	6 BUNCHES
CAYENNE PEPPER		2 TSP	
CUMIN, GROUND		1/2 CUP	
CORIANDER, GROUND		1/4 CUP	
KOSHER SALT		5 TBSP	
LEMON JUICE		2 CUPS	
CHICKEN, BONELESS, SKINLESS THIGHS, RAW*			18 LB
CARROTS	UNPEELED, SLICED	7 QT + 1 1/2 CUPS	6 LB 3 OZ
CHICKEN STOCK, LOW SODIUM		2 QT	
FOR THE RICE:**			
WATER		14 QT	22 LB 6 OZ
BROWN RICE, LONG GRAIN, RAW		7 QT	11 LB 2 OZ

* IF USING COOKED CHICKEN THAT CREDITS OUNCE FOR OUNCE, USE 12 LB 8 OZ FOR 100 PORTIONS AND 6 LB 4 OZ FOR 50 PORTIONS. IF USING A PRE-SEASONED AND/OR COOKED PRODUCT, THE SALT MAY NEED TO BE ADJUSTED AND THE CHICKEN CAN MARINATE FOR UP TO TWO HOURS.

** OUR RICE PREPARATION METHOD USES A 2:1 WATER:RICE RATIO. SINCE DIFFERENT RICE PRODUCTS REQUIRE DIFFERENT WATER RATIOS, PLEASE FOLLOW DIRECTIONS ON THE PACKAGE, IF AVAILABLE.

Method with Critical Control Points (CCP)

FOR THE MARINADE:

In a blender or food processor, combine ginger, garlic, oil, cilantro, jalapeño, cayenne, cumin, coriander, salt, and lemon juice.

Puree to a smooth paste.

FOR THE CHICKEN:

In a large container with a lid, combine the chicken thighs and marinade.

Cover and marinate under refrigeration for at least 2 hours or overnight.

CCP: Keep cold food at or below 41°F.

Preheat oven to 425°F.

Lay chicken out on parchment-lined sheet pans in a single layer.

Roast until browned and cooked through.

CCP: Heat to 165°F or higher for at least 15 seconds.

FOR THE VEGETABLES:

Place carrots and stock in a pot and bring to a boil. This can also be done in a steam table pan in the oven.

Slice the chicken and distribute evenly among steam table pans. Include the marinade and juices from the sheet pans.

Distribute the carrots and stock evenly among the steam table pans.

CCP: Hold for hot service at 135°F or higher.

FOR THE RICE:

Bring water to a boil.

Place rice in a steam table pan. Pour boiling water over rice, cover tightly with foil, and bake in a 350°F oven for approximately 50 minutes or until rice is tender and water is absorbed.

Note: If boiling water is unavailable, cold water may be used. Increase the cook time by approximately 30 minutes.

TO MAKE RICE IN A STEAMER:

Put 5 lb 9 oz rice in two 6-inch hotel pans. Cover with 5 qt water and steam on high, uncovered, for 50 minutes. Let rest 10 minutes, then fluff with a spatula.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods

BATCH COOKING IN A TILT SKILLET:

Cooking in a tilt skillet is not recommended for this dish. Follow method above, scaling for your production needs.

Keep hot cooked chicken and carrots separate for service and serve 2 oz (weight) chicken (4 oz scoop) and 2 tbsp spoodle carrots over 1 cup rice.

PORTIONED RETHERM/REHEAT METHOD:

Follow instructions above to cook the chicken, rice, and the carrots. Carrots may be roasted in oven with some stock on sheet trays.

Cool the chicken, rice, and carrots separately in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Place 1 cup rice into one side of food trays, and then 2 oz (weight) chicken (4 oz scoop) and 2 tbsp carrots in the other side of trays.

Seal trays and keep cold for service.

Retherm or heat trays at medium-high for 30–35 minutes or until hot (165°F). Serve immediately.

NUTRITION INFORMATION PER SERVING: Calories 355 kcal, Cholesterol 65.62 mg, Total Fat 7.62 g, Sodium 331.96 mg, Saturated Fat 1.60 g, Iron 1.87 mg, Trans Fat *0.00* g, Vitamin C 8.96 mg, Protein 22.02 g, Vitamin A 809.32 RE, Carbohydrates 48.63 g, Vitamin A 7983.08 IU, Dietary Fiber 4.53 g, Calcium 69.01 mg



VEGETABLE BIRYANI WITH TOFU



LEMON CHICKEN WITH FRESH CILANTRO



PENNE WITH SLOPPY JOE TOPPING

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN,
 3/8 CUP VEGETABLE (1/4 DARK GREEN, 1/8 RED/ORANGE)

SERVING SIZE: 8 OZ SPOODLE
 ONE 8 OZ SPOODLE PORTION WEIGHS 8.3 OZ

	50 SERVINGS	100 SERVINGS
YIELD	26 LB	52 LB

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE PASTA:			
WHOLE WHEAT PENNE PASTA			6 LB 4 OZ
WATER*			31 OZ
FOR THE SAUCE:			
OLIVE OIL		1/4 CUP	
BEEF, GROUND, RAW (80/20)**			8 LB 8 OZ
ONIONS	CHOPPED	1 QT + 2 CUPS	1 LB 4 OZ
GARLIC, FRESH	CHOPPED	2 TBSP	
KOSHER SALT		2 TBSP	
BLACK PEPPER, GROUND		1 TBSP	
TOMATO SAUCE, LOW SODIUM		1 QT + 2 CUPS	3 LB 5 OZ
WORCESTERSHIRE SAUCE		1/4 CUP	
THYME, DRIED		2 TBSP	
BROWN SUGAR		1 TBSP	
KALE	RIBBED, CHOPPED	18 QT	5 LB

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE PASTA:			
WHOLE WHEAT PENNE PASTA			12 LB 8 OZ
WATER*			62 OZ
FOR THE SAUCE:			
OLIVE OIL		1/2 CUP	
BEEF, GROUND, RAW (80/20)**			17 LB
ONIONS	CHOPPED	3 QT	2 LB 8 OZ
GARLIC, FRESH	CHOPPED	1/4 CUP	
KOSHER SALT		4 TBSP	
BLACK PEPPER, GROUND		2 TBSP	
TOMATO SAUCE, LOW SODIUM		3 QT	6 LB 10 OZ
WORCESTERSHIRE SAUCE		1/2 CUP	
THYME, DRIED		1/4 CUP	
BROWN SUGAR		2 TBSP	
KALE	RIBBED, CHOPPED	36 QT	10 LB

* OUR PASTA PREPARATION METHOD USES A 5 QT:1 LB, WATER:PASTA RATIO.

** IF USING COOKED BEEF THAT CREDITS OUNCE FOR OUNCE, USE 12 LB 8 OZ FOR 100 PORTIONS AND 6 LB 4 OZ FOR 50 PORTIONS. SKIP THE BEEF COOKING STEP AND ADD COOKED BEEF TO THE ONIONS AFTER THEY ARE COOKED.

Method with Critical Control Points (CCP)

FOR THE PASTA:

Cook pasta according to package instructions.

Drain and lay out on sheet pans to cool if not using right away. Pasta may be cooked and cooled a day ahead.

FOR THE SAUCE:

Heat the oil over medium heat in a tilt skillet or stovetop braising pan.

