Lab 1 10:30 to Noon

Black Bean Salsa

Humus

Split Pea salsa

Acini De Pea Confetti Salad

Aztec Grain Salad

Lab 2 2:30 to 4:30 pm

Thick Vegetable soup

Broccoli / Cauliflower Polonaise

Orange Glazed Carrots

Chine Style Vegetables

Orange Rice Pilaf

Lab 3 9:00 am to 11:30 am

Chicken Stir Fry

Spaghetti el Lentils

Zesty Pizza subs

South of the Border Taco's

Rock and Roll Beef Wrap

Standardized Recipe Form

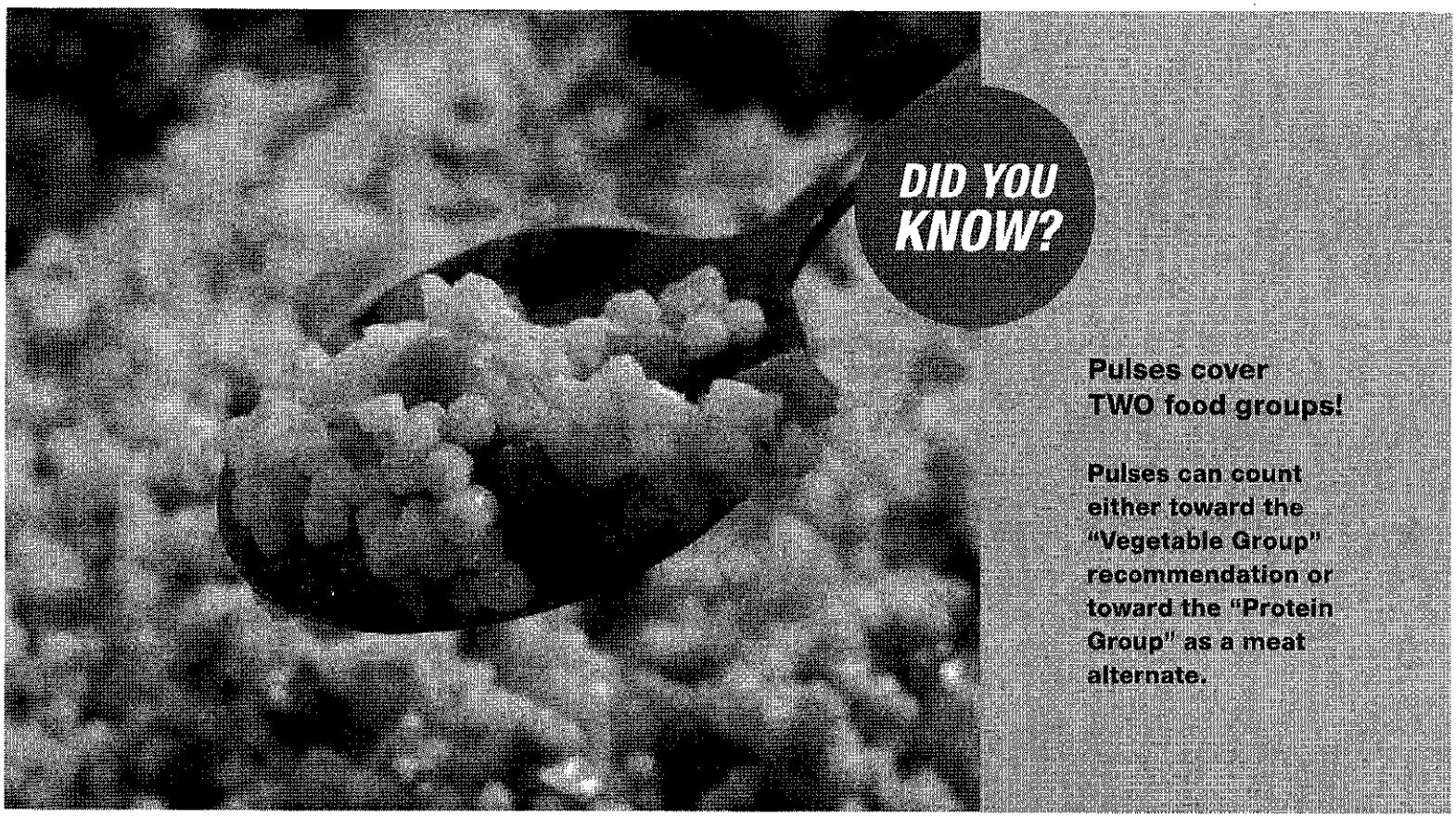
School: | Recipe Number: | Source:

Recipe Title: Spice Black Bean Salsa | Portion Utensil: | Contribution per servings: M/MA oz

Total Yield 12 | F/V cup

G/B svg

Ingredients	__Servings		___Servings		Preparation Instructions
	Weight	Measure	Weight	Measure	
Black Bean	1 can	16oz			drained and rinsed
Diced tomatoes and Green Chilies	1 can	10oz			drained
corn		1/2 cup			canned or(frozen will need to be cooked)
red onion		1/4 cup			finely chopped
cilantro		1/4 cup			chopped finely
lime juice		1 T			
					Mix allingreients into a bowl
					Cover and refrigerate for 30 minutes



Acini de Pea Confetti Salad

Acini de Pepe is a popular bead shaped Italian pasta. Green and yellow split peas combined with sweet peppers, fresh basil and garlic makes a colorful and nutritional addition to any salad bar.

Ingredients

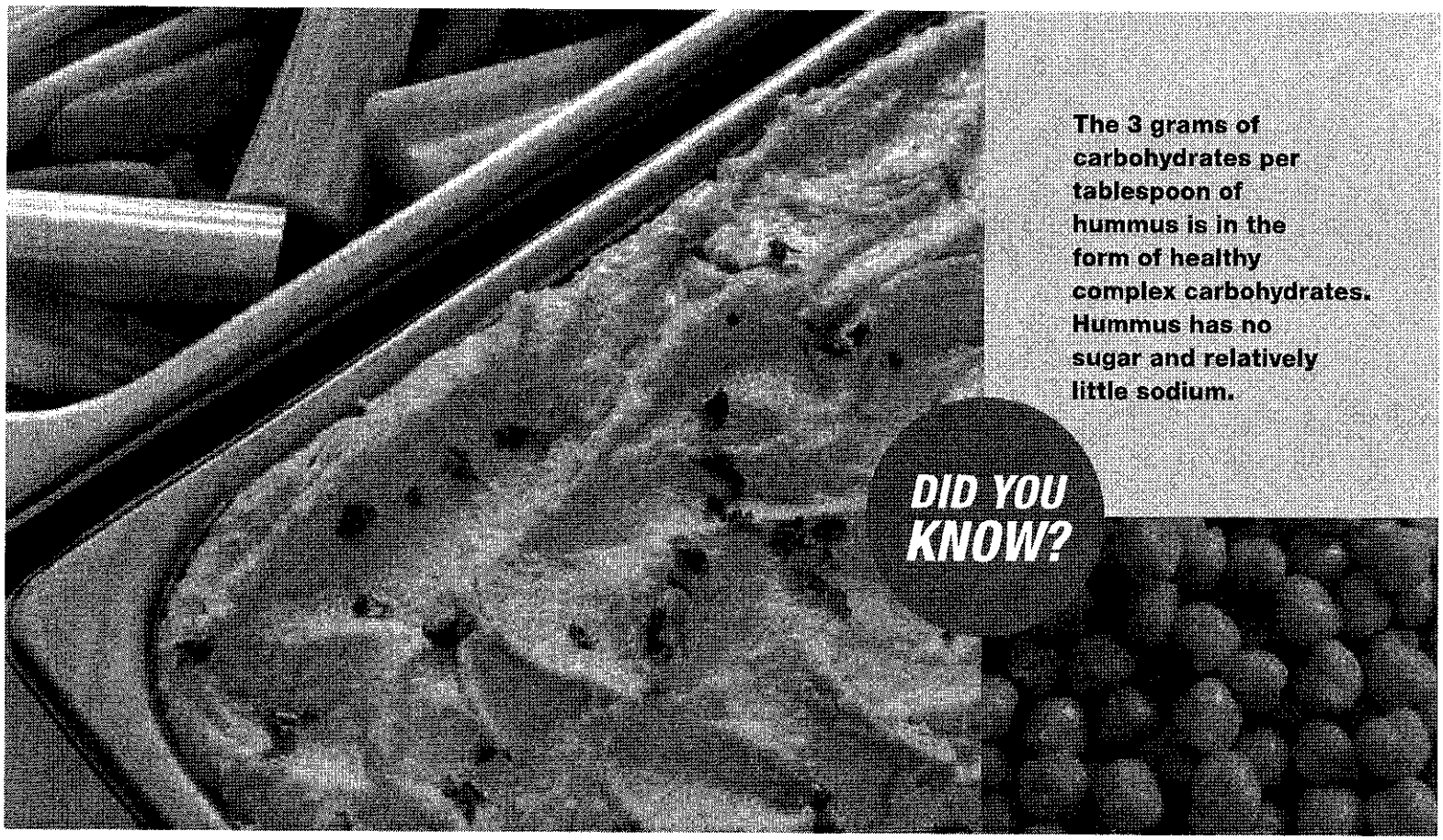
4 - 16 oz. packages of acini de pepe pasta*
(cook to package directions)
4 sweet yellow peppers, diced
4 sweet red peppers, diced
2 C. cooked green split peas
2 C. cooked yellow spit peas
2 C. olive oil
16 cloves garlic, chopped fine
4 tsp. salt
2 tsp. pepper
4 - .75 oz. containers fresh basil, chopped

