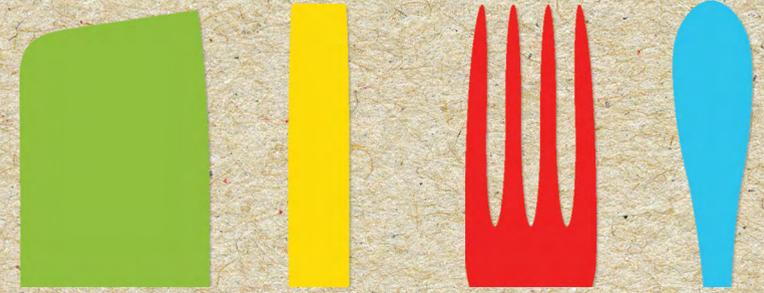
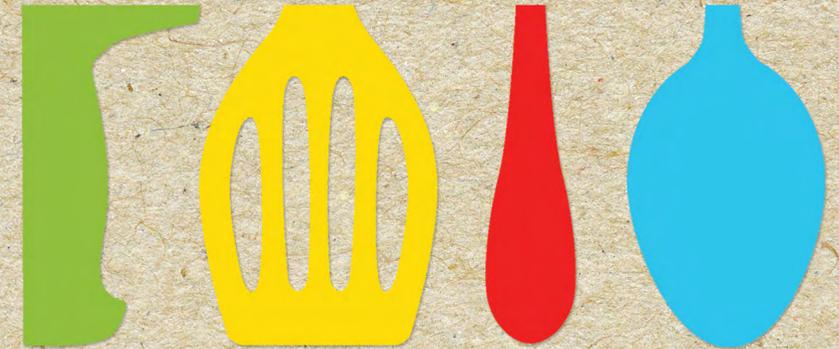


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K-12 Recipes



EPI's Cafeteria Cookbook



EPI's K-12 Cafeteria Cookbook

*A Collection of Recipes from Food Service
Directors
for Food Service Directors*

EQUIPMENT PREFERENCE INC.
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The EPI Cookbook Story

The purpose of the "K thru 12 Cookbook" is to give back to "YOU", the School Food Service Community. Your support for the last 20 years has allowed us to grow and serve you better! We Thank You for allowing us to serve you as our customer.

As we looked for ways to continue to serve and support school food service, we couldn't help but notice the challenge that all schools are enduring with the new nutritional guidelines set forth by our government. This challenge is what gave us the idea; to collaborate recipes amongst your districts and put together a cookbook that may provide helpful new ideas for each of you!

Our first year participation, with the cookbook, has been excellent! If you didn't get a chance to participate this year, we hope to publish another book next year in 2016. The opportunity to win scholarships for your students and attend educational, culinary classes at The Travaasa Spa in Austin are things that we hope to continue in the future to motivate you.

Again, EPI would like to thank you for your support and the work that you put forth with our children everyday.

EPI would like to acknowledge the following manufacturers for making this cookbook possible.



Looking for a budget quote, school replacement purchase or have a question on kitchen equipment? Call EPI at 817-552-5500 and we will have one of our equipment representatives come see you.
www.epikitchen.com



**Fostering & Collaboration
of
School Districts,
Food Service Directors and
Nutritionists**

The spirit of this cookbook is to encourage a collaboration of school districts to come together and share recipes that meet the USDA guidelines. It is our intention that this collaboration would allow food service directors to introduce new recipes to their menus and make food served in the lunchroom more creative.

The nutritional guidelines that meet government standards were a requirement for each recipe submission. However, it is each individual school districts responsibility to verify that any new recipes implemented meet the guidelines set by your school district. Each school district has submitted recipes in good faith and EPI does not guarantee or confirm that the nutritional information printed in this cookbook meets standards set by the USDA.

Table of Contents

Breakfast.....	1
Entree.....	19
Side Dish.....	59
Snack.....	83
Index.....	97



CATEGORY

1

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CATEGORY

1

BREAKFAST

APPLE BREAKFAST BARS

(Yield: 18 (1 each))

Callie Fowler
Union Public Schools
K-12

- | | |
|---|--|
| 1 c. Granulated Sugar | 2 tsp Whole Eggs, frozen,
pasteurized |
| 2 c. Stone-ground, Whole Wheat
Flour | 4 oz Applesauce, Juice Pack |
| 1 tsp Ground Nutmeg | 5 c. Apples, raw, with skin,
quartered or chopped |
| 2 tsp Baking Soda | |

Chop apples in ¼ inch cubes. Mix all dry ingredients together. Add oil, eggs and apples, mixing thoroughly. Pour into 9x13 inch pan and bake at 350°F for 30 minutes. Cut 3x6.

Note: Nutritional Info: Calories 140 kcal, Total Fat 1.15 g (7.37%), Cholesterol *25.05* mg, Sodium 153.22 mg, Carbohydrates 31.34 g (89.37%), Sugars *14.79* g, Protein 3.78 g (10.78%), Calcium *9.07* mg - It is FSD's responsibility to verify nutritional analysis.

APPLE SANDWICHES WITH GRANOLA & SUNFLOWER BUTTER

(Yield: 1)

Alicia Hernandez
Weatherford ISD
9-12

- | | |
|---|---|
| 2 Modest Apples, cored and cut
crosswise into ½-inch thick
rounds | 1 tsp fresh lemon juice (optional)
3 tbsp sunflower butter
3 tbsp granola |
|---|---|

If you won't be eating these yummy treats right away, start by brushing the apples slices with lemon juice to store them from converting brownish. Spread one side of half of the apple slices with sunflower butter after that sprinkle with delicious granola. Top with other apple slices, pressing down softly to make the sandwiches. Transfer to napkins or maybe plates and serve.

Note: Nutritional Info: It is FSD's responsibility to verify nutritional analysis.

BACON, EGG, & CHEESE MUFFIN (Yield: 20)

McKensie Montgomery
Keller ISD
K-12

13 slices Pork Bacon, Raw (Wright brand is preferable)
2 c. Whole egg, frozen (Papetti is preferable)
½ box 5# Muffin Mix Variety
1⅔ c. Cheddar Cheese, shredded

Place bacon strips on a lined cookie sheet and bake according to manufacturer's instructions. Chop bacon to add to the muffin mix. Cook liquid eggs per manufacturer's instructions. Prepare muffin mix per manufacturer's instructions. Fold in bacon, scrambled eggs and shredded cheese. Place liners in muffin tin. Use #12 scoop to put batter in muffin tin. Bake muffins in convection oven 350° for 16-18 minutes or standard over 400° for 20-22 minutes, until muffins are no longer doughy in the center.

Note: Nutritional Info: Calories 318 kcal, Total Fat 12.40 g (35.15%), Cholesterol 124.08 mg, Sodium 462.85 mg, Carbohydrate 40.93 g (51.57%), Sugars *N/A* g, Protein 7.95 g (10.01%), Calcium 30.08 mg - It is FSD's responsibility to verify nutritional analysis.

BEANS & CHORIZO TACO (Yield: 50 (1 each))

Genoviva Ramirez
Laredo ISD

1 bag, dry to cook, Pinto Beans, Instant, Refried (Santiago preferred)
1lb + 8oz Chorizo Pork (DSM brand preferred)
¾oz Garlic Powder
50 each Flour Tortillas, 28 GMS each (TITA's preferred)

Remove the chorizo from freezer and place it in the reach cooler to thaw. Pour oil into the braiser. Heat oil and place chorizo to cook. Cook for approximately 15 minutes or until internal temperature reaches 165 degrees F for 15 seconds. Remove chorizo from braiser and remove excess fat. Set aside. Prepare beans by emptying the bag into 2 quarts of boiling water. Stir and let stand for 5 minutes. Mix with chorizo. Place beans and chorizo into the blast chiller to cool product down. Keep tortilla at room temperature. Remove beans and chorizo mix from chiller and fill tortillas with #16 scoop. Place assembled breakfast tacos in the freezer. Once frozen, pass breakfast tacos through the overwrap machine for wrapping. Arrange wrapped taco on bread rack and transport to distribution cooler.

(continued)

Note: Nutritional Info: Calories 184 kcal, Total Fat 6.83 g (33.37%), Cholesterol 11.94 mg, Sodium 265.97 mg, Carbohydrates 24.04 g (52.24%), Sugars *0.01* g, Protein 7.09 g (15.40%), Calcium 97.46 mg - It is FSD's responsibility to verify nutritional analysis.

BLUEBERRY YOGURT PARFAIT (Yield: 1 each)

Anonymous
K-12

1 c. Vanilla Yogurt, low-fat
¼ c. Blueberries, IQF
2 tsp Sugar, granulated
2 oz Granola

Drain blueberries well. Place blueberries in an appropriate sized container and toss with sugar. Cover and return to fridge for approximately 30 minutes or until sugar dissolves. Do not drain any liquid that forms. Place ¼ cup blueberries in a 9 oz cup. Top fruit with 1 cup of yogurt. Place lid on cup. Place 2oz of granola in a 2oz portion cup. Place lid on portion cup. Serve 1 yogurt parfait to each customer. Refrigerate until served.

Note: Nutritional Info: Calories 488 kcal, Total Fat 7.22 g (13.32%), Cholesterol 5 mg, Sodium 291 mg, Carbohydrates 94.98 g (77.89%), Sugars *N/A* g, Protein 11.15 g (9.15%), Calcium 620.70 mg - It is FSD's responsibility to verify nutritional analysis.

BREAKFAST BURRITO (Yield: 100 (1 burrito each))

Meghan Martinson
Eagle Mountain-Saginaw ISD
K-12

100 (1 tortilla) Wrap-10 inch, Whole Wheat, MCI Los Cabos'
10 lb Eggs, Whole frozen, Pasteurized, Raw
24 oz Cheese, American, shredded 50% RF
100 oz Sausage, Chicken Pattie, Tyson
25 c. Hashbrowns, Basic American (prepared)

Spray steam table pan with pan spray. Combine eggs, cheese, hashbrowns, and cubed sausage patties in steam table pan. Steam eggs for 6-8 minutes or until they reach temperature of 160 degrees F. Remove from steamer and drain moisture. Stir to crumble. Use a #8 scoop to scoop the egg mixture into tortilla, wrap to make burrito. Serve with taco sauce.

Note: Nutritional Info: Calories 363 kcal, Total Fat 12.06g, Cholesterol 197.59mg, Sodium 596.84mg, Carbs 43.09g, Sugars .26g, Protein 20.85g, Calcium 97.14mg, 29.92% Calories from Total Fat, 47.53% Calories from

(continued)

Carbs, 23% Calories from Protein - It is FSD's responsibility to verify nutritional analysis.

BREAKFAST CASSEROLE

(Yield 100)

Becca Sullivan
Hydro Eakly Public Schools
PRE K-12

6/5lb bags (1 case) Scrambled Eggs 1 lb Diced Ham
2 lbs Turkey Sausage Crumbles 32oz (1 case) Shredded
2 lbs Shredded Cheddar Cheese Hashbrowns

Add raw eggs, cooked meats and all other ingredients together in deep baking pan and bake in oven on 350* for approximately 45min-1 hour.

Note: Nutritional Info: Calories 261, Total Fat 13g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 104mg, Sodium 360mg, Potassium 281mg, Total Carbs 15g, Dietary Fiber 1g, Sugars 10g, Protein 23g - It is FSD's responsibility to verify nutritional analysis.

BREAKFAST PARFAIT WITH HOME-MADE GRANOLA

(Yield: 48)

Beverly Williams
Blackwell CISD
K-12

1 gal + 2 qts (12lbs) Yogurt, non-fat
vanilla or strawberry, depending
on fruit used 4 c. Rolled Oats
12 c. (3lbs) Granola ½ c. Brown Sugar, packed
3 quantity #10 can of Peaches,
drained OR 1 c. Almonds, sliced (optional)
3 quantity #10 can Bananas ½ c. Honey
6 qt (9.5lbs) Strawberries**(or a
combination of fruits) 1 tsp Cinnamon, ground
 1 tsp Vanilla
 5oz Craisins (optional)

PARFAIT: Prepare granola or use purchased product. Drain fruit if using canned fruit. Do not reserve juice. Assemble breakfast parfaits in 10oz clear portion cups in the following order: #16 scoop fruit, #8 scoop yogurt, 2oz spoonful granola (¼cup), top with #16 scoop fruit. Hold at 41 degrees F or colder. Do not make more than 1 hour before service so that cereal does not get soggy. GRANOLA: Place the rolled oats in a large bowl and mix with sliced almonds. Mix the brown sugar, honey, cinnamon, and vanilla in a stock pot. Stir well. Bring to a boil. Add the brown sugar mixture to the oat/almond

(continued)

mixture and mix very thoroughly until oats are well coated with liquid. Spread mixture on a 18" x 26" x 1" pan that has been sprayed well with pan release spray. For 10 servings, use one pan. Bake as follows: Convection oven: 300 degrees F for approximately 40 minutes. Conventional oven: 300 degrees F for approximately 40 minutes. Stir granola every 10 minutes. Remove from oven and transfer to parchment paper to cool. Serve with a rounded #16 scoop. Store in a tightly covered container in a cool place.

Note: Nutritional Info: It is FSD's responsibility to verify nutritional analysis.

BREAKFAST TACOS

(Yield: 25 (1 each))

Ann Shetler
Pearland ISD
K-12

25 each Egg Patties 25 each 6" Whole Grain Tortillas
25 slices Turkey Bacon (KURZ preferred)
1 c. + 9 tbsp Cheddar Cheese, 25 Taco Sauce packets (optional)
shredded

Thaw frozen eggs 2 days prior. Chop egg patties. Set aside. Crisp bacon strips according to package directions. Chop bacon and set aside. Place tortillas in warmer while preparing the eggs and bacon. Assemble tacos with the equivalent of one egg patty, one strip of bacon and 1 Tablespoon of shredded cheese in each tortilla. Wrap taco in foil wrapper. Place in 350 degree oven for 20 minutes. Allow students to take 1 packet of taco sauce if they choose to do so.

Note: Nutritional Info: Calories 172.5 Kcal, Fat 8.25g (43.04%), Cholesterol 127.5mg, Sodium 507.50mg, Carbs 14g (32.46%), Sugar 1g 2.31%, Protein 8.75g (20.29%), Calcium 109mg - It is FSD's responsibility to verify nutritional analysis.

BREAKFAST TAQUITO

(Yield: 124 (1 taco each))

Cecilia Rodriguez
Fort Worth ISD

15 Lb. + 8 Oz. Eggstravaganza w/
Bacon 124 Tortilla, White Wheat, 6"
1 Lb. + 15 Oz. Cheese, Cheddar,
Shredded

Spray one long 2" deep steam table pan with pan release, use one pan per bag of eggs. Open bags of egg mixture and stir to mix ingredients until well blended. Place in steamer, uncovered for 4 minutes. Stir well, and return to

(continued)

steamer until soft set, with an internal temperature of 170 degrees. Cover eggs with film, vent, and place in heated cabinet until ready to serve. Place tortillas in heated cabinet to warm. Place shredded cheese in container on line. Assemble Egg Taco on steam table line. Assemble Egg Taco By: Placing one tortilla on tray, place #16 s coop egg in tortilla, top with 1 tablespoon shredded cheese, and fold tortilla in half to cover egg mixture.

Note: Nutritional Info: Calories 220 kcal, Total Fat 12.02 g, Saturated Fat 4.26 g, Cholesterol 200.06 mg, Sodium 590.87 mg, Carbohydrates 14.25 g, Dietary Fiber 1.25 g, Protein 11.52 g, Calcium 147.46 mg, 49.11% Calories from Total Fat, 17.40% Calories from Saturated Fat, 25.89% Calories from Carbohydrates, -It is FSD's responsibility to verify nutritional analysis.

CAULIFLOWER SCRAMBLE BURRITO

(Yield: 50 (1 each))

Adan Cortez III
Magnolia ISD
6-12

4oz Margarine	1 tbsp Onion Powder
5 lbs Cauliflower Florets, raw	2 tspn Black Pepper, ground
3 c. Salsa	2 lbs Eggs, whole, scrambled from frozen, pasteurized
1 tbsp Italian Seasoning	50 each 10" Tortillas, whole grain
1 tspn Paprika	
1 tbsp Garlic Powder	

In a pan melt margarine and add cauliflower florets chopped. Sauté cauliflower until tender, then add salsa, Italian seasoning, paprika, garlic powder, onion powder, and black pepper. Cook for 5mins and add eggs to cauliflower. Cook until eggs reach 165°F or higher. Heat tortillas in steamer or oven for hot service. Transfer cauliflower scramble to a 2" steam table pan and hold in warmer at 165°F or higher for hot service. Serve cauliflower using #8 scoop in the center of tortilla and fold both ends in and roll to give burrito shape. -- This recipe utilizes Texas grown cauliflower, commodity whole grain tortillas, commodity egg, and commodity salsa.

Note: Nutritional Info: Calories 231 Kcal, Total Fat 8.3g (13%), Cholesterol 50mg (17%), Sodium 241mg (10%), Total Carbs 32.9g (11%), Protein 6.8g (14%) - It is FSD's responsibility to verify nutritional analysis.

CHERRY OATMEAL BARS

(Yield: 96)

Diane Partlow
Fort Elliot CISD
6-12

1lb + 2oz (2¼ c.) Margarine or Butter	2 tbsp Baking Soda
1lb + 8oz (6 c.) Brown Sugar	3lb 15oz Cherry Pie Filling
1lb + 10oz (6 c.) Whole-Wheat Flour	2½oz (½c.) Sugar
1lb + 1oz (6 c.) Rolled Oats	3 tbsp Cornstarch
	1½ tsp Almond Extract

Blend margarine or butter and brown sugar in mixer until well mixed at medium speed. Blend flour, oats, and baking soda. Add to butter mixture and mix until crumbly on low speed. Press ⅔ of the oats mixture firmly into a sheet pan (18" x 26" x 1"). Blend pie filling with a food processor or blender until smooth. Pour puréed filling into a saucepan. Blend sugar and cornstarch; stir into pie filling. Cook, stirring constantly, until mixture is thick and bubbly, over low heat. Stir in almond extract. Pour pie filling mixture evenly over oats layer in sheet pan. Crumble remaining ⅓ of oats mixture evenly over pie filling layer. Bake until golden brown: Conventional oven: 350 °F for 30-35 minutes. Cool. Cut each pan 8 x 12 down (96 pieces per pan). Portion one bar. -- 1 piece provides ¾ serving of Grains/Breads.

Note: Nutritional Info: Calories: 136Kcal, Protein: 2.02 g, Carbohydrates: 22 g, Total Fat: 4.76 g, Saturated Fat: 0.83 g, Cholesterol: 0 mg, Calcium: 14.84 mg, Sodium: 134 mg - It is FSD's responsibility to verify nutritional analysis.

CINNAMON ROLLS

(Yield: 100)

Katy Taylor
Ector County ISD

3 Lbs All Purpose Flour	2 Quart Water
3 Lbs White Whole Wheat Flour	1⅔ Cup Vegetable Oil
¾ Ounce Yeast	½ Cup Cinnamon
6½ Ounce Powdered Milk	1 Each 4 Oz Orange Juice
11½ Ounce Granulated Sugar	1 Lb. Powdered Sugar
2½ Ounce Salt	

For best results, have all ingredients and utensils at room temperature. Place all dry ingredients in mixing bowl, using dough hook. blend on low speed for 2 minutes (use 11.5 oz of sugar). Add oil and water (110 degrees F). Blend on low speed for 2 minutes. Knead dough on lightly floured surface. Divide into 4 balls, weighing 3 lbs. 6oz. each. Combine cinnamon and sugar (1 cup). Mix well. Roll each ball of dough into a rectangle 20" X 10 ¼" thick. Lightly

(continued)

brush each rectangle with oil. Sprinkle ½ cup cinnamon-sugar mix over each rectangle. Roll each rectangle on the long side to form a long, tight slender roll. Cut each roll into 25 uniform pieces 1" thick (Raw dough should weigh at least 2½ oz each). Line two sheet pans. Place on lined sheet pans in rows of 10 down and 5 across. Place in warm area until doubled in size. Bake at 350 degrees F in a convection oven for 12-14 minutes. Mix orange juice and powdered sugar to make a thin glaze. Add more juice if needed. Brush rolls with glaze.

Note: Nutritional Info: Calories 190.149g, Total fat 3.998g, Sat Fat .529g, Total Trans 0g, Cholesterol .273g, Sodium 282.17mg, Carbs 35.075, Dietary Fiber 2.032, Protein 4.84, Kcal from Saturated Fat 2.505%, Kcal from Fat 18.921, Kcal from Protein 10.182, Kcal from Carbs 73.784 - It is FSD's responsibility to verify nutritional analysis.

COUNTRY EGG SCRAMBLE

(Yield: 50 (½ c. servings with #8 scoops))

Kim Terry
River Road ISD
5-12

5lb Egg Mix-Scramble
2lb Turkey Ham
1lb Cheddar Cheese, shredded
4lb Potato Rounds

6oz Mild Green Chili Peppers,
canned, drained
1 tsp Black Pepper, ground

Cook bagged egg mix in steamer until fully cooked to 155°F. Crumble tater tots and cook until lightly browned at 325°F. Heat chopped ham in steamer to 165°F. Mix cooked egg mix, crumbled tater tots, chopped ham, shredded cheese, drained diced green chilies and pepper. Transfer to 2" deep full size steam table pan for service.

Note: Nutritional Info: Calories 181 kcal, Total Fat 10.07 g (49.98%), Cholesterol 162.22 mg, Sodium 463.17 mg, Carbohydrate 9.91 g (21.86%), Protein 10.62 g (23.42%), Calcium 97.98 mg - It is FSD's responsibility to verify nutritional analysis.

EGG BURRITO

(Yield: 25)

Michelle Helms
Midland ISD
K-12

2lbs. + 12 ½ozs Eggs, frozen
9oz., Milk, nonfat
25 Tortillas, Whole Grain, Frozen

12 ½oz., Cheese, American RF,
Shredded, CP LandOLakes #4

(continued)

Warm tortillas in oven or steamer until soft. Blend thawed eggs and milk together. Pour into 2-inch steam table pans coated with pan release. Bake in 300 degree convection oven 10 to 12 minutes until eggs are done, stir once after 5-6 minutes. Eggs should not be runny.

Note: Nutritional Info: 4.00g Saturated Fat, 465mg Sodium, 10.28g Total Fat, 222mg Cholesterol, 20.53g Carbohydrates, 13.89g Protein, 204.60mg Calcium, 15.71% Saturated Fat, 40.33% Total Fat, 35.79% Carbohydrates, 24.21% Protein - It is FSD's responsibility to verify nutritional analysis.

EGG N CHEESE BREAKFAST TACO

(Yield: 1 Taco)

Anna Erika Rivas
Pharr-San Juan-Alamo ISD
K-12

1 Large Whole Egg, raw, fresh
½ oz Reduced-Fat Yellow Cheddar
Cheese

1 each 100% Whole Wheat Flour
Tortilla

Preheat pan. Spray a little non stick cooking spray on pan. Add egg to pan and scramble. Sprinkle cheese over egg and turn off heat. Scoop egg with cheese evenly over tortilla and roll. Ready for serving.

Note: Nutritional Info: Calories 192 kcal, Total Fat 9.85 g (46.30%), Cholesterol 194 mg, Sodium 324 mg, Carbohydrates 15.64 g (32.68%), Sugars *0.2*g, Protein 13.14g (27.44%), Calcium 196.50 mg - It is FSD's responsibility to verify nutritional analysis.

FROYOGO

(Yield: 100)

Sarah Smith
Brady ISD

100 Oz Yogurt, Vanilla Flavored,
Low-Fat

50 C. Raw Whole Strawberries
100 T. Whipped Topping

Serve ½ cup of whole strawberries in a black ov for presentation. Mix vanilla (or any flavored) yogurt with whipped topping or whipped cream until blended. Serve 2 ounces of yogo with strawberries for a fun tasty dip! Can use sliced strawberries or any other berry and mix all ingredients together and serve in 6ounce ov. Top with fresh mint from the school garden for presentation. Each ½ cup offering provides ½ cup of fruit. -- Our local or school garden ingredients would be strawberries, but could be any other fruit.

Note: Nutritional Info: Calories 57 Kcal, Total Fat .58g, Saturated Fat .23g, Trans Fat 0g, Cholesterol 1.42mg, Sodium 37.43mg, Carbs 11.39g, Dietary (continued)

Fiber 1.44g, Protein 2.29g, Calcium 74mg, 9.17% Calories from Total Fat, 3.62% Calories from Saturated Fat - It is FSD's responsibility to verify nutritional analysis.

FUEL-UP FLATBREAD

(Yield: 24)

Lauren Hickman
McKinney ISD
K-12

24 each Oven-Fired Flatbread, whole-grain, 2oz
48 tbsp Salsa, thick & chunky, milk
1lb + 8oz Cheddar Cheese, shredded
2 lb raw Eggs, liquid scrambled
6oz diced Ham, speedy-cut

Flatbread - Thaw. Preheat convection oven to 350 F; set oven 400 F; or impinger oven to 450 - 500 F. Scramble eggs and ham together and put in a separate bowl. For 1 Flatbread Sandwich: Top flatbread with the following: 2 TBSP salsa, 2-oz spoodle cheese, 2-oz spoodle egg/ham mixture (48 #30 scoop portions). To Bake OVEN: Place on sheet tray coated with cooking spray. Bake until cheese is melted and temperature reaches 165F, convection oven 5-6 minutes STD oven 7 -8 minutes. IMPINGER: Place on 16" pizza screen coated with cooking spray. Bake until cheese is melted and temperature reaches 165 F, about 3-4 minutes. Fold sandwich in half. Wrap/place sandwich in approved packaging. CCP: Heat to 165 F or higher for at least 15 seconds. Do not hold longer than 20 minutes.

Note: Nutritional Info: Calories 392 kcal, Total Fat 21.02 g, Cholesterol 204.67 mg, Sodium 858.43 mg, Carbohydrates 30.45 g, Sugars 4.19 g, Protein 20.47 g, Calcium 317.03 mg - It is FSD's responsibility to verify nutritional analysis.

HAM & CHEESE ROLL

(Yield: 16 rolls (2oz each))

Tiffany Muecke
Klein ISD
K-12

3 lb Whole Grain Roll Dough
1 lb Ham, Turkey Log (2/6-7# pkg)
16 slices (½ oz slice) American Cheese, sliced (6/5#packages/case)

Take 3# roll dough, place in full size sheet pan that has been sprayed with non-stick spray. Roll dough out the size of the full pan, all the way to the edges. Place in cooler for a few minutes. When chilled dough is brought out,

(continued)

lay sliced turkey across the dough evenly. Place sliced cheese over the turkey. Roll up like a jelly roll. Cut 16 individual rolls, ¾"-1" in width. Place cut side down on sheet pan with non-stick spray or pan liner. Proof at 100 degrees F for approximately 20 minutes or until almost doubled in size. Bake at 325 degrees F in convection oven until the center of a roll springs back when lightly touched. Color should be light golden brown. -- This recipe was the 1st place winner of the Klein Top Chef Competition.

Note: Nutritional Info: Calories 237.45 Kcal, Total Fat 6.94g, Cholesterol 22.48g, Sodium 433.26mg, Carbs 32.68g, Protein 11.31g, Calcium 117.25mg, Sugars 5.34g, Kcal from Fat 26.33%, Kcal from Protein 19.06%, Kcal from Carbs 55.05% - It is FSD's responsibility to verify nutritional analysis.

HAM & EGG CROISSANT

(Yield: 100 (1 each))

Laura-Zelda Villarreal
La Joya ISD
K-12

100 pieces (2.2oz) Croissants, margarine, sliced round
100 each Egg, grilled patty, pre-cooked, frozen
100 slices Turkey Ham, Sliced, Jenni-O
100 slices (0.5oz each) American Cheese, processed, reduced fat, sliced (LOL preferred)

Prepare Croissants according to package instructions. Place egg patty on pan lined baking sheets in a single layer. Cover tightly with aluminum foil. Bake at 325 degrees for 12-15 minutes. After removed from oven, allow to stand 5 minutes. Assemble by placing 1 egg patty, 1 slice of cheese, 1 slice of pre-sliced turkey Ham on the pre-sliced croissant. Wrap croissant sandwiches in tissue-lined foil wraps and place in steam table pans. Keep in pass through warmers until serving time. -- This recipe uses commodity turkey ham, cheese and egg.

Note: Nutritional Info: Calories 242 kcal, Total Fat 10.25 g (38.17%), Cholesterol 125.00 mg, Sodium 513.33 mg, Carbohydrates 31.17 g (51.59%), Sugars 3.00 g, Protein 10.50 g (17.38%), Calcium 119.00 mg - It is FSD's responsibility to verify nutritional analysis.

HAM, EGG & CHEESE BREAKFAST QUESADILLAS

(Yield: 8 (1 quesadilla each))

Alicia Hernandez
Weatherford ISD
9-12

8 Flour Tortillas
Butter Spray
3 c. Cheddar Cheese, shredded
16 Ham Slices, thinly sliced
1 c. Onions, thinly sliced (optional)
1 c. Sour Cream
1 c. Salsa
Jalapeño Peppers, sliced (optional)
16 Scrambled Eggs

Heat a large frying pan. Spray tortilla with the butter spray on one side. Place tortilla, sprayed side down, in the pan. Add ½ cup cheese, 2 slices of ham, and onions (optional). Cover with another tortilla, spray that side with the butter spray. Cook at 375 degrees F until tortilla is crisp on the bottom. Turn over and cook until cheese is melted. Repeat as needed. Cut into wedges and serve with sour cream, salsa, and 2 eggs per quesadilla. Top with jalapeño peppers (optional).