Add the beef and cook, breaking up the meat, until it is browned.

Drain the fat from the pan.

Add the onions and garlic and cook until onions are translucent.

Add salt, pepper, tomato sauce, Worcestershire sauce, thyme, and brown sugar.

Mix well to combine.

Add the kale, stir well, and cook over medium heat until kale is tender, about 20 minutes.

Combine cooked pasta and sauce (sauce will be thick).

Distribute among steam table pans and hold hot for service.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods**PORTIONED RETHERM/REHEAT METHOD:**

Cook and cool pasta as instructed.

Cook the sauce as instructed. Transfer the sauce to hotel pans and cool in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Mix the pasta with cold sauce until well combined. Add a few cups of water if the sauce is too thick; this will help keep the pasta soft and moist during cooking.

Place one large 8 oz spoodle (8.3 oz portion) into food trays and seal the trays. Keep cold until service.

Heat/retherm the trays on medium for 30 minutes or until hot (165°F). Serve immediately.

NUTRITION INFORMATION PER SERVING: Calories 409 kcal, Cholesterol 57.63 mg, Total Fat 12.67 g, Sodium 321.56 mg, Saturated Fat 4.11 g, Iron 5.44 mg, Trans Fat *0.00* g, Vitamin C 56.64 mg, Protein 24.61 g, Vitamin A 286.87 RE, Carbohydrates 49.75 g, Vitamin A 7226.24 IU, Dietary Fiber 7.43 g, Calcium 74.50 mg



NOODLES WITH BOK CHOY AND SHIITAKES

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN, 1/4 CUP VEGETABLE, OTHER

SERVING SIZE: ONE PORTION WEIGHS 13.2 OZ

	50 SERVINGS	100 SERVINGS
YIELD	41 LB 5 OZ	82 LB 10 OZ

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE NOODLES:			
WHOLE WHEAT SPAGHETTI NOODLES*			6 LB 4 OZ
WATER**		31 OZ	
FOR THE SAUCE:			
SOY SAUCE, REDUCED SODIUM***		2 CUPS	
WATER		1 CUP	
RICE VINEGAR		3/4 CUP	
SUGAR		1/2 CUP	
SESAME OIL		1/2 CUP	
FOR THE STIR-FRY:			
VEGETABLE OIL		1/4 CUP	
BOK CHOY, BABY	CHOPPED	24 QT	12 LB 6 OZ
SHIITAKE MUSHROOMS	STEMMED, SLICED	1 QT	1 LB
GARLIC, FRESH	CHOPPED	1/4 CUP	
GINGER, FRESH	CHOPPED	1/4 CUP	

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
GREEN ONIONS	CHOPPED	1 QT	8 OZ
TOFU, FIRM****	1-INCH CUBES		13 LB 12 OZ
CILANTRO	CHOPPED	1 CUP	

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE NOODLES:			
WHOLE WHEAT SPAGHETTI NOODLES*			12 LB 8 OZ
WATER**		62 OZ	
FOR THE SAUCE:			
SOY SAUCE, REDUCED SODIUM***		4 CUPS	
WATER		2 CUPS	
RICE VINEGAR		1 1/2 CUPS	
SUGAR		1 CUP	
SESAME OIL		1 CUP	
FOR THE STIR-FRY:			
VEGETABLE OIL		1/2 CUP	
BOK CHOY, BABY	CHOPPED	48 QT	24 LB 12 OZ
SHIITAKE MUSHROOMS	STEMMED, SLICED	2 QT	2 LB
GARLIC, FRESH	CHOPPED	1/2 CUP	
GINGER, FRESH	CHOPPED	1/2 CUP	
GREEN ONIONS	CHOPPED	2 QT	1 LB
TOFU, FIRM****	1-INCH CUBES		27 LB 8 OZ
CILANTRO	CHOPPED	2 CUPS	

* FOR A MORE AUTHENTIC DISH, TRY USING BROWN RICE NOODLES.

** OUR PASTA PREPARATION METHOD USES A 5 QT:1 LB, WATER:PASTA RATIO.

*** IT IS POSSIBLE TO MAKE REDUCED SODIUM SOY SAUCE FROM FULL STRENGTH SOY SAUCE (OR TAMARI FOR GLUTEN-FREE) BY MIXING 2 PARTS SOY WITH 1 PART WATER (2:1, SOY:WATER).

**** A SERVING SIZE OF TOFU PER MEAL PLAN CONTRIBUTION IS 1/4 CUP OR 2.2 OZ BY WEIGHT, AND MUST HAVE A MINIMUM OF 5 G PROTEIN.

Method with Critical Control Points (CCP)

FOR THE PASTA:

Cook pasta in boiling water until al dente.

Drain pasta and cool with running water.

Keep refrigerated until ready to use (may be cooked a day ahead).

CCP: Keep cold food at or below 41°F.

FOR THE SAUCE:

Combine soy sauce, water, vinegar, sugar, and sesame oil.

FOR THE STIR-FRY:

Heat the oil over medium-high heat in a tilt skillet or stovetop braising pan large enough to hold all ingredients.

Add the bok choy and mushrooms and stir-fry until bok choy begins to wilt, about 1 minute.

Add the garlic, ginger, and green onions and cook another minute.

Add the sauce and tofu and bring to a boil.

Add the noodles and toss gently to absorb the sauce.

Transfer to steam table pans and sprinkle with cilantro.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods

PORTIONED RETHERM / REHEAT METHOD:

Cook the noodles as instructed and cool. Prepare the sauce as instructed.

Stir-fry the vegetables as instructed, but do not add the tofu and sauce. Place in hotel pans or sheet pans and cool in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Toss the cold noodles with the vegetables and $\frac{3}{4}$ of the sauce. Toss/mix the tofu with the rest of the sauce.

Place 1 heaping cup (approximately 9 oz) of noodles and vegetables in each food tray. Top with 4.4 oz of tofu and the remaining sauce, spreading tofu into the noodles.

Seal trays and keep cold until service. Heat on medium for 30 minutes or until hot (165°F).
Serve immediately.

SERVING SUGGESTION: Substitute other seasonal vegetables for the bok choy.

NUTRITION INFORMATION PER SERVING: Calories 444 kcal, Cholesterol 0 mg, Total Fat 15.96 g, Sodium 471.73 mg, Saturated Fat 2.08 g, Iron 6.81 mg, Trans Fat *0.00* g, Vitamin C 52.47 mg, Protein 30.10 g, Vitamin A 372.81 RE, Carbohydrates 51.80 g, Vitamin A 5325.78 IU, Dietary Fiber 10.29 g, Calcium 1005.27 mg



ASIAN NOODLES WITH LIME CHILI SAUCE AND SPRING VEGETABLES

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN,
3/8 CUP VEGETABLE (1/4 RED/ORANGE, 1/8 OTHER)

