

Day Care Resources, Inc.

Child and Adult Care Food Program (CACFP)



Mix It Up!

New Recipes for the CACFP

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Credits:

All nutrition information is provided by a Registered Dietitian. Nutrition facts in this book were calculated using <https://supertracker.usda.gov>.

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Introduction

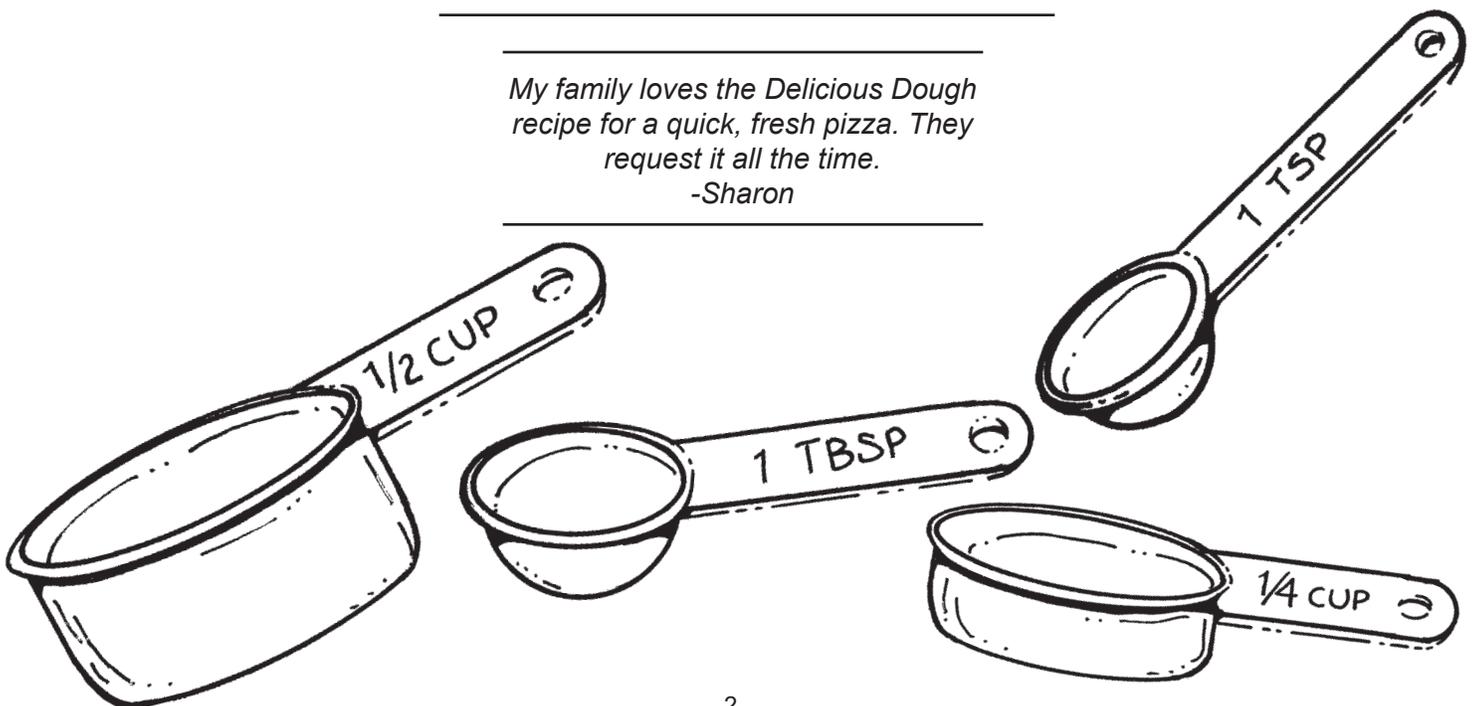
Dare to come on a food adventure! At Day Care Resources, we wanted to provide our child care providers with easy and delicious recipes that meet the CACFP guidelines. These recipes are meant to help you provide healthy meals for the children in your care without having to spend all day in the kitchen. As we begin to adopt new healthier standards, we wanted to make sure our clients have the resources they need to embrace these changes.

Current research tells us that over time, kids eat what their parents and caregivers eat. Since role models are so important, we set out to expand the taste buds of our toughest clients: our staff! Each recipe in this cookbook has been taste tested and approved by the staff of Day Care Resources, Inc. We are proud to feature recipes from our clients, the USDA, other food programs across the country, staff favorites and more! Recipes were evaluated based on taste, appearance, kid friendliness, and the amount of ingredients. Each recipe included received an overall rating of at least 4 out of 5 stars. Since kids and adults alike do not eat enough vegetables, we focused on discovering new ways to bring out the vegetable lover in all of us! In addition, our recipes not only include ordinary vegetables like broccoli or carrots, but also a few new and unique vegetables as well. Many of these vegetables are inexpensive and tasty!

Ready to get started? We invite you to try some of these recipes with the children! Begin a new adventure today to tempt your taste buds. Together, you can enjoy a delicious rainbow of healthy, scrumptious foods.

I disliked brussels sprouts and asparagus before but after the ones we had, I'm a fan. I use the recipes for brussels sprouts and asparagus all the time now.
- Barb

My family loves the Delicious Dough recipe for a quick, fresh pizza. They request it all the time.
-Sharon



Big Bad Ham & Bean Soup

Ingredients	14 portions	28 portions	56 portions	112 portions
Carrots, medium, sliced	1/2 cup (about 2)	1 cup (about 4)	2 cups (about 8)	4 cups (about 16)
Celery, chopped	1/2 cup	1 cup	2 cups	4 cups
Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Butter	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Great Northern Beans, rinsed and drained	4 (14 oz) cans	8 (14 oz) cans OR 1 (110 oz) can + 1 (14 oz) can	2 (110 oz) cans + 2 (14 oz) cans	4 (110 oz) cans + 3 (14 oz) cans
Chicken Broth, <small>low sodium</small>	4 cups	8 cups	16 cups	32 cups
Cooked Ham, cubed	1 1/2 pounds	3 pounds	6 pounds	12 pounds
Chili Powder	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.
Garlic, minced	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.
Pepper	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Bay Leaf	1	2	4	8

Directions:

1. In a large saucepan, saute the carrots, celery, and onion in butter until tender.
2. Stir in the remaining ingredients. Bring to a boil.
3. Reduce heat; cook for 15 minutes or until heated through.
4. Discard bay leaf and serve.