Directions

1. Cook the acini de pepe according to package directions, set aside.
2. In a large pot on medium-high heat, add the olive oil and warm for a minute, add the peppers and saute for 1 minute, add the cooked peas and garlic and stir for 1 minute.
3. Add the acini de pepe and warm through, stirring frequently, you may need another splash of olive oil.
4. Remove from the heat, add salt, pepper and fresh basil. This dish is good, warm, cool or at room temperature.

**If Acini de Pepe is unavailable you can substitute the same amount of small ring pasta.*

Makes 48 servings. Each serving has 250 calories, 10 grams (g) fat, 7 g protein, 35 g carbohydrate, 4 g fiber, and 200 milligrams sodium.



The 3 grams of carbohydrates per tablespoon of hummus is in the form of healthy complex carbohydrates. Hummus has no sugar and relatively little sodium.

DID YOU KNOW?

Veggie Dip

This delicious dip is a real crowd pleaser, low in fat and packed with fiber, protein and iron. Serve with crisp veggies.

Ingredients

2 - #10 cans of chickpeas, drained* (reserve some liquid)
2 T. jarred garlic, or 12 cloves
4 T. cumin
1.5 C. lemon juice
3/4 C. extra virgin olive oil

Directions

Turn on the food processor fitted with the steel blade and drop the garlic down the feed tube; process until minced, unless you are using jarred garlic. In a large bowl combine all of the ingredients, including the garlic and mix well. Puree the chickpea mixture in batches in the food processor. If the mixture is too thick you may need to add a few tablespoons of the reserved liquid. Stir well and serve chilled or at room temperature with fresh vegetables.

**Rinse the canned chickpeas to reduce added sodium.*

Makes 48 servings. Each serving has: 120 calories, 5 grams (g) fat, 4 g protein, 15 g carbohydrate, 4 g fiber and 230 milligrams sodium.

Split Pea Salsa

A unique and nutritious version of the traditional bean and corn Mexican salsa. Serve with tortilla chips.

Ingredients

5 C. dry split peas, rinsed
12 1/2 C. water
1 #10 can black beans
drained and rinsed
10 C. frozen corn
5 red bell peppers, chopped
1 1/4 C. cilantro, chopped
1 1/4 C. lime juice
10 medium tomatoes, diced
2 1/2 C. onion, diced
4-5 tsp. ground cumin

Directions

In a medium saucepan, bring peas and water to a boil, reduce heat, cover and simmer until peas are tender (about 20 minutes). Drain and transfer to a large bowl. Wash and prepare all produce. Combine all ingredients in a large bowl. Serve with tortilla chips.