SERVING SIZE: 8 OZ SPOODLE NOODLE/VEG, 4.4 OZ TOFU
ONE 8 OZ SPOODLE PORTION WEIGHS 13.2 OZ

	50 SERVINGS		100 SERVINGS	
YIELD	NOODLES/VEG	41 LB 10 OZ	NOODLES/VEG	83 LB 4 OZ
	TOFU	13 LB 12 OZ	TOFU	27 LB 8 OZ

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE SAUCE:			
VEGETABLE OIL		1/2 CUP	
LIME JUICE		1 1/3 CUPS	
SOY SAUCE, REDUCED SODIUM*		1 1/3 CUPS	
SWEET THAI CHILI SAUCE		1 2/3 CUPS	
CRUSHED RED PEPPER		1 TBSP + 1 TSP	
FOR THE TOFU:			
TOFU, FIRM**	1-INCH DICE		13 LB 12 OZ
OLIVE OIL		1/4 CUP	
FOR THE NOODLES:			
WHOLE WHEAT SPAGHETTI NOODLES***			6 LB 4 OZ
WATER****			31 OZ

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE VEGETABLES:			
CARROTS	SHREDDED	2 QT + 2 1/8 CUPS	2 LB 9 OZ
SNOW PEAS	CUT INTO 1-INCH PIECES	1 QT + 2 1/2 CUPS	1 LB 4 OZ
GREEN ONIONS	CHOPPED	1 QT	12 OZ
CILANTRO	CHOPPED	3 CUPS	2 BUNCHES
MINT	CHOPPED	2 CUPS	1 1/2 BUNCHES

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE SAUCE:			
VEGETABLE OIL		1 CUP	
LIME JUICE		2 2/3 CUPS	
SOY SAUCE, REDUCED SODIUM*		2 2/3 CUPS	
SWEET THAI CHILI SAUCE		3 1/3 CUPS	
CRUSHED RED PEPPER		2 TBSP + 2 TSP	
FOR THE TOFU:			
TOFU, FIRM**	1-INCH DICE		27 LB 8 OZ
OLIVE OIL		1/2 CUP	
FOR THE NOODLES:			
WHOLE WHEAT SPAGHETTI NOODLES***			12 LB 8 OZ
WATER****			62 OZ
FOR THE VEGETABLES:			
CARROTS	SHREDDED	5 QT + 1/4 CUP	5 LB 2 OZ
SNOW PEAS	CUT INTO 1-INCH PIECES	3 QT + 3 CUPS	2 LB 8 OZ
GREEN ONIONS	CHOPPED	2 QT	1 LB 8 OZ

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CILANTRO	CHOPPED	1 QT + 2 CUPS	4 BUNCHES
MINT	CHOPPED	1 QT	3 BUNCHES

* IT IS POSSIBLE TO MAKE REDUCED SODIUM SOY SAUCE FROM FULL STRENGTH SOY SAUCE (OR TAMARI FOR GLUTEN-FREE) BY MIXING 2 PARTS SOY WITH 1 PART WATER (2:1, SOY:WATER).

** A SERVING SIZE OF TOFU PER MEAL PLAN CONTRIBUTION IS 1/4 CUP OR 2.2 OZ BY WEIGHT, AND MUST HAVE A MINIMUM OF 5 G PROTEIN.

*** FOR A MORE AUTHENTIC DISH, TRY USING WHOLE GRAIN JAPANESE SOBA NOODLES.

**** OUR PASTA PREPARATION METHOD USES A 5 QT:1 LB, WATER:PASTA RATIO.

Method with Critical Control Points (CCP)

FOR THE SAUCE:

Mix all ingredients together.

FOR THE TOFU:

Preheat oven to 400°F.

Toss tofu with olive oil and lay out on parchment-lined sheet pans in one layer.

Roast until tofu is browned, about 25 minutes.

Cool and hold for service.

CCP: Keep cold food at or below 41°F.

FOR THE NOODLES:

Cook pasta in boiling water until al dente.

Drain pasta and cool with running water.

FOR THE SALAD:

Toss together the noodles, sauce, carrots, snow peas, green onions, cilantro, and mint.

Other cooking methods

Follow instructions above, scaling to meet your production needs.

NUTRITION INFORMATION PER SERVING: Calories 377 kcal, Cholesterol 0.00 mg, Total Fat 10.09 g, Sodium 509.34 mg, Saturated Fat 1.56 g, Iron 4.59 mg, Trans Fat *0.00* g, Vitamin C 12.62 mg, Protein 18.90 g, Vitamin A 734.05 RE, Carbohydrates 56.99 g, Vitamin A 4505.16 IU, Dietary Fiber 8.42 g, Calcium 290.58 mg



PENNE WITH CHORIZO AND KALE

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN,
1/2 CUP VEGETABLE (1/4 CUP RED/ORANGE, 1/4 CUP DARK GREEN)

SERVING SIZE: 8 OZ SPOODLE
ONE 8 OZ SPOODLE PORTION WEIGHS 12 OZ

	50 SERVINGS	100 SERVINGS
YIELD	37 LB 8 OZ	75 LB

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE PASTA:			
PENNE PASTA, WHOLE WHEAT, UNCOOKED		8 QT + 1/3 CUP	6 LB 4 OZ
WATER*		31 OZ	
FOR THE SAUCE:			
OLIVE OIL		2 TBSP	
ONIONS	DICED	1 QT + 2 1/4 CUPS	1 LB 12 OZ
GARLIC, FRESH	CHOPPED	2 TBSP	
CHICKEN STOCK, LOW SODIUM		3 QT	
TOMATOES, DICED, CANNED WITH JUICE		3 QT + 2 CUPS	108 OZ
CRUSHED RED PEPPER		2 TSP	
CHORIZO, COOKED, CRUMBLED			6 LB 4 OZ
KALE**	RIBBED, CHOPPED	30 QT	5 LB
MEXICAN CHEESE (OPTIONAL)	SHREDDED	3 CUPS + 2 TBSP	10 OZ
CILANTRO (OPTIONAL)	CHOPPED	1 CUP	

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE PASTA:			
PENNE PASTA, WHOLE WHEAT, UNCOOKED		16 QT + $\frac{2}{3}$ CUP	12 LB 8 OZ
WATER*		62 OZ	
FOR THE SAUCE:			
OLIVE OIL		$\frac{1}{4}$ CUP	
ONIONS	DICED	3 QT + $\frac{1}{2}$ CUP	3 LB 8 OZ
GARLIC, FRESH	CHOPPED	$\frac{1}{4}$ CUP	
CHICKEN STOCK, LOW SODIUM		6 QT	
TOMATOES, DICED, CANNED WITH JUICE		7 QT	216 OZ
CRUSHED RED PEPPER		4 TSP	
CHORIZO, COOKED, CRUMBLed			12 LB 8 OZ
KALE**	RIBBED, CHOPPED	60 QT	10 LB
MEXICAN CHEESE (OPTIONAL)	SHREDDED	6 $\frac{1}{4}$ CUPS	1 LB 4 OZ
CILANTRO (OPTIONAL)	CHOPPED	2 CUPS	

* OUR PASTA PREPARATION METHOD USES A 5 QT:1 LB, WATER:PASTA RADIO.

** KALE CAN ALSO BE OVEN STEAMED BY PLACING CUT KALE IN 6-INCH STEAM TABLE PANS, SPRINKLING WITH WATER, COVERING, AND PLACING IN A 350°F OVEN FOR ABOUT 30 MINUTES.

Method with Critical Control Points (CCP)

FOR THE PASTA:

Cook pasta according to package instructions.

Drain and lay out on sheet pans to cool if not using right away. Pasta may be cooked and cooled a day ahead.

CCP: Keep cold food at or below 41°F.