Taco Soup

✓ = use creamed corn OR puree soup for kids under 2

Ingredients	12 portions	24 portions	48 portions	96 portions
Onion, chopped	1 large	2 large	4 large	8 large
Taco Seasoning, 1.25 ounce packet, <small>low sodium</small>	1 (1.25 oz.) packet	2 (1.25 oz.) packets	4 (1.25 oz.) packets	8 (1.25 oz.) packets
Corn ✓, 15.25 ounces	1 can	2 cans	4 cans	8 cans
Diced Tomatoes, 14.5 ounces	1 can	2 cans	4 cans	8 cans
Fired Roasted Diced Tomatoes, 14.5 ounces	1 can	2 cans	4 cans	8 cans
Black Beans, 15.5 ounces	1 can	2 cans	4 cans	8 cans
Pinto Beans, 16 ounces	1 can	2 cans	4 cans	8 cans
Refried Beans, 16 ounces	1 can	2 cans	4 cans	8 cans
Vegetable Broth, 14.5 ounces	1 can	2 cans	4 cans	8 cans

Directions:

1. Soften onions in a large pot with a small amount of water.
2. Add all remaining ingredients. Simmer for 30 minutes to an hour.
3. If desired, serve with low-fat sour cream and shredded cheese.

Super Star Soup (WG)

Ingredients	8 (1 cup) portions	16 portions	32 portions	64 portions
Low-sodium Chicken Broth	6 cups	12 cups	24 cups	48 cups
Star Pasta, whole grain	1 cup	2 cups	4 cups	8 cups
Kosher Salt	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Peas and Carrots, frozen	2 1/4 cups	4 1/2 cups	9 cups	18 cups

Directions:

1. Place the broth in a large saucepan and bring to a boil.
2. Add the pasta and salt.
3. Simmer pasta until tender, about 6-8 minutes.
4. Stir in the peas and carrots and cook until heated through, about 1-2 minutes.

Soups

Fast Facts	
Each portion provides	1 1/2 ounces meat/ meat alternate and 1/3 cup vegetable
Calories	263
Total Fat	5 g
Sodium	888 mg
Carbohydrates	34 g
Fiber	8 g
Protein	23 g
<i>From: Taste of Home, 2013.</i>	



Fast Facts	
Each portion provides	1 1/2 ounces meat alternate and 1/3 cup vegetable
Calories	171
Total Fat	1 g
Sodium	442 mg
Carbohydrates	32 g
Fiber	10 g
Protein	10 g
<i>From: IU Health West</i>	



Fast Facts	
Each portion provides	1/2 oz eq bread/ grain and 1/4 cup vegetable
Calories	100
Total Fat	2 g
Sodium	156 mg
Carbohydrates	16 g
Fiber	2 g
Protein	7 g
<i>From: realsimple.com, 2012.</i>	

Cowboy Stew

Ingredients	14 portions 1 (9x13") pan	28 portions 2 (9x13") pans	56 portions 1 (12x20x2 1/2") pan	112 portions 2 (12x20x2 1/2") pans
Lean Ground Beef or Turkey	1 1/2 pounds	3 pounds	6 pounds	12 pounds
Bacon or Turkey Bacon	1/4 pound	1/2 pound	1 pound	2 pounds
Onion	1/2 cup	1 cup	2 cups	4 cups
Brown Sugar	1/2 cup	1 cup	2 cups	4 cups
Catsup	1/2 cup	1 cup	2 cups	4 cups
Dry Mustard	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup
Salt	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.
Lima Beans (15 oz. can)	1	2	4	8
Kidney Beans (15.5 ounce can)	1	2	4	8
Pork & Beans (30 ounce can)	1	2	4	8
Vinegar	2 Tbsps.	1/4 cup	1/2 cup	1 cup



Fast Facts	
Each portion provides	1 1/2 ounces meat/meat alternate and 1/3 cup vegetable
Calories	289
Total Fat	8 g
Sodium	727 mg
Carbohydrates	38 g
Fiber	7 g
Protein	18 g
<i>From: Diana Mooney</i>	

Directions:

1. Preheat oven to 325 degrees.
2. Brown meat, bacon, and onion. Drain.
3. Add remaining ingredients. Pour into baking dish(es).
4. Bake at 325 degrees for 45 minutes or until browned.

Read with Me Recipe:

When you make this soup, read "A Bad Case of Stripes" by David Shannon. This book highlights the challenges of peer pressure along with a food found in our above recipe, lima beans!

Bean Bonanza Chili

Ingredients	15 portions	30 portions	60 portions	120 portions
Onion, chopped	1 medium	2 medium	4 medium	8 medium
Bell Peppers, seeded, diced	2/3 pound (about 2)	1 1/3 pounds (about 4)	2 2/3 pounds (about 8)	5 1/3 pounds (about 16)
Black Beans, 15.5 oz.	2 cans	4 cans	8 cans	16 cans
Kidney Beans, 15.5 oz.	2 cans	4 cans	8 cans	16 cans
Fire Roasted Tomatoes, 14.5 oz	2 cans	4 cans	8 cans	16 cans
Veggie Broth	2 cups	1 quart	2 quarts	1 gallon
Chili Powder	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Garlic Powder	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.	5 Tbsps. + 1 tsp.
Ground Cinnamon	1 1/2 tsps.	1 Tbsp.	2 Tbsps.	1/4 cup
Sea Salt	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp	2 Tbsps. + 2 tsps.