Note: Nutritional Info: It is FSD's responsibility to verify nutritional analysis.

HOMEMADE KOLACHE TURKEY SAUSAGE ROLLS

(Yield: 184 (2oz rolls))

Suzanne Magee
Little Cypress-Mauriceville CISD

2 lb Granulated Sugar
½ lb Instant Dry Yeast
2 gallons Warm Water
13lb Flour, 55% whole grain, 45% enriched wheat
½ gallon Vegetable Oil
½ c. Table Salt
½ gallon Dry Milk, nonfat, instant
½ can Butter Spray
184 (1.14oz) Turkey Sausage Links

ROLL DOUGH: Only use ½ of roll recipe for Kolaches. Double wrap other ½ of dough in plastic wrap. Store in cooler or wrap in additional layer of foil and freeze. KOLACHES: Preheat convection oven to 325 degrees F or 350 degrees F in a regular oven. In the mixing bowl, hand mix yeast and warm water (120 degrees F) just until it dissolves (about 1 minutes). Add sugar and stir. Allow to set until foamy. Take dough out of bowl and put on an oiled surface. Pinch dough into 1 ounce dough balls and place on vegetable sprayed sheet pans 10x7. Place sausage in center of roll and wrap roll around it. Proof until they double in size, about 20 minutes. Bake at 250 degrees F until internal temperature is 165 degrees F.

Note: Nutritional Info: Calories 245Kcal, Fat 18.32g (67.18%), Cholesterol 25.27mg, Sodium 348.16mg, Carbs 15.20g (24.78%), Protein 6.67g (10.87%), Calcium 36.62mg - It is FSD's responsibility to verify nutritional analysis.

HONEY CHICKEN ROLL

(Yield: 1 each)

Patty Willhite
Aledo ISD
K-12

3 each Chicken Nuggets, white meat, Tyson
1 each Whole Wheat Roll, 2oz
1 each Honey Packet

Place chicken nuggets on sheet pan and bake at 350 degrees F for 8-10 minutes. Should reach an internal temperature of 165 degrees. Do not overcook. Cut rolls in half. Place in smallest boat with nuggets. Heat in warmer until buns are soft and warm.

Note: Nutritional Info: Calories 405 Kcal, Total Fat 13.60g, Cholesterol 35.35mg, Sodium 574.74g, Carbs 52.67g, Protein 19.19g, Calcium 20.84g, 30.25% Calories from Total Fat, 5.60% Calories from Saturated Fat, 52.07% Calories from Carbs, 19.98% Calories from Protein - It is FSD's responsibility to verify nutritional analysis.

KICKIN' CHICKEN-N-WAFFLE SLIDERS

(Yield: 100)

Sarah Smith
Brady ISD
6-12 grades

100 each Mini Waffles
50 Servings Chicken Nuggets, White Meat, Pre-Cooked, Frozen (Regular or Spicy)
1 Maple Syrup Tub (Optional)

Bake nuggets according to your nuggets instruction found on your box. Bake waffles according to the instructions on your waffle box or package. Build your mini sliders by using one mini waffle, placing a chicken nugget on top, and topping the nugget with another mini waffle. Place two mini sliders into a small serving boat. Two sliders will equal 2.5 grains and 1 meat offering. Offering 1 maple syrup tub for dunking fun! Chicken nuggets can also be subbed with spicy chicken nuggets for secondary grade levels. -- Our commodity ingredient would be chicken nuggets, and sliders could be sausage patty or mini pancakes.

Note: Nutritional Info: Calories 295 KCal, Total Fat 10.92g, Saturated Fat 2.88g, Cholesterol 13.94mg, Sodium 459.03mg, Carbs 39.51g, Dietary Fiber 3.29g, Protein 9.40g, Vitamin A 4.35RE, Vitamin A 21.73IU, Vitamin C 0mg, Calcium 11.89mg, Iron 0.45mg, Water 21.82gm, Ash 0.85g, 33.26% Calories from Total Fat - It is FSD's responsibility to verify nutritional analysis.

OATMEAL

(Yield: 30 (1 cup portions))

Kim Chance
Cleburne ISD
K-12

30 (1 cup prepared) Rolled Oats	½ lb Margarine
1 gal + 3 qt Water	1 tbsp Salt, table
1½ c. Sugar	1 tbsp Cinnamon, ground
2½ c. Brown Sugar, packed	

Follow cooking instructions on box for 1-42oz box of oatmeal. Combine sugar, brown sugar, butter, salt, cinnamon with oats.

Note: Nutritional Info: Calories: 313 kcal, Total Fat 8.44g, Saturated Fat 3.20g, Sodium 307.07mg, Carbs 56.27g, Protein 5.03g, Calcium 24.70mg, Calories from Total Fat 24.25%, Calories from Sat Fat 9.19%, Calories from Carbs 71.84%, Calories from Protein 6.42% - It is FSD's responsibility to verify nutritional analysis.

PANCAKES

(Yield: 120 pancakes)

Pat Bradbury
Guthrie CSD
K-12

20 c. Flour	10 Eggs
¾ c. Baking Powder	1 gallon + 1½ c. Milk
10 tsp Salt (opt)	3½ c. Oil
1c. Sugar	

Heat griddle while mixing batter. Mix dry ingredients thoroughly. Combine eggs with milk and oil. Add to dry ingredients and stir only until combined. Batter will be lumpy. Pour about ¼ cup batter onto hot griddle. Cook until edges become slightly dry and bubbles form on top. Turn and brown other side. Potassium 179mg,

Note: Nutritional Info: Calories 142Kcal, Total Fat 6.6g, Cholesterol 14mg, Sodium 201mg, Total Carbohydrates 18.3g, Sugars 1.8g, Protein 2.6g - It is FSD's responsibility to verify nutritional analysis.

SUNSHINE MUFFIN

(Yield: 100 muffins)

Deborah Pilgrim
Lampasas ISD

1 tbsp. Leavening agents, Baking Powder	3 c. Vegetable Oil, Canola
3 lbs. + 12ozs Flour, White, Wheat, All Purpose, Enriched	24 large Egg, Whole, Raw, Fresh
2 lbs + 10 ² / ₃ ozs Sugars, Granulated	2 tbsp. Cinnamon, Ground
1 tbsp. + 1tsp Leavening agents, Baking Soda	1 tbsp + 1tsp Cloves, Ground
1 tbsp Salt, Table	¾ #10 can Sweet Potato, CND, Syrup PK, DRND SOL
	1½ c. Water, Municipal

Drain sweet potatoes. Use juice instead of water. Mix sweet potatoes in mixer until smooth. Add eggs, sugar, water and oil. Add Dry ingredients until mixed will. Dip with #16 dipper into paper lined muffin pan. Bake at 325 degrees F approximately 20 minutes until done.

Note: Nutritional Info: 0.91g Saturated Fat, 159mg Sodium, 8.09g Total Fat, 45mg Cholesterol, 28.89g Carbohydrates, 3.46 Protein, 22.23mg Calcium, 4.07% Saturated Fat, 36.19% Total Fat, 57.46% Carbohydrates, 6.89% Protein - It is FSD's responsibility to verify nutritional analysis.

SUPER STAR PARFAIT

(Yield: 1 each (5oz servings))

Kathy Huey
White Settlement ISD
K-12

½ c. Strawberry Yogurt
1 package Cereal Trix, 25% less sugar

Set aside a few pieces of cereal for garnishing the top of the parfait. In 12 oz clear cup layer ½ package of cereal, ¼ cup of yogurt, then remaining ½ of the cereal, and remaining ¼ cup of yogurt. Top with a few pieces of the cereal.

Note: Nutritional Info: Calories 210Kcal, Fat 1.75g (7.50%), Cholesterol 7.5mg, Sodium 197.5mg, Carbs 43.5g (82.86%), Sugar 23g (43.81%), Protein 4.5g (8.57%), Calcium 205mg - It is FSD's responsibility to verify nutritional analysis.

ULTRA GRAIN CINNAMON ROLL

(Yield: 70 servings (2½ oz roll))

Sharon Glosson
North East ISD

1¾ Qt. Water	¼ C. + 2 Tbsp Yeast, Instant
2¼ C. Vegetable Oil	1 C. Margarine, melted
2 Lb. 9 Oz. Flour, Ultra Grain	1 Lb. Brown Sugar
2 Lb. 7 Oz. Flour, White Enriched	2 Tbsp. Cinnamon
4¾ Oz. Dry Milk	2 Lb. Powdered Sugar
1 C. Dry Eggs	¾ C. Water, Hot Tap
2 Tbsp. Salt	2 Tsp. Vanilla Extract
1½ C. Sugar	

Combine water and oil in mixing bowl. Combine dry ingredients in a separate bowl. Add dry ingredients to liquids and mix on low speed for about 1 minute until ingredients are blended. Continue mixing dough for 6-8 minutes on medium speed until dough is smooth and elastic. dough will be slightly sticky. Cut into 5 Lb. pieces. On lightly floured bench, starting with the first dough ball, roll dough into a 12"x36" rectangle. Brush each rectangle dough piece with ½ cup melted margarine. Mix sugar and cinnamon. Sprinkle dough with about 2 cups sugar mixture. Roll dough, jelly roll style, 35" long with 2-3 full swirls. Do NOT roll too tight. Roll with 2-3 full swirls. Cut rolls into 35" pieces weighting 2½ oz. Toss ends back in unrolled dough. Roll dough 37" long, cut into 37 pieces, toss ends into next dough piece. Repeat. On the last dough piece, use the ends. Results: only 2 end pieces per batch! Place in rows of 5x7 (35 rolls/pan) cut side down on greased 18"x26" full sheet pans. Store tightly wrapped in the refrigerator overnight, proof and bake the following morning or proof and bake the same day. To proof, place rolls in a warm place until doubled in volume (20-40 minutes depending on temperature-proof in 80-90 degree F area). Bake at 325 degrees F in a convection oven for 12-15 minutes or until a light golden brown. Do NOT over bake. Before service, warm cinnamon rolls if needed. GLAZE: Mix powdered sugar, water, and vanilla until smooth. Drizzle glaze over warm cinnamon rolls using a slotted spoon. (Cannot be sold at lunchtime)

Note: Nutritional Info: Kcal 255.855, Total Fat 3.273g, Total Fat 0.1%, Saturated Fat 1.402g, Saturated Fat 0%, Protein 5.302g (0.1%), Carbs 51.885g (0.8%), Calcium 28.434mg, Sodium 383.646mg, Cholesterol 13.877mg - It is FSD's responsibility to verify nutritional analysis.

WESTERN OMELET WRAP

(Yield: 40 (¾ cup portions))

Sunnie Caldwell
Sabine ISD
6-12

40 Tortillas	3 (14.5oz. can) Peppers, Red, Diced, canned
1 Bag Eggstravaganza Sunny Fresh	
4lb., + 8oz Potato, Diced, Skin on Frz	2lbs + 12oz, Onions, Chopped, Frz
	1tsp., Pepper, Black, Ground

Preheat oven to 350 degrees F. Pull tortillas and hold at room temperature. Open eggs and put into a 2" full size steam table. Pan. Steam for 20 minutes to a temperature 165 degrees F. Spray 2 full size lined sheet pans and set aside. Divide frozen potatoes between the 2 pans; 2 ¼lb per pan. Put 1lb. 6oz. of onions on each pan. Drain and rinse red peppers, put 1 ½ can per pan. Bake for 15-20 minutes. Season with pepper. Transfer into a full size 4" steam table pan and hold in warmer for service. When ready for service, place one 8" tortilla into a 2# food tray, scoop ¾ c of egg and potato mixture into tortilla.

Note: Nutritional Info: 4.10g Saturated Fat, 797.55mg Sodium, 13.30g Total Fat, 170.00mg Cholesterol, 35.44g Carbohydrates, 13.43g Protein, 160.25mg Calcium, 11.76% Saturated Fat, 38.14% Total Fat, 45.17% Carbohydrates, 17.11% Protein - It is FSD's responsibility to verify nutritional analysis.

WHOLE GRAIN COFFEE CAKE

(Yield: 48 servings (Cut pan 4 x 8 -- 1 sv=1 square))

Jody Benedict
Bryan ISD
K-12

2 lb + 9oz Ultra-Grain Flour, all-purpose (ConAgra)	3¾ c. Skim Milk
3½ tbsp Baking Powder	2¾ c. Vegetable Oil
1lb + 8oz Granulated Sugar	7½oz Butter
1¼ tbsp Salt, iodized	2⅓ c. Granulated Sugar
¾ c. + 1½ tbsp Eggs, whole w/ citric acid, frozen	½ c. + 1 tbsp Flour, all-purpose, h&r
	3 tbsp Cinnamon, ground
	1½ tsp Salt, iodized

TO PREPARE CAKE: Combine dry ingredients in mixer bowl. Combine eggs and milk. Add dry ingredients. Mix on low until dry ingredients are just moistened. Add oil and mix on low speed for one minute. Scale dough into 2 greased 12"x18"x2" baking pans (4lb 2oz per pan). TO PREPARE TOPPING: Place butter, sugar, flour, cinnamon, and salt in mixer bowl. Mix on low speed until crumbly, using flat beater. Sprinkle cake with topping mixture (1lb per (continued)

pan). Bake at 350 degrees F for 25 minutes or until done. Cut 4x8. -- This whole grain coffee cake is a favorite of students and teachers. Thanks to ConAgra's ultra-grain, all-purpose flour, the students have no idea this coffee cake is made with whole grains.

Note: Nutritional Info: Calories 344.127 Kcal, Total Fat 17.221 g (45.03%), Cholesterol 27.089 mg, Sodium 348.672 mg, Carbohydrate 43.643 g (50.72%), Protein 4.025 g (4.67%), Calcium 70.252 mg, Sugars .090 ! g, -It is FSD's responsibility to verify nutritional analysis.

CATEGORY

2

CATEGORY

2

ENTREE

BALSAMIC CHICKEN & RICE

(Yield: 60)

Alicia Barnes
Grapevine-Colleyville ISD
K-12

60 Roasted Chicken Thighs, Tyson	1¼ c. Olive Oil
1 c. Dry Parsley	1 tsp Onion Powder
3 tbsp Poultry Seasoning	⅛ tsp Black Pepper
3 tbsp Oregano	¼ c. Water
3 tbsp Italian Seasoning	10 c. Brown rice
1 c. Balsamic Vinegar	1 c. Dry parsley

Steam chicken with parsley, poultry seasoning, oregano and Italian seasoning. Steam to 165 degrees F. In 2 long steam table pans, cook rice according to package direction adding 1 cup parsley. Mix glaze mixture. Place chicken over rice and glaze

Note: Nutritional Info: 431 Calories, 21.69g Total Fat, 5.17g Saturated Fat, 411.4mg Sodium, 30.51g Carbs - It is FSD's responsibility to verify nutritional analysis.

BUILD YOUR OWN SALAD WITH POPCORN CHICKEN

(Yield: 14 1/3 Ounce)

Kathy Huey
White Settlement ISD
K-12

12 pieces Chicken, Popcorn Tyson	¼ c. Mandarin Orange, canned
1½oz Spinach, raw	⅛ c. Tomatoes, Medium, Fresh
1 ⁵ / ₈ oz Lettuce, Romaine	¼ c. Beans, black (turtle), canned
¼ c. Carrots, Shredded, fresh,	dry beans, low-sodium, solids and liquids
⅛ c. Celery, chopped, fresh	
¼ c. Apple, Gala raw, quartered or chopped	

Spinach =15 servings (½c) = 1lb 3 oz. Romaine chopped 21 serv (½c) per lb.
-- Mix spinach and romaine in large container. Add 1½ cup of salad mix to black salad bowl. Keep in cooler until ready to serve. Add popcorn chicken 12 to salad when serving. All other ingredients are put in portion cups for offer vs serve. Portion each item into ¼ cup servings, except celery and tomatoes - portion them into ⅛ cup servings.

(continued)

Note: Nutritional Info: Calories 396.49 Kcal, Total Fat 14.55g (33.05%), Cholesterol 21.81, Carbs 46.76g (47.18%), Sugar 1.09g (1.10%), Protein 20.80g (20.99%), Calcium 159.84mg - It is FSD's responsibility to verify nutritional analysis.

CAVATINI

(Yield: 130 (8oz spoodle))

Jody Benedict
Bryan ISD
K-12

11 lb Ground Beef, 81/19, frozen	¼ c. Basil, ground
1 #10 can Tomatoes, diced in juice, low sodium, drained	2 tbsp Salt, iodized
1 #10 can Tomato Paste	1 lb + 4oz Light Brown Sugar
4 #10 cans Spaghetti Sauce	6lb Pepperoni, sliced
½ c. Onions, chopped	4 lb + 2oz Penne Pasta, ultra-grain, dry
½ c. Bell Pepper, raw, chopped	4lb + 2oz Rotini Pasta, whole grain, dry
8oz Celery, raw, chopped	6lb + 5oz Mozzarella, shredded
½ c. Garlic Powder	5lb Cottage Cheese, low-fat
2 tbsp Black Pepper, ground	
2 tbsp Oregano, ground	

Shred mozzarella cheese. Divide into 2 measurements. 1st measurement - 2lb shredded mozzarella cheese per 140 sv. 2nd measurement - 4lb 5oz per 130 sv. Cook ground beef until it reaches 165 degrees F or above, stirring constantly. DO NOT USE KETTLE TO COOK GROUND BEEF. Drain and rinse under hot running water. Combine onions, bell pepper, celery, garlic powder, black pepper, diced tomatoes, tomato paste, Spaghetti sauce, oregano, basil, salt, and brown sugar. Heat ingredients, stirring occasionally. Add cooked ground beef and pepperoni to prepared sauce. Cook in braiser for 15-20 minutes until it reaches internal temperature above 165 degrees. Prepare rotini and penne pasta according to box directions, until tender. Drain. Combine pasta, sauce, cottage cheese, and 1st measure of mozzarella cheese. Put into 2" full pans (5½ dipper pots per pan, each 65 serving recipe = 3 pans). Top each pan with 11.5oz mozzarella cheese. Cover pan with saran wrap and place in warmer until meal time. Portion with 8oz spoodle. -- This recipe was created several years ago by one of our managers wanting to use up extra inventory, it quickly became a favorite entrée with students and adults alike. The pasta dish incorporates a rich tomato sauce with whole grain pasta and pepperoni slices. When available we use the following commodity products in our cavatini recipe: diced tomatoes, spaghetti sauce, tomato paste, mozzarella cheese and whole grain rotini. In addition the cottage cheese is a locally produced items from Oak Farms Dairy, and when in season we use Texas produce. When commodity rotini noodles are not available to us, we purchase them from a local company (OB Mac).

(continued)

Note: Nutritional Info: Calories 525.078 Kcal, Total Fat 22.051 g (37.79%), Cholesterol 64.026 mg, Sodium 1,222.009 mg, Carbohydrate 54.083 g (41.20%), Protein 28.951 g (22.05%), Calcium 268.528 mg, Sugars .000 ! g -It is FSD's responsibility to verify nutritional analysis.

CHEESE ENCHILADAS

(Yield: 108 (2 Enchiladas))

Sharon Glosson
North East ISD

4 C. Oil	2 Tbsp. Cumin
2 ½ Lb. Flour, White, Enriched	3 Gal. Water
1 C. Chili Powder	6 Lb. American Cheese
½ C. Salt	6 Lb. Mozzarella Cheese
2 Tbsp. Garlic Powder	216 Tortillas, Corn
2 ½ Tsp. Black Pepper	Chili (optional)
2 ½ Tsp. Oregano	

Heat oil over low heat. Add flour and seasonings to the oil and blend well. Gradually stir in water, using a wire whisk. Cook on medium heat, stirring constantly until the mixture thickens (about 1 hour). Remove from heat. If not used immediately, transfer to 2" pans and chill to an internal temp of 41 degrees F within 4 hours. (Note: This amount of sauce will yield 3 Gal. + 1½ Qt., or enough sauce to cover 6 full size 2" pans of enchiladas). Shred cheese. Mix American cheese and Mozzarella cheeses together. Divide the cheese into 18 ounce batches. Lightly grease 2" full size steam table pans. Steam the corn tortillas to soften. Place ½ Oz. cheese in each tortilla and roll tightly. You will need 18 ounces for one pan of 36. Place enchiladas seam side down on the pan. Place 36 enchiladas in each pan, 3 rows of 12 (if enchiladas are rolled the day before service, they must be covered and chilled to an internal temp of 41 degrees F within 4 hours). Pour 2¼ Qt. of hot enchilada sauce evenly over each pan of rolled enchiladas. Cover the outside edges to prevent drying out. Top enchiladas with 14 Oz. grated cheese per pan. Bake approx. 15 minutes in a convection oven set at 350 degrees F, or until cheese inside enchiladas is melted. Internal temp must be min. of 135 degrees F. Hold at 135 degrees F - 160 degrees F until service. Offer 2 Oz. chili. Chili is optional and is not part of the meat requirement.

Note: Nutritional Info: Kcal: 178.935, Total Fat 9.072g, Total Fat Cal 0.2%, Saturated Fat 2.624g, Total Saturated Fat 0.1%, Protein 5.568g, Total Protein 0.1%, Carbs 18.577g, Total Carbs 0.4%, Calcium 137.14mg, Sodium 412.621mg, Cholesterol 10.456mg - It is FSD's responsibility to verify nutritional analysis.

CHEESE ENCHILADAS

(Yield: 55 (3 each))

Genoviva Ramirez
Loredo ISD

3 ¾lb Cheddar Cheese, reduced fat, shredded (LOL preferred)
3 ¾lb Mozzarella Cheese, part-skim milk
1 bag (1.5 gallon) Enchilada Meat Sauce
165 each Corn Tortillas

TO REHEAT BAGS: BRAISER: Turn on braiser to 200 degrees F and fill halfway with water. Place wire racks (if available) at the bottom of the braiser. Lay bags over racks. Simmer for 30-35 minutes or until internal temperature reaches 165 degrees F for 15 seconds. OVEN: (LEAST PREFERRED METHOD) Pre-heat oven to 200 degrees F. Place 2 bags product over a sheet pan with liner. Place pan in oven for 20 minutes. Remove product and move bag back and forth. Return to oven for another 20-25 minutes or until internal temperature reaches 165 degrees F for 15 seconds. TO PREPARE ENCHILADAS: Layer corn tortillas in bundt pan and spray buttery spray. Cover with foil and warm in oven for 4 minutes at 325 degrees F. Remove tortillas from oven. Divide 2oz (¼ cup) of shredded cheese into 3 tortillas. Roll tortillas and place 42 enchiladas (14 servings) in 2" pan. Pour 1 quart + 1 cup beef mixture over enchiladas. Spread ⅓ c. of shredded cheese (mixture of cheddar and mozzarella) over the 14 servings. Repeat layering enchiladas for every additional pan of enchiladas prepared.

Note: Nutritional Info: Calories 427 kcal, Total Fat 17.69 g (37.33%), Cholesterol 43.29 mg, Sodium 426.72 mg, Carbohydrates 45.52 g (42.69%), Sugars *N/A* g, Protein 21.76 g (20.40%), Calcium 510.57 mg - It is FSD's responsibility to verify nutritional analysis.

CHEESE PIZZA WITH HOMEMADE CRUST

(Yield: 16 (2oz pizzas))

Suzanne Magee
Little Cypress-Mauriceville CISD

1 ½ Gal. Water, municipal
6 ½ oz Yeast, Dry Instant LeSafre
2 lb. Sugar, Granulated
13 lb. Flour, 55% WG, 45% Enriched Wheat
6 ½ oz Salt, Table
3 c., Oil, Vegetable
½ c. Garlic, Granulated
12 (1tsp), Butter, Spray
2 lb cheese, Mozzarella, Lite, Shredded
1 c. Pizza Sauce, Low-Sodium, Canned

DOUGH: (*makes 96 portions*) Mix warm water (110 degrees F), yeast, and sugar in the mixer bowl. Turn on mixer to lowest setting and mix just until

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blended. Allow mixture to sit in bowl until foamy. After foaming occurs, pour in all the rest of the ingredients. Mix until dough begins to separate from the side of the bowl. While waiting for dough to mix, spray sheet pans with garlic butter spray. Once all the ingredients are mixed together, take the dough out of the mixer and separate into 2 ½lb. dough balls and spread evenly into sheet pan. May par bake and then store in freezer until use (for this recipe, only make as much as you need and freeze the rest after par baking). PIZZA: For this recipe yield, take 3lbs of pizza dough roll flat on garlic butter sprayed sheet pans. Spread sauce evenly over entire crust. Spread cheese evenly over entire crust. Bake. Cut into 16 Triangular shaped slices.

Note: Nutritional Info: 5.05g Saturated Fat, 1139.67mg Sodium, 14.07g Total Fat, 20.25mg Cholesterol, 58.97g Carbohydrates, 22.92g Protein, 426.87mg Calcium, 28.17% Total Fat, 52.47% Carbohydrates, 20.40% Protein - It is FSD's responsibility to verify nutritional analysis.

CHEESY CHICKEN OVER RICE

(Yield: 100 (1 cup chicken mixture over ½ cup rice))

Kim Chance
Cleburne ISD
K-12

2 c. Fresh Onions, Chopped
4 ½ Cans Cream of Chicken Soup
96 oz. Light Sour Cream
3 lb. + 4oz. Yellow Cheese, Shredded
8 oz. Pimientos
1 ½ qt. Water
15 lb. Diced Chicken
4 tsp. Margarine
12 c. dry Brown Rice
5 qt. Water
4 slices Wheat Bread

Cook chicken in steamer until internal temperature reaches 165°. Combine the onion, cream of chicken soup, sour cream, cheese, and pimientos together; then add chicken. Place chicken mixture in steam table pans. Bake at 350° until mixture is bubbly. Crumble bread slices and sprinkle on top of the chicken mixture. Place in warmer until serving time. Cook rice according per package.

Note: Nutritional Info: Calories: 315 kcal, Total Fat 10.33g, Saturated Fat 4.75g, Trans Fat 0g, Cholesterol 84.09g, Sodium 679.10mg, Carbohydrate 26.87g, Protein 29.14g, Calcium 167.81mg, 29.55% Calories from Total Fat, 34.17% Calories from Carbs, 37.05% Calories from Protein - It is FSD's responsibility to verify nutritional analysis.

CHICKEN & HUMMUS BISTRO BOX

(Yield: 1 each)

Robin Wantland
Denton Elementary

1 serving Hummus Mix, Classic, Harmony Valley (dry)	1 tsp Black Pepper, ground
5/8 tbsp Water	1 packets Mrs. Dash, Individual Packet
5/8 tbsp Olive Oil	1 packet Pepper, Red, Crushed (Red Pepper Flakes)
1 each Chicken Patty, Grilled, Tyson	Ranch Dressing (optional)
1/4 c. Tomatoes, cherry, red	
1/4 c. Cucumber, with peel, raw	

HUMMUS: Combine 1 pkg. of hummus mix with 1/4 cup of water and 1/4 cups of olive oil. Mix until blended. Scoop into 2 oz. portion cups, top with lid and refrigerate for at least 2 hours. Makes 9 servings. **GRILLED CHICKEN PATTY PREP:** Appliances vary, adjust accordingly. Place frozen patties in a preheated convection oven on a sheet pan at 325°F for 15 minutes or until the internal temperature reaches 165 degrees. Sprinkle one packet of Mrs. Dash on top of patty (may use bulk seasoning). Cut chicken patty into 4 strips lengthwise. **BISTRO BOX ASSEMBLY:** Cut cucumber, lengthwise into spears. In 3 compartment container, place 1/8-1/4 cup of cucumber spears in one compartment, standing up, and 1/8-1/4 cup of whole cherry tomatoes in the second compartment. Cut flatbread diagonally twice to create four equal triangles. Assemble flatbread, chicken strips, and the 2 oz. portion cup of hummus standing up in the large, third compartment. Add one package each of black pepper, Mrs. Dash, and red pepper flakes. Offer recipe ranch dressing with the vegetables, if student desires. Hold under refrigeration until service. **CCP:** Hold for cold service at 41° F or lower. **CCP:** Refrigerate until served.

Note: Nutritional Info: Calories 268 kcal, Total Fat 18.81 g, Cholesterol 45.56 mg, Sodium 477.63 mg, Carbohydrates 8.88 g, Sugars *0.01* g, Protein 15.90 g, Calcium 38.41 mg - It is FSD's responsibility to verify nutritional analysis.

CHICKEN & RICE

(Yield: 25)

Deborah Pilgrim
Lampasas ISD

2 lbs. Rice, Long Grain, Brown, Dry	25 each (4oz avg) Chicken Breast, Boneless, Skinless
3lbs. + 9ozs Cream of Chicken Soup	
2tsp. Paprika	2qts. Water, cold
2tsp. Pepper, Black, Ground	

(continued)

Place rice, cream f chicken soup, water, paprika, and black pepper in a 4 inch pan. Stir until well blended. Place chicken in the mixture. Cover with foil. Bake in oven on 325 degrees F for 45 minutes or until chicken and rice are done.

Note: Nutritional Info: 2.53g Saturated Fat, 101mg Sodium, 7.78g Total Fat, 74mg Cholesterol, 32.18g Carbohydrates, 32.08g Protein, 88.59mg Calcium, 6.84% Saturated Fat, 21.07% Total Fat, 38.71% Carbohydrates, 38.59% Protein - It is FSD's responsibility to verify nutritional analysis.