FOR THE SAUCE:

In a tilt skillet or stovetop braising pan, heat the oil over medium-high heat. Add the Onions and sauté until soft, about 5 minutes.

Stir in the garlic and cook 1 more minute. Add the stock, tomatoes with juice, crushed red pepper, chorizo, and kale.

Cover and reduce the heat to low. Simmer for 15 minutes.

Add cooked pasta to the pan and simmer to heat the pasta.

Transfer pasta and sauce to steam table pans, garnish with cheese and cilantro (optional).

Hold hot for service.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods**PORTIONED RETHERM/REHEAT METHOD:**

Cook and drain pasta according to package instructions. Let the pasta cool covered so that it does not dry out. You may choose to gently rinse the pasta under cold water so that it does not stick together.

Cook the sauce exactly as above, and cool the sauce in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Mix the cold sauce into the pasta. If the sauce seems thick, add a few cups of water, as this will help steam the pasta when reheating and keep it from drying out.

Scoop one large 8 oz spoodle (approximately 12 oz portion) of pasta and sauce into food trays and seal the trays. Keep cold until service.

Reheat/retherm on medium for 30–35 minutes until hot (165°F) and serve immediately.

Hint: Retherms can dry out pasta and rice, so it's a good idea to add water to pasta as instructed above. Alternately, you may put a pan of warm water in the bottom of the retherm to create some steam, which will help keep the pasta and sauce moist and soft.

NUTRITION INFORMATION PER SERVING: Calories 456 kcal, Cholesterol 47.36 mg, Total Fat 19.15 g, Sodium 644.35 mg, Saturated Fat 7.24 g, Iron 4.82 mg, Trans Fat *0.00* g, Vitamin C 62.07 mg, Protein 20.20 g, Vitamin A 445.55 RE, Carbohydrates 51.47 g, Vitamin A 8037.20 IU, Dietary Fiber 7.78 g, Calcium 163.48 mg



PENNE WITH CHICKEN AND WALNUT PESTO

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN
SERVING SIZE: 8 OZ SPOODLE
 ONE 8 OZ SPOODLE PORTION WEIGHS 6.2 OZ

	50 SERVINGS	100 SERVINGS
YIELD	19 LB 8 OZ	39 LB

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CHICKEN, BONELESS, SKINLESS THIGHS*			4 LB 8 OZ
FOR THE MARINADE:			
SALT		1 TBSP	
LEMON JUICE		2 TBSP	
OLIVE OIL		1 TBSP	
FOR THE PESTO:			
BASIL, FRESH, LEAVES	PACKED	4 QT	
GARLIC, FRESH	ROUGHLY CHOPPED	2 TBSP	
WALNUTS	CHOPPED	2 QT	1 LB 11 OZ
PARMESAN CHEESE	GRATED	1 QT + 3 2/3 CUPS	1 LB 7 OZ
OLIVE OIL		3 CUPS	
FOR THE PASTA:			
PENNE, WHOLE WHEAT		8 QT + 1/3 CUP	6 LB 4 OZ
WATER**			31 OZ

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CHICKEN, BONELESS, SKINLESS THIGHS*			9 LB
FOR THE MARINADE:			
SALT		2 TBSP	
LEMON JUICE		1/4 CUP	
OLIVE OIL		2 TBSP	
FOR THE PESTO:			
BASIL, FRESH, LEAVES	PACKED	8 QT	
GARLIC, FRESH	ROUGHLY CHOPPED	1/4 CUP	
WALNUTS	CHOPPED	4 QT	3 LB 6 OZ
PARMESAN CHEESE	GRATED	3 QT + 3 1/3 CUPS	2 LB 14 OZ
OLIVE OIL		6 CUPS	
FOR THE PASTA:			
PENNE, WHOLE WHEAT		16 QT + 2/3 CUP	12 LB 8 OZ
WATER**			62 OZ

* IF USING COOKED CHICKEN THAT CREDITS OUNCE FOR OUNCE, USE 12 LB 8 OZ FOR 100 PORTIONS AND 6 LB 4 OZ FOR 50 PORTIONS. IF USING A PRE-SEASONED AND/OR COOKED PRODUCT, THE SALT MAY NEED TO BE ADJUSTED.

** OUR PASTA PREPARATION METHOD USES A 5 QT:1 LB, WATER:PASTA RATIO.

Method with Critical Control Points (CCP)

FOR THE MARINADE:

In a container with a lid, combine the chicken, salt, lemon juice, and olive oil. Mix well to distribute marinade.

Cover and refrigerate until ready to cook.

CCP: Keep cold food at or below 41°F.

FOR THE PESTO:

In a blender or food processor, combine the basil, garlic, walnuts, and Parmesan and process until finely chopped.

While processing, drizzle in the olive oil to make a paste.

FOR THE CHICKEN:

Preheat oven to 375°F.

Lay out the chicken onto parchment-lined sheet pans in one layer.

Bake until chicken is fully cooked.

CCP: Heat to 165°F for 15 seconds.

When chicken is cool enough to handle, cut into 1-inch dice.

Cook pasta according to package instructions.

Drain pasta and mix with walnut pesto and chicken.

Hold hot for service.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods

PORTIONED RETHERM/REHEAT METHOD:

Cook and dice chicken as instructed above and cool on sheet trays in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Make pesto as instructed.

Cook pasta and cool either under running water, covered in a blast chiller (preferred), or under refrigeration until cold (41°F or below).

Mix the pasta and the pesto together, adding a bit of water if it seems dry. Mix in the chicken and make sure it is evenly distributed. You may individually portion the chicken into each tray for control.

Place one 8 oz spoodle of pasta and chicken (approximately 6.2 oz) into food trays and seal the trays. Keep cold until service.

Heat the trays on medium for 30 minutes or until hot (165°F). Serve immediately.

Note: Pasta can dry out in a retherm. To avoid this, add a bit of water to the pasta; alternately, you may place a pan of warm water in the bottom of the retherm to add some steam during cooking, which will help the pasta stay soft.

NUTRITION INFORMATION PER SERVING: Calories 537 kcal, Cholesterol 45.70 mg, Total Fat 30.47 g, Sodium 400.29 mg, Saturated Fat 5.83 g, Iron 4.18 mg, Trans Fat *0.00* g, Vitamin C 4.25 mg, Protein 23.20 g, Vitamin A 79.37 RE, Carbohydrates 43.61 g, Vitamin A 829.09 IU, Dietary Fiber 7.25 g, Calcium 206.41 mg



CHEESE ENCHILADAS WITH TOMATILLO SAUCE

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN, 1/4 CUP VEGETABLE, OTHER

SERVING SIZE: 1 ENCHILADA

	50 SERVINGS	100 SERVINGS
YIELD	50 ENCHILADAS	100 ENCHILADAS

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE SAUCE:*			
TOMATILLOS, FRESH**	HULLED		4 LB 2 1/2 OZ
ONIONS	CHOPPED	10 QT	3 LB
JALAPEÑO, FRESH	SEEDED, DICED	1/2 CUP	2 1/2 OZ
GARLIC	CHOPPED	2 TBSP	
OLIVE OIL		2 TBSP	
WATER		1 QT + 2 CUPS	
KOSHER SALT		2 TSP	
CILANTRO	CHOPPED	2 CUPS	
FOR THE FILLING:***			
MONTEREY JACK CHEESE	GRATED	3 QT + 2 TBSP	3 LB 2 OZ
CHEDDAR CHEESE	GRATED	3 QT + 2 TBSP	3 LB 2 OZ
SOUR CREAM		2 QT + 3 CUPS	3 LB
MILK, 1%		1 CUP	8 OZ
BLACK PEPPER, GROUND		2 TSP	
CUMIN, GROUND		2 TBSP	