Fast Facts	
Each portion provides	1 1/2 ounces meat alternate + 1/3 cup vegetable
Calories	166
Total Fat	1 g
Sodium	581 mg
Carbohydrates	31 g
Fiber	11 g
Protein	11 g
<i>From: recipage.com, 2013; Inspired by: Cherie Sousa</i>	

Directions:

1. Saute the onion in a little bit of oil.
2. Add peppers. Cook until browned.
3. Rinse and drain all beans. Add beans and tomatoes to pot.
4. Add veggie broth, spices, and salt. Stir.
5. Turn heat to medium. Simmer until heated through.

Crock Pot Directions: Place all ingredients in a crock pot. Cook each 15 portion batch in a 3 quart crock pot for 4 hours on high.

Main Dishes

3 Sisters Enchiladas (WG)

Ingredients	8 enchiladas 1 (9x13") pan	16 enchiladas 2 (9x13") pans	32 enchiladas 4 (9x13") pans	64 enchiladas 8 (9x13") pans
Olive Oil	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.
Zucchini, diced	2 cups	1 quart	2 quarts	1 gallon
Corn, frozen* (10 oz. package)	1	2	4	8
Black Beans*, canned, drained (15 ounce can)	1	2	4	8
Enchilada Sauce, divided	3 cups	1 quart + 1 pint	3 quarts	1 gallon + 2 quarts
Tortillas, whole wheat, 8"	8	16	32	64
Cheddar Cheese, shredded	8 ounces	1 pound	2 pounds	4 pounds

Fast Facts	
Each enchilada provides	1 1/2 ounces meat/meat alternate, 1 oz eq bread/grain, and 1/3 cup vegetable
Calories	414
Total Fat	16 g
Sodium	959 mg
Carbohydrates	52 g
Fiber	8 g
Protein	18 g
<i>From: mealsmatter.org, 2012</i>	

Directions:



1. Heat oil in a skillet. Saute zucchini and corn 5 minutes or until tender. Remove from heat. Stir in beans.
2. Spray pan(s) with nonstick spray. Spread 1 cup enchilada sauce in the bottom of each pan.
3. Fill each tortilla with 1/2 cup zucchini mixture and 2 tablespoons cheese. Roll up. Place seam side down in the baking dish.
4. Spread remaining sauce over tortillas.
5. Cover with foil. Bake at 350 degrees for 30 minutes.
6. Uncover. Sprinkle with remaining cheese.
7. Bake until cheese melts, about 10 minutes.

**Tip: Use creamed corn and refried beans (instead of corn kernels and black beans) for infants and toddlers.*

Fireman Frank's Beans & Sausage (WG)

Ingredients	12 portions	24 portions	48 portions	96 portions
Butter or Margarine	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Green Onion, chopped	1 large	2 large	4 large	8 large
Green Bell Pepper, chopped	1/3 pound (about 1)	2/3 pound (about 2)	1 1/3 pounds (about 4)	2 2/3 pounds (about 8)
Celery, chopped	1 1/2 cups	3 cups	1 1/2 quarts	3 quarts
Garlic, minced	2 cloves	4 cloves	8 cloves	16 cloves
Turkey Smoked Sausage, cut into pieces <i>(all meat, no fillers, binders or extenders)</i>	1 pound	2 pounds	4 pounds	8 pounds
Red Kidney Beans (15.5 ounce) cans	2 cans	4 cans	8 cans	16 cans
Bay Leaf	1	2	4	8
Tabasco Sauce	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup
Cooked Whole Grain Rice	3 cups	1 1/2 quarts	3 quarts	6 quarts

Fast Facts	
Each portion provides	1 1/2 ounces meat/meat alternate and 1/2 oz eq bread/grain
Calories	227
Total Fat	6 g
Sodium	545 mg
Carbohydrates	31 g
Fiber	7 g
Protein	13 g
<i>From: Lori Peters</i>	

Directions:

1. Melt butter in large, heavy saucepan over medium-high heat.
2. Add onions, green pepper, celery, garlic, and sausage. Cook 5 minutes or until vegetables are tender, stirring often.
3. Add beans, bay leaf, and tabasco sauce. Mix well.
4. Reduce heat and simmer 25-30 minutes. Serve over rice.



Smoked Turkey & Beans

Ingredients	7 portions	14 portions	28 portions	56 portions
Boneless Smoked Turkey Breast or Turkey Ham, chopped	1 pound	2 pounds	4 pounds	8 pounds
Onion, chopped	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Butter Beans (14.5 oz.)	2 cans	4 cans	8 cans	16 cans
Garlic Clove, minced	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.
Pepper	a pinch	1/8 tsp.	1/4 tsp.	1/2 tsp.
Bay Leaf	1 leaf	1 leaf	2 leaves	4 leaves
Dried Thyme Leaves	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.
Water	1 pint	1 quart	2 quarts	4 quarts
Salt	1/8 tsp.	1/4 tsp.	1/2 tsp.	1 tsp.

Directions: Add all ingredients to a large pan. Heat thoroughly and serve.