CHICKEN & WAFFLES

(Yield: 1 (3 strips/2 waffles))

Cecilia Rodriguez
Fort Worth ISD

2 Waffles (Waffles, WG, Aunt
Jemina, 144 ct/case)

3 Tenders (Chicken Tenders, Tyson,
450 ct/cs)

Place the waffles on a sheet pan (6 rows of 4 waffles per pan). Place the waffles in the warming cabinet until time for service. Place cooked waffles in two rows in 2 -inch full steam table pan. Hold in warming cabinet until ready to serve. Do not cover with film so waffles will remain crisp. Preheat oven to 375 degrees F. Cook tenders from frozen state. Place chicken tenders on sheet pan in single layer (5 rows of 10 tenders per pan). Do not overlap edges. Each bag yields 25 servings. Bake at 375 degrees for 8 - 10 minutes, until internal temperature reaches 165 degrees F. Place cooked tenders in 2-inch full steam table pan. Cover with film and hold in warmer at 135 degrees F. or higher until ready to serve. (Meal contribution per serving = 2 oz. M/MA + 3 Grain)

Note: Nutritional Info: Calories 463 kcal, Total Fat 21.17 g, Saturated Fat 3.53 g, Cholesterol 30.29 mg, Sodium 874.54 mg, Carbohydrates 48.19 g, Dietary Fiber 6.03 g, Protein 20.17 g, Calcium 140.47 mg, 41.16% Calories from Total Fat, 41.63% Calories from Carbohydrates, 17.43% Calories from Protein - It is FSD's responsibility to verify nutritional analysis.

CHICKEN GUMBO

(Yield: 200 (3.2oz portions))

Suzanne Magee
Little Cypress-Mauriceville CISD

40 lb Chicken, Diced, CKD, Frozen-Commod	2 ½ lb Celery, Raw
12 boxes Tony's Chachere's Gumbo Base Mix	2 lb Onions, Green, Raw
10 gal Water, Municipal	½ c. Oil, Vegetable
2 ½ lb Onions, Raw	19 lb Rice, Brown, Long Grain, Parboiled, Dry
1 c. Bell Pepper, DHYD	4 ½ gal Water, Municipal

FOR RICE: Spray three 4" deep long steam table pans wit vegetable spray. Put 1 gallon dry rice in each pan add 1 ½ gallon water per pan. Put a lid on it. Place in oven at 350 degrees F for about 1 hour. FOR GUMBO: Boil 10 gallons water. Sauté fresh vegetables in vegetable oil until tender. Add all ingredients except chicken to the boiling water. Bring to boil reduce heat simmer for 25 minutes stirring occasionally or it will settle to bottom. FOR CHICKEN: Put frozen chicken in 4" deep full steam table pans. Add 1 cup water per pan. Place in 350 degree F oven and heat until chicken reaches 165 degree F or higher for at least 15 seconds. Hot hold for service at least 135 degrees F or higher. Serving size to equal 2M/MA 3.20Z diced chicken. Use 4oz spoodle. TO SERVE: Put ½ cup cooked rice in bottom of 16oz quat styro container. Add 4oz. spoodle chicken on top. Pour 1 cup gumbo juice over and serve.

Note: Nutritional Info: 0.08g Saturated Fat, 781.96mg Sodium, 5.02g Total Fat, 66.00mg Cholesterol, 16.83g Carbohydrate, 22.51g Protein, 13.74mg Calcium, 0.38% Saturated Fat, 22.48% Total Fat, 33.46% Carbohydrates, 44.77% Protein - It is FSD's responsibility to verify nutritional analysis.

CHICKEN PASTA ALFREDO

(Yield: 40 (1 c. portions))

Tiger Diner
Leonard ISD
K-12

7lb + 8oz Chicken Fajita Strips, Tyson	1 gallon Boiling Water
2lb + 8oz Rotini, whole grain	1 container (5lb) Alfredo Sauce

Heat chicken in steamer until temperature reaches 165 degrees or higher; drain off liquid. Bring water to a boil and add salt and rotini. Cook until al dente (rotini continues to cook when removed from heat). Mix 1 package Alfredo sauce with 2 quarts boiling water. Prepare each pan as follows: 4 lb

(continued)

12 oz cooked fajita meat, 1 gallon + 1 cup cooked rotini, 2 quarts + 2 cup alfredo sauce. Mix and check temperature; should be at least 155-165 degrees.

Note: Nutritional Info: Calories 264 kcal, Total Fat 12.46 g (42.56%), Cholesterol 100.76 mg, Sodium 742.43 mg, Carbohydrate 15.16 g (23%), Sugars *N/A* g, Protein 24.18 g (36.69%), Calcium 209.57 mg - It is FSD's responsibility to verify nutritional analysis.

CHICKEN PEPPERONI PASTA

(Yield: 36 (2/3 cup or #6 scoop))

Sharon Glosson
North East ISD

¼ C. Vegetable Oil	5 Oz. Pepperoni
2¾ Lb. Chicken	2 Qt. Italian/Marinara Sauce
9 Oz. Fresh Onion, Diced	3 Tbsp. Parmesan Cheese
1½ Tsp. Salt	25 Oz. Dry Penne Pasta
¼ Tsp. Black Pepper	1½ Lb. Mozzarella Cheese, Shredded
½ Tsp. Red Pepper, Ground	

Sauté onion until vegetables are soft. Stir in chicken, spices, Parmesan cheese, and Italian Marinara Sauce to the sautéed onions. Simmer at low heat for at least 30-45 minutes to allow flavors to blend. Add the pepperoni during the last 10-15 minutes of cooking. Bring lightly salted water to a boil, stir in dry rotini or penne. Cook uncovered for 5-6 minutes. Drain well. Pasta should be slightly under cooked. (Alternate Steamer Method: Place dry pasta in 2" perforated full pan nested in a 2" steam table pan. Cover with water. Lightly salt. Cook in steam 10-14 minutes until slightly undercooked. Lift perforated pan out of 2" pan and allow pasta to drain well. Measure 3 quarts of slightly undercooked pasta and 3 quarts of sauce mixture into a 2" full size pan. Toss together lightly until pasta is evenly coated. Place 1½ Lb. cheese evenly over surface. It is important to use the 2" pan rather than a deeper pan in order to get the proper meat and cheese serving. Cheese is required to complete meat requirement. Hold covered between 135 degrees F and 160 degrees F until service, checking temperature every ½ hour. Serve 2/3 cup portions using #6 scoops.

Note: Nutritional Info: Kcal 207.601, Total Fat 6.835g, Total Fat 0.1%, Saturated Fat 3.591g, Saturated Fat 0.1%, Protein 18.791g, Total Protein 0.4%, Carbs 18.301g, Total Protein 0.4%, Calcium 154.32%, Sodium 700.009mg, Chol. 40.03mg - It is FSD's responsibility to verify nutritional analysis.

CHICKEN SPAGHETTI

(Yield: 200 (1 cup servings))

Linda Martin
Daingerfield-Lone Star ISD
6-12

3lb Margarine + 1c. Butter Buds (liquid)	18 ¾lb Cooked Chicken, diced
10lb Onions, diced	2 tbsp Garlic Powder
8lb Bell Peppers, diced	2 (14.5) cans Diced Red Peppers or Pimentos
8lb Celery, diced	1½ gallon Broth
3 c. Flour	6.25lb Grated Cheese (3½lb Reduced-Fat Cheddar Cheese and 3½lb Mozzarella Cheese mixture)
5 (50oz) cans Cream of Chicken Soup	19.05lb Spaghetti
2 (50oz) cans Cream of Mushroom Soup	2 tbsp Black Pepper, ground

Sauté vegetables and seasonings with margarine and butter buds until tender. Add flour (will be thick), add cream of chicken soup and cream of mushroom soup and blend until smooth. Add broth, diced chicken, and pimentos. If mixture is too thick, then add a little broth or milk. Cook spaghetti for 8 minutes. Drain and layer alternately in pans spaghetti, sauce, and top with grated cheese. Use 8oz spoodle to serve. Temperature should be 155 degrees F.

Note: Nutritional Info: It is FSD's responsibility to verify nutritional analysis.

CHICKEN/TURKEY SPAGHETTI

(Yield: 96)

Tanya Davis
Henderson ISD
K-12

1 c. Ultra-Grain Flour	6 c. Onions, raw, chopped
1½ lb Margarine, zero trans fat	4 c. Sweet Green Bell Peppers, chopped
¾ c. Dry Milk, non-fat	6 c. Celery, raw
3¾ c. Water	7 lb Spaghetti, whole grain
½ c. Dehydrated Chicken Broth/ Bouillon, low-sodium	2 c. Red Peppers, drained
2 tsp Celery Salt	4 tsp Paprika
4 lb American Cheese, pasteurized, processed	3 lb Cheddar Cheese, reduced fat
	20lb Cooked Chicken, diced, frozen

Make a smooth cheese sauce with the first seven ingredients. Melt margarine; stir in flour until smooth. Combine dry milk and water. Stir into flour mixture. Add broth (combine ½ c chicken base and gallon of water to make chicken

(continued)

broth) gradually and cook until sauce is thick. Stir in processed cheese until melted. Add celery salt. Steam onions, green pepper, and celery. Add to cheese sauce. Cook spaghetti according to package directions. Add spaghetti and pimento to sauce mixture. Add diced chicken (or turkey) to bottom of each pan evenly: 4# per pan. Portion spaghetti on top of chicken (or turkey) in to 4 full size 2" steam table pans. Top each pan with 3 cups grated cheese and 1 tsp paprika. Bake at 350° for approximately 20 minutes. Cut each pan 4X6.

Note: Nutritional Info: Calories 369 kcal, Total Fat 18.85 g (45.92%), Cholesterol *116.84* mg, Sodium *562.08* mg, Carbohydrate 14.17 g (15.35%), Protein 38.89 g (42.11%), Calcium *320.52* mg - It is FSD's responsibility to verify nutritional analysis.

CHILI

(Yield: 220 (1oz portions))

Tanya Davis
Henderson ISD
K-12

10lb Ground Beef, 85/15, raw	2 tbsp + 2 tsp Table Salt
½ medium Onion, raw	1 tbsp + 1 tsp Black Pepper, ground
1 c. Chili Powder	⅓ c. All-Purpose Flour
2 tbsp + 1 tsp Garlic Powder	1 #10 can Tomatoes, whole, canned
2 tsp Ground Cumin	3 qt Water

Brown ground meat and drain well. Stir in seasonings and flour. Add crushed tomatoes and water. Simmer and stir as needed. ***We use this chili on a chili cheese hot dog and it is very popular and on top of beef enchiladas.***

Note: Nutritional Info: Calories 58 kcal, Total Fat 3.26 g (50.87%), Cholesterol 18.18 mg, Sodium 127.24 mg, Carbohydrate 0.92 g (6.40%), Protein 5.92 g (41.02%), Calcium 9.34 mg

CHILI CON CARNE

(Yield: (160 ¼ c. servings OR 80 ½ c. servings))

Michelle Helms
Midland ISD
K-12

4 lb + 4 ¾ oz (raw to cook) Beef,
Ground 80/20, raw, frozen
10 oz Onions, raw
1 ¾ c. + 2tbsp Tomato paste, CND,
HTD
2 ¾ tsp Salt, Table
⅞ tsp Pepper, Black
⅞ tsp., Cumin, Ground
⅞ tsp., Garlic, Granulated
⅓ c. + 1 tbsp Chili Powder
1 qt + 2 ¼ c. Water, Municipal
¼ c. + 1 tbsp Flour, White, All-
Purpose, Enriched, Bleached

Cook ground beef with chopped onions, then drain. Return meat and onions to braising pan. Add paste, seasonings and water. Simmer until beef is tender (at least 30 minutes.) Add slurry of flour and water, stirring constantly. Simmer until thickened. If you simmer too long, you will not have the yield. Put into 2" steam table pans and refrigerate. Day of serving, remove any fat from the top and reheat in kettle. Temperature must reach 165 degrees minimum. Heat quickly but do not scorch. Put into 4" steam table pans for serving.

Note: Nutritional Info: Calories 175Kcal, Total Fat 8.49g (43.69%), Cholesterol 51mg, Sodium 346mg, Carbs 7.33g (16.78%), Protein 16.48g (37.70%), Calcium 28.77mg - It is FSD's responsibility to verify nutritional analysis.

CHIPOTLE RICE BOWL

(Yield: 70)

Tiger Diner
Leonard ISD
K-12

3 ⅓ c. Vegetable Oil
⅔ c. Onions, diced, frozen
10lb + 3oz Brown Rice, whole grain
1 ½ c. Green Bell Pepper, fresh,
chopped
3oz Chicken Base, low-sodium
1 tbsp whole OR 1 tsp ground Black
Pepper
3 ½ tbsp Granulated Garlic
2 tsp Ground Cumin
3 ½ c. Tomatoes, canned, diced
1 c. Tomato Paste, canned
1 ½ c. Cilantro, raw
1 tbsp Table Salt
7 qt Boiling Water
8 ¾ lb Chicken Fajita Strips, Tyson
1 pouch Cheddar Cheese Sauce
(OPTIONAL) Pico De Gallo (store
bought or ingredients/recipe
below)
1 ½ c. Tomatoes, red, fresh,
chopped/sliced
½ c. Onions, fresh, chopped
1 tsp Garlic Powder
3 tbsp Cilantro, raw
½ tsp Table Salt
½ tsp Black Pepper, ground
2 tbsp Jalapeño Peppers, sliced

Heat oil and add rice to brown. Add onions, peppers, chicken base, pepper, garlic, cumin, tomatoes, tomato paste cilantro, salt and water. Mix well, bring to a boil and close lid, reduce heat to simmer. When rice is done, transfer to steam table pans and cover to retain heat and moisture. Place fajita meat in steamer and heat for 35-45 minutes to 165 degrees or higher. Heat cheese sauce in steamer for 35-45 minutes to 165 degrees or higher. At time of service, serve 1 cup rice, 2 oz fajita meat, and 1.5 oz cheese sauce. Offer Pico De Gallo for garnish. Serving = 2 grains and 2.5 oz M/MA. PICO DE GALLO (optional): Wash and chop tomatoes; peel onions and chop. Wash and chop cilantro. Mix tomatoes, onions garlic, salt, pepper, cilantro and chopped jalapeños. Portion into soufflé cups for service.

Note: Nutritional Info: Calories 497Kcal, Total Fat 22.19g (40.17%), Cholesterol 67.71mg, Sodium 798.89mg, Carbs 54.39g (43.77%), Sugars *N/A* g, Protein 20.35 g (16.38%), Calcium 148.28 mg - It is FSD's responsibility to verify nutritional analysis.

CRAZY CHILI & CHEESE NACHOS

(Yield: 70 portions)

Robin Wantland
Denton Elementary

13lb + 2oz Chili, Turkey, Jennie-O
140 bag Doritos, Nacho Cheese,
Reduced Fat
4lb + 6oz RS Cheddar Cheese Sauce

(continued)

Heat turkey chili in bag in the steamer until a temperature of 165° is reached for at least 15 seconds. Cover pan and place in warmer or on hot steam table. Cut open cheese pouch. Empty into pan and place in steamer until internal temperature reaches 165 °F for at least 15 seconds. For each serving, place 2 oz (two bags) of Doritos chips in a large paper boat OR serve chips already sealed in bags. Add 3/8 cup of hot turkey chili in the middle of each boat (suggested tools: leveled #10 scoop or leveled 3 oz ladle). Ladle 1 oz hot cheese sauce over chips (suggested tool: 1 oz ladle). Serve immediately. PLEASE DO NOT PRE PORTION CHILI OR CHEESE ON CHIPS MORE THAN 5 MINUTES PRIOR TO SERVING TO THE STUDENT.

Note: Nutritional Info: Calories 396 kcal, Total Fat 16.20 g, Cholesterol 49.08 mg, Sodium 928.84 mg, Carbohydrates 42.89 g, Sugars *N/A* g, Protein 18.03 g, Calcium 214.48 mg - It is FSD's responsibility to verify nutritional analysis.

CUBAN MOJO CHICKEN

(Yield: 1 (1/2 cup portion))

3oz Chicken Fajita Strips, fully cooked
1oz Orange Juice
1 tbsp Lime Juice

2 tsp Garlic, chopped
1/2 tsp Black Pepper, ground
1 tbsp Soybean Oil

Keesha Smith
Cedar Hill ISD
K-12

Thaw chicken in covered pan in walk in cooler. Mix orange juice, lime juice, garlic and pepper in a bowl. Pour in oil slowly while whisking very fast or combine in food processor pouring oil in slowly. Pour marinade over chicken in deep pan and toss until coated. Let sit in refrigerator for as long as possible. Remove chicken from marinade, but keep marinade. Spread chicken out until it's a single layer on sheet pan. Cook in 400° oven until it just begins to brown and reaches an internal temperature of 160°. Pour marinade into sauce pan. Add sugar and reduce to medium heat until the liquid in half its original amount. Spread chicken out in serving pan and pour marinade over the top. Garnish with chopped cilantro. Portion with #12 scoop.

Note: Nutritional Info: Calories 500 kcal, Total Fat 21.23 g (38.23%), Cholesterol 70.47 mg, Sodium 700.75 mg, Carbohydrates 62.92 g (50.36%), Sugars *2.80* g, Protein 22.78 g (18.23%), Calcium 74.64 mg - It is FSD's responsibility to verify nutritional analysis.

DORITO BEEF CASSEROLE

(Yield: 250 (1 cup servings))

Linda Martin
Daingerfield-Lone Star ISD
6-12

30 lb Ground Beef, 85/15, cooked & drained OR 28lb Beef Crumbles
5 (50oz) cans Mushroom Soup
6 (27oz) cans Rotel Tomatoes
2 gallons Red Enchilada Sauce
5lb Onions, chopped
1/2 c. Black Pepper, ground
1 tbsp Garlic Powder
1/4 c. Cumin
5 (50oz) cans Cream of Chicken
4 (26oz) cans Green Chilies
2 cases + 2 bags (32oz per bag) 16lb Tortilla Chips
5lb Yellow Cheese, shredded
5lb Mozzarella Cheese, shredded

Sauté onions in with beef, then drain out the fat. Add mushroom soup, Rotel tomatoes, enchilada sauce, black pepper, garlic powder, cumin, cream of chicken, and green chilies, and simmer for about 30 minutes. Pour sauce over chips in 4" deep pans. Cover with both grated cheeses (mixed) and steam or cook in oven for about 10 minutes or until temperature is 165 degrees F. Serve with 8oz spoodle.

Note: Nutritional Info: It is FSD's responsibility to verify nutritional analysis.

ENCHILADA CASSEROLE

(Yield: 24)

Lisa Beck
Brazosport ISD

48 each 6" White Corn Tortillas
2 cans Cream of Chicken Soup, 12/50oz
3 lb Cooked Beef Crumbles
1 pint Enchilada Sauce
12 oz American Cheese Loaf, processed

Cook Beef Crumbles. Add cream of chicken soup and enchilada sauce to beef crumbles. Cook until internal temperature of 165°F. Layer in this order: Sauce mixture 3 1/2 cups, 12 Tortillas, 1 Sauce mixture of 3 1/2 cups, 12 Tortillas, Sauce mixture 3 1/2 cups, 12 Tortillas, Sauce mixture 3 1/2 cups, 12 Tortillas, Sauce mixture 3 1/2 cups. Bake at 325°F oven until internal temperature of 165°F. Top with Cheese, cover to melt cheese. Cut 6 x 4 and serve on tray (Elementary) and 1# boat (for Secondaries). -- Recipe Note: Sodium will probably need to be modified to meet the sodium requirements in the future.

Note: Nutritional Info: Calories 339.73Kcal, Total Fat 17.59g, Cholesterol 70.23mg, Sodium 728.87mg, Carbs 36.95g, Sugars 5.33g, Protein 22.60g, Calcium 305.47mg - It is FSD's responsibility to verify nutritional analysis.

ENCHILADAS

(Yield: 180)

Katy Taylor
Ector County ISD

7 Pound (15% Fat) Ground Beef	2 Teaspoons Garlic Powder
4 Gallon Water	2 Tablespoons Cumin
1¾ Quart All Purpose Flour	2 Cup Chili Powder
1 Gallon Water	¼ Cup Granulated Sugar
1 Cup Paprika	360 Each Cheese Enchiladas
1 Quart Tomato Paste	5 Lb RF Shred Cheese
¼ Cup Salt	

Cook Meat. Drain. Crumble in mixer with dough hook. Return meat to a large pot. Add hot water (4 Gallons) and bring to a boil. Mix rest of the ingredients together. Add to meat. Mix cold water (1 Gallon) and flour together. Add to meat mixture. Simmer on top of stove, in tilting skillet or in an oven approx. 1½ hours. Stir every 15-20 minutes. Pour ½ quart of sauce in pan coated steam table pans. Place 40 enchiladas in each pan. Cover with 1½ quarts of sauce (Be sure enchilada is completely covered!!!). Sprinkle each pan with 10oz. of grated cheese. Cover tightly with foil. Place in 350 degrees F convection oven for 15-20 minutes. Leave foil on pan and place in warmer until serving time. Optional: Place 3 rows of 12 enchiladas across on steam table pan. Pour 2 quarts of sauce over each pan (make sure that all enchiladas are covered). Continue with step 6,7, &8. Note: it is best if you thaw the enchiladas the day before you plan to serve them.

Note: Nutritional Info: Calories: 246.270g, Total Fat 13.569g, Cholesterol 49.931g, Sodium 851.174mg, Carbs 18.866g, Protein 14.487g, Calcium 297.983mg, Sugars .529g, Kcal from Sat Fat .726%, Kcal from Fat 49.587%, Kcal from Protein 23.530%, Kcal from Carb 30.643% - It is FSD's responsibility to verify nutritional analysis.

ENCHILADAS

(Yield: 240 half enchiladas)

Pat Bradbury
Gurthrie CSD
K-12

20 lb Chicken Breast, uncooked	20 Flour Tortillas
20 pkg (8 oz) Cream Cheese, cut into cubes	40 cans (10oz each) Green Chile Enchilada
20 cans (4.5 oz) Green Chiles, chopped	About 4lb Cheddar Cheese, shredded

(continued)

I cook chicken from frozen state in oven the day before. After it is cooled shred in food processor. Soften cream cheese and stir in chicken and chiles. Blend well. Spoon chicken in tortilla roll up(1 cut in half with scissors) then lay in pan seam side down. Pour enchilada sauce over top sprinkle with cheese. Bake 15-20 or until hot and cheese is melted

Note: Nutritional Info: Calories 213Kcal, Total Fat 11.9g, Cholesterol 61mg, Sodium 456mg, Potassium 328mg, Total Carbohydrates 12.1g, Sugars 6.0g, Protein 16.7g - It is FSD's responsibility to verify nutritional analysis.

FIESTA SALAD WITH GRILLED CHICKEN

(Yield: 38 (¾ cup portions))

Sunnie Caldwell
Sabine ISD
6-12

38 Piece Grilled Chicken Breast Filet, Tyson	1 tbsp + 2tsp., Salt, Kosher
1 #10 can Black Beans	1 tbsp Garlic Powder
7lb. Corn, Sweet, Yellow, Frozen, Kernels cut off Cob, Unprep	1 tsp Pepper, Black, Ground
1 c. diced + ½ cup diced, Tomato, Fresh	⅓ c. Olive Oil, Arrezzio's
1 c. chopped + ¼cup, Chopped, Onions, Red, Raw	1½ tsp Paprika
½ c. Cilantro, Fresh	1½ tsp Chili Powder
¼ c. Lemon Juice, Raw	2 tsp Garlic Powder
¼ c. Olive Oil, Arrezzio's	1 tsp Cumin, Ground
	1 tsp Onion Powder
	½ tsp Pepper, Black
	½ tsp Salt, Table

Preheat oven to 350 degrees F with fans on medium or low. Combine spice blend consisting of 1 ½ tsp. Paprika, 1½tsp. chili powder, 2tsp. garlic powder, 1tsp. ground cumin, 1tsp. Onion powder, ½ tsp. black pepper and ½tsp. table salt. Place a single layer of chicken breast filets on a lined full size sheet pan and brush with olive oil. Shake season blend over chicken, season heavily, cover tightly with foil, hold in walk-in until ready to bake. Finely chop tomatoes, red onion and cilantro, set aside. Open, drain and rinse one #10 can of black beans, shake off all excess water, pour into large mixing bowl. Place frozen corn in a strainer and run cold water over to thaw. Making sure it is well drained and add to black beans. Add all chopped ingredients. Add lemon juice and olive oil. Season with salt, pepper and garlic powder. Stir all ingredients together and hold in walk-in until meal service. Bake chicken for 18-22 minutes to an internal temperature of 165. Slice cooked chicken breast filets into strips using a pizza cutter, cover and hold in warmer. When ready to serve place ¾cup of Fiesta Salad on a 4" plate top with sliced chicken breast. Garnish with fresh cilantro if available.

(continued)

Note: Nutritional Info: SALAD: 714.68mg Sodium, 8.06g Total Fat, 35.00mg Cholesterol, 31.79g Carbohydrates, 21.52g Protein, 45.21mg Calcium, 26.47% Total Fat, 46.43% Carbohydrates, 31.43% Protein - SPICE BLEND: 32.95mg Sodium, 0.04g Total Fat, 0.00mg Cholesterol, 0.31g Carbohydrates, 0.07g Protein, 1.56mg Calcium - It is FSD's responsibility to verify nutritional analysis.

ITALIAN CHICKEN FLAT BREAD

(Yield: 1)

Laura-Zelda Villarreal
La Joya ISD
6-12

1 each 6x6 Flatbread	2 slices Mozzarella, Part Skim, Sliced Cheese
¼ tsp Garlic Buttermist Food Spray and Pan Release	2 strips Chicken Tender Brd, Tyson (1.13 oz) Commodity
¼ tsp Italian Seasoning Mix	

Layout flat bread on pan lined baking sheet pan with grill marks facing down. Spray with garlic butter pan release. Sprinkle sparingly with Italian Seasoning. Bake at 350 for 3 minutes until warm. Set aside. Preheat oven to 300 degrees. Place frozen product in single layer on pan lined sheet pans. Bake for 10-15 minutes or until temperature reaches 165 degrees. Place 2 slices of mozzarella cheese on opposite corners of flatbread. Place two chicken strips on one side of sandwich and fold over. Spray folded flatbread with garlic butter mist. Place back in oven on low fan at 350 degrees for 2-3 minutes. Serve one flatbread sandwich per student. Offer with Ranch Dressing or Marinara Sauce. -- Each flatbread square counts as: 2 oz eq of Whole Grain Bread and 2 oz of MMA.-- The recipe utilizes commodity processed chicken.

Note: Nutritional Info: Calories 510 kcal, Total Fat 23.65 g (41.76%), Cholesterol 67.12 mg, Sodium 1089.07 mg, Carbohydrates 36.95 g (28.99%), Sugars *2.00* g, Protein 27.88 g (21.87%), Calcium 317.67 mg - It is FSD's responsibility to verify nutritional analysis.

ITALIAN MEATBALL FLATBREAD

(Yield: 24 (1 each))

Robby Hooker
Lewisville ISD
6-12

1 lb. 2 ¼ oz. Onion, diced	1 tbsp Onion Powder
5 lb. Canned Diced Tomatoes, drained	72 each Meatballs, precooked
1oz Low Sodium Chicken Base	7 oz. Red Onions, ½ inch thick rings separated
2 oz. Garlic, chopped	24 each Flat Bread
1 ½ tsp Black Pepper	1 lb. 8 oz. Mozzarella Cheese, shredded
1 tbsp Italian Seasoning	
2 tbsp Worcestershire Sauce	

Assemble all ingredients and equipment needed to prepare the recipe. Preheat oven to 350 degrees. Drain diced tomatoes and add chicken base, chopped garlic, black pepper, Italian seasoning, Worcestershire sauce, and onion powder. Place tomato mixture in a 2 inch full hotel pan and bake uncovered for 25 minutes and onions are tender. Place in a food processor and purée until smooth. Top each flatbread with 1 ounce tomato spread, 2 ounces mozzarella cheese, 12 meatballs, and 4 rings of onions. Spray rings of onions with pan spray. Place flatbreads on sheet pan coated with pan spray and bake until cheese is melted and temperature reaches 145 degrees. Fold sandwich in half and serve as desired. Properly wrap, label, store, chill and rotate.

Note: Nutritional Info: Calories 371 kcal, Cholesterol 35.42 mg, Sugars *5.28* g, Calcium 279.72 mg, Total Fat 15.64 g, Sodium 788.55mg, Protein 21.01 g, Saturated Fat 6.03 g, Carbohydrate 34.89 g - It is FSD's responsibility to verify nutritional analysis.

LASAGNA

(Yield: 48)

Kim Terry
River Road ISD
7-12

3 ½ lb Ground Beef, extra-lean, raw, 17% fat	1 c. Onions, raw, chopped
2 tbsp Garlic Powder	3 tbsp Parsley Flakes
1 ½ tbsp Italian Seasoning	1 tsp Black Pepper, ground
2 #10 cans Spaghetti Sauce, Redpack	2lb + 14oz Whole Grain Lasagna, ruffled
5lb Cottage Cheese, low-fat	1 ½ lb Mozzarella Cheese, light

(continued)

Cook ground beef to 165°F for 15 seconds. Drain off excess liquid. Add garlic powder, Italian seasoning and spaghetti sauce to cooked meat. Stir to blend. In food processor, blend cottage cheese, fresh onion, parsley flakes, pepper. Set aside. In 2 greased 2" full size steam table pans, layer ¼ of meat mixture bottom of each pan. Then cover the meat mixture in each pan with a layer of dry lasagna noodles, then ½ of the cottage cheese mixture between both pans. Then place another layer of noodles on top of cottage cheese mixture and then another ¼ of meat mixture on top for each pan. Finally, divide shredded mozzarella cheese between both pans. Sprinkle on top of meat mixture. Cover, label, date and refrigerate overnight. BAKE: COVERED IN CONVECTION OVEN AT 325°F FOR FIRST 45 MINS. THEN REMOVE FOIL AND COOK FOR A REMAINING 15 MINS. OR UNTIL NOODLES ARE SOFT & TOP IS GOLDENBROWN. CCP: Internal temperature of 165°F. Let stand for 15-20 minutes to set up before cutting. Cut each pan 6 x 4 for 24 servings per pan, 48 servings total. 1 piece per serving = 2oz M/MA & 1G.