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
GREEN ONIONS	THINLY SLICED	2 QT	1 LB
BLACK OLIVES	DRAINED	3/4 CUP	
DICED GREEN CHILES (CANNED)	DRAINED	1 QT	
FOR THE ENCHILADAS:			
CORN TORTILLAS, 8-INCH (2 OZ)****			50 EA

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE SAUCE:*			
TOMATILLOS, FRESH**	HULLED		8 LB 5 OZ
ONIONS	CHOPPED	20 QT	6 LB
JALAPEÑO, FRESH	SEEDED, DICED	1 CUP	5 OZ
GARLIC	CHOPPED	1/4 CUP	
OLIVE OIL		1/4 CUP	
WATER		3 QT	
KOSHER SALT		1 TBSP + 1 TSP	
CILANTRO	CHOPPED	4 CUPS	
FOR THE FILLING:***			
MONTEREY JACK CHEESE	GRATED	6 QT + 1/4 CUP	6 LB 4 OZ
CHEDDAR CHEESE	GRATED	6 QT + 1/4 CUP	6 LB 4 OZ
SOUR CREAM		5 QT + 2 CUPS	6 LB
MILK, 1%		2 CUPS	16 OZ
BLACK PEPPER, GROUND		1 TBSP + 1 TSP	
CUMIN, GROUND		1/4 CUP	
GREEN ONIONS	THINLY SLICED	4 QT	2 LB
BLACK OLIVES	DRAINED	1 1/2 CUPS	
DICED GREEN CHILES (CANNED)	DRAINED	2 QT	

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE ENCHILADAS:			
CORN TORTILLAS, 8-INCH (2 OZ)****			100 EA

* IF USING CANNED SAUCE, USE 8 QUARTS FOR 100 SERVINGS, 4 QUARTS FOR 50 SERVINGS.

** TOMATILLOS MEASURED ONLY BY WEIGHT BECAUSE THEY VARY SO MUCH IN SIZE THAT THE VOLUME AMOUNT WOULD NOT BE ACCURATE.

*** TO REDUCE FAT AND SODIUM, LOW-FAT, LOW-SODIUM CHEESE AND SOUR CREAM MAY BE USED.

**** CHECK INGREDIENT STATEMENT ON CORN TORTILLAS. IF LIME IS LISTED, THE PRODUCT MUST CARRY THE FOLLOWING STATEMENT TO BE CONSIDERED WHOLE GRAIN: "DIETS RICH IN WHOLE GRAIN FOODS AND OTHER PLANT FOODS AND LOW IN FAT, SATURATED FAT, AND CHOLESTEROL MAY REDUCE THE RISK OF HEART DISEASE AND SOME CANCERS."

Method with Critical Control Points (CCP)

FOR THE SAUCE:

Preheat oven to 450°F.

Lay out tomatillos in a single layer on parchment-lined sheet pans.

Roast until tomatillos have softened and started to brown. Reserve tomatillos and juice.

Mix together the onions, jalapeños, garlic, and olive oil.

Lay out onto parchment-lined sheet pans in a 1/2-inch layer.

Roast until onions are translucent and beginning to brown.

Using a blender, food processor, or immersion blender, puree the tomatillos (with juice), onion mixture, chiles, water, salt, and cilantro until smooth.

FOR THE FILLING:

Reserve 1/4 of both cheeses to top the enchiladas.

Combine the remaining cheese, sour cream, milk, pepper, cumin, green onions, olives, and canned chiles in a large bowl and mix well.

TO ASSEMBLE ENCHILADAS:

Place 2 cups of sauce into the bottom of a steam table pan and spread out evenly.

Fill each tortilla with 4 oz filling. Roll to close and place in the steam table in two even rows (18 per pan).

Cover with 4 cups sauce.

Sprinkle reserved cheese on top of enchiladas in both pans.

Cover with parchment paper and foil.

Bake in a 350°F oven for 35–40 minutes.

CCP: Heat to 165°F or higher for at least 15 seconds.

Hold hot for service.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods

PORTIONED RETHERM/REHEAT METHOD:

Prepare sauce as instructed and cool the finished sauce in an ice bath (preferred) or in a blast chiller or refrigerator until cold (41°F or below).

Prepare all the other ingredients as instructed.

Ladle 2 tablespoons of sauce into each food tray. Roll up enchiladas and place one in each tray on the sauce. Cover with 3 tablespoons of the sauce and top with 1/2 oz of the cheese.

Seal the trays and keep cold until service.

Retherm/heat the enchiladas on medium heat for 30 minutes or until hot (165°F).

Serve immediately.

NUTRITION INFORMATION PER SERVING: Calories 491 kcal, Cholesterol 72.52 mg, Total Fat 29.05 g, Sodium 869.49 mg, Saturated Fat 17.61 g, Iron 2.70 mg, Trans Fat *0.00* g, Vitamin C 11.56 mg, Protein 22.26 g, Vitamin A 229.08 RE, Carbohydrates 37.26 g, Vitamin A 1128.71 IU, Dietary Fiber 3.44 g, Calcium 561.13 mg



YUCATAN WRAP

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 2 OZ GRAIN,
5/8 CUP VEGETABLE (1/4 RED/ORANGE, 1/4 OTHER, 1/8 BEAN)

SERVING SIZE: 1 WRAP

	50 SERVINGS	100 SERVINGS
YIELD	50 WRAPS	100 WRAPS

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE BEANS:			
OLIVE OIL		1/4 CUP	
ONIONS, YELLOW	CHOPPED	1 QT + 3 1/2 CUPS	2 LB
GARLIC, FRESH	CHOPPED	1/4 CUP	
CUMIN, GROUND		3 TBSP	
CHILI POWDER		3 TBSP	
TOMATOES, CANNED, DICED WITH JUICE, LOW SODIUM*		2 CUPS	1 LB
CHICKEN STOCK, LOW SODIUM		2 CUPS	
BLACK BEANS, CANNED, LOW SODIUM	DRAINED	4 QT	9 LB
KOSHER SALT		1 TBSP + 1 TSP	
BLACK PEPPER, GROUND		1 TBSP	
FOR THE CHICKEN:			
CHICKEN THIGHS, BONELESS, SKINLESS, RAW**			9 LB

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE SLAW:			
SOUR CREAM		1 QT	2 LB 11 OZ
LIME JUICE		1 CUP	
KOSHER SALT		2 TSP	
ONIONS, RED	THINLY SLICED	3 CUPS + 2 TBSP	10.5 OZ
CARROTS	SHREDDED	2 QT + 2 CUPS + 2 TBSP	2 LB 9 OZ
CABBAGE	SHREDDED	3 QT + 2 ³ / ₄ CUPS	2 LB 2 OZ
FOR THE WRAPS:			
FLOUR TORTILLA, WHOLE GRAIN (56 G)			50 EA