Fast Facts	
Each portion provides	1 1/2 ounces meat/meat alternate and 1/3 cup vegetable
Calories	222
Total Fat	4 g
Sodium	1089 mg
Carbohydrates	27 g
Fiber	9 g
Protein	21 g

From: African American Flavor, kraftfoods.com

Big Batch Beans

Ingredients	One pound of dry beans will make:		
	1 ounce portions for ages 1-2	1 1/2 ounce portions for ages 3-5	2 ounce portions for ages 6-12
Dried Black Beans OR	18 (1 oz.) portions	12 (1 1/2 oz.) portions	9 (2 oz.) portions
Dried Garbanzo Beans OR	24 (1 oz.) portions	16 (1 1/2 oz.) portions	12 (2 oz.) portions
Dried Navy Beans OR	23 (1 oz.) portions	15 (1 1/2 oz.) portions	11 (2 oz.) portions
Dried Pinto Beans	21 (1 oz.) portions	14 (1 1/2 oz.) portions	10 (2 oz.) portions

- Directions:**
1. Remove any dirt or rocks from beans. Rinse beans in a colander.
 2. Cover with 2 inches of water. Soak overnight.
 3. Place in pot(s). Cover with 2 inches water.
 4. Bring to a boil. Simmer for 1-1 1/2 hours or until done.
 5. Drain.
 6. If desired, portion into freezer safe containers. Freeze for later!



Beans are one of the most affordable sources of protein at only 15 cents per serving!

- The Bean Institute, 2015.

Southwest Roll-Ups (WG)

Ingredients	16 portions	32 portions	64 portions	128 portions
Refried Beans (16 ounces)	2 cans	4 cans	8 cans	16 cans
Black Beans (15.5 ounces)	1 can	2 cans	4 cans	8 cans
Salsa	1/2 cup	1 cup	2 cups	4 cups
Cooked Chicken, chopped	2/3 pound (~2 cups)	1 1/3 pounds (~4 cups)	1 2/3 pounds (~8 cups)	3 1/3 pounds (~16 cups)
Tortillas (10" whole wheat)	16	32	64	128
Cheddar Cheese, shredded	8 ounces (2 cups)	1 pound	2 pounds	4 pounds

Directions:

1. Mix together beans, salsa, and chicken.
2. Spread 1 portion of mixture onto each tortilla.
3. Sprinkle with cheese.
4. Fold sides in and roll up.
5. Bake at 350 degrees for 20-30 minutes or freeze for later.

To Freeze: Lay wrapped roll-ups on a cookie sheet. Freeze for 1 hour, then transfer all to a freezer bag.

Fast Facts	
Each portion provides	1.5 ounces meat/meat alternate, 1 oz eq bread/grain, and 1/4 cup vegetable
Calories	276
Total Fat	9 g
Sodium	710 mg
Carbohydrates	31 g
Fiber	9 g
Protein	18 g

From: moneysavingmom.com; Submitted by Patricia Pifer



A+ Asian Wraps (WG)

Ingredients	6 portions 1 (8 inch) pan	25 portions 1 (12 x 20 x 2 1/2") pan	50 portions 2 (12 x 20 x 2 1/2") pans	100 portions 4 (12 x 20 x 2 1/2") pans
Brown Rice	1 1/2 cups	1 quart + 2 1/4 cups	3 quarts + 1/2 cup	6 quarts + 1 cup
Water, boiling	3 1/2 cups	3 quarts	1 gallon + 2 quarts	3 gallons
Fresh Bok Choy, sliced 1/4" (optional)	1 3/4 cups	2 quarts	1 gallon	8 quarts
Canned Pineapple Tidbits, in 100% juice	1 3/4 cups	1 quart + 2 cups (1/2 No. 10 can)	3 quarts (1 No. 10 can)	6 quarts (2 No. 10 cans)
Chicken, cooked	3 cups (12 oz.)	3 pounds 1 oz.	6 pounds 2 oz.	12 1/4 pounds
Sweet & Sour Sauce	3/4 cup	3 cups	1 quart + 1 pint	3 quarts
Soy Sauce, low sodium	1 teaspoon	1 Tbsp.	2 Tbsps.	1/4 cup
Romaine Lettuce, rinsed, dry	12 leaves (1 1/4 pounds)	50 leaves (2 1/2 pounds)	100 leaves (5 pounds)	200 leaves (10 pounds)

Directions

1. Pour brown rice into pan(s). Mix in boiling water. Cover pan tightly with foil.
2. Bake at 350 degrees for 40 minutes.
3. Remove from oven. Let stand (covered) for 5 minutes.
4. Combine brown rice, bok choy (if desired), pineapple, chicken, sweet and sour sauce, and soy sauce.
5. Pour into pan(s). Bake at 350 degrees for 30 minutes.
6. Fill each lettuce leaf with 3/8 cup of rice mixture (or divide 3/4 cup mixture between 2 lettuce leaves). Roll up to serve.

Chuck's Cheesy Tilapia

Ingredients	7 portions	14 portions	28 portions	56 portions
Margarine, melted	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup
Lemon Juice	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup
Pepper	1/8 tsp.	1/4 tsp.	1/2 tsp.	1 tsp.
Basil	1/8 tsp.	1/4 tsp.	1/2 tsp.	1 tsp.
Parmesan Cheese	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Fresh or frozen Tilapia	1 pound	2 pounds	4 pounds	8 pounds

Directions:

1. Preheat oven broiler.
2. Coat a pan with cooking spray.
3. Mix margarine, lemon juice, pepper, basil, and Parmesan cheese. Set aside.
4. Place fillets in a pan. Broil 2-3 minutes on each side.
5. Top with cheese mixture. Cook about 2 more minutes until coating is brown.

Homemade Mac & Cheese (WG)

Ingredients	8 portions 1 (8" square) pan	16 portions 1 (9x13") pan	32 portions 2 (9x13") pans	64 portions 2 (12" x 20" x 2 1/2") pans
Whole Grain Macaroni	1 cup	2 cups	4 cups	8 cups
Cottage Cheese	1 cup	2 cups	4 cups	8 cups
Sour Cream, light	1 cup	2 cups	4 cups	8 cups
Cheddar Cheese, shredded	2 cups	4 cups	8 cups	16 cups
Eggs, large, beaten	2 large	4 large	8 large	16 large

Directions:

1. Boil macaroni according to directions. Drain.
2. For a smooth texture, puree cottage cheese.
3. Mix all ingredients together. Pour into pan(s) coated with nonstick spray.
4. Bake at 325 degrees until set and browned, about 50-60 minutes for a 9x13" pan.