Note: Nutritional Info: Calories 270 kcal, Total Fat 8.18 g (27.30%), Cholesterol 27.65 mg, Sodium 237.63 mg, Carbohydrate 33.18 g (49.19%), Protein 15.46 g (22.92%), Calcium 127.13 mg - It is FSD's responsibility to verify nutritional analysis.

LASAGNA WITH GARLIC BREAD

(Yield: 50)

Lisa Beck
Brazosport ISD
K-12

1 #10 can + 1 qt Spaghetti Sauce, canned, meatless	2 lb + 12 oz Whole Grain Lasagna Pasta
1 tbs + 2 tsp Garlic Powder	1 lb + 9oz American Cheese Loaf (LOL preferred)
1 tbs + 1 ½ tsp Italian Mix Seasoning	2lb + 6oz Mozzarella Cheese Loaf
¼ c. White Vinegar	50 each Texas Whole Grain Garlic Bread (Bake Crafters preferable)
1 pint + 1 c. Water	
3 lb + 4oz Cooked Beef Crumbles	

Prepare Spaghetti Sauce the day before preparing Lasagna. Heat Spaghetti Sauce & water. Add Seasonings and Vinegar. Add heated Beef Crumbles to sauce. Heat to boiling, uncovered. Remove from heat. For 50 servings, use 5 teaspoons garlic powder. Assemble ingredients as follows: In steam table pans (12"x20"x2 ½"), lightly coat with pan release spray (for 50 servings, use 2 pans-for 100 servings use 4 pans). For Each Pan: 1st layer - 1 qt ½ c sauce. 2nd layer - 14 uncooked noodles lengthwise. 3rd layer - 1 qt ½ c sauce. 4th layer - 6 ¼ oz American cheese (1 ½ cups + 1 Tbsp) plus 9 ½ oz mozzarella cheese (2 ¼ cups + 2 Tbsp). 5th layer - 14 uncooked noodles lengthwise. 6th layer - 1 qt ¾ c sauce 7th layer - 6 ¼ oz American Cheese

(continued)

(1 ½ cups + 1 Tbsp) and 9 ½ oz mozzarella cheese (2 ¼ cups + 2 Tbsp). Tightly cover pans. Bake: Conventional oven: 350°F for 1 ¼ - 1 ½ hours. Convection oven: 325°F for 45 minutes. Heat to 165° or higher for at least 15 seconds. Remove pans from oven. Uncover. Let stand for 15 minutes before serving. Hold at 140°F or higher. Cut each pan 5x5 (25 pieces per pan). Serve with 1 garlic bread. -- Recipe Note: Recipe might need to be modified to meet the sodium requirements in the future.

Note: Nutritional Info: Calories 418.51Kcal, Total Fat 17.16g, Cholesterol 51.93mg, Sodium 549.87mg, Carbs 41.08g, Sugars 4.656g, Protein 24.86, Calcium 480.99mg - It is FSD's responsibility to verify nutritional analysis.

MANDARIN ORANGE CHICKEN

(Yield: 1 (½ cup))

Anonymous
K-12

1 (4oz) Mandarin Orange Chicken 1 ½ qts (6 cups) water
1 box (26 servings worth) of Brown
Asian-Style Rice

ORANGE CHICKEN: Heat Oven 400 degrees Place single layer of chicken on baking pan. Bake for 16-20 minutes or until golden brown, and internal temperature reaches 160 degrees. Heat Sauce in steamer. Add sauce to chicken just prior to serving. Mix thoroughly to lightly and cover all chicken pieces. RICE: Combine 1 ½ quarts (6 cups) HOT water (190°F) and contents of seasoning packet in a deep half size pan. Stir well to disperse seasoning in water. Add rice and and 2 ounces butter (optional) and mix well. Cover and bake at 400°F for 25 minutes or until MOST of the water is absorbed. Stir well. Serve immediately or keep warm (160 °F). Fluff with fork before serving. -- For FIRMER RICE, use LESS water and REDUCE cooking time. For SOFTER RICE, use MORE water and INCREASE cooking time. To REFRIGERATE COOKED RICE: Cover tightly to keep grains from drying out and absorbing odors from other foods. To REHEAT COOKED RICE: Add a small amount of water and cover. Heat in an oven, steamer or on a stove top.

Note: Nutritional Info: CHICKEN: Calories 161 kcal, Total Fat 7.04 g (39.38%), Cholesterol 45 mg, Sodium 201 mg, Carbohydrates 12.06 g (30%), Protein 12.06 g (30%), Calcium 0.00 mg -- RICE: Calories 210 kcal, Total Fat 2.00 g, Cholesterol 0 mg, Sodium 450 mg, Carbohydrates 42.00 g, Protein 5.00 g, Calcium 20.00 mg - It is FSD's responsibility to verify nutritional analysis.

MARGARITA CHICKEN TACOS

(Yield: 1 Taco)

McKensie Montgomery
Keller ISD
K-12

2oz Chicken Fajita Meat, white and dark, Tyson
½ c. Lime Vinaigrette Dressing (Kens is preferable)
½ tsp Cilantro, raw
¼ tsp Hass Avocado, mashed
¾ tsp Sour Cream, Light (Daisy is preferable)
½ tsp + ½ tsp Lemon Juice
2 tbsp Apples, raw, with skin, quartered or chopped
½oz Mozzarella Cheese, shredded
1 each Ultra-Grain 6" Tortillas

Mix frozen meat with dressing and thaw/marinate over night in the refrigerator. Put chicken in a shallow pan and bake uncovered in the oven at 350° until it reaches an internal temperature of 165°F. Cover and hold in the warmer. Mash avocado, mix with sour cream and ½ tsp lemon juice. Mix until well incorporated. Grate apple to make a slaw-like texture. Pour ½ tsp lemon juice on apple to preserve color. Warm tortilla, place on a flat surface. Put 2 oz chicken in a line in the middle of the tortilla. Sprinkle apple slaw, cheese over chicken and then add avocado cream. Fold in one end and roll up burrito style.

Note: Nutritional Info: Calories 305 kcal, Total Fat 16.81 g (49.64%), Cholesterol 62.75 mg, Sodium 617.97 mg, Carbohydrate 24.81 g (32.56%), Sugars *6.56* g, Protein 17.09 g (22.43%), Calcium 166.78 mg - It is FSD's responsibility to verify nutritional analysis.

MEATLOAF

(Yield: 236)

Beverly Williams
Blackwell CISD
K-12

40 lbs Hamburger Meat
60 eggs, large
4 Onions, diced
4 Bell Pepper, diced
16 oz Oatmeal, boxed
1 ½ can of #10 cans of Tomato Sauce
½ c. Salt
½ c. Pepper
½ #10can Tomato Sauce
1cup, Brown Sugar, packed

Nutritional Info: Mix all ingredients together will in a large bowl. Pour desired amounts in pan cover and cook in pre-heated 350 degree convection oven

(continued)

for about 1 hour. Uncover, drain off any grease that may have cooked out of beef. Spread glaze over meatloaf and place back in oven for approximately 20 minutes, uncovered. Serve at minimum of 155 degrees F.

Note: Nutritional Info: 4.17g Saturated Fat, 318mg Sodium, 30.61g Total Fat, 0mg Cholesterol, 1.16g Carbohydrates, 0 Protein, 0mg Calcium, 13.17% Saturated Fat, 96.60% Total Fat, 1.63% Carbohydrates, 0% Protein - It is FSD's responsibility to verify nutritional analysis.

MEXICAN BEEF SPAGHETTI

(Yield: 200 (1 cup servings))

Linda Martin
Daingerfield-Lone Star ISD
6-12

25 ½ lb Ground Beef, cooked & drained OR 23 ½ lb Beef Crumbles
3 (138oz) cans Red Enchilada Sauce
2 tbsp Chili Blend
4 (28oz) cans Rotel Tomatoes
1 (6/10) can Salsa
10lb Onions, chopped
¼ c. Black Pepper, ground
¼ c. Garlic Powder
⅓ c. Cumin
4 (50oz.) cans Cream of Chicken
2 (26oz) canned Green Chilies
1 (6/10) can Cheese Sauce
19 ¼lb Spaghetti
2 tbsp Creole Seasoning (cook with spaghetti)
6 ¼lb Cheese, grated (3 ⅓lb reduced-fat Yellow Cheese & 3 ⅓# Mozzarella Cheese)

Sauté onions in with beef and drain off fat. Add enchilada sauce, chili blend, Rotel tomatoes, salsa, black pepper, garlic powder, cumin, cream of chicken, and green chilies and simmer for about 30 minutes. Cook spaghetti with creole seasoning and then pour sauce over spaghetti in 4" deep pans. Cover with grated cheese and steam or cook in oven for about 10 minutes, or until temperature is above 165 degrees F. Serve with 8oz spoodle.

Note: Nutritional Info: It is FSD's responsibility to verify nutritional analysis.

MEXICAN CHICKEN

(Yield: 200 (1 cup servings))

Linda Martin
Daingerfield-Lone Star ISD
6-12

15 lb Chicken, diced
6 (50oz) Mushroom Soup, cans
11 (28oz) cans Rotel Tomatoes
5 lbs Butter
2 gallons Onions, chopped
3 ½ quarts Chicken Broth
½ c. Black Pepper, ground
1 tbsp Garlic Powder
½ c. Cumin

4 (50oz) cans Cream of Chicken
3 (27oz) cans Green Chilies
2 cases (6lbs per case) + ¼ bag
Tortilla Chips
5lb Reduced-Fat Cheddar Cheese,
shredded
5lb Mozzarella Cheese, shredded
½ quart Water

Sauté onions in butter. Add chicken, mushroom soup, Rotel tomatoes, chicken broth, black pepper, garlic powder, cumin, cream of chicken, and green chilies and simmer for about 30 minutes. Pour sauce over chips in a 4" deep pan. Cover with both grated cheeses (mixed) and steam for about 10 minutes or until temperature reaches 145 degrees F or above. use 8oz spoodle to serve.

Note: Nutritional Info: It is FSD's responsibility to verify nutritional analysis.

MONTE CRISTO PANINI

(Yield: 1 each)

Alicia Barnes
Grapevine-Colleyville ISD
K-12

2 slices French Toast
1 slice Jenni-O Turkey Ham
2 slices Jenni-O Turkey

1 slice Swiss Cheese
1 slice American Cheese

Build sandwich. Grill in panini press or oven. Dust with powdered sugar and serve.

Note: Nutritional Info: 527 calories, 20.53g Fat, 7.10g Saturated Fat, 1091.33mg Sodium, 61.87g Carbs - It is FSD's responsibility to verify nutritional analysis.

ONE-PAN ENCHILADA PASTA

(Yield: 6)

Alicia Hernandez
Weatherford ISD
9-12

2 tbsp Vegetable Oil
2 tbsp Garlic Powder
½ Small Onion, diced
1 package of Ground Turkey, 85/15
1 package Taco Seasoning Mix
2 c. Low-Sodium Chicken Broth

1 (19oz) can of Red Enchilada Sauce
8oz (about 2 ½ cups) Dried Rotini
Pasta
2 c. Shredded Cheddar & Mozzarella
Cheese mix

In a large skillet or sauté pan, garlic powder and onions in vegetable oil over medium low heat until softened. Add ground turkey meat and cook them together until hot. Once turkey meat is cooked through, add pasta, chicken broth and enchilada sauce to pan. Bring to a boil, then reduced heat to low and cover. Cook on low, with pan covered for about 15 minutes. Then remove lid and let simmer for additional 5 minutes until pasta is tender and sauce has reduced. Remove from heat and stir in 1 cup of cheese. Top pasta with additional cup of cheese and melt under broiler for a minute or place lid back on pan and let heat from the pasta melt the cheese.

Note: Nutritional Info: It is FSD's responsibility to verify nutritional analysis.

ORANGE CHICKEN

(Yield: 159)

Meghan Martinson
Eagle Mountain-Saginaw ISD
K-12

1 case (32.1975lb) Popcorn Chicken,
Tyson, WG
1 ½ bag Orange Sauce, Schwan/
Minh, Less Sodium
10 lb, strips + 14oz Sweet Green
Peppers, cut into strips

¾ c. Vegetable Oil
79 ½-cup (1 cup prepared) Whole
Grain Brown Rice

Prepare chicken according to box instructions: Convection oven: 6-8 minutes at 375 degrees F°. In tilt skillet or large pot, sauté bell peppers with oil for about 5 minutes. Add cooked chicken and the orange sauce and heat through to 160 degrees F°. Prepare rice per box/package instructions. Serve chicken and bell pepper mixture over rice. Serving should be about 3.24 oz meat and should be ¼ cup bell peppers. Use heaping 1 cup ladle to serve. Serve this over ½ cup cooked rice.

(continued)

Note: Nutritional Info: Calories 384 kcal, Total Fat 15.89 g, Cholesterol 21.61 mg, Sodium 416.54 mg, Carbohydrates 42.60 g, Sugars *8.50* g, Protein 17.44 g, Calcium 46.33 mg, 37.25% Calories from Total Fat, 44.37% Calories from Carbohydrates, 18.16% Calories from Protein - It is FSD's responsibility to verify nutritional analysis.

PHILLY CHEESESTEAK SUB SANDWICH

(Yield: 1 each)

Patty Willhite
Aledo ISD
9-12

3 oz Philly Beef Steak
1½ oz Mozzarella Cheese (LOL)
1 Wheat Sub Roll
½ oz Jalapeño Pepper, canned,
drained
½ oz Banana Peppers
½ oz Jalapeño Ranch Dressing

Place 3oz shaved philly beef and ½ oz cheese on bottom half of hoagie. Place top of hoagie on sandwich and wrap. Place in heated warmer to heat until cheese is melty. Can also be heated in a panini. Garnish with peppers and dressing.

Note: Nutritional Info: Calories 499 Kcal, Total Fat 26.58g, Saturated Fat 12.16g, Cholesterol 71.68mg, Sodium 1448.54mg, Carbs 38.07g, Protein 29.49g, Calcium 367.58mg, Calories from Total Fat 47.93%, Calories from Saturated Fat 21.92%, Calories from Carbs 30.51%, Calories from Proteins 23.63% - It is FSD's responsibility to verify nutritional analysis.

PINEAPPLE FRIED RICE WITH TERIYAKI

CHICKEN

(Yield: 4)

Cyndy Aschenbrenner
Grapevine Colleyville CISD
9-12

2 tbsp Vegetable Oil, divided
2 Eggs, beaten with a dash of salt
1½ c. Fresh Pineapple, chopped
1 Large Red Pepper, diced
½ Bunch Green Onions, green and
white parts, thinly sliced
2 cloves Garlic, pressed or minced
½ c. Jicama
2 c. Brown Rice/White Rice, cooked
and chilled
1 tbsp Tamari or Soy Sauce,
reduced sodium
1-2 tbsp Sriracha
1 Lime, halved
Salt, to taste
½ Lime, squeezed
1 lb Chicken
1 oz Teriyaki Sauce, enough to cover
lightly
2 tbsp Honey

(continued)

In a non-stick frying pan, over medium-high heat, place an empty serving bowl nearby. Once the pan is hot enough, add 1 tsp oil. Pour in the eggs and cook, stirring occasionally, until the eggs are scrambled and lightly set. Transfer the eggs to the empty bowl. Wipe out the pan if necessary with a paper towel. Add one tbsp of oil to the pan and add the pineapple and red pepper and the jicama. Cook, stirring constantly, until the liquid has evaporated and the pineapple is caramelized on the edges, about 3-5 minutes. Then add the green onion and garlic. Cook, while stirring constantly, about 30 seconds or longer. Transfer the content of the pan to your bowl of eggs. Add the remaining two teaspoons of oil to the pan. Add the rice to the pan and stir to combine. Cook, stirring occasionally, until the rice is hot, about 3 minutes. Pour the contents of the bowl back into the pan and stir to combine. Once the contents are warmed through, remove the pan from heat. Add 1 tbsp tamari (or soy sauce) and mix the honey and sriracha together then, to taste. Squeeze the juice of ½ of the lime over the dish and stir to combine. Season to taste with salt. Transfer to individual serving bowls with sriracha on the side.

Note: Nutritional Info: Calories 443 kcal, Total Fat 15.96 g (32.38%), Cholesterol 102.20 mg, Sodium 893.03 mg, Carbohydrates 49.29 g (44.45%), Sugars *7.90* g, Protein 26.14 g (23.57%), Calcium 78.24 mg - It is FSD's responsibility to verify nutritional analysis.

QUESADILLAS WITH JALAPEÑO SAUCE

(Yield: 1)

Cyndy Aschenbrenner
Grapevine Colleyville CISD
9-12

1 c. Sour Cream
½ c. minced Jalapeño
2 tsp Sriracha
½ tsp Paprika
½ tsp Ground Cumin
⅓ tsp Cayenne Pepper
1 tbsp Garlic Powder
Pinch of Salt
4 oz Chicken
12 inch Tortilla
1 tsp Bacon Bits
¼ c. Cheddar Cheese
¼ c. Monterey Jack Cheese
½ c. Red Bell Peppers
½ c. Green Onions

JALAPEÑO SAUCE: In a large bowl, whisk together sour cream, jalapeño, sriracha, paprika, cumin, cayenne pepper, garlic powder, and salt. Cover and chill until ready for use. QUESADILLAS: Heat tortilla and pre-cooked chicken. Preheat oven to 350 degrees F. Layer half of each tortilla with the chicken and the sauce, then sprinkle with the cheddar cheese, bacon bits, and Monterey Jack. Fold the tortillas in half and place onto a baking sheet. Bake quesadillas in a pre-heated oven until the cheeses have melted, about 10 minutes.

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Note: Nutritional Info: Calories 548 kcal, Total Fat 22.05 g (36.22%), Cholesterol 58.60 mg, Sodium 1314.21 mg, Carbohydrates 56.89 g (41.53%), Sugars *4.00* g, Protein 30.12 g (21.99%), Calcium 287.70 mg - It is FSD's responsibility to verify nutritional analysis.

QUINOA ENCHILADA

(Yield: 30 (1 each, 1.5oz Ranchero Sauce))

Callie Fowler
Union Public Schools
K-12

4 tbsp Shallots, raw, chopped	12oz Tomatoes, diced
3 tbsp Garlic, fresh, minced	½ c. Cilantro
1 qt Vegetable Broth, Low-Sodium	¾ tsp Cumin, ground
1 lb Quinoa, uncooked	30 Tortillas, yellow corn 6" (.42oz each)
¼ tsp Kosher Salt	6 c. Ranchero Sauce (recipe below or store bought)
¼ tsp Black Pepper, ground	3 tbsp Olive and Canola Oil Blend
2 tsp Fresh Thyme	2 Onions, medium, raw
3 Bay Leafs, dried	5 cloves Garlic, raw
12oz Black Beans, canned	1 Jalapeño Pepper, raw
32oz Pepper Jack/Monterey Jack Cheese, sliced	10 each Tomato, fresh, whole
12oz Corn, canned, whole-kernel, low-sodium	2 tbsp Chili Powder

In a medium saucepan, sweat the shallots and garlic in 2 fluid ounces of the stock until the shallots are translucent. Add the quinoa, remaining stock, salt, pepper, bay leaf and thyme. Bring the liquid to a boil. Cover the pot tightly and place in a 350° F oven until the quinoa is tender and has absorbed all the liquid, about 8 minutes. Remove pan from heat and rest with lid on for an additional 5 minutes and discard the bay leaf and thyme. Fluff the quinoa with a fork to separate the grains and release the steam. Stir in black beans, shredded or finely cut up cheese, corn, diced tomatoes, cumin, and cilantro. Mix until all ingredients are incorporated and cheese is melted. Place ½ cup of quinoa mixture onto tortilla and roll. ***May use flour tortillas; however, GLUTEN FREE STUDENTS CANNOT HAVE THIS ITEM IF FLOUR TORTILLAS ARE USED. Prepare Ranchero Sauce: Cut tomatoes in half; dice onions; slice and de-seed jalapeño. Put all ingredients in sauce pot on medium heat. Let simmer for 10 minutes. Drop all ingredients in a blender and purée. Pour over enchiladas and cover with plastic wrap and foil. Place in 350° F oven for 10 minutes. Place in warmer until service to maintain temperature. Serve 1 each with 1.5oz Ranchero Sauce.

Note: Nutritional Info: Calories 252 kcal, Total Fat 12.83 g (45.77%), Cholesterol 27.00 mg, Sodium 399.21 mg, Carbohydrates 24.00 g (38.04%), Sugars *0.47* g, Protein 10.60 g (16.80%), Calcium 252.81 mg - It is FSD's responsibility to verify nutritional analysis.

RANCH CHICKEN FLATBREAD

(Yield: 24 each)

Robby Hooker
Lewisville ISD
6-12

1 lb + 14oz Diced Chicken Meat, precooked	2 tbsp Rosemary, dried, ground
4 lbs Diced Tomatoes, drained	12 oz. Mozzarella Cheese, shredded
2 tsp Black Pepper	6 oz. Parmesan Cheese, shredded
1 ½ tsp Garlic Chopped	24 each Flatbread
	1 ½ c. Lite Ranch Dressing

Assemble all ingredients and equipment needed to prepare the recipe. Thaw diced chicken meat overnight in refrigerator. Drain diced tomatoes and add black pepper, chopped garlic, and rosemary. Refrigerate overnight. Preheat oven to 350 degrees. Top each flatbread with 1 tablespoon ranch dressing, 1 ounce mozzarella cheese, 2 ounces diced chicken, 2 ounces tomato mixture and 1 tablespoon Parmesan cheese. Place flatbreads on sheet pan coated with pan spray and bake until cheese is melted and temperature reaches 145 degrees. Fold sandwich in half and serve as desired. Properly wrap, label, store, chill and rotate.

Note: Nutritional Info: Calories 359 kcal, Cholesterol 50.09 mg, Sugars *4.45* g, Calcium 222.01 mg, Total Fat 15.78 g, Sodium 583.12 mg, Protein 22.63 g, Carbohydrate 30.72 g - It is FSD's responsibility to verify nutritional analysis.

SPAGHETTI WITH MEAT SAUCE

(Yield: 160 (1 cup portions- #8 scoop))

Adan Cortez III
Magnolia ISD
K-5

2 #10 cans Tomatoes, canned, diced	3 qts Water
1 #10 can Tomato Paste	25 lbs Beef, ground, 90/10
½ c. Margarine	8oz Onions, dehydrated
6 carton Orange Juice (Borden's)	¼ c. Garlic Powder
2 ½ tbsp Onion Powder	¼ c. Black Pepper, ground
2 ½ tbsp Garlic Powder	9 lbs + 10oz Spaghetti Pasta
½ c. Italian Seasoning	1 ½ tsp Salt, Table

Brown meat in brazing pan and drain. Season with dehydrated onion, garlic powder, and black pepper. Cook for approximately 5 minutes on the range. Melt margarine and add onion powder, garlic powder, and Italian seasoning. Sauté for a few minutes. Add orange juice and tomato paste. Mix until

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incorporated with margarine mixture. Add diced tomatoes (undrained) and water, bring to a boil, stirring constantly so sauce does not stick. Boil 20-30 minutes. Combine sauce with meat and put in steam table pan. Hold in warmer for hot service. Optional directions: after browning meat, dehydrated onions, garlic powder, and pepper, remove to steam table pans. Add margarine to braising pan and onion powder, garlic powder, and Italian seasoning. Lightly sauté until margarine melts. Add the orange juice and tomato paste and mix to incorporate. Add the diced tomatoes (do not drain) and water. Bring to a boil. Stir and boil for 20-30 minutes. Add the meat mixture back to the brazier and combine sauce and meat. Divide into steam table pans. Hold in warmer for hot meal service. To cook pasta: Break pasta into thirds. Weigh 3 lbs pasta in steam table pan. Cover with water. Sprinkle in salt. Steam for 7 minutes, then stir. Steam for approximately 8-10 minutes or until tender. Do not over-cook pasta. Rinse under warm water to prevent pasta from sticking together. Generously spray pasta with butter spray and toss to prevent pasta from sticking. Cover with plastic wrap and hold in warmer for hot service. This recipe utilizes commodity pasta and commodity tomato paste.

Note: Nutritional Info: Calories 257 Kcal, Total Fat 8.13g, Cholesterol 46mg, Sodium 308mg, Carbs 26.76g, Sugars 2.9g, Protein 19.39g - It is FSD's responsibility to verify nutritional analysis.

SPICY PEPPERONI ARTISAN PIZZA

(Yield: 24)

Lauren Hickman
McKinney ISD
9-12

24 each Calzone dough, 2.2oz, whole grain, frozen **3 lb Mozzarella Cheese, part-skim, shredded**
1 lb Banana Peppers, sliced, drained **9oz Chicken Pepperoni, sliced**
3 c. Pizza Sauce

Thaw dough one day prior to use. Place frozen dough on parchment -lined sheet pan(s) coated with cooking spray. Coat dough with cooking spray. Wrap with plastic wrap. Refrigerate dough overnight to thaw and temper. Remove dough from fridge 1 hour prior to use. The dough should be room temperature to handle. Place 1 dough on work surface. Gently stretch and press dough to 6x5 inch rectangle. Preheat convection oven to 350 F, std oven to 400 F or impinger oven to 450 F. For one pizza: For oven: on paper lined sheet tray or for impinger: on pizza screen coated with cooking spray, place 1 dough. Top 1 dough rectangle with the following: 1 oz spoodle sauce, 4 oz spoodle mozzarella cheese, 6 slices pepperoni, 1 oz spoodle peppers. Bake to 165 F, crust is browned and cheese is bubbly, convection oven 8 -10 minutes, standard oven 10-12 minutes or impinger oven 4 -5 minutes.

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Note: Nutritional Info: Calories 362 kcal, Total Fat 15.80 g, Cholesterol 41.39 mg, Sodium 1098.69 mg, Carbohydrates 31.19 g, Sugars 3.00 g, Protein 22.61 g, Calcium 411.92 mg - It is FSD's responsibility to verify nutritional analysis.

STUFFED BEEF BUN ROLL

(Yield: 24 servings)

Tiffany Muecke
Klein ISD
6-12

4 ½ lb Whole Grain Roll Dough **3 c. Carrots, Fresh, grated**
1 tbsp Garlic Whole, fresh, peeled **½ tspn Salt, iodized**
¾ c. Onions, Yellow **½ tspn Black Pepper, ground**
1½ c. Celery, Fresh 36 Ct. **1 c. Teriyaki Glaze Sauce**
2 lb Beef, Crumbles (6/5#) **3 tbsp Soybean Oil**

Prepare roll dough according to recipe. For a batch of 24 stuffed beef buns, recipe calls for 4.5 lbs roll dough. Chop garlic, onion, and celery into small pieces. Grate carrots. Sauté garlic and onion in oil until softened. Combine beef, celery, carrots, pepper, salt, and teriyaki sauce. Mix well. Add to garlic and onion. Cook for 10 minutes or until beef reaches 165 degrees F. Roll out 3oz of dough in round circle. Place a #10 scoop of mixed ingredients on 3oz of roll dough. Bring up dough from ends, then bring up the other two sides and pinch dough to make a tight seal. The beef roll should be round in shape and ingredients totally enclosed. Remember to flip the beef bun over so the "seams" are on the bottom. Allow dough to slightly proof. Bake at 350 for 10-12 minutes. Roll should be golden brown.-- This recipe won 2nd place winner of the Klein Top Chef Competition

Note: Nutritional Info: Calories 344.43 Kcal, Total Fat 11.28g, Cholesterol 13.98mg, Sodium 612.73mg, Carbs 46.92g, Protein 14.17g, Calcium 70.24mg, Sugar 8g, Kcal from Fat 29.48%, Kcal from Protein 16.46%, Kcal from Carbs 54.49% - It is FSD's responsibility to verify nutritional analysis.

SUPER HERO SPINACH FLATBREAD

(Yield: 25)

Jean Mosley
Coppell ISD
K-12

3 lbs + 2 oz Spinach, Frz, Chopped or leaf, CKD,BLD,DRND **1 lb + 9 oz Cheese, Mozzarella, Shredded**
75 oz Alfredo Sauce
25 each Flatbread, 6x6 WG Oven Fired, Rich's

(continued)

TWO-THREE DAYS before service, put the spinach in the walk-in to thaw. When the spinach is thawed, squeeze as much water as you can out of the vegetables, and then squeeze a little more. On day of service, heat the Alfredo sauce in the bag to 165 degrees F and mix with the drained spinach. Lay out flat breads and spray lightly with garlic spray. Top with #12 scoop of cheese-spinach mixture. Spread evenly. Top with 1.5oz mozzarella cheese (#12 scoop). Bake at 350 degrees F until cheese is bubbly and lightly golden. Hold warm for service.