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE BEANS:			
OLIVE OIL		1/2 CUP	
ONIONS, YELLOW	CHOPPED	3 QT + 3 CUPS	4 LB
GARLIC, FRESH	CHOPPED	1/2 CUP	
CUMIN, GROUND		6 TBSP	
CHILI POWDER		6 TBSP	
TOMATOES, CANNED, DICED WITH JUICE, LOW SODIUM*		1 QT	2 LB
CHICKEN STOCK, LOW SODIUM		1 QT	
BLACK BEANS, CANNED, LOW SODIUM	DRAINED	8 QT	18 LB
KOSHER SALT		2 TBSP + 2 TSP	
BLACK PEPPER, GROUND		2 TBSP	
FOR THE CHICKEN:			
CHICKEN THIGHS, BONELESS, SKINLESS, RAW**			18 LB

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE SLAW:			
SOUR CREAM		2 QT	5 LB 6 OZ
LIME JUICE		2 CUPS	
KOSHER SALT		1 TBSP + 1 TSP	
ONIONS, RED	THINLY SLICED	2 QT + 2 1/4 CUPS	1 LB 5 OZ
CARROTS	SHREDDED	5 QT + 1/4 CUP	5 LB 2 OZ
CABBAGE	SHREDDED	7 QT + 1 1/2 CUPS	4 LB 4 OZ
FOR THE WRAPS:			
FLOUR TORTILLA, WHOLE GRAIN (56 G)			100 EA

* IF USING FRESH TOMATOES, USE 3 LB 12 OZ FOR 100 SERVINGS AND 1 LB 14 OZ FOR 50 SERVINGS.

** IF USING COOKED CHICKEN THAT CREDITS OUNCE FOR OUNCE, USE 12 LB 8 OZ FOR 100 PORTIONS AND 6 LB 4 OZ FOR 50 PORTIONS. IF USING A PRE-SEASONED AND/OR COOKED PRODUCT, THE SALT MAY NEED TO BE ADJUSTED.

Method with Critical Control Points (CCP)

FOR THE BEANS:

Heat the oil over medium-high heat in a pot large enough to hold all the bean ingredients.

Add the onions and garlic and sauté until onions are translucent.

Add the cumin, chili powder, tomatoes, chicken stock, beans, salt, and pepper.

Bring to a boil, then reduce heat and simmer for 10 minutes.

Remove 1/4 of the beans from the pot and puree using an immersion blender, food processor, or tabletop blender.

Return the puree to the pot and hold hot until ready to use. Beans may be done ahead and reheated for assembly.

CCP: Hold for hot service at 135°F or higher.

FOR THE CHICKEN:

Place chicken in a large pot, cover with water, and bring to a boil.

Reduce heat to a simmer and cook until chicken is cooked through.

CCP: Heat to 165°F or higher for at least 15 seconds.

Drain the chicken and lay out on sheet pans until cool enough to dice or shred.

Hold chicken hot until ready to use. Chicken may be done ahead and reheated for assembly.

CCP: Hold for hot service at 135°F or higher.

FOR THE SLAW:

In a bowl large enough to hold all the slaw ingredients, combine sour cream, lime juice, and salt and mix well.

Add Onions, carrots, and cabbage and mix well.

FOR THE WRAPS:

Lay out tortillas on a flat surface.

Spread 1/4 cup of beans on the lower half of the tortilla.

Top beans with 2 oz chicken.

Top chicken with 1/2 cup slaw.

Fold in the sides of the tortilla.

Fold the bottom up over the filling.

Roll the tortilla up the rest of the way.

Hold hot for service.

CCP: Hold for hot service at 135°F or higher.

Other cooking methods

PORTIONED RETHERM/REHEAT METHOD:

Due to the slaw, this recipe is not appropriate for retherm, although you can make the wraps with just beans and chicken and reheat them, serving the slaw on the side.

Prepare the chicken and the beans exactly as above, and cool them in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Note: The beans will take a long time to cool. It is advisable to put them in 4-inch or smaller hotel pans to cool, and to stir them occasionally during cooling.

Let the tortillas come to room temperature or warm them gently so they do not tear while making the wraps. Lay out the tortillas and place 1/4 cup beans and 2 oz chicken on the lower half of the tortilla and roll it up, folding in the sides like a burrito.

Wrap each wrap in ovenable deli paper and then in foil (you may use foil only if you prefer), and keep cold for service.

One hour before service, prepare the slaw as above.

Retherm/reheat the wraps on medium-high for 25–30 minutes or until hot in the center (165°F). Serve immediately with 1/2 cup slaw on the side, or place the slaw in the salad bar with a 1/2 cup spoodle.

NUTRITION INFORMATION PER SERVING: Calories 417 kcal, Cholesterol 75.09 mg, Total Fat 12.50 g, Sodium 801.74 mg, Saturated Fat 5.20 g, Iron 4.71 mg, Trans Fat *0.00* g, Vitamin C 17.49 mg, Protein 28.43 g, Vitamin A 727.74 RE, Carbohydrates 48.76 g, Vitamin A 4309.99 IU, Dietary Fiber 9.26 g, Calcium 186.92 mg



CHINESE CHICKEN SALAD

MEAL PLAN CONTRIBUTION: 2 OZ MEAT/MEAT ALT., 3/4 CUP VEGETABLE, OTHER

SERVING SIZE: 8 OZ SPOODLE
ONE 8 OZ SPOODLE PORTION WEIGHS 6 OZ

	50 SERVINGS	100 SERVINGS
YIELD	19 LB	38 LB

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE CHICKEN:			
CHICKEN THIGHS, BONELESS, SKINLESS, RAW*			9 LB
FOR THE DRESSING:			
OLIVE OIL		1 CUP	
SESAME OIL		1/4 CUP	
SOY SAUCE, REDUCED SODIUM**		1/2 CUP	
ORANGE JUICE		3/4 CUP	
RICE VINEGAR		3/4 CUP	
KOSHER SALT		1/2 TBSP	
FOR THE SALAD:			
NAPA CABBAGE	SHREDDED	11 QT	5 LB 12 OZ
SNOW PEAS	STEMMED, CUT INTO 1-INCH PIECES	4 QT	3 LB 2 OZ
MANDARIN ORANGES (CANNED)	DRAINED	1 QT + 3 CUPS	3 LB

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE CHICKEN:			
CHICKEN THIGHS, BONELESS, SKINLESS, RAW*			18 LB
FOR THE DRESSING:			
OLIVE OIL		2 CUPS	
SESAME OIL		1/2 CUP	
SOY SAUCE, REDUCED SODIUM**		1 CUP	
ORANGE JUICE		1 1/2 CUPS	
RICE VINEGAR		1 1/2 CUPS	
KOSHER SALT		1 TBSP	
FOR THE SALAD:			
NAPA CABBAGE	SHREDDED	22 QT	11 LB 8 OZ
SNOW PEAS	STEMMED, CUT INTO 1-INCH PIECES	8 QT	6 LB 4 OZ
MANDARIN ORANGES (CANNED)	DRAINED	3 QT + 2 CUPS	6 LB

* IF USING COOKED CHICKEN THAT CREDITS OUNCE FOR OUNCE, USE 12 LB 8 OZ FOR 100 PORTIONS AND 6 LB 4 OZ FOR 50 PORTIONS. IF USING A PRE-SEASONED AND/OR COOKED PRODUCT, THE SALT MAY NEED TO BE ADJUSTED.