Main Dishes



Fast Facts

One portion (2 wraps) provides	1 1/2 ounces meat/meat alternate, 1/2 oz eq bread/grain, and 1/4 cup vegetable
Calories	240
Total Fat	3 g
Sodium	447 mg
Carbohydrates	35 g
Fiber	3 g
Protein	19 g
<i>Adapted from: Recipes for Healthy Kids Cookbook, September 2013.</i>	

Fast Facts

Each portion provides	1 1/2 ounces meat/meat alternate
Calories	81
Total Fat	3 g
Sodium	64 mg
Carbohydrates	0 g
Fiber	0 g -
Protein	13 g
<i>From: First Years in the First State: Menu Planning Guide, 2011.</i>	



Fast Facts

Each portion provides	2 ounces meat alternate & 1/2 oz eq bread/grain
Calories	243
Total Fat	15 g
Sodium	313 mg
Carbohydrates	13 g
Fiber	1 g
Protein	15 g
<i>From: recipezaar, 2010.</i>	

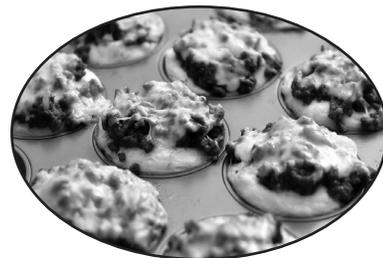
Cowboy Cups (WG)

Ingredients	10 portions	20 portions	40 portions	80 portions
Ground Beef or Turkey, <i>lean</i>	1 pound	2 pounds	4 pounds	8 pounds
BBQ Sauce	1/2 cup	1 cup	2 cups	4 cups
Fresh Onions	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup
Brown Sugar	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Frozen Whole Wheat Bread Dough, thawed	8 ounces (1/2 loaf)	1 pound (1 loaf)	2 pounds (2 loaves)	4 pounds (4 loaves)
Cheddar Cheese, shredded	1 cup	2 cups	4 cups	8 cups

Directions:

1. Spray one muffin cup with nonstick spray for each portion.
2. Brown meat and drain.
3. Stir in BBQ sauce, onions, and brown sugar. Cook and stir 1 minute.
4. Cut dough into the number of portions needed.
5. Firmly press each piece into the bottom and sides of a muffin cup.
6. Spoon about 1/4 cup meat mixture into each biscuit lined cup.
7. Sprinkle with cheese.
8. Bake at 350 degrees for 12 minutes or until edges are golden.

Variation: Pizza Cups - Fill the cups with pizza toppings, such as tomato sauce, turkey ham, sausage (*all meat, no fillers, binders or extenders*), and cheese.



Fast Facts

Each portion provides	1 1/2 ounces meat/meat alternate & 1/2 oz eq bread/grain
Calories	249
Total Fat	11 g
Sodium	433 mg
Carbohydrates	25 g
Fiber	2 g
Protein	14 g

Adapted from: Makin' It Balance and Kickin' It Up!, 2005.

Harry's Hard Boiled Eggs

Ingredients: Eggs (however many desired)



Directions:

1. Place eggs in a single layer in a saucepan. Add enough cold water to cover eggs by one to two inches.
2. Bring the water to a full, rolling boil. Cover the saucepan.
3. Turn off the stove. Remove the pan from the burner. Let stand 12 minutes.
4. Drain off water. Cover eggs with cold water to stop the cooking process.
5. Tap each egg to crack shells. Peel eggs to serve.

- Uses:
- Eat as part of a snack (with salt and pepper)
 - Egg sandwich
 - Egg topping on salads

Fast Facts

One large egg provides	2 ounces meat/meat alternate
Calories	77
Total Fat	5 g
Sodium	139 mg
Carbohydrates	1 g
Fiber	0 g
Protein	6 g

Hawaiian Chicken (WG)

Ingredients	7 portions	14 portions	28 portions	56 portions
Cornstarch	3 Tbsps.	1/4 cup + 2 Tbsps.	3/4 cup	1 1/2 cups
Chicken Broth (10.5 ounce) can	1	2	4	8
Vegetable Oil	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup
Boneless, skinless Chicken, cut into pieces	1 pound	2 pounds	4 pounds	8 pounds
Pineapple in Juice	1 (8 oz.) can	1 (16 oz.) can	32 ounces	64 ounces
Sugar	1/4 cup	1/2 cup	1 cup	2 cups
Vinegar	1/4 cup	1/2 cup	1 cup	2 cups
Green Pepper, optional	1-2	2-4	4-8	8-16
Brown Rice, cooked	1 3/4 cups	3 1/2 cups	7 cups	14 cups

Directions:

1. Mix cornstarch and broth until smooth.
2. Heat oil in a skillet. Brown chicken in oil.
3. Add broth mixture and remaining ingredients except rice.
4. Cook over medium heat. Stir until mixture boils and thickens.
5. Cover. Reduce heat. Simmer 5 minutes or until heated through. Serve over rice.