Note: Nutritional Info: 10.63g Saturated Fat, 1031mg Sodium, 21.10g Total Fat, 45mg Cholesterol, 33.89g Carbohydrates, 22.49g Protein, 623.88mg Calcium, 22.96% Saturated Fat, 45.54% Total Fat, 32.52% Carbohydrates, 21.58% Protein - It is FSD's responsibility to verify nutritional analysis.

SWEET & SOUR CHICKEN

(Yield: 28 (4oz scoop))

Anonymous
K-12

7 lbs Cherry Blossom Chicken
Cherry Blossom Chicken Sauce that comes with the chicken
1 box (26 servings worth) of Brown Asian-Style Rice
1½ qts (6 cups) water

CHICKEN: Heat Oven 400 degrees. Place single layer of chicken on baking pan. Bake for 16-20 minutes, or until golden brown, and internal temperature reaches 160 degrees. Heat Sauce in steamer. Add sauce to chicken just prior to serving. Mix thoroughly to lightly cover all chicken pieces. RICE: Combine 1 ½ quarts (6 cups) HOT water (190°F) and contents of seasoning packet in a deep half size pan. Stir well to disperse seasoning in water. Add rice and and 2 ounces butter (optional) and mix well. Cover and bake at 400°F for 25 minutes or until MOST of the water is absorbed. Stir well. Serve immediately or keep warm (160 °F). Fluff with fork before serving. -- For FIRMER RICE, use LESS water and REDUCE cooking time. For SOFTER RICE, use MORE water and INCREASE cooking time. To REFRIGERATE COOKED RICE: Cover tightly to keep grains from drying out and absorbing odors from other foods. To REHEAT COOKED RICE: Add a small amount of water and cover. Heat in an oven, steamer or on a stove top.

Note: Nutritional Info: CHICKEN: Calories 150 kcal, Total Fat 3.06 g (18.37%), Cholesterol 50 mg, Sodium 199 mg, Carbohydrates 18.37 g (48.98%), Protein 13.27 g (35.37%), -- RICE: Calories 210 kcal, Total Fat 2.00 g, Sodium 450 mg, Carbohydrates 42.00 g, Sugars *N/A* g, Protein 5.00 g, Calcium 20.00 mg - It is FSD's responsibility to verify nutritional analysis.

SWEET & SOUR COCONUT CHICKEN

(Yield: 1 serving)

Keesha Smith
Cedar Hill ISD
K-12

3 each Chicken Tender, 1.13oz, Tyson
½oz Coconut, shredded
1oz Sweet & Sour Sauce, LJ Minor
½ c. Whole Grain Rice

Preheat oven to 400° F. Spread coconut evenly on lined sheet pan. Bake in oven until edges begin to brown. Remove when light brown. Toss thawed chicken fingers in sweet & sour sauce. Place on lined sheet pan and bake in oven until temperature reaches 165° F. Toss with coconut and hold. Prepare rice according to recipe. Serving = 3 Tenders and ½ cup rice.

Note: Nutritional Info: Calories 459 kcal, Total Fat 19.96 g (39.16%), Cholesterol 25.29 mg, Sodium 557.55 mg, Carbohydrates 52.32 g (45.63%), Sugars *6.20* g, Protein 17.91 g (15.62%), Calcium 42.17 mg - It is FSD's responsibility to verify nutritional analysis.

TACO SOUP

(Yield 200)

Becca Sullivan
Hydro Eakly Public Schools
PRE K-12

15lb Ground Beef
22oz (1 package) Taco Seasoning
3.2oz (1 package) Dry Ranch Mix
2 6lb cans Corn
1 6lb can Diced Tomatoes
2 6lb cans Chili Beans
1 36oz box Spanish Rice
3 Tbsp Beef Broth Powder

Brown beef, then mix all ingredients together in large stock pot. Add water for thinner consistency. Serve with cornbread, crackers or chips.

Note: Nutritional Analysis: Calories 165, Total Fat 6g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 31mg, Sodium 663mg, Potassium 324mg, Total Carbs 14g, Dietary Fiber 3g, Sugars 3g, Protein 11g - It is FSD's responsibility to verify nutritional analysis.

TEXAS CHICKEN AND RICE CASSEROLE

(Yield: 50 (1 cup portions or 2 #8 scoops))

Ann Shetler
Pearland ISD
K-12

3 lb Brown Rice, par-boiled	1 c. Green Bell Pepper, diced
12 c. + 8 fl oz Water	1 lb + 1 c. Mild Cheddar Cheese, shredded
8 c. Diced Tomatoes in Juice	5 lb. Fully-Cooked Chicken, diced, frozen (½" diced dark and white meat)
½ c. Chili Powder, mild	1 lb Mozzarella Cheese, shredded
¼ c. Chicken Base (Minor preferred)	
2 tbsp Garlic Powder	
2 tbsp Cumin Seed, whole	
1 c. Onions, raw, chopped	

Combine rice, water, tomatoes, chili powder, garlic powder, cumin, chicken base, onion, and bell pepper in two 2 inch steam table pans (1½ pounds rice per pan). Cover tightly. Use 4 cups diced tomatoes per pan. Place in 375 degree F convection oven for 30-40 minutes or until all liquid is absorbed and internal temperature is 165 degrees or above. Combine chicken and cheddar with cooked rice mixture and return to oven until an internal temperature of 165 degrees F is reached, approximately 15 minutes. Cover casserole with shredded white cheese and hold for service at 145 degrees F or above. 8 oz cheese per pan. To serve cut each pan 5 x 5. Cut each pan in 5 x 5 portions. Portion size is 1 cup, which is two #8 scoops.-- The diced chicken is commodity chicken (when available).

Note: Nutritional Info: Calories 269.28Kcal, Fat 10.33g (34.55%), Cholesterol 58.89mg, Sodium 278.98mg, Carbs 23.09g (34.31%), Sugar 1.21g (1.80%), Protein 19.46g (28.91%), Calcium 158.38mg - It is FSD's responsibility to verify nutritional analysis.

TO-GO STUFFED TACO

(Yield: 100)

Sarah Smith
Brady ISD

100 Whole Grain Tortilla (8 inch) - Frozen	25 C. Raw Sweet Green Peppers, Chopped
100 large (6-½" diameter) Taco Shells	25 C. Raw Onions, Chopped
10 Oz Mexican Seasoning Mix	1 Pint Canned Tomato Paste, Low-Sodium
150 Oz Beef Crumbles	10 C. Canned Tomato Sauce with Onions and Green Peppers
50 C. Whole Pinto Beans, Canned, Low-Sodium (we recommend cooking your own pinto beans so you can control the sodium and blend with a little water with an emulsion blender to make "refried" beans)	100 Oz. Cheese, Reduced Sodium
	25 C. Romaine, Shredded
	100 T. Red Ripe Tomatoes, Chopped or Sliced
	2 T. Coriander Leaf, Dried

Take your flour tortilla and spread ½ cup of refried beans all over (make sure the flour tortilla is around the same size as the taco shell). Take taco shell and place in center of flour tortilla and begin to stick the flour tortilla to the taco shell (the beans act as "glue"). If your beans are too thick or dry, it will not stick...make sure to add a little water to your beans to thin them out a bit if needed. Place 1.5 ounces of taco meat at bottom of taco. Top meat with lettuce and tomato. Top lettuce and tomato with 1 ounce of cheese. Wrap taco with wrapping paper and seal with a sticker. For Build it yourself tacos or "Twosday" Tacos (recommended for upper elementary grades and MS or 3-8th grade), print the how-to-assemble instructions and put in center of each table in dining area. Make sure to show each step. Serve each taco with sour cream and 1 ounce of fresh salsa. Each taco provides 2 whole grains, 2 meat, ¾ cup veggie (with ½ cup being legumes). To make a complete meal for HS, offer 1 cup of fruit, ¼ cup of fresh salsa, and milk. Sour cream and ranch are optional. But the taco alone makes up a reimbursable meal if that is all the student chooses to take! To make a complete meal for BE/MS offer ½ cup of fruit and milk. Salsa, sour cream and ranch could be optional. -- Our local or school garden ingredients would be tomatoes, lettuce and cilantro. Our commodity ingredient would be beef and wheat tortillas. Substitutions could be using turkey or chicken meat and black beans instead of pintos.

Note: Calories 516 Kcal, Total Fat 15.64g, Cholesterol 54.01mg, Sodium 860.62mg, Carbs 63.61g, Protein 30.21g, Calcium 421.97mg, Calories from Total Fat, 16.42% Calories from Saturated Fat, 49.35% Calories from Carbs, 23.44% Calories from Protein - It is FSD's responsibility to verify nutritional analysis.

TORTILLA ROLL-UP

(Yield: 48 (1 roll-up each))

Diane Partlow
Fort Elliot CISD
6-12

- | | |
|---|---|
| 1 qt + 2 c. Reduced fat Monterey Jack Cheese, shredded | 3 c. Mild Salsa, chunky |
| 24 each Whole Grain Flour Tortilla, 8-inch (at least 1.8 oz each) | 3 tbsp + 1 tsp Fresh Onions, chopped OR Dehydrated Onions |
| 3 qt. Cooked Chicken or Turkey, chopped | 1 c. Fresh Red Bell Pepper, seeded, minced (optional) |

Sprinkle 1 oz (¼ cup) of shredded cheese on each tortilla. In a bowl, combine chicken or turkey, salsa, onions, and red pepper (optional). Spread 3 ½ oz (½ cup) of chicken or turkey mixture on tortilla. Roll tortilla like a jelly-roll. Place 6 rolled tortillas in each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with foil. Bake: Conventional oven: 375° F for 15 minutes. Convection oven: 325° F for 15 minutes. CCP: Heat to 165° F or higher. Cut each tortilla in half. CCP: Hold for hot service at 140° F or warmer. Portion is 1 roll up (½ filled tortilla).

Note: Nutritional Info: Calories 182Kcal, Protein 14.93 g, Carbohydrate 14.12 g, Total Fat 6.95 g, Cholesterol 36 mg, Calcium 131 mg, Sodium 286 mg - It is FSD's responsibility to verify nutritional analysis.

TUNA SALAD

(Yield: 24 (½ cup servings))

Kathy Huey
White Settlement ISD
K-12

- | | |
|---|--|
| 1 can (66.5oz, drained) Tuna Fish, Canned water, drained solids | ½ c. Pickle Relish, sweet |
| 2 c. Celery, raw, chopped | 1 tbsp Spice, Mustard, ground |
| 1 c. Onions, raw, chopped | 1 pint, ½ c. Salad Dressing, Mayonnaise type |
| 1½ c. Apples, raw, with skin, quartered or chopped | 1½ tsp Black Pepper, ground |
| | 1 tsp Salt, table |

Mix all ingredients together. Refrigerate immediately. Optional: Onions, reduce serving for recipe by 2 serving.

Note: Nutritional Info: Calories 339.65Kcal, Fat 6.96g (18.46%), Cholesterol 139.84mg, Sodium 1446.85mg, Carbs 9.34g (11%), Sugar 0(M) (0%), Protein 56.50g (66.54%), Calcium 8.08mg - It is FSD's responsibility to verify nutritional analysis.

TURKEY PICADILLO

(Yield 24 (#6 scoop))

Anna Erika Rivas
Pharr-San Juan-Alamo
K-12

- | | |
|------------------------------|--|
| 5lb Turkey Breast, diced | 13 ½oz Tomato Paste, canned, without salt |
| ½oz Onion, chopped | 1lb +14oz Corn, canned, whole kernel |
| 3 grams Granulated Garlic | 1lb Tomatoes, diced, no salt added |
| 3 grams Black Pepper, ground | 1lb + 14oz Green Beans, low-sodium, canned |
| 5/8oz Chili Powder, light | |
| 1lb + 12 7/8oz Water | |

Pour water and turkey into a kettle. Let simmer for approximately 30 minutes. Add all the rest of the ingredients to kettle and cook for 30 minutes. Ready for serving.

Note: Nutritional Info: Calories 131 kcal, Total Fat 1.63 g (11.18%), Cholesterol 27 mg, Sodium 718 mg, Carbohydrates 14.78 g (45.14%), Sugars *0.0* g, Protein 15.28 g (46.65%), Calcium 108.50 mg - It is FSD's responsibility to verify nutritional analysis.

TURKEY RICOTTA PASTA

(Yield: 30)

Alicia Barnes
Grapevine-Colleyville ISD
K-12

- | | |
|------------------------------|---------------------------------|
| 2.5 lb Ground Turkey (85/15) | 5 lb Ricotta Cheese |
| 2.5 lb Turkey Sausage, fresh | 1½ c. Crumbled Feta Cheese |
| 1 c. Dry Parsley | 1 c. grated Parmesan Cheese |
| 2 tbsp Garlic Powder | 32 oz Fat Free White Milk |
| 2 tbsp Italian Seasoning | 5 lbs Rotini Pasta, whole grain |
| 2 tbsp Oregano | 2 c. Fresh Basil, chopped |

Cook turkey and sausage with parsley, garlic powder, Italian seasoning, and oregano. Cook to 170, drain, and hold in hot holding unit. Drain ricotta cheese. Cook pasta till al dente. When pasta is cooked, drain. Do not rinse. Add all ingredients except basil to pasta and toss before serving. Add chopped basil

Note: Nutritional Info: 560 Calories, 20.88g Total Fat, 9.21G Saturated Fat, 20g Trans Fat, 688.54mg Sodium, 60.54g Carbs - It is FSD's responsibility to verify nutritional analysis.

TURKEY STIR-FRY

(Yield: 186 (.5 cup serving size))

Michelle Risenhoover
Birdville ISD
6-12

25 lb Turkey, Diced	2 c. Soy Sauce
1 lb Carrot Coins	1 ¾ c. cornstarch
25 lb Veg Stir Fry	6 tbsp Spice Garlic Powder
3 oz Spice, Chicken Base 12/1#	1 ¼ tbsp Pepper, white
1 gal. Water, tap	3 c. Oil, Vegetable

Pre-Preparation Instructions: Dissolve cornstarch in soy sauce. Add spices. Make chicken stock. Preparation Instructions: Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. Cook for 3-5 minutes until thickened. Lower heat. Add diced turkey and vegetables to broth. Heat to serving temperature. Egg roll is typically served with this dish (optional).

Note: Nutritional Info: 79g Saturated Fat, 358.04mg Sodium, 4.27g Total Fat, 21.50mg Cholesterol, 7.61g Carbohydrate, 9.88g Protein, .61mg Calcium, Percentage of Calories, Saturated Fat, 6.33%, Total Fat, 34.19%, Carbohydrate, 27.06%, Protein, 35.11% - It is FSD's responsibility to verify nutritional analysis.

TURKEY WRAP

(Yield: 50 wraps)

Robin Wantland
Denton ISD

3lb + 2oz Cheese, Cream	50 slices Cheese, Reduced Sodium and Reduced Fat
50 Tortilla, White Wheat, 6 inch	
3lb + 2oz Turkey Breast, Jennie-O	1 qt + 2 c. Romaine Lettuce, chopped
3lb + 2oz Turkey Ham, Jennie-O	

Spread cream cheese to within ½ inch of the edge of each flour tortilla. Place 1oz. EACH of turkey breast and turkey ham and 1 slice of cheese, and 2T of chopped lettuce on each tortilla. Slice diagonally in half. Place menu tissue in a #50 paper food tray and lay both halves of turkey club wrap in tray. Hold under refrigeration or serve immediately. Hint: The day before this is on the menu, pre-measure turkey, turkey ham, and sliced cheese, separating each complete serving with paper or foil sheets. This will make sandwich assembly much easier on preparation day.

Note: Nutritional Info: Calories 280 kcal, Total Fat 15.95 g, Cholesterol 73.08 mg, Sodium 742.07 mg, Carbohydrates 16.69 g, Sugars *0.00* g, Protein 65.79 g, Calcium 172.75 mg - It is FSD's responsibility to verify nutritional analysis.

WHOLE WHEAT MACARONI AND CHEESE

(Yield: 53 1 cup (#8 scoop) or 159¹/₃ cup (#12 scoop))

Sharon Glosson
North East ISD

5 Lb. Whole Wheat Macaroni	1 C. Margarine, Melted
5 Gal. Water	1 Tbsp. + 1 Tsp. Salt
2 Tbsp. Salt	8 Lb. Shredded American Cheese
1 Gal + 2 C. Skim Milk, Fluid	

Dissolve salt in rapidly boiling water and add pasta. Bring water to a second boil, boil for 20 minutes, stir, cover, and remove from heat. (Steamer directions: Place 1½ Lb. of noodles in a 4 In. pan, cover with water, and steam for 40 minutes). Drain immediately. Rinse with cold water to stop cooking. If boiling noodles, divide macaroni evenly among 2-4" full size steam table pans, about 6¼ Qt. cooked macaroni per pan. Melt margarine. Put 4 Oz. into each pan. Pour 2 Qt. + 1 C. skim milk into each pan. Add 4 Lb. of American cheese to each pan. Carefully stir ingredients together. Blend completely. Mixture will be very thin. Bake uncovered in a 325 degrees F convection oven (350 degrees F standard oven) for about 15 minutes, then stir gently. Stirring is a critical step! Continue cooking for an additional 30-45 minutes, stirring every 15 minutes or until the cheese melts and the internal temperature is at least 135 degrees F. Continue cooking an additional 10-20 minutes until the mixture is creamy in texture (sauce will be a little thin). Remove from oven and stir again. Stirring is a critical step! Mixture will be thin. Allow ½ to 1 hour holding time because it will continue to thicken as it stands. Cover with plastic wrap. Hold between 135 degrees F and 160 degrees F until service. Check temperature during holding. If temperature drops below 135 degrees F, rapidly reheat to 165 degrees F and return to warmer or steam table.

Note: Nutritional Info: Kcal 130.131, Total Fat 3.838g (0.1%), Saturated Fat 2.15g (0.1%), Protein 6.396g (0.2%), Carbs 18.022g (0.6%), Calcium 119.411mg (1.019%), Sodium 89.572mg, Cholesterol 11.119mg - It is FSD's responsibility to verify nutritional analysis.

CATEGORY

3



CATEGORY

3

SIDE DISH

BLACK BEAN SALSA

(Yield: 104 (½ cup portions, #8 scoop))

Suzanne Magee
Little Cypress-Mauriceville

2 #10 can Black Beans, canned, turtle, low-sodium	6 tbsp Chili Powder
5 lb Corn, frozen, whole kernel	6 tbsp Cumin, ground
2 c. Italian Dressing, fat-free	4 tbsp Garlic Powder
	2 cans Rotel Tomatoes

Chill all ingredients overnight prior to preparing this recipe. Mix all ingredients together.

Note: Nutritional Info: Calories 83Kcal, Total Fat .23g (2.53%), Cholesterol 0mg, Sodium 209.57mg, Carbs 16.29g (78.69%), Protein 4.34g (20.95%), Calcium 24.30mg - It is FSD's responsibility to verify nutritional analysis.

BUFFALO FIRE FLOWERS

(Yield: 100)

Sarah Smith
Brady ISD
suggested for 6-12

50 C. Raw Cauliflower, Chopped, ½" Pieces	1 C. Olive Oil
1 T. Raw Garlic (or Garlic Powder)	100 each Ranch Packets
25 Oz. Buffalo Wing Sauce	Ranch or Blue Cheese Dressing (optional)

This recipe can be served cooked or raw depending on your students preference. We have tested and it seems that older students and adults prefer cooked and younger prefer raw. If cooking you will need to sauté cauliflower florets in the olive oil on high heat stirring continuously for about 5 minutes. You want the cauliflower to be tender but not falling apart. Shut the heat off and add the wing sauce and spices and stir until coated. You can add a little water to thin out the sauce if needed. If serving raw, then omit the cooking step and fresh garlic... replace with garlic powder and mix cauliflower with spices and sauce until well coated. Serve ½ cup of either cooked or raw veggies with a ranch or blue cheese dressing. Each serving provides ½ cup of other vegetables. This recipe is recommended for secondary grade levels only and always as a choice to another veggie that is not spicy... could compete it out with plain cauliflower. -- Our local or school garden ingredients would be cauliflower. Substitutions for veggie recipe could be broccoli or any other veggie.

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Note: Nutritional Info: Calories 43 Kcal, Total Fat 2.31g, Saturated Fat .33g, Trans Fat 0g, Cholesterol 0mg, Sodium 336.11mg, Carbs 4.69g, Dietary Fiber 1.07g, Protein 1.03g, Calcium 11.95mg, Iron .24mg, Water 49.31g, Ash .41g, 48.81% Calories from Total Fat, 7.03% Calories from Saturated Fat - It is FSD's responsibility to verify nutritional analysis.

CAPRESE TOMATO & BASIL SALAD

(Yield: 24 (½ cup portions))

Patty Willhite
Aledo ISD
K-12

4 lb Cherry Tomatoes, red and yellow
½ lb Feta Cheese
½ c. Balsamic Vinegar, distilled
¼ c. Basil, fresh, whole leaves

Wash and halve red and yellow cherry tomatoes. Chop fresh basil and mix into tomatoes. Put ½ cup tomatoes into ivox. Top with 3-5 dashes of balsamic vinegar and crumbled feta. Chill and serve.

Note: Nutritional Info: Calories 96kcal, Total Fat 5.11g, Cholesterol 0.18mg, Sodium 410.56mg, Carbs 5.04g, Protein 7.82g, Calcium 137.80mg, Calories from Total Fat 47.89%, Calories from Saturated Fat 31.21%, Calories from Carbs 20.99%, Calories from Protein 32.58% - It is FSD's responsibility to verify nutritional analysis.

CHARRO BEANS

(Yield: 74 (6 Oz. Each))

Cecilia Rodriguez
Fort Worth ISD

4 #10 Cans Pinto Beans
1 C. Dehydrated Onion Flakes
2 Qt. Tomatoes, Diced, Canned
3 Tbsp. Chili Powder
1 Tbsp. Table Salt
1 Tbsp. Whole Black Pepper
1½ Tbsp. Garlic Powder
2 Tbsp. Ground Cumin
2 C. Fresh Cilantro Leaves

Per full 4" steam table pan: Mix together 2-#10 can pinto beans, 1 Qt. diced tomatoes, 1½ Tsp. salt, 1½ Tbsp. chili powder, 1½ Tsp. pepper, 1¾ Tsp. garlic powder, ½ C. dehydrated onion, and 1 C. canned green chile peppers. Place steam table pan in steamer for 10 -15 minutes or until internal temperature is met. Wash and prepare fresh cilantro. Chop cilantro leaves. Add 1 cup cilantro leaves per steam table pan. Cover and vent steam table pan. Place in warmer until ready for service. Serving = 6 oz perforated spoodle of charro beans. Serving = 6 oz perforated spoodle of charro beans. Meal Contribution = ½ c VEG (Legume). 37 servings of 6 oz perforated spoodles per full 4" pan.

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Note: Nutritional Info: Calories 159 kcal, Total Fat 1.50 g, Saturated Fat 0.02 g, Sodium 638.34 mg, Carbohydrates 29.35 g, Dietary Fiber 8.61 g, Protein 8.51 g, Calcium 92.47 mg, 8.48% Calories from Total Fat, 0.11% Calories from Saturated Fat, 73.71% Calories from Carbohydrates, 21.37% Calories from Protein - It is FSD's responsibility to verify nutritional analysis.

CHARRO BEANS

(Yield: 52 (½ cup portions or #8 scoop))

Adan Cortez III
Magnolia ISD
K-12

5 lb Pinto beans, cooked dry beans, whole
1 #10 can Salsa
1 c. Onions, fresh, diced
1 c. Green Bell Peppers, fresh
¼ c. Cilantro
2 tbsp Garlic Powder
1 tbsp Onion Powder
2 tbsp Black Pepper, ground
½ tbsp Cumin, ground
3 gallons Water

Soak beans overnight in water. In the morning drain water and refill with clean water. Make sure water level is covering beans. Bring water to a boil and let cook for 1hr or until tender. Once tender add onions, bell pepper, salsa, garlic powder, onion powder, black pepper and cumin to beans and allow to cook for 30 minutes or until sauce is thick and beans are fork tender. Separate beans into steam table pans and add finely chopped cilantro. Cover pans and hold in warmers at 165°F or higher for hot service. Serve using a #8 scoop or 4oz spoodle. -- This recipe utilizes commodity pinto beans and commodity salsa.

Note: Nutritional Info: Calories 84 Kcal, Total Fat 0.3g (0%), Cholesterol 0mg (0%), Sodium 144mg (6%), Total Carbs 16g (5%), Protein 4g (8%) - It is FSD's responsibility to verify nutritional analysis.

CHEESY POTATO SKINS

(Yield: 50 servings)

Robin Wantland
Denton Elementary

9lb + 6oz Potato Wedges, Ore-Ida
6lb + 4oz Diced Turkey Ham, ½", Jennie-O
9;lb + 6oz Cheddar Cheese Sauce, Reduced Sodium
50 each Breadstick, Whole Wheat

Thaw diced turkey ham overnight in refrigerator. Heat cheese sauce in steamer or combi-unit for 15-20 minutes or until cheese reaches 145°F. Preheat convection oven to 425°F for potato wedges. Place potato wedges in single layer on sheet pan. Bake for 7-11 minutes. Steam diced turkey ham

(continued)

in a covered perforated pan in the steamer or combi-unit for 5 minutes or until turkey ham reaches 145°F. Prior to serving time, Weigh each serving of potato wedges to be equal to 3 oz in a 12 oz. black bowl. Next, place ½ cup (using a #8 scoop) of diced turkey ham on top of the potato wedges. Then, place ⅔ cup (using a #10 scoop) of cheese sauce on top of the diced turkey ham and the potato wedges. Place the bowls of the Cheesy Potato Skins in the warmer wrapped in a sealed bun pan bag - Do not use a lid. Assembly of the Cheesy Potato Skins must be just done prior to serving time, in 12 oz. black bowls and must be assembled in the 12 oz. black bowls in the following order: Potato Wedges, Diced Turkey Ham, then Cheese Sauce.

Note: Nutritional Info: Calories 418 kcal, Total Fat 15.22 g, Cholesterol 69.86 mg, Sodium 1122.16 mg, Carbohydrates 42.40 g, Sugars *0.00* g, Protein 24.20 g, Calcium 372.94 mg - It is FSD's responsibility to verify nutritional analysis.

COLD PEACH PINTO BEAN SALAD

(Yield: 32 (½ cup or #8 scoop))

Sharon Glosson
North East ISD

1 #10 can Pinto Beans, drained, rinsed (preferably chilled, so they will stay firmer while mixing)	2 C. Cilantro
2 ½ C. Tomatoes, diced	⅓ C. Jalapeños
4 C. Peaches, diced, canned	2 Tsp. Salt
½ C. Onion	1 Tsp. Black Pepper
	1 Tsp. Garlic Powder

Chill all ingredients overnight before preparation. Salad ingredients must be handled with a utensil or gloves during all steps of preparation. Suggestion: Make one batch at a time since pinto beans will mash if stirred too much. -- Drain liquid from pinto beans and rinse. Wash tomatoes and dice. Drain liquid from diced canned peaches. Gently fold together pinto beans, tomatoes, and peaches. Peel onion and finely dice. Wash and drain cilantro. Chop with stems. Wash and finely dice jalapeños with seeds. Combine salt, black pepper, and garlic powder. Add all ingredients to pinto beans, tomatoes, and peaches. Gently toss. Chill to 41 degrees F within 4 hours. Hold at 41 degrees F until served. Use a #8 scoop (½ cup) to portion.

Note: Nutritional Info: Kcal 103.747, Total Fat 0.042g (0%), Saturated Fat 0.006 (0%), Protein 5.527g (0.2%), Carbs 20.529g (0.8%), Calcium 51.166mg, Sodium 202.367mg, Cholesterol 0.033mg - It is FSD's responsibility to verify nutritional analysis.

CORN RELISH

(Yield: 24 (½ cup servings))

Ann Shetler
Pearland ISD
9-12

3 c. Black Beans, canned, drained	1 c. Red Bell Pepper, diced
6 c. Whole Kernel Corn	1 c. Green Bell Pepper, diced
1 c. Onions, raw, chopped	1 c. Italian Dressing, Low-Fat

Open can of black beans, pour into a colander and rinse and drain beans. Measure 3 Cups after beans have drained. If using frozen corn, allow frozen corn to thaw. Thawed product should equal 6 cups. May place in steamer 5 minutes and drain. Combine drained beans and corn. Add diced vegetables. Stir dressing into vegetables. May serve immediately or allow to marinate under refrigeration. Serve chilled. Portion ½ cup (#8 scoop) in a black ivex. If it is for an ISS sack lunch, portion in a 4 oz soufflé cup with a lid.

Note: Nutritional Info: Calories 87.54Kcal, Fat 1.16g (11.94%), Cholesterol 0mg, Sodium 202.35mg, Carbs 16.24g (74.24%), Sugar 2.06g (9.44%), Protein 3.31g (15.15%), Calcium 8.32mg - It is FSD's responsibility to verify nutritional analysis.

COWBOY SAUCE FOR CHICKEN TENDERS

(Yield: 25 (2oz soufflé cups each))

Jean Mosley
Coppell ISD
K-12

4 ⅓ c. Mayo, Kraft	2 ¼ tsp Garlic, Granulated
⅝ c. Ketchup	8 ¾ tsp Pepper, Black, Ground
3 oz Worcestershire Sauce	1 tbs + 1 ⅜ tsp Paprika

Mix all ingredients thoroughly. Serve in 2 oz. soufflé cups.