** IT IS POSSIBLE TO MAKE REDUCED SODIUM SOY SAUCE FROM FULL STRENGTH SOY SAUCE (OR TAMARI FOR GLUTEN-FREE) BY MIXING 2 PARTS SOY WITH 1 PART WATER (2:1, SOY:WATER).

Method with Critical Control Points (CCP)

FOR THE CHICKEN:

Place chicken in a pot and add water to cover.

Bring to a boil, reduce heat to a simmer, and cook until chicken is fully cooked. Note: This can also be done in a steam table pan in the oven.

CCP: Heat to 165°F or higher for at least 15 seconds.

Strain the chicken and cool completely.

Cut chicken into strips.

FOR THE DRESSING:

Whisk together the olive oil, sesame oil, soy sauce, orange juice, vinegar, and salt.

FOR THE SALAD:

In a large container, combine the chicken, cabbage, snow peas, mandarin oranges, and dressing.

Toss well to combine.

Keep refrigerated until ready to serve.

CCP: Keep cold food at or below 41°F.

Other cooking methods

Follow instructions above, scaling to meet your production needs.

SERVING SUGGESTION: Serve with brown rice noodles, soba noodles, or in a whole grain tortilla wrap. For added crunch, top with walnuts or crunchy Chinese noodles.

NUTRITION INFORMATION PER SERVING: Calories 180 kcal, Cholesterol 65.32 mg, Total Fat 9.09 g, Sodium 219.79 mg, Saturated Fat 1.67 g, Iron 1.64 mg, Trans Fat *0.00* g, Vitamin C 35.13 mg, Protein 30.05 g, Vitamin A 114.40 RE, Carbohydrates 6.40 g, Vitamin A 580.15 IU, Dietary Fiber 1.78 g, Calcium 48.26 mg



SUMMER SALAD WITH BULGUR WHEAT, CHICKEN, AND PLUMS

MEAL PLAN CONTRIBUTION: 1 OZ MEAT/MEAT ALT., 1 OZ GRAIN, 1/8 CUP VEGETABLE, OTHER

SERVING SIZE: 6 OZ SPOODLE
ONE 6 OZ SPOODLE PORTION WEIGHS 5.1 OZ

	50 SERVINGS	100 SERVINGS
YIELD	16 LB	32 LB

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CHICKEN, BONELESS, SKINLESS THIGHS, RAW*			4 LB 8 OZ
FOR THE SAUCE:			
YOGURT, PLAIN, LOW FAT		3/4 CUP	
CORIANDER, GROUND		2 TSP	
CLOVES, GROUND		1/2 TSP	
CUMIN, GROUND		2 TBSP	
KOSHER SALT		1 TSP	
BLACK PEPPER, GROUND		1 1/2 TSP	
FOR THE BULGUR:			
CHICKEN STOCK, LOW SODIUM		3 QT	
BULGUR WHEAT		2 QT	3 LB 2 OZ
FOR THE SALAD:			
CELERY	FINELY CHOPPED	2 QT	2 LB 8 OZ
RAISINS		3/4 CUP	3 1/2 OZ

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
PLUMS	PITTED, DICED	1 QT + 3 CUPS	3 LB 2 OZ
OLIVE OIL		1/4 CUP	
LEMON JUICE		1/2 CUP	
KOSHER SALT		1 1/2 TBSP	

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CHICKEN, BONELESS, SKINLESS THIGHS, RAW*			9 LB
FOR THE SAUCE:			
YOGURT, PLAIN, LOW FAT		1 1/2 CUPS	
CORIANDER, GROUND		1 TBSP + 1 TSP	
CLOVES, GROUND		1 TSP	
CUMIN, GROUND		1/4 CUP	
KOSHER SALT		2 TSP	
BLACK PEPPER, GROUND		3 TSP	
FOR THE BULGUR:			
CHICKEN STOCK, LOW SODIUM		6 QT	
BULGUR WHEAT		4 QT	6 LB 4 OZ
FOR THE SALAD:			
CELERY	FINELY CHOPPED	4 QT	5 LB
RAISINS		1 1/2 CUPS	7 OZ
PLUMS	PITTED, DICED	3 QT + 2 CUPS	6 LB 4 OZ
OLIVE OIL		1/2 CUP	
LEMON JUICE		1 CUP	
KOSHER SALT		3 TBSP	

* IF USING COOKED CHICKEN THAT CREDITS OUNCE FOR OUNCE, USE 12 LB 8 OZ FOR 100 PORTIONS AND 6 LB 4 OZ FOR 50 PORTIONS. IF USING A PRE-SEASONED AND/OR COOKED PRODUCT, THE SALT MAY NEED TO BE ADJUSTED.

Method with Critical Control Points (CCP)

FOR THE MARINADE:

In a small bowl, combine yogurt, coriander, cloves, cumin, salt, and pepper.

Place chicken in a container with a lid. Add yogurt mixture and distribute the marinade evenly over the chicken.

Cover and refrigerate for up to 2 hours.

CCP: Keep cold food at or below 41°F.

FOR THE BULGUR:

Bring chicken stock to a boil.

Place bulgur wheat in a large container with a lid (it will more than double in size).

Pour hot stock over the bulgur and cover.

Let soak for 30 minutes, then lay out on a sheet pan to cool under refrigeration.

CCP: Keep cold food at or below 41°F.

FOR THE CHICKEN:

Preheat oven to 350°F.

Lay chicken out on parchment-lined sheet pans in one layer.

Roast chicken until cooked through.

Allow chicken to cool, then cut into 1-inch dice.

CCP: Keep cold food at or below 41°F.

FOR THE SALAD:

Combine cooled bulgur and chicken with remaining ingredients.

Mix well and refrigerate until ready to use.

CCP: Keep cold food at or below 41°F.

Other cooking methods

Follow instructions above, scaling to meet your production needs.

NUTRITION INFORMATION PER SERVING: Calories 190 kcal, Cholesterol 33.79 mg, Total Fat 3.60 g, Sodium 259.41 mg, Saturated Fat 0.72 g, Iron 1.33 mg, Trans Fat *0.00* g, Vitamin C 6.61 mg, Protein 13.07 g, Vitamin A 21.69 RE, Carbohydrates 28.13 g, Vitamin A 159.84 IU, Dietary Fiber 6.11 g, Calcium 34.26 mg



CUCUMBER RAITA

SERVING SIZE: 2 TBSP

	50 SERVINGS	100 SERVINGS
YIELD	1 QT + 2 1/4 CUPS	3 QT + 1/2 CUP

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
YOGURT, PLAIN, NONFAT		1 QT + 1/4 CUP	
CUCUMBER	PEELED, GRATED OR CHOPPED	3 CUPS	15 OZ
TOMATOES	GRATED OR CHOPPED	2 CUPS	14 1/2 OZ
GREEN ONIONS	CHOPPED	1 CUP	3 OZ
CILANTRO	CHOPPED	2 TBSP	
CAYENNE PEPPER		1/4 TSP	
KOSHER SALT		1 TSP	

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
YOGURT, PLAIN, NONFAT		2 QT + 1/2 CUP	
CUCUMBER	PEELED, GRATED OR CHOPPED	6 CUPS	1 LB 14 OZ
TOMATOES	GRATED OR CHOPPED	4 CUPS	1 LB 13 OZ
GREEN ONIONS	CHOPPED	2 CUPS	6 OZ
CILANTRO	CHOPPED	1/4 CUP	

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
CAYENNE PEPPER		1/2 TSP	
KOSHER SALT		2 TSP	

Method with Critical Control Points (CCP)

Combine all ingredients in a bowl and mix well.