Fast Facts

Each portion provides	1 1/2 ounces meat/meat alternate & 1/2 oz eq bread/grain
Calories	188
Total Fat	5 g
Sodium	532 mg
Carbohydrates	16 g
Fiber	1 g
Protein	20 g

From: Campbell's Kitchen 2011

Lose Your Noodle Lasagna

Ingredients	16 portions 1 (9x13") pan	32 portions 1 half-size hotel pan (12 3/4 x 10 3/8 x 4")	64 portions 1 (12x20x4") full hotel pan	128 portions 2 (12x20x4") full hotel pans
Zucchini, small	1 pound	2 pounds	4 pounds	8 pounds
Olive Oil	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Onion, chopped	1 medium (1/3 pound)	2 medium (2/3 pound)	4 medium (1 1/3 pounds)	8 medium (2 2/3 pounds)
Garlic, minced	2 cloves	4 cloves	8 cloves	16 cloves
Sweet Italian Turkey Sausage, casings removed	1 1/2 pounds	3 pounds	6 pounds	12 pounds
Crushed Tomatoes in tomato puree	28 ounces	56 ounces	112 ounces	224 ounces
Tomato Paste (6 oz. can)	1 can	2 cans	4 cans	8 cans
Basil, dried	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup
Black Pepper	As desired			
Parmesan, grated	3/4 cup	1 1/2 cups	3 cups	6 cups
Mozzarella Cheese, shredded	2 cups (8 ounces)	4 cups (1 pound)	8 cups (2 pounds)	16 cups (4 pounds)



Fast Facts	
Each portion provides	1 1/2 ounces meat and 1/2 cup vegetable
Calories	163
Total Fat	9 g
Sodium	438 mg
Carbohydrates	6 g
Fiber	2 g
Protein	14 g

From: The 2013 Healthy Lunch Time Challenge, <http://www.epicurious.com/images/pdf/TheEpicuriousHealthyLunchTimeChallengeCookbook2013.pdf>

Directions:

1. Preheat oven to 400 degrees.
2. Use a mandolin or knife to cut the zucchini into thin slices lengthwise, like lasagna noodles. Place the zucchini slices on paper towels and let them dry out at room temperature while you make the sauce.
3. Brown onion, garlic, and meat in oil until cooked through, 8-10 minutes. Add the crushed tomatoes, tomato paste, basil, and pepper. Simmer until thickened, about 20 minutes.
4. Layer sauce, zucchini, and cheese. Repeat until all ingredients are used, finishing with sauce and Parmesan. Bake 30 minutes. Then broil the lasagna until a crust develops, 1-2 minutes. Let cool slightly before serving.
5. Cut into portions.

Did you know?

Use different textures to help boost flavor. There's really no wrong way to slice zucchini! Just make sure pieces are all the same size and shape for even cooking. Cut zucchini into cubes, thin strips (julienne), slices, wedges (ex. zucchini fries) or grate it (ex. casseroles, soups).

Tilapia Italiano

Ingredients	11 portions	22 portions	44 portions	88 portions
Ground Cumin	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Seafood Seasoning	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Pepper	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Salt	1/8 tsp.	1/4 tsp.	1/2 tsp.	1 tsp.
Tilapia Filets	1 1/2 pounds	3 pounds	6 pounds	12 pounds
Fat-free Italian Salad Dressing	1/4 cup	1/2 cup	1 cup	2 cups



Fast Facts	
Each portion provides	1 1/2 ounces meat/meat alternate
Calories	61
Total Fat	2 g
Sodium	152 mg
Carbohydrates	0 g
Fiber	0 g
Protein	12 g

From: Healthy Cooking Aug/Sept 2008.

Directions:

1. Combine the seasonings; sprinkle over both sides of fillets.
 2. Stove Top Directions:
 - a. Coat the bottom of a large skillet with salad dressing. Add fillets.
 - b. Cook for 3-4 minutes on each side or until fish flakes easily with a fork.
- OR Oven Directions:
- a. Place fillets in the bottom of baking dish(es). Cover with dressing.
 - b. Bake at 350 degrees until a food thermometer placed in the center of the fish reads 145 degrees, about 20-30 minutes.

Mini Fiesta Bowls (WG)

Ingredients	12 portions	24 portions	48 portions	96 portions
Tortilla, whole wheat, 6"	12	24	48	96
Lean Ground Beef or Turkey	1 pound	2 pounds	4 pounds	8 pounds
Taco Seasoning, 1.25 oz.	1 packet	2 packets	4 packets	8 packets
Salsa	3/4 cup	1 1/2 cups	3 cups	6 cups
Cheddar Cheese, shredded	1/2 pound	1 pound	2 pounds	4 pounds

Directions:

1. Preheat oven to 350 degrees.
2. Microwave tortillas on HIGH 30 seconds. Line muffin tin cups with 1 tortilla each. Carefully fold back edges of tortillas, leaving opening in centers for filling.
3. Bake 10 minutes.
4. Meanwhile, cook meat until no longer pink. Drain.
5. Stir in taco seasoning mix and salsa.
6. Spoon meat mixture into shells. Top each with cheese.
7. Put back into the oven until cheese melts.
8. Optional: top with salsa, sour cream, lettuce, tomatoes, and/or olives.

Salisbury Steak

Ingredients	8 patties	16 patties	24 patties	32 patties
Ground Beef	1 1/2 pounds	3 pounds	4 1/2 pounds	6 pounds
Chicken Flavor Stuffing Mix	6 oz (1 box)	12 oz (2 boxes)	18 oz (3 boxes)	24 oz (4 boxes)
Water	1 1/4 cups	2 1/2 cups	3 3/4 cups	5 cups
Onions	3/4 cup	1 1/2 cups	2 1/4 cups	3 cups
Beef Gravy (or BBQ sauce)	1/2 cup	1 cup	1 1/2 cups	2 cups
Additional Water	1/4 cup	1/2 cup	3/4 cup	1 cup

Directions:

1. Mix meat, stuffing mix, water, and onions.
2. Shape into the number of patties specified. Place on a large baking pan(s).
3. Bake 20 minutes or until a food thermometer reaches 160 degrees.
4. Mix gravy/BBQ sauce and water. Heat to a simmer.
5. Pour over patties and serve.

Chicken Dance Salad

☉ = omit for kids under age 3.