Note: Nutritional Info: 4.17g Saturated Fat, 318mg Sodium, 30.61g Total Fat, 0mg Cholesterol, 1.16g Carbohydrates, 0 Protein, 0mg Calcium, 13.17% Saturated Fat, 96.60% Total Fat, 1.63% Carbohydrates, 0% Protein - It is FSD's responsibility to verify nutritional analysis.

CURRIED CAULIFLOWER

(Yield: 25 (½ cup portions))

Jean Mosley
Coppell ISD
K-12

2 ¾ tsp Curry Powder 1 ¾ tsp Salt, Kosher
¼ c. + 1 7/8 tsp Oil, Industrial, Canola 5 lbs + 9 oz Cauliflower, Frz, Unprep

Preheat oven to 350 degrees. In a large bowl, mix the spices and oil. Toss the measured cauliflower with the spice mix. Try to get it as evenly distributed as possible. Put the seasoned cauliflower in a single layer on paper lined sheet pans and put in the oven. Bake for 5 minutes at 350 degrees. Turn up the temperature to 400 degrees and cook for another 5 minutes. The cauliflower should be very lightly browned on the edges and hot (165 degrees). Remove from the oven and hold hot until service. Serve with 6-ounce spoodle.

Note: Nutritional Info: .22g Saturated Fat, 122mg Sodium, 2.86g Total Fat, 0mg Cholesterol, 4.72g Carbohydrates, 2.03g Protein, 22.18mg Calcium, 4.09% Saturated Fat, 54.250% Total Fat, 39.70% Carbohydrates, 17.05% Protein - It is FSD's responsibility to verify nutritional analysis.

FRIED RICE

(Yield: 90 (½ c. portions))

Tanya Davis
Henderson ISD
K-12

¼ lb Margarine 3 lb Brown Rice, long-grain, dry
4 c. Onions, raw, chopped 2 tbsp Garlic Powder
5 qt Water 1 lb Green Peas, cooked from frozen,
2 tbsp Chicken Broth or Bouillon, without salt
dehydrated, low-sodium 1 lb Carrots, frozen, unprepared
3 lb White Rice, long-grain, parboiled 1 c. Soy Sauce

Melt margarine and divide between two (2) 4" full size steam table pans. Stir in 12 cups (6#) rice (6 cups in each pan). Lightly brown in oven. Add chopped onion, peas, and carrots. Dissolve chicken base in water. Stir in soy sauce and water. Add garlic powder. Cover and cook until light and fluffy, about 1 hour at 350°. Stir after 30 minutes and again before serving. ***We use the fried rice at all campuses with a mandarin orange chicken that is delicious. Therefore, I serve ½ c. rice along with breaded chicken to make up two components of the meal (meat and grain). The rice is whole grain because I use 50% brown and 50% white.***

Note: Nutritional Info: Calories 134 kcal, Total Fat 1.71 g (11.49%), Cholesterol 0.00 mg, Sodium 151.87 mg, Carbohydrate 26.06 g (77.78%), Protein 3.13

(continued)

g (9.33%), Calcium 18.38 mg - It is FSD's responsibility to verify nutritional analysis.

GLAZED CARROTS

(Yield: 11lb, 7⁵/₈oz (½ cup serving size))

Kathy Huey
White Settlement ISD
K-12

10lb Carrots, Frozen, Sliced 2 c. Brown Sugar, packed
8 oz Margarine, Vegetable (1 lb
blocks, 30 lbs)

Weigh 5 lb of carrots. Place into a 4" deep Half-Size Pan. Repeat process. Place 4 oz margarine in each pan. Place one cup of brown sugar in each pan. Steam approximately for 10 minutes depending on steamer. Check for tenderness, stir. Cook until 140°. Place in warmer.

Note: Nutritional Info: 103.18Kcal, Fat 3.56g (31.09%), Cholesterol 0g, Sodium 86.13mg, Carbs 15.02g (58.25%), Sugar O(M) (0%), Protein 1.072g (4.16%), Calcium 25.22mg - It is FSD's responsibility to verify nutritional analysis.

GREEN BEANS WITH CHOPPED HAM AND GARLIC

(Yields 24)

Becca Sullivan
Hydro Eakly Public Schools
PRE K-12

6lb can Green Beans (1 can) 1 clove, Fresh Garlic (minced)
1 c. Chopped Ham, USDA

Add all ingredients into deep pan and cook on medium heat for 2 hours or on high heat for 1 hour.

Note: Nutritional Info: Calories 23, Total Fat 0g, Cholesterol 1mg, Sodium 320mg, Potassium 1mg, Total Carbs 4g, Dietary Fiber 2g, Sugars 2g - It is FSD's responsibility to verify nutritional analysis.

HONEYED CARROTS

(Yield: 50 (½ cup portions))

Deborah Pilgrim
Lampasas ISD

11 lbs. Carrots, Frozen, Unprepared 2 tbsp. Lemon Juice, CND or BTL
1 ½ c. Orange Juice, CND, 2 tsp. Ginger, Ground
Unsweetened 2 cups Honey

(continued)

In a large saucepan mix orange juice, lemon juice, ginger and honey and bring to a boil. Please 11# of carrots in 4 inch steam table pan. Pour the mixture in the saucepans over the carrots and stir. Put in steamer and cook for 8-10 minutes. Stir and place on steam table.

Note: Nutritional Info: 0.05g Saturated Fat, 69mg Sodium, 0.48g Total Fat, 0mg Cholesterol, 19.97g Carbohydrates, 0.88g Protein, 37.63mg Calcium, 0.56% Saturated Fat, 5.28% Total Fat, 98.59% Carbohydrates, 4.34% Protein - It is FSD's responsibility to verify nutritional analysis.

KICKIN' CHARRO BEANS

(Yield: 100 (½ cup portions))

Meghan Martinson
Eagle Mountain-Saginaw ISD
K-12

4 cans Beans, Pinto, Low NA, Bushes'	1 tbsp + 1 tsp Ground Black Pepper
1 tbsp + 2 tsp Garlic Powder	1½ cup Onions, raw, chopped
1 tbsp + 1 tsp Salt, table	2lb + 11oz Red Tomatoes, ripe, raw
	2oz Cilantro

Do not rinse or drain beans. Add garlic, salt, and black pepper to beans. Simmer for approximately 30 minutes. Add chopped onions, tomatoes, and cilantro to the beans and cook for approximately 30 more minutes. Place beans in steam table pans. Cover with lid and place in warmers until serving time.

Note: Nutritional Info: Calories 101 kcal, Total Fat 0.03 g, Cholesterol 0.00 mg, Sodium 229.72 mg, Carbohydrates 18.37 g, Sugars *0.33*g, Protein 6.00 g, Calcium 41.50 mg, 0.30% Calories from Total Fat, 72.67% Calories from Carbohydrates, 23.76% Calories from Protein - It is FSD's responsibility to verify nutritional analysis.

MAYOCOPA BEAN SALAD

(Yield: 28 (½ cup servings))

Sunnie Caldwell
Sabine ISD
6-12

2 lb. Mayocopa Beans, Dry	¼ c. Lemon Juice, CND or BTLD
¾ c. chopped + 1cup, chopped, Onions, Raw	¼ c. Olive Oil, Arrezzo's
3.4 c. Tomato, Fresh, Diced	1 tbsp + 1tsp Salt, Kosher
¼ c. Chopped + 2tbsp chopped Peppers, Jalapeño, CND, SOL & LIQUIDS	2 tbsp Seasoning, All Purpose, Salt Free
¾ tsp Peper, Black, Ground	1 ½ tbsp Chili Powder
2 tbsp Garlic Powder	1 tbsp + 1tsp Cumin, Ground
	½ c. Chile Peppers, Diced, Green

Drain and rinse beans. Add about 1 gallon of water to beans and 1 cup chopped onions, 1 TBSP Garlic Powder, ½ cup Jalapeño Pepper Juice, and 2 TBSP All Purpose Salt Free Seasoning. Simmer Gently with lid tilted for 1.5 to 2 hours or until desired tenderness. Do not over cook. Finely chop onions, peppers and tomatoes while beans are cooking. Place in small bowl and hold in cooler until beans are don. When beans are done, drain and pour into a large bowl and allow to cool slightly. Combine beans, small bowl of chopped items and all remaining seasonings. Toss lightly to avoid crushing the beans. Cover and chill in walk-in

Note: Nutritional Info: 0.32g Saturated Fat, 391.71mg Sodium, 3.17g Total Fat, 0.00mg Cholesterol, 21.87g Carbohydrates, 8.70Protein, 22.18mg Calcium, 2.33% Saturated Fat, 23.43% Total Fat, 71.77% Carbohydrates, 28.54% Protein - It is FSD's responsibility to verify nutritional analysis.

MEXICAN CAVIAR SIDE SALAD

(Yield: 50 (½ cup portions))

McKensie Montgomery
Keller ISD
K-12

1 #10 can Black Beans, canned	1 Jalapeño Pepper, raw
3 large Green Peppers, raw, sweet	1 c. Apple Cider Vinegar
3 large Red Peppers, raw, sweet	1 tbsp Olive Oil
½ lb Cilantro, raw	1 tsp Black Pepper, ground
1 lb Jicama, raw	2 tsp Cumin, ground

Drain and rinse black beans very well. *If beans are not drained and rinsed it will discolor the other ingredients* Chop and small dice bell peppers, jalapeño pepper, cilantro and jicama. Combine in a bowl. In another bowl combine

(continued)

apple cider vinegar, olive oil, pepper and cumin. Combine vinagarette, diced vegetables and beans. Serve with 4 oz spoon.

Note: Nutritional Info: Calories 69 kcal, Total Fat 0.37 g (4.81%), Cholesterol 0.00 mg, Sodium 206.23 mg, Carbohydrate 12.05 g (69.86%), Sugars *0.16* g, Protein 4.14 g (23.99%), Calcium 25.31 mg - It is FSD's responsibility to verify nutritional analysis.

MEXICAN MAC & CHEESE

(Yield: 48 (6oz spoodles))

Lauren Hickman
McKinney ISD
9-12

3 gallon + 2 quarts Water	2 tbsp Paprika
3 lb + 2oz Macaroni Elbow Pasta, dry, uncooked	1 tbsp Cumin Seed, ground
1½oz Bread Crumbs, dry, grated	8oz Cheddar Cheese, shredded
1½oz Parmesan Cheese, shredded	2 c. Pico Salsa (ingredients all below)
1 tsp Paprika	2½oz Onions, raw
2 qt + 1 c. Ultimate Cheese Sauce, reduced sodium	2 oz Jalapeño Peppers, canned, drained
1 qt Water	2¼ tbsp Lime Juice, canned or bottled, unsweetened
1 tbsp Black Pepper, ground	½ oz Cilantro, fresh
2 tbsp Taco Seasoning	1½ tsp Garlic, raw, chopped
2 tbsp Granulated Garlic	1 lb Tomatoes, 6x6, raw
2 tbsp Chili Powder	

In stockpot over high heat, bring water to boil. Add pasta, stir and return to boil. Boil until al dente, about 12-14 minutes. Drain. Combine bread crumbs, Parmesan cheese and paprika. Mix well. In stockpot over medium -high heat, combine cheese sauce, water, and spices. Heat to 140F. Add cheddar cheese slowly to cheese sauce, whisking until blended. Heat to 140 F. Add Pico to sauce. CCP: Heat to 140 F for 15 seconds. OVEN METHOD: Preheat convection oven to 400F or standard oven to 450F. In a stockpot, place cheese sauce, water, and spices. Whisk until well blended. Cover with lid. Bake stirring often until sauce reaches 140 F, 20 -25 minutes. Add cheddar cheese slowly, whisking until well blended. Cover with lid. Bake until temperature reaches 140 F, 8 -10 minutes. Add Pico to sauce. Preheat convection oven to 350 F; standard oven to 400 F. Combine pasta and cheese sauce. Mix well. For each 24 servings: In 4 inch full steam table pan coated with cooking spray, place 2 gal + 1 qt pasta mixture (19lb). Sprinkle with ¾ c bread crumb topping (3 oz). Cover with foil. Bake until internal temperature reaches 165 F, 20 -25 minutes. Remove foil. Bake until browned, 8 -10 minutes.

Note: Nutritional Info: Calories 211 kcal, Total Fat 7.89 g, Cholesterol 20.65 mg, Sodium 397.58 mg, Carbohydrates 25.82 g, Sugars 1.42 g, Protein 9.23 g, Calcium 207.40 mg - It is FSD's responsibility to verify nutritional analysis.

ORANGE GLAZED CARROTS

(Yield: 100 servings (1/3 cup or #12 scoop))

Diane Partlow
Fort Elliot ISD
6-12

1 gal + 2qt (2½ #10 cans) Canned Sliced Carrots, drained OR frozen sliced carrots	2 tsp Ground Nutmeg (optional)
1 c. Margarine or Butter	2 tsp Ground Cinnamon
1½ c. + 2 tbsp Sugar, granulated	2 c. Water, cold
1½ c. Frozen Orange Juice Concentrate	⅓ c. Cornstarch
	1¾ c. Dehydrated Plums (prunes), chopped (optional) OR Raisins (optional)

If using frozen carrots, steam for 4 minutes. Place 5 lb 2 oz (3 qt) carrots into each steam table pan (12" x 20" x 2 ½"). For 100 servings, use 2 pans. For glaze: Combine margarine or butter, sugar, orange juice concentrate, nutmeg (optional), and cinnamon. Mix cold water and cornstarch until dissolved. Add to glaze. Stir to blend. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional). Pour 2 ¾ cups glaze over each pan of carrots. Bake: Conventional oven: 375° F for 20-30 minutes, Convection oven: 325° F for 15-20 minutes. CCP: Heat to 140° F or higher. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (1/3 cup).

Note: Nutritional Info: Calories 48Kcal, Protein 0.42 g, Carbohydrate 7.65 g, Total Fat 1.92 g, Cholesterol 0 mg, Calcium 14 mg, Sodium 134 mg - It is FSD's responsibility to verify nutritional analysis.

PINEAPPLE DESSERT

(Yield: 16 (½ c. portions))

Laura-Zelda Villarreal
La Joya ISD
K-12

1 #10 can Pineapple Tidbits in Juice	16 halves Maraschino Cherries
16 (2oz) Banana Pudding, canned	¼ c. Graham Cracker Crumbs
16 tbsp Whipped Topping, non-dairy	

Open pineapple tidbits cans and drain in colander. Using a #8 Scoop portion pineapple in a 6oz OVS container. Using a #16 Scoop portion banana pudding on top of pineapple. Top with a dollop of cool whip. Place a half of a maraschino cherry on top to garnish. Sprinkle crushed Graham Cracker crumbs to garnish.

Note: Nutritional Info: Calories 198 kcal, Total Fat 3.48 g (15.85%), Cholesterol 2.25 mg, Sodium 106.63 mg, Carbohydrates 40.02 g (81.05%), Sugars *29.11* g, Protein 2.45 g (4.97%), Calcium 65.51 mg - It is FSD's responsibility to verify nutritional analysis.

ROASTED VEGETABLES

(Yield: 20 (½ cup portions))

Patty Willhite
Aledo ISD
K-12

5 lb Squash, summer, all variations, raw
1 large Red Pepper, raw
1 large Green pepper, raw
½ large Red Onion, raw
¼ c. Olive Oil
2 tsp. Herbs d' Provance, leaves

Preheat oven to 400 degrees F. Wash all veggies and cut into bite sized pieces (about ¾ diameter). For squash, use ½ zucchini and ½ yellow squash. Mix together. Spread all veggies out on sheet pan and sprinkle with olive oil, stir to coat all veggies. Sprinkle with herbs. Cook for about 5-7 minutes in combi oven at 400 degrees F. Veggies should be brightly colored, firm, and have some brown edges. Hot hold @ 140 degrees F.

Note: Nutritional Info: Calories 48 Kcal, Total Fat 2.96g, Sodium 3.06mg, Carbs 5.09g, Protein 1.58g, Calcium 20.87mg, 55.44% Calories from Total Fat, 8.14% Calories from Saturated Fat, 42.40% Calories from Carbs, 13.13% Calories from Protein - It is FSD's responsibility to verify nutritional analysis.

ROASTED ZUCCHINI SQUASH

(Yield: 75 (½ cup servings))

Kim Terry
River Road ISD
7-12

20lb Zucchini Squash
Garlic Mist Non-Stick Spray

Wash squash. Cut ends off and slice into ½" cubes. Place in large mixing bowl. Spray zucchini with garlic mist pan coating and season with any LS seasoning of choice. (Mrs. Dash). Toss squash in bowl to evenly coat with seasoning. Spray sheet pans with pan coating. Spread cubed seasoned zucchini on sheet pans. Roast in convection oven at 450°F for 10-12 minutes. Serve immediately. CCP: Hold no longer than 20 minutes at 135°F or above.

Note: Nutritional Info: Calories 21 kcal, Total Fat 0.00 g (0%), Cholesterol 0.00 mg, Sodium 21.34 mg, Carbohydrate 2.84 g (53.29%), Protein 1.42 g (26.53%), Calcium 13.97 mg - It is FSD's responsibility to verify nutritional analysis.

SALSA

(Yield: 50 (⅓ cup servings) per gallon)

Jody Benedict
Bryan ISD
K-12

10 oz Yellow Onion, raw, chopped
1 #10 can Tomatoes, diced in juice, low sodium
1¼ c. Jalapeños, nacho, sliced, drained
1 tsp Garlic Powder
½ tbsp Salt, iodized
2½ tsp Black Pepper, ground

(this recipe goes with "Southwest Chicken & Rice Soup" in "Side Dish" section)
-- Chop onions. Place in steam pan and put into steamer. Steam until tender. Place tomatoes in chopper and pulse until tomatoes are "chunky", not puréed. Chop jalapeño slices. Combine garlic powder, salt, and black pepper in a bowl. Mix well. Place onions, tomatoes, jalapeños, and dry ingredients in a large bowl and mix by hand until well blended. Chill or serve.

Note: Nutritional Info: Calories 11.085 Kcal, Total Fat .039 g (3.16%), Cholesterol .000 mg, Sodium 127.260 mg, Carbohydrate 2.669 g (96.32%), Protein .496 g (17.89%), Calcium 21.560 mg, Sugars *** g - It is FSD's responsibility to verify nutritional analysis.

SALSA SALAD

(Yield:)

Michelle Helms
Midland ISD
K-12

6 lb + 10 oz Tomatoes, red, ripe, raw, year RND average
½ c. Cilantro
10oz Lime Juice
½ tbsp Salt, Table

Wash and dice tomatoes. Tear cilantro leaves (discard stems) and combine with tomatoes, lime juice and salt. Serve chilled below 41 degrees.

Note: Nutritional Info: 0.04g Saturated Fat, 148mg Sodium, 0.24g Total Fat, 0mg Cholesterol, 4.77g Carbohydrates, 1.06g Protein, 21.79mg Calcium, 1.48% Saturated Fat, 9.85% Total Fat, 87.23% Carbohydrates, 19.34% Protein - It is FSD's responsibility to verify nutritional analysis.

SNAPS & CAPS

(Yield: 100 (½ cup portions))

Callie Fowler
Union Public Schools
K-12

2¾ lb Button Mushrooms, white,
raw
3 tbsp Canola & Olive Oil blend
6 c. Green Onions/Scallions, raw
2 cloves Garlic, raw
2 tbsp Salt, Kosher
15½lb Sugar Snap Peas, raw

Wash mushrooms, cut off the tip of the stem and slice. Cut green onions into 1" batons (pieces). Finely chop garlic (not minced). Place all ingredients in a bowl and toss with oil; salt and pepper to taste. Place mushroom mixture on sheet tray and roast in oven at 400°F for 7 minutes. Wash and clean sugar snap peas; break off each end, pulling down the sides to remove any strings. Set aside. Immediately toss mushroom mixture after removing from oven with snap peas and serve hot. The peas will warm enough without cooking individually if you toss while hot. Serve ½ cup- #8 disher.

Note: Nutritional Info: Calories 37 kcal, Total Fat 0.58 g (13.92%), Cholesterol 0.00 mg, Sodium 144.53 mg, Carbohydrates 6.22 g (66.44%), Sugars *0.14* g, Protein 2.51 g (26.82%), Calcium 41.70 mg - It is FSD's responsibility to verify nutritional analysis.

SNOWBALL SALAD

(Yield: 98 (2/3 cup each))

Beverly Williams
Blackwell CISD
K-12

2- #10 cans Mandarin Oranges,
drained
2- #10 cans Pineapple chunks or
tidbits, drained
3 lbs Marshmallows
32 oz Whipped topping, whipped
until stiff peaks form
32 oz Yogurt, Vanilla
*Alternate - Whipped topping
mixture

Open cans of fruit and drain in colander. Prepare whipped toping according o package directions, whipping until stiff peaks from. (*if using alternate topping mixture, whip 32oz of whipped topping until stiff peaks form and then gently fold 32of yogurt into the whipped topping. Drain fruit again. In a large bowl, combine all ingredients and mix well. Leave in bowl or pour into a steam table pan. Cool to 41 degrees or lower within 4 hours. Refrigerate until service.

Note: Nutritional Info: It is FSD's responsibility to verify nutritional analysis.

SOUTHWEST CHICKEN & RICE SOUP

(Yield: 100 servings (8oz ladle))

Jody Benedict
Bryan ISD
6-12

2 #10 cans Tomatoes, diced in juice,
low sodium
½ c. Onions, chopped (box)
1½ lb Chicken, diced, white and dark
4 gallons Chicken Stock
3lb (dry) + 6oz Whole Grain Rice
6lb + 4oz Corn, frozen, cut, sweet,
kernel
2½ tbsp Cumin, ground
1 tbsp + 1 tsp Salt, iodized
1 tbsp + 2 tsp Chili Powder
1 c. Jalapeños, nacho, sliced,
drained, chopped
2 c. Jalapeño Juice
1 qt. + 3½ qt Salsa (recipe in "Side
Dish" section, or can use canned/
commodity)

Combine tomatoes and onion in blender. Blend until smooth. Pour into steam jacketed kettle. Add all remaining ingredients. Bring to a boil Reduce heat and cover. Simmer for 20-30 minutes. Pour into steam table pan for service. -- We serve this spicy chicken soup as a side with our boxed sandwich meals, chef salads and baked potato entrées. It is a great way to use commodity items like diced chicken, diced tomatoes, frozen corn and brown rice. For the salsa in this recipe, we use our own from scratch recipe, but you could use a canned salsa or commodity one as well.

Note: Nutritional Info: Calories 87.485, Total Fat 1.090, Cholesterol 6.480, Sodium 715.166, Carbohydrate 15.85 (72.52%), Protein 4.249g (19.43%), Calcium 51.553, Sugars ***g - It is FSD's responsibility to verify nutritional analysis.

SPANISH RICE

(Yield: 90 (½ cup portions))

Tanya Davis
Henderson ISD
K-12

¼ lb Margarine
4 c. Onions, raw, chopped
4 c. Sweet Green Bell Peppers, raw
2 c. Red Tomatoes, ripe, raw,
chopped
8 c. Tomato Product, canned
5 qt Water
2 tbsp Dehydrated Chicken Broth/
Bouillon, low-sodium
¾ tsp Cumin, ground
3 lb White Rice, long grain, parboiled
3 lb Brown Rice, long grain, dry

(continued)

Melt margarine divided between two (2) 4" full size steam table pan. Stir in 12 cups (6#) rice--6 cups in each pan. Lightly brown in oven. Add chopped onion, green pepper, and tomato. Dissolve chicken base in water. Stir in tomato sauce and water. Add cumin. Cover and cook until light and fluffy, about 1 hour at 350°. Stir after 30 minutes and again before serving.

Note: Calories 133 kcal, Total Fat 1.73 g (11.76%), Cholesterol 0.00 mg, Sodium 136.54 mg, Carbohydrate 26.22 g (78.97%), Protein 2.96 g (8.92%), Calcium 19.25 mg - It is FSD's responsibility to verify nutritional analysis.

SPANISH RICE

(Yield: 29 (½ cup portions))

Genoveva Ramirez
Laredo ISD

1lb Long-Grain White Rice, cooked
1lb (dry weight) Brown Rice, Long-Grain, cooked

3 ½ c. Rice Seasoning Mix
1oz Chicken Base, low-sodium
12 c. Water

Weigh and measure all ingredients. Pre-heat oven to 350F or steamer. In a 2 ½" pan, Place 3 lbs of dry rice (1.5lbs of white rice and 1.5lbs of brown rice). Set aside. Measure out 3.5 c. of rice seasoning mix for every 3lbs of rice. Place ¾ gallon of water to boil, and once water is boiling, dilute chicken base and mix well. Add rice seasoning mix and stir. Add water mixture to rice. Place rice in preheated oven for 350 degrees for 50 to 55 minutes. Internal temperature must reach 165 degrees for 15 seconds. STEAMER: cook in steamer for 45-50 minutes or until internal temperature reaches 165 degrees for 15 seconds. CCP: Hold and serve at 140 degrees F or higher. -- Yield: 28 SC# 8 SERVINGS.35 SC#10 SERVINGS56 SC#16 SERVINGS37 SC#12 SERVINGS

Note: Nutritional Info: Calories 114 kcal, Total Fat 1.20 g (9.44%), Cholesterol 0.00 mg, Sodium 204.37 mg, Carbohydrates 22.55 g (79.18%), Sugars *0.22* g, Protein 2.92 g (10.25%), Calcium 12.82 mg - It is FSD's responsibility to verify nutritional analysis.

SPINACH GRAPEFRUIT SALAD

(Yield: 6 (1 cup portions))

Adan Cortez III
Magnolia ISD
K-12

1 lb Spinach, fresh	¾ c. Olive Oil
1 c. Grapefruit Sections, canned	⅓ tsp Celery Salt
1 c. Mandarin Oranges	½ tsp Onion Powder
1 c. Avocados, raw, sliced	½ tsp Garlic Powder
½ carton Orange Juice (Borden's)	1 tsp Black Pepper, ground
1 fl. oz. Lemon Juice	1 tbs Italian Seasoning

Rinse spinach and place in a strainer or colander to drip dry. Wipe off tops of cans (grapefruit and mandarin) with a wet towel and open with the can opener. In a separate bowl, place grapefruit and mandarins. Rinse avocados and using a pairing knife, cut avocado in half and proceed to make even slices on each half. Place 1 c. of spinach on the center of a plate in a small mound. Next, add the grapefruit going horizontally to the spinach leaving space between each slice. In between each grapefruit, add a piece of mandarin. Lastly, add a slice of avocado in between the mandarin and grapefruit slices. Hold for cold service at or below 40 degrees F. For Dressing: In a mixing bowl, add celery salt, onion powder, garlic powder, black pepper, and Italian seasoning. Add orange juice and lemon juice to spices and mix with a whisk until fully incorporated. Slowly add oil to the acid mixture while still whisking until dressing looks creamy. Dressing may separate after whisking stops. Transfer dressing to a squirt bottle and hold for cold service at or below 40 degrees F. Before serving, shake dressing vigorously to reincorporate ingredients. -- This recipe utilizes Texas spinach and Texas grapefruit.

Note: Nutritional Info: Calories 331 Kcal, Total Fat 31.2g (48%), Cholesterol 0mg (0%), Sodium 89mg (4%), Total Carbs 12.8g (4%), Protein 3.1g (6%) - It is FSD's responsibility to verify nutritional analysis.

SPINACH SALAD

(Yield: 25 (½ cup portions))

Kim Chance
Cleburne ISD
K-12

1 lb Lettuce, loose leaf, raw	1 (1 can/draind) Mandarin Oranges
1 lb Lettuce, spinach, fresh	

Rinse lettuce and spinach. Drain mandarin oranges. Combine ingredients in a steam table pan 12x20x2 ½.

(continued)

Note: Nutritional Info: Calories 9 kcal, Total Fat 0.03g, Sodium 20.40mg, Carbs 1.73g, Protein 0.85g, Calcium 25.48mg, 2.62% Calories from Total Fat, 73.78% Calories from Carbs, 36.41% Calories from Protein - It is FSD's responsibility to verify nutritional analysis.

SPRING BROCCOLI SALAD (Yield: 12 (#8 scoop))

Anna Erika Rivas
Pharr-San Juan-Alamo
K-12

2lb Broccoli Florets, frozen
2oz Turkey Ham, sliced, .5oz each
4⁷/₈oz Mayonnaise, Reduced-Calorie
(Ken's is preferred)
1/4oz Granulated Sugar
1/8oz Black Pepper, ground

1oz American Cheese, sliced (LOL preferred)
7/8oz Shredded Carrot
1/8oz Chipotle Peppers in Adobo Sauce (Roland preferred)

Blend chipotle with sauce in blender to make into paste. Combine all ingredients in a bowl and mix. Chill until ready for serving.

Note: Nutritional Info: Calories 68 kcal, Total Fat 3.25 g (43.19%), Cholesterol 8 mg, Sodium 180 mg, Carbohydrates 5.33 g (31.52%), Sugars *N/A* g, Protein 3.24 g (19.19%), Calcium 35.80 mg - It is FSD's responsibility to verify nutritional analysis.

SWEET POTATO CASSEROLE (Yield: 11)

Katy Taylor
Ector County ISD

1 Can #10 Sweet Potatoes
1 cup packed** Brown Sugar
3 Teaspoons Cinnamon
1/2 Cup Granulated Sugar

5 1/4 Ounce Whole Eggs 5lbs
12 Tablespoon Butter 1lb
1 Cup 1% Fat Milk 1/2 Gallon

Drain sweet potatoes and place in mixing bowl. Add all ingredients to the sweet potatoes and mix until smooth. Bake in oven at 375 degrees F for 40 minutes. Remove foil and brown for approx. 10 minutes. Serve with 2 #8 scoop.