Makes 50 servings. Each serving has 100 calories. 0.5 grams (g) fat, 5 g protein, 20 g carbohydrate, 6 g fiber, 250 milligrams sodium.

Aztec Grain Salad

Meal Components: Red/Orange Vegetable-Fruit-Grains

Grains B-24r

Ingredients	25 Servings		50 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Quinoa, dry	2 lb 3 oz	1 qt 1 ½ cups	4 lb 6 oz	2 qt 3 cups	1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
Water		2 qt 3 cups		1 gal 1 ½ qt	2. Combine quinoa and water in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Refrigerate at 40 °F.
*Fresh Granny Smith apples, peeled, cored, cubed ¾"	1 lb 13 oz	1 qt 1 cup	3 lb 10 oz	2 qt 2 cups	3. Combine apples, squash, and canola oil. Add half of the ginger and half of the cinnamon. Reserve remaining ginger and cinnamon for step 6. Toss well to coat.
*Fresh butternut squash, peeled, cubed ½"	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	
Canola oil		¼ cup		½ cup	
Ground ginger		1 tsp		2 tsp	
Ground cinnamon		2 ½ tsp		1 Tbsp 2 tsp	4. Transfer apple/squash mixture to a sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 5. Roast until squash is soft and slightly brown on the edges. DO NOT OVERCOOK. Conventional oven: 400 °F for 15-20 minutes Convection oven: 400 °F for 12-15 minutes
Frozen orange juice concentrate	6 oz	¾ cup	12 oz	1 ½ cups	6. Combine orange juice concentrate, olive oil, honey, mustard, vinegar, salt, black pepper, white pepper, cilantro, and remaining ginger and cinnamon. Whisk dressing until combined.
Extra virgin olive oil		⅓ cup		⅔ cup	
Honey		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dijon mustard		1 ½ tsp		1 Tbsp	
Red wine vinegar		½ cup		1 cup	
Salt		½ tsp		1 tsp	
Ground black pepper		⅓ tsp		⅔ tsp	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Aztec Grain Salad

Meal Components: Red/Orange Vegetable-Fruit-Grains **Grains B-24r**

Ingredients	25 Servings		50 Servings		Directions Process #3: Complex Food Preparation
	Weight	Measure	Weight	Measure	
Ground white pepper		¼ tsp		½ tsp	
Fresh cilantro, finely chopped		1 Tbsp: Option: Add additional for garnish		2 Tbsp Option: Add additional for garnish	
Dried cranberries, finely chopped	10 oz	2 cups	1 lb 4 oz	1 qt	7. In steam table pan (12" x 20" x 4") combine quinoa, apple/squash mixture, cranberries, raisins, and dressing. Mix well. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Option: garnish with additional chopped cilantro. Cover and refrigerate at 40 °F to allow flavors to combine.
Golden raisins, seedless, finely chopped	10 oz	2 cups	1 lb 4 oz	1 qt	8. Critical Control Point: Cool to 40 °F or lower within 4 hours. Refrigerate until ready to serve
					9. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
1 cup provides (8 fl oz spoodle) ⅛ cup red/orange vegetable, ⅜ cup fruit, and 1 oz equivalent grains.	25 Servings: about 9 lb 8 oz	25 Servings: about 1 gallon 1 quart 1 steam table pan
	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts 2 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Granny Smith apples	2 lb 6 oz	4 lb 12 oz
Butternut squash	2 lb 8 oz	5 lb

Nutrients Per Serving

Calories	297.80	Saturated Fat	0.91 g	Iron	2.36 mg
Protein	6.41 g	Cholesterol	0 mg	Calcium	44.35 mg
Carbohydrate	53.56 g	Vitamin A	3391.52 IU (170.84 RAE)	Sodium	58.43 mg
Total Fat	7.83 g	Vitamin C	15.22 mg	Dietary Fiber	5.56 g