Ingredients	7 portions	14 portions	28 portions	56 portions
Chicken Breast	1 pound	2 pounds	4 pounds	8 pounds
Celery, chopped, optional ☉	1/2 cup	1 cup	2 cups	4 cups
Onions, chopped	1 cup	2 cups	1 quart	2 quarts
Green Grapes, cut into quarters	2 cups	1 quart	2 quarts	1 gallon
Light Mayo	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Salt and Pepper	To Taste			

Directions:

1. Boil chicken breast with salt and pepper for seasoning. Shred chicken when cooked through.
2. Add celery and onions to the chicken.
3. Add grapes and mayo to the mixture. Season to taste.
4. Refrigerate until ready to serve.



Fast Facts

Each portion provides	1 1/2 ounces meat/meat alternate and 1/2 oz eq bread/grain
Calories	259
Total Fat	14 g
Sodium	428 mg
Carbohydrates	18 g
Fiber	4 g
Protein	15 g

Adapted from:
Taste of Home Recipe Collection,
Spring 2003 and kraftrecipes.com

Fast Facts

Each portion provides	2 ounces meat/meat alternate
Calories	233
Total Fat	10 g
Sodium	601 mg
Carbohydrates	18 g
Fiber	1 g
Protein	17 g

From: kraftfoods.com, 2008



Fast Facts

Each portion provides	1 1/2 ounces meat/meat alternate
Calories	129
Total Fat	3 g
Sodium	79 mg
Carbohydrates	11 g
Fiber	1 g
Protein	15 g

From: Lorraine Weathers

Tuna Twisters (WG)

⊙ = Omit celery for kids under 3.

Ingredients	12 (2/3 cup) portions	24 portions	48 portions	96 portions
Rotini, whole wheat	3/8 pound (~2 1/4 cups)	3/4 pound (~4 1/4 cups)	1 1/2 pounds (~8 1/4 cups)	3 pounds (~16 1/4 cups)
Tuna, drained	3 (6 ounce) cans	3 (12 ounce) cans	6 (12 ounce) cans	2 (66.5 oz) cans + 2 (6 oz) cans
Peas, frozen, thawed	1 1/2 cups	3 cups	6 cups	12 cups
Celery, chopped, <i>optional</i> ⊙	3/4 cup	1 1/2 cups	3 cups	6 cups
Onion, chopped, <i>optional</i>	1/2 cup	1 cup	2 cups	4 cups
Cheese, <i>low fat, shredded</i>	3/4 cup	1 1/2 cups	3 cups	6 cups
Low-fat Mayonnaise	3/4 cup	1 1/2 cups	3 cups	6 cups

Directions:

1. Cook rotini according to package directions.
2. Combine all ingredients and mix thoroughly. Chill before serving.

Tuna Tugboats (WG)

∅ = cook until soft or omit for kids under 2.

Ingredients	7 portions	14 portions	28 portions	56 portions
Onions, chopped	1/2 cup	1 cup	2 cups	4 cups
Celery, chopped, <i>optional</i> ∅	1 cup	2 cups	4 cups	8 cups
Carrots, grated, <i>optional</i> ∅	1 cup	2 cups	4 cups	8 cups
Mayonnaise, light	1 1/2 tsp.	1 Tbsp.	2 Tbsps.	1/4 cup
Mustard, brown	1 1/2 tsp.	1 Tbsp.	2 Tbsps.	1/4 cup
Tuna, packed in water, drained (12 ounce can)	1	2	4	8
Bread, whole grain, <i>1 oz slices</i>	7 slices	14 slices	28 slices	56 slices
Cheddar Cheese, shredded	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Mix onion, celery and carrots in a bowl.
2. Add mayonnaise, mustard, and tuna. Mix until combined.
3. Place bread slices on a baking sheet.
4. Top bread with 3/4 cup of tuna mixture. Sprinkle with cheese.
5. Bake at 350 degrees for 8 minutes, until cheese is melted and bread is toasted.

Touchdown Turkey Meatballs

Ingredients	8 portions	16 portions	32 portions	64 portions
Ground Turkey	1 pound	2 pounds	4 pounds	8 pounds
Onion, minced	1	2	4	8
Egg, beaten	1	2	4	8
Bread Crumbs	1/2 cup	1 cup	2 cups	4 cups
Milk	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup
Salt	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.
Ketchup	1 cup	2 cups	4 cups	8 cups
Garlic, minced	1 clove	2 cloves	4 cloves	8 cloves
Lemon Juice	1/4 cup	1/2 cup	1 cup	2 cups
Worcestershire Sauce	1 Tbsp.	2 Tbsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.

Directions:

1. Combine first 6 ingredients, mix well.
2. Form into meatballs; set aside.
3. Add remaining ingredients to a Dutch oven; bring to a boil over medium heat.
4. Add meatballs, cover and simmer until browned, about 20-25 minutes.

Main Dishes



Fast Facts	
Each portion provides	1 1/2 ounces meat/ meat alternate and 1/2 oz eq bread/grain
Calories	154
Total Fat	5 g
Sodium	298 mg
Carbohydrates	16 g
Fiber	2 g
Protein	13 g
<i>From: The Florida Child Care Food Program Cook Book</i>	

Fast Facts	
Each portion provides	1 1/2 ounces meat/meat alternate and/ or 1 oz eq bread/grain
Calories	144
Total Fat	3 g
Sodium	316 mg
Carbohydrates	15 g
Fiber	3 g
Protein	14 g
<i>Adapted from: First Years in the First State: Menu Planning Guide, 2011.</i>	



Fast Facts	
Each portion provides	1 1/2 ounces meat/meat alternate
Calories	179
Total Fat	8 g
Sodium	678 mg
Carbohydrates	15 g
Fiber	1 g
Protein	12 g
<i>From: Gooseberry Patch Quick & Easy Recipes; Submitted by: Stephanie Worlds</i>	

Fluffy Egg Deliciousness

Ingredients	12 portions 1 (9x13") pan	24 portions 2 (9x13") pans OR 1 (10 3/8 x 12 3/4 x 4") half hotel pan	48 portions 4 (9x13") pans OR 1 full hotel pan (12x20x4")	96 portions 8 (9x13") pans OR 2 full hotel pans (12x20x4")
Bread, whole grain	3 slices	6 slices	12 slices	24 slices
Cheese, shredded	1 cup	2 cups	4 cups	8 cups
Eggs	8	16	32	64
Skim Milk	2 cups	4 cups	8 cups	16 cups

Directions:

1. Preheat oven to 350 degrees and spray pan(s) with nonstick spray.
2. Crumble bread on bottom of dish. Sprinkle with cheese.
3. Beat eggs and milk together. Pour over casserole.
4. Let stand overnight in refrigerator.
5. Bake at 350 degrees for 45 minutes or until set.