Note: Nutritional Info: Calories 524.64Kcal, Total Fat 13.44g, Sat. Fat 5.99g, Total Trans 0g, Cholesterol 58.97mg, Sodium 214.62mg, Carbohydrate 93.89g, Dietary Fiber 3.81g, Protein 7.54g, Sugars 29.19g, Kcal From Sat. Fat 10.28%, Kcal From Fat 23.07%, Kcal From Protein 5.75%, Kcal From Carb 71.58% - It is FSD's responsibility to verify nutritional analysis.

SWEET POTATO FRIES (Yield: 16)

Jean Mosley
Coppell ISD
K-12

3 tbsp Chili Powder
1/2 c. Oil, Olive, Salad or Cooking

2 tsp Cumin, Ground
1/2 tsp Garlic, Granulated

Mix olive oil and spices in a large bowl. Add the sweet potatoes to the spice mix and toss to lightly coat. Spread the frozen, spiced potatoes in a single layer on paper covered sheet pan. One bag should go on 1 1/2 sheet pans. Bake in preheated 400 degrees oven for 8-9 minutes until the edges are slightly crispy.

Note: Nutritional Info: 10.63g Saturated Fat, 194.78mg Sodium, 13.04g Total Fat, 0mg Cholesterol, 23.88g Carbohydrates, 2.22g Protein, 26.41mg Calcium, 6.18% Saturated Fat, 54.59% Total Fat, 44.42% Carbohydrates, 4.13% Protein - It is FSD's responsibility to verify nutritional analysis.

THE MOST AMAZING OVEN ROASTED CORN (Yield: 1)

Alicia Hernandez
Weatherford ISD
9-12

1 Corn on the Cob
Mrs. Dash Seasoning

Butter Spray

Preheat oven to 400. Very generously season your corn on the cobs with Mrs. Dash. Spray corn with the butter spray all around the corn and roast on a small pan (lined with nonstick foil) for 35-45 minutes, or until starting to brown. While it's cooking, turn the corn occasionally. Simple and completely amazing!!! Top off with butter spray fresh out of the oven!

Note: Nutritional Info: It is FSD's responsibility to verify nutritional analysis.

TOMATO CUCUMBER SALAD (Yield: 12 (1/2 c. portions))

Anonymous
K-12

36 each Cherry Tomatoes
1 lb Cucumbers, raw

1/4 c. Italian Salad Dressing

Wash and slice cucumbers into 1/4 inch slices, place in large bowl. Wash cherry tomatoes, add to cucumbers. Toss cucumbers & tomatoes with Italian (continued)

dressing, coating all of them well. Portion ½-cup into 6-oz clear ivex container (each portion must have 3-cherry tomatoes). Hold in cooler until service time. -- 1-ivex container = 1 serving. Batch cooking and holding at 140 degrees is vital as reheating destroys the quality of product - Do not hold longer than 30 minutes.

Note: Nutritional Info: Calories 71 kcal, Total Fat 0.80 g (10.13%), Cholesterol 0 mg, Sodium 19 mg, Carbohydrates 15.28 g (86.15%), Sugars *N/A* g, Protein 3.47 g (19.56%), Calcium 42.19 mg - It is FSD's responsibility to verify nutritional analysis.

TORTILLA SOUP

(Yield: 50 (1 cup portions or 8oz))

Tiger Diner
Leonard ISD
K-12

2½ gal + 3 c. 8 fl oz Water	⅓ c. Granulated Garlic
1 #10 can Salsa, low-sodium, canned	2 lb. Chicken, diced, cooked, frozen
1 c. Chicken Base, low-sodium	3½ c. Summer Squash, all variations, raw, sliced
4 c. Cilantro, raw	3½ c. Summer Zucchini Squash, raw, sliced
6 c. Sweet Yellow Corn, frozen, kernels off the cob	2 tbsp Table Salt
6 c. Onions, fresh, chopped	(optional) Shredded Cheese
1 c. Celery, raw, chopped	(optional) Tortilla Chips
4 c. Carrots, frozen, sliced	

In stock pot or braising skillet, simmer water, salsa, chicken base, cilantro, corn, onion, celery, and carrots on medium heat for 15 minutes. Add garlic and chicken. Simmer covered for 30 minutes. Add squash and simmer an additional 30 minutes. OPTIONAL: Place ½ oz tortilla chips in the bottom of the serving bowl and ladle soup over chips and sprinkle with ½ oz cheese.

Note: Nutritional Info: Calories 103 kcal, Total Fat 2.41 g (21.01%), Cholesterol 18.47 mg, Sodium 533.37 mg, Carbohydrate 12.59 g (48.69%), Sugars *0.82* g, Protein 8.54 g (33.03%), Calcium 36.80 mg - It is FSD's responsibility to verify nutritional analysis.

WHOLE GRAIN ROLL

(288 (2oz portions))

Tanya Davis
Henderson ISD
K-12

20lb Flour, ultra-grain	1½ c. Yeast, instant
2 tbsp Table Salt	3 c. Dry Milk, non-fat
6 c. Granulated Sugar	4¼ c. Soybean Oil
¾ c. Baking Powder	1½ gal + 1 c. Water

Combine flour, salt, baking powder, milk, yeast, and sugar in mixing bowl or tub. Set aside. In separate large mixer bowl, combine oil and warm water. Slowly mix in dry ingredients. Mix 10 minutes. Let rest 15 minutes. Pinch rolls into muffin pan. When ready to bake, proof rolls at 105 degrees F= 115 degrees F for one hour before baking. Bake at 325 degrees F or higher. (PORTIONS: 2oz rolls: 288, 1.5oz rolls: 432, 1oz rolls: 576)

Note: Nutritional Info: Calories 164 kcal, Total Fat 3.82 g (20.99%), Cholesterol *0.25* mg, Sodium *118.17* mg, Carbohydrate 28.36 g (69.34%), Protein 4.95 g (12.11%), Calcium *50.64* mg - It is FSD's responsibility to verify nutritional analysis.

WHOLE GRAIN JALAPEÑO CHEESE BREAD

(Yield: 50 servings (2.24oz dough/serving))

Tiffany Muecke
Klein ISD
6-12

7 lb Whole Grain Roll Dough (found in "Side Dish" recipe section)	2 tbsp Soybean Oil
1 c. Yellow Onions	¼ c. Whole Eggs, frozen
⅓ c. Jalapeño Peppers, sliced	1 lb American Cheese, shredded

Coat 18x26 inch pan with nonstick cooking spray. Place 7 lbs of roll dough (that has risen the first time), scaled, into pan. Flatten out slightly. Add grated cheese, chopped onions, chopped jalapeño peppers, oil, and eggs to the top of the dough. Fold edges of dough over ingredients. using a metal scraper, mix and chop dough into small pieces, approximately 2 inch square. Proof for 15 minutes. Bake 18029 minutes at 325 degrees F. Cut each pan 5x10.

Note: Nutritional Info: Calories 206.73 Kcal, Total Fat 6.19g, Cholesterol 11.55mg, Sodium 318.46mg, Carbs 31.12g, Protein 7.46g, Calcium 111.23mg, Sugar 6.04g, Kcal from Fat 26.98%, Kcal from Protein 14.44%, Kcal from Carbs 60.22% - It is FSD's responsibility to verify nutritional analysis.

WHOLE GRAIN MACARONI & CHEESE

(Yield: 50 (½ c. portions))

Tanya Davis
Henderson ISD
K-12

3 gallons Water	4 lb American and Skim Milk Cheese Blend
3 qt. Milk, fat free or skim	
4 oz Margarine, zero trans fat	2 lb + 12 oz Macaroni Pasta, whole wheat
¼ tsp Black Pepper, ground	

Heat water to rolling boil. Slowly add macaroni. Stir constantly, until water boils again. Cook about 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Quickly stir milk into macaroni. Add margarine and seasonings. the mixture is smooth. The mixture is quite liquid at this stage. Pour macaroni and cheese into serving pans. Hold for 30 minutes on a 180-190 F steam table to allow sufficient time for mixture to set up properly. Portion with #8 scoop (½ cup).

Note: Nutritional Info: Calories 272 kcal, Total Fat 14.16 g (46.80%), Cholesterol 33.58 mg, Sodium 386.30 mg, Carbohydrate 22.48 g (33.03%), Protein 12.88 g (18.91%), Calcium 281.92 mg - It is FSD's responsibility to verify nutritional analysis.

WHOLE GRAIN ROLL DOUGH

(Yield: 96)

Tiffany Muecke
Klein ISD

2 qt Water, tap	1 lb Sugar, Granulated
1 lb Shortening, solid, baking	½ lb Milk non-fat, dry
3 lb Flour, White Whole Wheat	3oz Yeast Instant Dry
3 lb Flour All Purpose	2 tbsp Spices, Salt, Iodized

Add cool water (65 degrees F) to the mixing bowl. Add shortening to the water in the bowl. Mix on #1 speed for 3 minutes with dough hook to break up the shortening. Blend dry ingredients in another large bowl. Add half of the dry ingredients to wet mixture in the mixing bowl. Using the dough hook, mix half of the dry ingredients on #1 speed until moistened. Add the other half of the dry ingredients and mix until all is incorporated. Turn off mixer and change to speed #2. Mix until the dough pulls away from the sides of the bowl. Do not over-mix, or dough will be tough. Place the dough on a pan and allow to rest at room temperature until the dough becomes stretchy, approximately 12-15 minutes.

Note: Nutritional Info: Calories 188.30 Kcal, Total Fat 4.39g, Cholesterol .42mg, Sodium 164.47mg, Carbs 32.24g, Protein 5.42g, Calcium 31.80mg,

(continued)

Sugars 6.5, Kcal from Fat, 11.19%, Kcal from Protein 11.51%, Kcal from Carbs 68.48% - It is FSD's responsibility to verify nutritional analysis.

ZUCCHINI SAUTÉ (50)

Michelle Risenhoover
Birdville ISD
K-12

¼ c. Oil, Vegetable	1 ½ tbsp Spice, Oregano
1 tbsp + 2tsp Lemon Peel	1 ¼ tsp Spice, Garlic Powder
15 lbs Zucchini	1 ¼ tsp Pepper, Black

Dice zucchini and cut into bite size cubes. Heat oil in a heavy nonstick skillet over medium-high heat. Add oregano and garlic and sauté for a minute. Add zucchini and lemon peel and sauté for about 3 minutes until zucchini is lightly browned. Sprinkle with pepper. Pour zucchini mixture into a serving pan. Use tongs to serve.

Note: .27g Saturated Fat, 10.89mg Sodium. 1.57g Total Fat, 0mg Cholesterol, 4.33g Carbohydrates, 1.64g Protein, 22.04mg Calcium, 7.47% Saturated Fat, 42.40% Total Fat, 52.09% Carbohydrates, 19.80% Protein - It is FSD's responsibility to verify nutritional analysis.

CATEGORY

4



CATEGORY

4

SNACK

BLUEBERRY CRISP

(Yield: 24)

Lauren Hickman
McKinney ISD
K-12

5 ½ oz Instant Oats, quick
2 oz Brown Sugar
1 tsp Cinnamon, ground

2 ½ oz Margarine Spread, zero
trans fat

Preheat convection oven to 350 F, std oven to 400 F. For 24 portions, combine oats, sugar and cinnamon. Mix well. Melt butter. Add butter to oat mixture. Mix well. Pour onto a half size sheet tray place mixture. Bake until lightly browned and crisp when cooled, 10 -12 minutes. CCP: Cool from 140 F to 70 F within 2 hours, then cool to 41 F or lower in the next 4 hours. Cover. Store in cool dry location for up to 2 days.

Note: Nutritional Info: Calories 131 kcal, Total Fat 3.30 g, Cholesterol 0.00 mg, Sodium 26.71 mg, Carbohydrates 25.60 g, Sugars 15.41 g, Protein 1.36 g, Calcium 22.04 mg - It is FSD's responsibility to verify nutritional analysis.

CHOCOLEANA CAKE

(Yield: 48)

Michelle Risenhoover
Birdville ISD
K-12

4 c. Sugar, granulated
1 lb + 8 oz Flour, White Wheat
1 ½ c. Cocoa, Baking
1 c. Milk, 2% Gallon
2 ½ tbsp Baking Powder
1 tbsp Baking Soda
1 ½ tsp Salt

½ c. Sour Cream
2 c. Applesauce
7 each Egg, Large
1 ½ tsp Vanilla Extract
1 c. Oil, Vegetable
Powdered Sugar for dusting
(optional)

Dry Ingredients: Blend sugar, flour, cocoa, baking powder, baking soda, and salt in mixer with paddle attachment for 2 minutes on low speed. In a separate large bowl using a wire whip, mix sour cream, applesauce, egg whites, vanilla, milk, vegetable oil, and water until blended. Slowly add liquid mixture to the dry ingredients. Mix for 1 minute on low speed. Scrape down sides of bowl. Mix for 1 minute on medium speed until smooth. Pour batter into la large cake pan (18"x26"x1") Which has been lightly coated with pan release spray. Bake: Conventional oven 350 degree F. for 30 minutes. Convection

(continued)

oven: 325 Degrees F. for 20 minutes. When done, cake will spring back when lightly touched. Cake may be dusted with powdered sugar.

Note: Nutritional Info: 1.11g Saturated Fat, 180.21mg Sodium, 6.50g Total Fat, 32.08mg Cholesterol, 33.73g Carbohydrates, 4.45g Protein, 7.19mg Calcium, 5.22% Saturated Fat, 30.33% Total Fat, 69.93% Carbohydrates, 9.24% Protein - It is FSD's responsibility to verify nutritional analysis.

CINNAMON APPLES

(Yield: 92 (½ cup servings))

Kathy Huey
White Settlement ISD
K-12

4 #10 cans Apples, Sliced, Canned ½ c. Cinnamon, Ground
1 qt Sugars, granulated

Place 2 cans of apples, 2 cups sugar, and ¼ c cinnamon in 4" deep full size pan. Stir until completely mixed. Cover with foil, place in 350° oven for 15-20 min. Place in warmer until serving time. Use #8 perforated long handle spoodle.

Note: Nutritional Info: Calories 105.99Kcal, Fat .332g (2.82%), Cholesterol 0g, Sodium 18.95mg, Carbs 25.42g (95.94%), Sugar 0(m) (0%), Protein .55g (2.09%), Calcium 17.49mg - It is FSD's responsibility to verify nutritional analysis.

CINNAMON SPICED APPLES

(Yield:48 (½ cup portions))

Meghan Martinson
Eagle Mountain-Saginaw ISD
K-12

2 #10 can Apples, canned in water, 1 tsp Nutmeg, ground
drained (Sysco) 4 oz Cornstarch
1 lb + 8 oz Sugar, granulated 8 oz Margarine, Gold-N-Sweet
8 oz Brown Sugar 2 tbsp Lemon Juice, canned or
2 tsp Table Salt bottled
1 tbsp Cinnamon, ground

Drain apples, reserving juice. Combine all dry ingredients in a large bowl and mix thoroughly to evenly distribute the cornstarch. Add reserved juice to the dry ingredients and stir with a wire whip until smooth. Stir the margarine and lemon juice into the thickened juice. Portion one gallon of apple mixture into each of 2 12x20x2 pans. Use all the apple mixture. Cook to 140° for 15 seconds. Hold 140° or above. (½ C SERVING FOR K-12 & ¼ C SERVING FOR PRE-K)

(continued)

Note: Nutritional Info: Calories 160 Kcal, Total Fat 3.73g, Cholesterol 0g, Sodium 144.61mg, Carbs 31.67g, Sugars 26.65g, Protein 0.02g, Calcium 5.95mg, 20.99% Calories from Total Fat, 79.11% Calories from Carbohydrates, 0.06% Calories from Protein - It is FSD's responsibility to verify nutritional analysis.

CRANBERRY OATMEAL SNACK BAR

(Yield: 36)

Sunnie Caldwell
Sabine ISD
K-12

4 c. Flour, Whole Wheat 2 c. packed Sugar, Brown, Light
4 c. Oats, Rolled, Un-enriched, Quick 1 c. + ½ c, Sugar, Granulated
Dry, No Salt 4 large, Eggs, white, raw, fresh
2 tsp Baking Soda 2 tsp Vanilla Extract
2 tsp Orange Peel, Raw 4 c. Cranberries, Whole, Sliced, Dried
1 tsp Salt, Table Commodity
1 tsp Cinnamon, Ground
2 c. I Can't Believe it's not Butter,
Lite

Preheat oven to 325 degrees F with fans on low. Spray a half size sheet pan with nonstick spray and set aside. In a medium bowl, whisk flour, oats, baking soda, orange zest, salt and cinnamon. In a large bowl, cream butter and both sugars until combined and fluffy. Add eggs, one at a time and vanilla, continue to beat until well combined. Gradually add oat mixture and beat on low until combined. Fold in cranberries. Pour mixture into prepared pan. Bake for 20-25 minutes or until bars start pulling away from the sides of the pan. Remove from oven and cool on wire rack. 2 ½" x 2" cut equals a 2.5 serving.

Note: Nutritional Info: 1.05g Saturated Fat, 189.79mg Sodium, 4.46g Total Fat, 0.00mg Cholesterol, 46.16g Carbohydrates, 3.62g Protein, 109.45mg Calcium, 3.91% Saturated Fat, 16.70% Total Fat, 76.78% Carbohydrates, 6.02% Protein - It is FSD's responsibility to verify nutritional analysis.

CRISPY CEREAL TREATS

(Yield: 50)

Beverly Williams
Blackwell ISD
K-12

6 quarts + 3 c. (27oz) Cereal, crisp 2 lbs. + 1 oz Marshmallow mixture
rice

(continued)

Heat marshmallow mixture according to the manufacturer's directions. Coat inside of a large mixing bowl and two spatulas with pan release spray. Pour cereal into bowl and add marshmallow mixture. Lightly stir until well coated with sprayed spatulas. Spray a 18" x 13" x 1" half sheet pan with pan release spray and pour mixture into pan. Using a spatula, press mixture evenly onto one half sheet pan. Let cool approximately 2 hours prior to cutting. DO NOT REFRIGERATE. Cute each half-sheet pan 5 x 10 (50 pieces per pan)

Note: Nutritional Info: It is FSD's responsibility to verify nutritional analysis.

FRUIT & YOGURT PARFAIT

(Yield: 1 Parfait)

Jody Benedict
Bryan ISD
K-12

¾ c. All Natural Yogurt	1 each (1 cup) Yogurt Squat Cup
½ c. Strawberries, Whole IQF, thawed	1 each (1 insert) Insert for Lid, for yogurt
¼ c. Blueberries, IQF, thawed	1 each (1 lid) Domed Lid, for yogurt
1 oz Granola Topping	

Place ¼ c. well drained strawberries on bottom of clear parfait cup using #16 dipper. Place ¼ c. of yogurt on top of strawberries using a #16 dipper. Place ¼ c. well-drained blueberries on top of yogurt layer using #16 dipper. Place ¼ cup of yogurt on top of blueberries using #16 dipper. Place ¼ c. well-drained strawberries on top of yogurt layer using #16 dipper. Place ¼ c. of yogurt on top of strawberries using a #16 dipper. FOR GRANOLA TOPPING: Portion granola into 1oz servings (2/3 cup). Put portions into small container that is located in the parfait cup lid. Place portioned granola container on top of yogurt layers, then place parfait cup lid on top to seal. -- Our fruit and yogurt parfait can be served as a breakfast entrée but it is a popular ala carte/snack item at lunch. We utilize commodity IQF blueberries in this recipe. It is easy to prepare and a favorite of our students. -- 1 sv = ¾ c yogurt (1 tub = 4 c, 5.33 (¾ c)/tub), ½c SB (5.95 (½ c) sv/lb (fruit & juice), ¼ c BB(5.95 (½ c) sv/lb), 1 oz granola (50 oz/bag)

Note: Nutritional Info: Calories 348.513 Kcal, Total Fat 4.222 g (10.90%), Cholesterol 14.999 mg, Sodium 218.220 mg, Carbohydrate 66.758 g (76.62%), Protein 12.444 g (14.28%), Calcium 368.710 mg, Sugars *** g - It is FSD's responsibility to verify nutritional analysis.

FRUIT ROLL-UP

(Yield: 1 roll-up)

McKensie Montgomery
Keller ISD
K-12

1 large Strawberry, raw	2 tbsp Jicama, raw
½ each Apples, raw, with skin	1 tsp Lemon Juice
2 tbsp Mango Chunks, IQF	1 Mint Leaf
2 tbsp Orange sections, fresh, whole	¼ c. Rice Pasta, Parboiled

Slice strawberries. Grate apple, cover with lemon juice. Julienne (cut into strips) jicama, mango and mint. Cut out orange sections. Prepare rice paper in hot water per manufacturer's instructions. Lay rice paper on a flat surface. Lay slices of strawberries in a line across the middle of the paper. Add apple slaw, mango, jicama on top of the strawberries. Lay orange slices on the jicama. Spread a pinch of mint over the orange slices. Roll up the rice paper burrito style. *optional dip: fruit yogurt*

Note: Nutritional Info: Calories 125 kcal, Total Fat 0.19 g (1.38%), Cholesterol 0.00 mg, Sodium 6.21 mg, Carbohydrate 30.06 g (95.99%), Sugars *9.25* g, Protein 1.69 g (5.39%), Calcium 23.98 mg - It is FSD's responsibility to verify nutritional analysis.

GRAPEFRUIT DELIGHT

(Yield: 1)

Anna Erika Rivas
Pharr-San Juan-Alamo
K-12

1 Grapefruit	1 tsp Fruit Chili Mix
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Cut fruit in half. Sprinkle fruit with chili mix. Enjoy!

Note: Nutritional Info: Calories 71 kcal, Total Fat 0.00 g (0%), Cholesterol 0 mg, Sodium 112 mg, Carbohydrates 17.80 g (100.49%), Sugars *0.0* g, Protein 1.00 g (5.66%), Calcium 41.58 mg - It is FSD's responsibility to verify nutritional analysis.

GRILLED CHEESE STICK

(Yield: 1 (2 each))

Anonymous
K-12

2 sticks Cheese Stick Stf, Whole Grain, Tony's	Pan Liner
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(continued)

Preheat oven to 350 degrees. Place pan liner on full sheet pan, place pizza sticks side by side on pan and heat in oven at 350 degrees. Cook approx. 5 min. or according to package instructions. Place in warmer until service time.

Note: Nutritional Info: Calories 310 kcal, Total Fat 13.00 g (37.74%), Cholesterol 40 mg, Sodium 590 mg, Carbohydrates 31.00 g (40%), Sugars *N/A* g, Protein 18.00 g (23.23%), Calcium 400.00 mg - It is FSD's responsibility to verify nutritional analysis.

JALAPEÑO POPPER CAULIFLOWER

(Yield: 55 (½ cup servings))

Rachael Crawford
Mesquite ISD

9 lb Cauliflower, fresh	3 tablespoons Onion Powder
1 pint + 1 cup Cheese Sauce, cheddar, pouch (LOL, 1 cs = 6 bgs), cooked	2 tablespoons + 1 teaspoon Salt, table
¾ c. Butter (1 cs = 36#)	4 ½ oz Cheddar Cheese, shrd, LOL, Commodity
2 each Jalapeño Peppers, fresh	4 ½ oz Mozzarella Cheese, shredded, Commodity
1 tablespoon + 1 ½ teaspoon Garlic Powder	3 each Jalapeno Peppers, fresh

Cover tightly with plastic wrap. BEWARE: cauliflower will release a foul odor if you do this. Product is still safe but you will have a leftover broccoli smell. Preparation Instructions: Remove any leaves and stems from cauliflower. Wash cauliflower thoroughly. Cut cauliflower into small pieces. Steam cauliflower for approximately 10 minutes. Cauliflower should be easily pierced with a sharp knife, but not mushy. Under cooking is okay as recipe will be baked. Meanwhile, mince 2 jalapeños (remove some stems and seeds) per pan. Slice remaining 3 jalapeños into rings. Melt butter over steamed cauliflower. Pour cheese sauce over the top of the cauliflower. Add garlic powder, onion powder, and salt. Gently fold ingredients together. If cauliflower pieces are too big, mash large ones (use a slotted spoon if you do not have a masher). Bake at 350 degrees for 20 minutes. Remove from oven and top cauliflower with cheddar and mozzarella cheeses. Top cheeses with jalapeño rings. Bake until cheese is bubbly in the middle - about another 5-10 minutes. If made ahead, add 5-10 minutes to cooking time. Or until internal temperature is 155 degrees. Holding Instructions: Cover and place in warmer until time of service. Serving Instructions: With a gloved hands, use a #8 scoop and portion a heaping scoop into 5oz cup. Place on line for student self service. LEFTOVERS MUST BE SERVED OUT NEXT DAY.

Note: Nutritional Info: Calories 67 kcal, Fat 3.78g, Carbs 5.39g, Sugars 1.55g, Calcium 53.502mg, 50.21% Calories from Fat, 31.84% Calories from Carbs, 23.85% Calories from Protein, 9.16% Calories from Sugar - It is FSD's responsibility to verify nutritional analysis.

NO BAKE ENERGY BITES

(Yields 25)

Becca Sullivan
Hydro Eakly Public Schools
PRE K-12

1 c. dry oats	½ c. dark chocolate chips
⅔ c. toasted coconut flakes	⅓ c. honey
½ c. peanut butter	1 tsp vanilla extract

Stir all ingredients together. Cover and let chill 1 hour in refrigerator. Once chilled, roll into balls and serve.

Note: Nutritional Info: 103 Calories, Total Fat 5g, Saturated Fat 2g, Trans Fat 1g, Cholesterol 0g, Sodium 13mg, Potassium 64mg, Carbs 14g, Dietary Fiber 1g, Sugars 10g, Protein 2g, Iron 3% - It is FSD's responsibility to verify nutritional analysis.

PINEAPPLE FRUIT MEDLEY WITH FRUIT DIP

(Yield: 1)

Katy Taylor
Ector County ISD

½ cup, chunks Pineapple	1 ½ Quart Sour Cream 5lb
⅔ cup slices Apples-Red Delicious	1 cup packed Brown Sugar
⅔ cup, sections Oranges	1 Tablespoon Vanilla Extract
1 Serving Fruit Dip	

FRUIT MEDLEY: Wash and slice or wedge fresh fruit if necessary. May substitute pineapple with strawberries or cantaloupe or grapes in this recipe. May substitute apple with pear in this recipe. Dip apple or pear slices in fresh way to prevent browning. Wear disposable plastic gloves when preparing or handling fresh produce. Serve with 1 serving Fruit Dip (Fruit Dip recipe in "Snacks" section). FRUIT DIP: Blend sour cream, brown sugar, and vanilla until smooth and creamy. Portion 1oz. fruit dip in 2oz. soufflé cups. Refrigerate until served.

Note: Nutritional Info: FRUIT MEDLEY: 198.509 Kcal, Total Fat 3.36g, Sodium 23.53mg, Carbohydrate 42.95g, Protein 2.74g, Calcium 107.82mg, 8.12g, Kcal From Fat 15.27%, Kcal From Protein 5.54%, Kcal From Carb 86.55% - DIP: 63.870 Kcal, Total Fat 3.00g, Sodium 21.91mg, Carbohydrate 8.23g, Protein 1.00g, Calcium 45.23mg - It is FSD's responsibility to verify nutritional analysis.

ROASTED TOMATO HUMMUS

(Yield: 92 portions (¼ cup each))

Adan Cortez III
Magnolia ISD
K-12

2 #10 can Chick Peas/Garbanzo Beans, drained	1 tbsp Black Pepper, ground
1 #10 can Salsa	1 tbsp Paprika
2 tbsp Garlic Powder	2 c. Vegetable Oil
2 tbsp Onion Powder	7 lbs + 8oz Baby Carrots, fresh
	7 lbs Celery, fresh

Drain Garbanzos and place evenly on a sheet tray. Season Garbanzos with Garlic Powder, Onion Powder, Black Pepper and Paprika. Roast Garbanzos in oven at 475°F for 15 minutes or until browned. While roasting Garbanzos, place Salsa in 2" pan and roast in oven at 475°F for 15mins. In a food processor, blend Salsa and Garbanzos together adding Oil periodically until mixture is smooth. Place Hummus into 2" pans and chill for service to 40°F or lower. Serve in 5oz ivex using a #16 scoop and garnish with Parsley Flakes on top. In a #50 paper boat place 5oz ivex with hummus in center and on each side align a ¼ cup of celery and a ¼ cup of baby carrots for dipping. -- This recipe utilizes commodity garbanzo beans and commodity salsa.

Note: Nutritional Info: Calories 128, Total Fat 5.5g (9%), Cholesterol 0mg (0%), Sodium 231mg (10%), Total Carbs 15.4g (5%), Protein 3.9g (8%) - It is FSD's responsibility to verify nutritional analysis.