Refrigerate until ready to serve.

CCP: Keep cold food at or below 41°F.

SERVING SUGGESTION: Serve with Vegetable Biryani or on salad bar.

NUTRITION INFORMATION PER SERVING: Calories 17 kcal, Cholesterol 1.33 mg, Total Fat 0.38 g, Sodium 47.92 mg, Saturated Fat 0.23 g, Iron 0.10 mg, Trans Fat *0.00* g, Vitamin C 2.38 mg, Protein 1.32 g, Vitamin A 19.65 RE, Carbohydrates 2.25 g, Vitamin A 98.50 IU, Dietary Fiber 0.20 g, Calcium 43.34 mg



TABBOULEH

MEAL PLAN CONTRIBUTION: 1 OZ GRAIN, 1/4 VEGETABLE, OTHER

SERVING SIZE: 6 OZ SPOODLE
ONE 6 OZ SPOODLE PORTION WEIGHS 6.4 OZ

	50 SERVINGS	100 SERVINGS
YIELD	20 LB	40 LB

50 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE BULGUR:			
BOILING WATER		3 QT + 2 CUPS	
BULGUR WHEAT		2 QT	3 LB 2 OZ
FOR THE SAUCE:			
OLIVE OIL		1 1/2 CUPS	
LEMON JUICE		1 1/2 CUPS	
GARLIC, FRESH	CHOPPED	1 TBSP	
KOSHER SALT		3 TBSP	
BLACK PEPPER, GROUND		1 TBSP	
FOR THE VEGETABLES:			
GREEN ONIONS	CHOPPED	3 CUPS	9 OZ
CUCUMBER	UNPEELED, CHOPPED	4 QT	3 LB 15 OZ
TOMATOES, FRESH	CHOPPED	1 QT + 2 CUPS	2 LB
MINT, FRESH	CHOPPED	2 CUPS	2 BUNCHES
PARSLEY, FRESH	CHOPPED	6 CUPS	6 BUNCHES

100 Servings

INGREDIENT	INSTRUCTION	VOLUME	WEIGHT/MEASURE
FOR THE BULGUR:			
BOILING WATER		7 QT	
BULGUR WHEAT		4 QT	6 LB 4 OZ
FOR THE SAUCE:			
OLIVE OIL		3 CUPS	
LEMON JUICE		3 CUPS	
GARLIC, FRESH	CHOPPED	2 TBSP	
KOSHER SALT		6 TBSP	
BLACK PEPPER, GROUND		2 TBSP	
FOR THE VEGETABLES:			
GREEN ONIONS	CHOPPED	6 CUPS	1 LB 2 OZ
CUCUMBER	UNPEELED, CHOPPED	8 QT	7 LB 14 OZ
TOMATOES, FRESH	CHOPPED	3 QT	4 LB
MINT, FRESH	CHOPPED	4 CUPS	4 BUNCHES
PARSLEY, FRESH	CHOPPED	12 CUPS	12 BUNCHES

Method with Critical Control Points (CCP)

FOR THE BULGUR:

In a large pot, bring water to a boil.

Add bulgur wheat, turn off heat, and cover until all the water is absorbed, about 30 minutes.

Fluff the bulgur with a large fork and spread the bulgur out onto sheet pans to cool completely.

CCP: Keep cold food at or below 41°F.

FOR THE DRESSING:

Whisk together the olive oil, lemon juice, garlic, salt, and pepper.

FOR THE SALAD:

Combine the bulgur, green onions, cucumber, tomato, mint, parsley, and dressing.

Mix well.

Keep refrigerated until ready to serve.

CCP: Keep cold food at or below 41°F.

Other cooking methods

Follow instructions above, scaling to meet your production needs.

SERVING SUGGESTION: Add diced tofu to the salad for a complete vegetarian meal.

NUTRITION INFORMATION PER SERVING: Calories 170 kcal, Cholesterol 0.00 mg, Total Fat 6.98 g, Sodium 322.08 mg, Saturated Fat 0.99 g, Iron 1.42 mg, Trans Fat *0.00* g, Vitamin C 18.02 mg, Protein 4.24 g, Vitamin A 78.37 RE, Carbohydrates 24.97 g, Vitamin A 810.89 IU, Dietary Fiber 5.97 g, Calcium 32.62 mg

CREDITS

Publisher	Zenobia Barlow
Editor	Michael K. Stone
Designer	Karen Brown
Project Manager	Adam Kesselman
Recipe Team	Amy Glodde Coleen Donnelly Jamie Smith
Production Assistance	Monica Bueb
Photographer	Craig Lee
Photography Assistance	Janet Carter
Proofreaders	Kate Willsky Mark Rhynsburger

We are grateful for the contributions of Ann M. Evans and Georgeanne Brennan, co-authors of *Cooking with California Food in K-12 Schools*, which was the source of many of the recipes in this publication.

Special thanks to Jennifer LeBarre, Director, Nutrition Services, for the Oakland Unified School District, for her considerable assistance throughout this project.

Thanks to Deborah Beall, Alexandra Emmott, and Bertrand Weber for their guidance and review of recipes.

We extend our sincere appreciation to TomKat Charitable Trust for their generous support of the research, design, and publication of *School Meals Featuring California Food*.

PHOTO CREDITS

All food photos Craig Lee, <http://craiglephoto.com>

Icons pasta: istockphoto 14363842, dutchicon; salad: istockphoto 13026960, Obaba; rice bowl: istockphoto 14294449, Areasur; wrap: istockphoto 12719222, Aaltazar; pizza: istockphoto 2540687, pandafung; soup: istockphoto 5956946, Aaltazar

ABOUT THE CENTER FOR ECOLITERACY

The Center for Ecoliteracy is a nonprofit that advances ecological education in K-12 schools. We recognize that students need to experience and understand how nature sustains life and how to live accordingly. We engage with school communities, foundations, filmmakers, and other change agents to further education that is smart, hopeful, and vital. Founded in 1995, the Center creates books and resources, offers professional development, and provides strategic consulting. Our work is based on systems thinking, leadership dynamics, and how young people learn. We recognize nature as our teacher and that sustainability is a community practice.

Best known for our work related to food, culture, health, and the environment; we address issues at multiple levels, from the local to the national. Rethinking School Lunch Oakland, based on the planning framework described in our *Rethinking School Lunch Guide*, is a comprehensive project to redefine school food in a large, urban school district, from procurement and facilities to teaching and learning. California Food for California Kids™ is our initiative to incorporate fresh, seasonal food in school meals; preserve the environment; and promote local and regional economies. Our Food Systems Project, identified as one of the top ten USDA grants in a decade of food security efforts, helped inspire the creation of district wellness policies across the country.

Learn more at www.ecoliteracy.org