SOUTHWEST CHICKEN DIP

(Yield: 30 (¾ cup serving))

Ann Shetler
Pearland ISD
9-12

3lb White & Dark Chicken, diced	9 c. Black Beans
½ c. Taco Spice	1½ c. Picante Sauce, Medium (or Salsa)
1lb + 9oz Cream of Chicken Soup (Healthy Request preferred)	4 c. Cheddar Cheese, shredded
1lb + 1½ c. Cream of Mushroom Soup (Healthy Request preferred)	¼ c. Green Onion

Place frozen chicken in a hotel pan. Once taco seasoning is in with the chicken, cook in the steamer for approximately 15 minutes until a minimum internal temperature of 165 degrees is reached. Once chicken is cooked with the taco seasoning, add to the mixing bowl with the soup mixture. Mix ¼ of a cup of taco seasoning with the frozen diced chicken. Mix the other ¼ cup of taco seasoning with soup mixture. In a mixing bowl mix ½ can cream of

(continued)

chicken soup. Add ½ can of Cream of Mushroom Soup to mixing bowl. Drain and rinse black beans then add to mixing bowl. Add to mixing bowl. Add cup shredded cheese to the mixing bowl. Mix all the ingredients in the mixing bowl and place in a full hotel pan. Add the other 3 cups to the top of the dip once it is in the hotel pan. Place in a 350 degree oven for approximately 20 minutes until a minimum internal temperature of 165 degrees is reached. Add diced green onions to dip once it is in the bowl for garnish. OPTIONAL. Use a 6 oz spoodle and serve in a black bowl topped with chopped green onions. Serve 1.5 oz of tortilla chips (24 whole chips) on a beige plate or in a 3# boat with the bowl. -- The diced chicken in the casserole and dip is commodity chicken (when available).

Note: Nutritional Info: Calories 228.14Kcal, Fat 6.4g (25.26%), Cholesterol 57.04mg, Sodium 671.96mg, Carbs 19.50g (34.20%), Sugar 1.581g (2.77%), Protein 22.61g (39.64%), Calcium 129.43mg - It is FSD's responsibility to verify nutritional analysis.

STRAWBERRY BANANA SMOOTHIE

(Yield: 5 servings)

Tiffany Muecke
Klein ISD
6-12

1½ c. Yogurt, Vanilla bulk (¼lb)	3 c. Strawberries, IQF Whole
1 tbsp Sugar, Granulated	3 each (approx. 5.8 oz) Bananas, regular
3 c. (8 fl. oz) Ice	
1 each Cup, Smoothies, 12 oz, clear	

Add ingredients to the blender container in the following order: yogurt, semi thawed fruit, ice, sugar. Push the power button on the blender to "on." Do not turn the blender to the low or high mode yet. Push and hold the "pulse" button for approximately 5 seconds to begin the blending process. Put the blender in the continuous blending mode by pushing the "low" button. During the blending process, occasionally push the "pulse" button to bring down the ingredients from the top of the container. Blend the ingredients until they are completely mixed. Serve immediately in 12 fl oz cups with a straw. Toss all leftovers.

Note: Nutritional Info: 40.54 Kcal, Total FAT .07g, Cholesterol .32mg, Sodium 10.76mg, Carbs 9.9g, Protein .54g, Calcium 42.57mg, Sugars 2.9g, Kcal from fat 1.5%, Kcal from Protein 5.4%, Kcal from Carbs 97.81% - It is FSD's responsibility to verify nutritional analysis.

SUNFLOWER BUTTER & CRANBERRY SANDWICH

(Yield: 35 (1 each))

Laura-Zelda Villarreal
La Joya ISD
K-12

5 lb Sunflower Seed Butter, salt added
70 slices Whole Wheat Flower Bread
35 each Jelly, assorted portion pack

8 ¾ c. Cranberries, whole, sliced, dried

Lay out 35 sandwich bread slices on sheet pan. Dip #16 scoop in sunflower butter and level against container. Place sunflower butter on slice and smooth out using a spatula. Cover each slice of bread with another slice to form a sandwich. Cut sandwich in half and bag each sandwich half individually. Place assembled sandwiches in steam table pan. Offer Jelly with Sandwich Half. Portion out #10 scoop of commodity dried cranberries in clear plastic container and cover with lid. -- At time of service, serve one sandwich, 1 jelly package & 2oz of dried cranberries for a snack. Each serving provides .75 oz MMA and 1 Grains, ½c Fruit. -- Commodity items in this recipe include Sunflower Butter and cranberries.

Note: Nutritional Info: Calories 641 kcal, Total Fat 37.76 g (53.03%), Cholesterol 0.00 mg, Sodium 444.65 mg, Carbohydrates 70.10 g (43.75%), Sugars *5.00* g, Protein 19.20 g (11.98%), Calcium 160.50 mg - It is FSD's responsibility to verify nutritional analysis.

SWEET POTATO SQUARES

(Yield: 90 (1 square cut 9x5))

Sharon Glosson
North East ISD

2 #10 cans Sweet Potatoes, mashed
1 Qt. Water
2 ½ Lb. Brown Sugar
1 Lb. Granulated Sugar
1 Tbsp Salt

¼ C. + 2 Tbsp Cinnamon
9 Oz. Powdered Eggs
9 Oz. All Purpose Flour
9 Oz. Powdered Milk
5 ¾ C. Whipped Topping (optional)

Use flat beater. Place water in large mixer bowl. Add sweet potatoes and mix at low speed until well blended. Blend dry ingredients together. Add dry ingredients to the sweet potato mixture. Beat with flat beater until well blended and smooth. Spray pans with pan release spray. Pour filling into the pans about 1 gallon + 3 cups/pan (no crust). Set blower on low. Avoid overloading the oven and only bake 5 per oven. Bake at 325 degrees F for

(continued)

1 hour + 20 minutes or until set (set means the knife inserted in center is clean). In the case that they start to get very dark on top but they are not done, you can cover with foil and continue cooking. Allow to cool (preferably overnight) before cutting. Chill to 70 degrees F within 2 hours and from 70 degrees F to 41 degrees F within 4 hours. Cut pans 5x9. Hold at 41 degrees F or below until service. Top each serving with 1 Tbsp whipped topping using a pastry bag and star tip.

Note: Nutritional Info: Kcal 170.421, Total Fat 1.87g (0%), Saturated Fat 1.287g (0%), Trans Fat 0g, Protein 3.439g (0.1%), Carbs 35.15g (0.8%), Calcium 47.171mg, Sodium 62.286mg, Cholesterol 30.763mg - It is FSD's responsibility to verify nutritional analysis.

THE GRANOLA ROLA

(Yield: 100)

Sarah Smith
Brady ISD

100 8-Inch Whole Wheat Tortillas (fresh or frozen)
100 T. Peanut Butter (or any other nut butter)

25 C. Sliced Strawberries
25 C. Sliced Bananas
25 Oz. Blueberries
100 T. Granola

Spread 1 tablespoon of any nut butter on tortilla. Place ¼ cup of sliced strawberries and bananas evenly on tortilla. Top with 1 ounce of blue berries and sprinkle 1 tablespoon of granola on top of fruit. Carefully roll up your tortilla making sure all fruit stays inside. Place in boat seam side down to keep tortilla from unrolling. Can serve whole or can cut into pinwheels and place flat in boat to show off the beautiful colors. Each serving provides 2 grains, 1 meat and ½ cup of fruit. -- This recipe could also be used for breakfast. Our local or school garden ingredients would be strawberries. Our commodity ingredient would be peanut butter and wheat tortilla. Substitutions for any allergies could be using cream cheese sweetened with honey or agave instead of peanut butter or using sunflower butter.

Note: Nutritional Info: 295 Kcal, 11.95g Total Fat, 2.78g Saturated Fat, 0mg Cholesterol, 243.49mg Sodium, 40.71g Carbs, 6.37g Dietary Fiber, 9.42g Protein, 78.76 mg Calcium, 36.46% Calories from Total Fat, 8.49%, 55.20%, 55.20% Calories from Carbs, 12.77% Calories from Protein - It is FSD's responsibility to verify nutritional analysis.

WACKY CAKE

(Yield: 120 (1 piece portions))

Kim Chance
Cleburne ISD
K-12

3 ½ lb Flour	4 oz Vinegar
12 oz Cocoa Mix, fortified, powder	3 tbsp. Vanilla Extract
2 qt Sugar	1 lb + 4 ½ oz Margarine
3 tbsp + 1 tsp Baking Soda	4 oz Cocoa Mix, Fortified, Powder
1 tbsp + 1 tsp Salt, table	¾ c. Milk 1%, low fat
2 qt Water	2 ½ lb Sugar, powdered
1 ½ lb Margarine	5 tsp Vanilla Extract

For the cake, sift first five ingredients (flour, cocoa, sugar, baking soda, salt). Add water, margarine, vinegar, and vanilla and mix well. Place 7lbs. of batter per pan. Bake in moderate oven 350°F for 30 min. For the icing, melt together the butter, cocoa, and milk. Bring to boil. Remove from heat and add powdered sugar and vanilla. Beat well and put on cake while hot.

Note: Nutritional Info: Calories 229 kcal, Total Fat 8.86g, Saturated Fat 3.98g, Sodium 291.97mg, Carbs 35.62g, Protein 1.61g, Calcium 14.85mg, 34.82% Calories from Total Fat, 15.65% Calories from Saturated Fat, 62.22% Calories from Carbs, 2.80% Calories from Protein - It is FSD's responsibility to verify nutritional analysis.

WATERMELON SALSA

(12 (½ cup portions))

Callie Fowler
Union Public Schools
K-12

4 lb Watermelon, raw	1 Jalapeño Pepper, raw, finely chopped
½ c. Onions, raw, chopped	½ bunch Cilantro, fresh
½ c. Sweet Green Peppers, raw, chopped	⅓ c. Lime Juice
4 oz Sweet Yellow Peppers, raw, chopped	1 tsp Garlic Salt
½ c. Orange Peppers, raw, diced	Whole Grain Corn Tortilla Chips (baked or bagged) - optional

Wash and remove rind from watermelon. Slice ½" thick and dice in ½" cubes. Finely chop white onion, bell peppers and jalapeño pepper (remove seeds and membranes from jalapeño according to how hot the salsa is desired). Wash and finely chop cilantro, removing long stems. Place all ingredients in a large bowl, add the lime juice and garlic salt. Mix gently with washed and gloved

(continued)

hands. Add lime juice and garlic salt according to taste. Serve with baked or whole grain corn tortilla chips.

Note: Nutritional Info: Calories 56 kcal, Total Fat 0.28 g (4.51%), Cholesterol 0.00 mg, Sodium 174.09 mg, Carbohydrates 14.04 g (99.90%), Sugars *10.22* g, Protein 1.30 g (9.26%), Calcium 22.22 mg - It is FSD's responsibility to verify nutritional analysis.

YOGURT & STRAWBERRY PARFAIT

(Yield: 24)

Kim Terry
River Road ISD
K-12

3 tubs (32oz each) Vanilla Yogurt, Light & Fit	24oz Whipped Topping
12 c. Strawberries, frozen, thawed, sliced	1 ½ lb Granola

For each parfait in 9oz Clear Cup: (Ingredients in this order) ½c. strawberries w/ juice, ½c. vanilla yogurt, 2 Tbs. Whipped Topping, 2Tbs. Granola on top. Cover with Lid.

Note: Nutritional Info: Calories 321 kcal, Total Fat 2.12 g (5.94%), Cholesterol 0.00 mg, Sodium 179.52 mg, Carbohydrate 71.38 g (88.91%), Protein 8.33 g (10.38%), Calcium 219.17 mg - It is FSD's responsibility to verify nutritional analysis.

YOGURT SNACK

(Yield: 25)

Michelle Helms
Midland ISD
K-12

4 oz Yogurt	½ c. Cranberries dry
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Serve yogurt and cranberries separate and let students combine.

Note: Nutritional Info: Calories 80kcal, Total Fat 0g, Cholesterol 5mg, Sodium 65mg, Carbs 13.05g (65%), Protein 4.01g (20%), Calcium 150.53mg - It is FSD's responsibility to verify nutritional analysis.

INDEX OF CONTRIBUTORS

- A -

Cyndy Aschenbrenner 44, 45

- B -

Alicia Barnes 19, 42, 55
 Lisa Beck 33, 38
 Jody Benedict 17, 20, 71, 73, 86
 Pat Bradbury 14, 34

- C -

Sunnie Caldwell 17, 35, 67, 85
 Kim Chance 14, 23, 75, 94
 Adan Cortez III 6, 47, 61, 75, 90
 Rachael Crawford 88

- D -

Tanya Davis 28, 29, 64, 73, 79, 80
 Tiger Diner 26, 31, 78

- F -

Callie Fowler 1, 46, 72, 94

- G -

Sharon Glosson 16, 21, 27, 57, 62
 92

- H -

Michelle Helms 8, 30, 71, 95
 Alicia Hernandez 1, 12, 43, 77
 Lauren Hickman 10, 48, 68, 83
 Robby Hooker 37, 47
 Kathy Huey 15, 19, 54, 65, 84

- M -

Suzanne Magee 12, 22, 26, 59
 Linda Martin 28, 33, 41, 42
 Meghan Martinson 3, 43, 66, 84
 McKensie Montgomery 2, 40, 67, 87
 Jean Mosley 49, 63, 64, 77
 Tiffany Muecke 10, 49, 79, 80, 91

- P -

Diane Partlow 7, 54, 69
 Deborah Pilgrim 15, 24, 65

- R -

Genoveva Ramirez 74
 Genoviva Ramirez 2, 22
 Michelle Risenhoover 56, 81, 83
 Anna Erika Rivas 9, 55, 76, 87
 Cecilia Rodriguez 5, 25, 60

- S -

Ann Shetler 5, 52, 63, 90
 Keesha Smith 32, 51
 Sarah Smith 9, 13, 53, 59, 93
 Becca Sullivan 4, 51, 65, 89

- T -

Katy Taylor 7, 34, 76, 89
 Kim Terry 8, 37, 70, 95

- V -

Laura-Zelda Villarreal 11, 36, 69, 92

- W -

Robin Wantland 24, 31, 56, 61
 Patty Willhite 13, 44, 60, 70
 Beverly Williams 4, 40, 72, 85



INDEX OF RECIPES

BREAKFAST

APPLE BREAKFAST BARS	1
APPLE SANDWICHES WITH GRANOLA & SUNFLOWER BUTTER	1
BACON, EGG, & CHEESE MUFFIN	2
BEANS & CHORIZO TACO	2
BLUEBERRY YOGURT PARFAIT	3
BREAKFAST BURRITO	3
BREAKFAST CASSEROLE	4
BREAKFAST PARFAIT WITH HOME-MADE GRANOLA	4
BREAKFAST TACOS	5
BREAKFAST TAQUITO	5
CAULIFLOWER SCRAMBLE BURRITO	6
CHERRY OATMEAL BARS	7
CINNAMON ROLLS	7
COUNTRY EGG SCRAMBLE	8
EGG BURRITO	8
EGG N CHEESE BREAKFAST TACO	9
FROYOGO	9
FUEL-UP FLATBREAD	10
HAM & CHEESE ROLL	10
HAM & EGG CROISSANT	11
HAM, EGG & CHEESE BREAKFAST QUESADILLAS	12
HOMEMADE KOLACHE TURKEY SAUSAGE ROLLS	12
HONEY CHICKEN ROLL	13
KICKIN' CHICKEN-N-WAFFLE SLIDERS	13
OATMEAL	14
PANCAKES	14
SUNSHINE MUFFIN	15
SUPER STAR PARFAIT	15
ULTRA GRAIN CINNAMON ROLL	16
WESTERN OMELET WRAP	17
WHOLE GRAIN COFFEE CAKE	17

ENTREE

BALSAMIC CHICKEN & RICE	19
BUILD YOUR OWN SALAD WITH POPCORN CHICKEN	19
CAVATINI	20
CHEESE ENCHILADAS	21, 22

CHEESE PIZZA WITH HOMEMADE CRUST	22
CHEESY CHICKEN OVER RICE	23
CHICKEN & HUMMUS BISTRO BOX	24
CHICKEN & RICE	24
CHICKEN & WAFFLES	25
CHICKEN GUMBO	26
CHICKEN PASTA ALFREDO	26
CHICKEN PEPPERONI PASTA	27
CHICKEN SPAGHETTI	28
CHICKEN/TURKEY SPAGHETTI	28
CHILI	29
CHILI CON CARNE	30
CHIPOTLE RICE BOWL	31
CRAZY CHILI & CHEESE NACHOS	31
CUBAN MOJO CHICKEN	32
DORITO BEEF CASSEROLE	33
ENCHILADA CASSEROLE	33
ENCHILADAS	34
FIESTA SALAD WITH GRILLED CHICKEN	35
ITALIAN CHICKEN FLAT BREAD	36
ITALIAN MEATBALL FLATBREAD	37
LASAGNA	37
LASAGNA WITH GARLIC BREAD	38
MANDARIN ORANGE CHICKEN	39
MARGARITA CHICKEN TACOS	40
MEATLOAF	40
MEXICAN BEEF SPAGHETTI	41
MEXICAN CHICKEN	42
MONTE CRISTO PANINI	42
ONE-PAN ENCHILADA PASTA	43
ORANGE CHICKEN	43
PHILLY CHEESESTEAK SUB SANDWICH	44
PINEAPPLE FRIED RICE WITH TERIYAKI CHICKEN	44
QUESADILLAS WITH JALAPEÑO SAUCE	45
QUINOA ENCHILADA	46
RANCH CHICKEN FLATBREAD	47
SPAGHETTI WITH MEAT SAUCE	47

SPICY PEPPERONI ARTISAN PIZZA	48	SNOWBALL SALAD	72
STUFFED BEEF BUN ROLL	49	SOUTHWEST CHICKEN & RICE SOUP	73
SUPER HERO SPINACH FLATBREAD	49	SPANISH RICE	73, 74
SWEET & SOUR CHICKEN	50	SPINACH GRAPEFRUIT SALAD	75
SWEET & SOUR COCONUT CHICKEN	51	SPINACH SALAD	75
TACO SOUP	51	SPRING BROCCOLI SALAD	76
TEXAS CHICKEN AND RICE CASSEROLE	52	SWEET POTATO CASSEROLE	76
TORTILLA ROLL-UP	54	SWEET POTATO FRIES	77
TO-GO STUFFED TACO	53	THE MOST AMAZING OVEN ROASTED CORN	77
TUNA SALAD	54	TOMATO CUCUMBER SALAD	77
TURKEY PICADILLO	55	TORTILLA SOUP	78
TURKEY RICOTTA PASTA	55	WHOLE GRAIN JALAPEÑO CHEESE BREAD	79
TURKEY STIR-FRY	56	WHOLE GRAIN MACARONI & CHEESE	80
TURKEY WRAP	56	WHOLE GRAIN ROLL	79
WHOLE WHEAT MACARONI AND CHEESE	57	WHOLE GRAIN ROLL DOUGH	80
		ZUCCHINI SAUTÉ	81

SIDE DISH

BLACK BEAN SALSA	59
BUFFALO FIRE FLOWERS	59
CAPRESE TOMATO & BASIL SALAD	60
CHARRO BEANS	60, 61
CHEESY POTATO SKINS	61
COLD PEACH PINTO BEAN SALAD	62
CORN RELISH	63
COWBOY SAUCE FOR CHICKEN TENDERS	63
CURRIED CAULIFLOWER	64
FRIED RICE	64
GLAZED CARROTS	65
GREEN BEANS WITH CHOPPED HAM AND GARLIC	65
HONEYED CARROTS	65
KICKIN' CHARRO BEANS	66
MAYOCOBA BEAN SALAD	67
MEXICAN CAVIAR SIDE SALAD	67
MEXICAN MAC & CHEESE	68
ORANGE GLAZED CARROTS	69
PINEAPPLE DESSERT	69
ROASTED VEGETABLES	70
ROASTED ZUCCHINI SQUASH SALSA	71
SALSA SALAD	71
SNAPS & CAPS	72

SNACK

BLUEBERRY CRISP	83
CHOCOLEANA CAKE	83
CINNAMON APPLES	84
CINNAMON SPICED APPLES	84
CRANBERRY OATMEAL SNACK BAR	85
CRISPY CEREAL TREATS	85
FRUIT & YOGURT PARFAIT	86
FRUIT ROLL-UP	87
GRAPEFRUIT DELIGHT	87
GRILLED CHEESE STICK	87
JALAPEÑO POPPER	
CAULIFLOWER	88
NO BAKE ENERGY BITES	89
PINEAPPLE FRUIT MEDLEY WITH FRUIT DIP	89
ROASTED TOMATO HUMMUS	90
SOUTHWEST CHICKEN DIP	90
STRAWBERRY BANANA SMOOTHIE	91
SUNFLOWER BUTTER & CRANBERRY SANDWICH	92
SWEET POTATO SQUARES	92
THE GRANOLA ROLA	93
WACKY CAKE	94
WATERMELON SALSA	94
YOGURT & STRAWBERRY PARFAIT	95
YOGURT SNACK	95

YOUR
ADVERTISING
PAGES
GO HERE

A WELL-STOCKED PANTRY provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

YOUR ADVERTISING PAGES GO HERE

STAPLES

Baker's chocolate
Baking powder
Baking soda
Barbeque sauce
Bread crumbs (plain or seasoned)
Chocolate chips
Cocoa powder
Cornmeal
Cornstarch
Crackers
Flour
Honey
Ketchup
Lemon juice
Mayonnaise or salad dressing
Non-stick cooking spray
Nuts (almonds, pecans, walnuts)
Oatmeal
Oil (olive, vegetable)
Pancake baking mix
Pancake syrup
Peanut butter
Shortening
Sugar (granulated, brown, powdered)
Vinegar

PACKAGED/CANNED FOODS

Beans (canned, dry)
Broth (beef, chicken)
Cake mixes with frosting
Canned diced tomatoes
Canned fruit
Canned mushrooms
Canned soup
Canned tomato paste & sauce
Canned tuna & chicken
Cereal
Dried soup mix
Gelatin (flavored or plain)
Gravies
Jarred Salsa
Milk (evaporated, sweetened condensed)
Non-fat dry milk
Pastas
Rice (brown, white)
Spaghetti sauce

SPICES/SEASONINGS

Basil
Bay leaves
Black pepper
Bouillon cubes (beef, chicken)
Chives
Chili powder
Cinnamon
Mustard (dried, prepared)
Garlic powder or salt
Ginger
Nutmeg
Onion powder or salt
Oregano
Paprika
Parsley
Rosemary
Sage
Salt
Soy sauce
Tarragon
Thyme
Vanilla
Worcestershire sauce
Yeast



HERBS & SPICES

DRIED VS. FRESH. While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

BASIL Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.

BAY LEAVES Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

CARAWAY Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

CELERY SEED Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.

CHIVES Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

CILANTRO Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

CINNAMON Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.

CORIANDER Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.

CURRY POWDER Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

DILL Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

FENNEL Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

GINGER A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

MARJORAM May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

MINT Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.

NUTMEG Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.

OREGANO Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

PAPRIKA A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

PARSLEY Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

ROSEMARY Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

SAFFRON Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.

SAGE Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

TARRAGON Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

THYME Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

TURMERIC Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs
if substituting fresh for dried.



BAKING BREADS

HINTS FOR BAKING BREADS

- Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

3 RULES FOR USE OF LEAVENING AGENTS

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
2. To 1 teaspoon soda, use 2 1/4 teaspoons cream of tartar, 2 cups freshly soured milk or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

PROPORTIONS OF BAKING POWDER TO FLOUR

biscuitsto 1 cup flour use 1 1/4 tsp. baking powder
cake with oilto 1 cup flour use 1 tsp. baking powder
muffinsto 1 cup flour use 1 1/2 tsp. baking powder
popoversto 1 cup flour use 1 1/4 tsp. baking powder
wafflesto 1 cup flour use 1 1/4 tsp. baking powder

PROPORTIONS OF LIQUID TO FLOUR

pour batterto 1 cup liquid use 1 cup flour
drop batterto 1 cup liquid use 2 to 2 1/2 cups flour
soft doughto 1 cup liquid use 3 to 3 1/2 cups flour
stiff doughto 1 cup liquid use 4 cups flour

TIME & TEMPERATURE CHART

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

BAKING DESSERTS

PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin

slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

PERFECT PIES

- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

PERFECT CAKES

- Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about 5 minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

TIME & TEMPERATURE CHART

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



VEGETABLES & FRUITS

COOKING TIME TABLE

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours.
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

VEGETABLES & FRUITS

BUYING FRESH VEGETABLES

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens quickly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow or limp pods.

BUYING FRESH FRUITS

Bananas: Skin should be free of bruises and black or brown spots. Purchase them slightly green and allow them to ripen at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



NAPKIN FOLDING

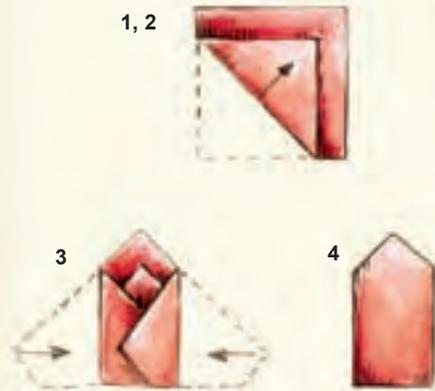
FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

SHIELD

Easy fold. Elegant with monogram in corner.

Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so they are even, single point in center.
5. Place point up or down on plate, or left of plate.

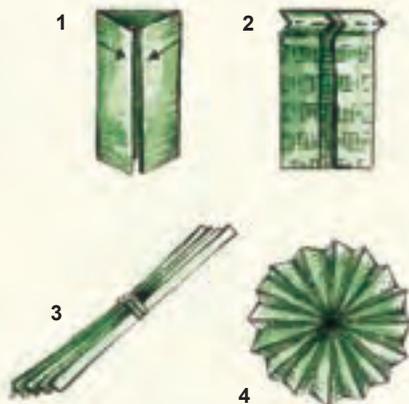


ROSETTE

Elegant on plate.

Instructions:

1. Fold left and right edges to center, leaving 1/2" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



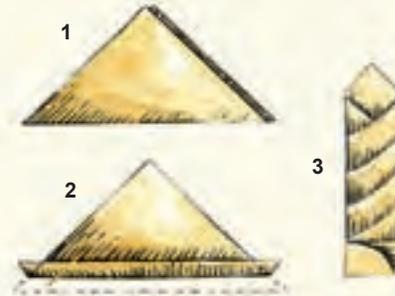
NAPKIN FOLDING

CANDLE

Easy to do; can be decorated.

Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

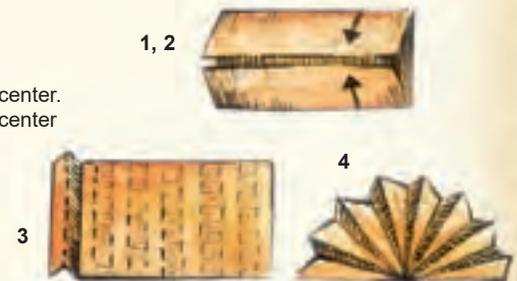


FAN

Pretty in napkin ring or on plate.

Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.

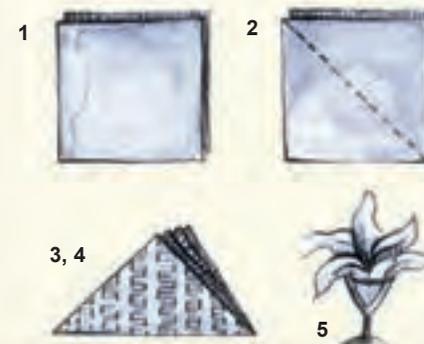


LILY

Effective and pretty on table.

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.



MEASUREMENTS & SUBSTITUTIONS

MEASUREMENTS

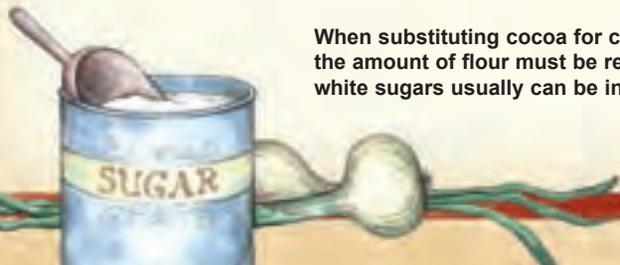
a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups. All measurements are level.

SUBSTITUTIONS

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
ketchup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



EQUIVALENCY CHART

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cup

FOOD QUANTITIES

FOR LARGE SERVINGS

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water
Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints
Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts

QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

Acidic foods – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweetener alternative.

Burnt food on pots and pans – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

Chocolate seizes – Chocolate can seize (turn course and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

Forgot to thaw whipped topping – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

Hands smell like garlic or onion – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

Hard brown sugar – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

Jello too hard – Heat on a low microwave power setting for a very short time.

Lumpy gravy or sauce – Use a blender, food processor or simply strain.

No tomato juice – Mix 1/2 cup ketchup with 1/2 cup water.

Out of honey – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

Overcooked sweet potatoes or carrots – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

Sandwich bread is stale – Toast or microwave bread briefly. Otherwise, turn it into breadcrumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box.

Soup, sauce, gravy too thin – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

Sticky rice – Rinse rice with warm water.

Stew or soup is greasy – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

Too salty – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

Too sweet – Add a little vinegar or lemon juice.

Undercooked cakes and cookies – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.



COUNTING CALORIES

BEVERAGES

apple juice, 6 oz.	90
coffee (black)	0
cola, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

BREADS

cornbread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin	106
corn, 1 muffin	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpnickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

CEREALS

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, 3/4 c.	110

CRACKERS

graham, 1 cracker	15-30
rye crisp, 1 cracker	35
saltine, 1 cracker	17-20
wheat thins, 1 cracker	9

DAIRY PRODUCTS

butter or margarine, 1 T.	100
cheese, American, 1 oz.	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

EGGS

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

FISH AND SEAFOOD

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 1/2 oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110

COUNTING CALORIES

FRUITS

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

MEAT AND POULTRY

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

NUTS

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

PASTA

macaroni or spaghetti, cooked, 3/4 c.	115
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SALAD DRESSINGS

blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

SOUPS

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

VEGETABLES

asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30



COOKING TERMS

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudités: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut or slice vegetables, fruits or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.



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