Fast Facts	
Each portion provides	1 1/2 ounces meat/meat alternate
Calories	117
Total Fat	7 g
Sodium	155 mg
Carbohydrates	5 g
Fiber	0 g
Protein	9 g
<i>From: Donna Dellinger Submitted by: Chantelle Simmons</i>	

Veggie Fried Rice (WG)

Ingredients	10 portions	20 portions	40 portions	80 portions
Apple Juice	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Soy Sauce	3 Tbsps.	1/4 cup + 2 Tbsps.	3/4 cup	1 1/2 cups
Sesame Oil	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.
Vegetable Oil	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Tofu OR Chicken, cut into 1/4 inch cubes	14 ounces	28 ounces	56 ounces	112 ounces
Eggs, large	4	8	16	32
Green Onions (sliced)	1 cup	2 cups	4 cups	8 cups
Frozen Peas and Carrots (thawed)	1 pound	2 pounds	4 pounds	8 pounds
Minced Garlic	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.	5 Tbsps. + 1 tsp.
Ground Ginger	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.
Brown Rice (cooked)	2 1/2 cups	5 cups	10 cups	20 cups

Directions:

1. Mix apple juice, soy sauce and sesame oil in a small bowl. Set aside.
2. Heat half of the vegetable oil in a large skillet over high heat. Cook tofu OR chicken until browned. Set aside.
3. Scramble eggs over medium high heat. Set aside.
4. Saute vegetables, garlic and ginger in remaining oil for 2 minutes.
5. Add cooked rice to vegetable mixture. Cook 2 minutes, stirring constantly.
6. Mix in tofu OR chicken, egg, and soy sauce mixture. Cook until hot.

Fast Facts	
Each portion provides	1 1/2 oz meat/meat alternate, 1/2 oz eq bread/grain, & 1/4 cup vegetable
Calories	176
Total Fat	8 g
Sodium	328 mg
Carbohydrates	18 g
Fiber	3 g
Protein	10 g
<i>Adapted from: On Sugar Mountain, 2013</i>	



Zippity-Doo-Dah Shrimp

Ingredients	8 portions	16 portions	32 portions	64 portions
Shrimp, medium, frozen, peeled, deveined, thawed	1 1/4 pounds	2 1/2 pounds	5 pounds	10 pounds
Pineapple, fresh, peeled, cored, cut 1/2 inch thick	1 1/2 pounds	3 pounds	6 pounds	12 pounds
Lemon Pepper Seasoning	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp + 1 tsp.
Poppy Seed Salad Dressing	3 Tbsps.	1/4 cup + 2 Tbsps.	3/4 cup	1 1/2 cups
Pineapple Juice or Orange Juice	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup

Directions:

1. Preheat oven broiler.
2. Rinse thawed shrimp; pat dry with paper towels.
3. Place shrimp and pineapple slices on a baking sheet coated with nonstick spray.
4. Sprinkle with lemon pepper seasoning.
5. Broil for 4 minutes.
6. Mix poppy seed dressing with pineapple or orange juice. Set aside.
7. Remove pan from broiler. Brush the poppy seed and juice mixture over the shrimp. Turn the shrimp over and brush the other side.
8. Broil for 4 minutes longer or until shrimp are opaque and pineapple is heated through.



Fast Facts	
Each portion provides	1 1/2 ounces meat/meat alternate and 1/4 cup fruit
Calories	93
Total Fat	3 g
Sodium	521 mg
Carbohydrates	8 g
Fiber	1 g
Protein	10 g
<i>Adapted from: Kid Favorites Made Healthy, Better Homes and Gardens, 2003.</i>	

Pizza Burgers (WG)

Ingredients	12 portions	24 portions	48 portions	96 portions
Ground Turkey, lean	1 1/2 pounds	3 pounds	6 pounds	12 pounds
Water	1/3 cup + 2 tsps.	3/4 cup	1 1/2 cups	3 cups
Canned Tomato Paste	8 ounces	1 pound	2 pounds	4 pounds
Salt	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.
Oregano, dried	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.
Garlic, granulated	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Pepper, ground black (optional)	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Basil, dried (optional)	2 1/4 tsps.	1 1/2 Tbsps.	3 Tbsps.	1/4 cup + 2 Tbsps.
Marjoram, dried (optional)	1 1/2 tsps.	1 Tbsp.	2 Tbsps.	1/4 cup
Thyme, dried (optional)	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Whole Wheat Buns or Rolls, 1 ounce each	6 buns	12 buns	24 buns	48 buns
Mozzarella Cheese, reduced fat, shredded	6 ounces (1 1/2 cups)	12 ounces (3 cups)	1 1/2 pounds	3 pounds

Directions:

1. Brown ground turkey. Drain.
2. Add water, tomato paste, salt, and seasonings to cooked ground beef. Mix well. Simmer for 5 minutes.
3. Split buns or rolls in half. Place halves onto cookie sheets lightly coated with cooking spray.
4. Spread 2 2/3 tablespoons (a No. 24 scoop) onto each half-roll. Top each with 2 tablespoons cheese.
5. Bake at 425 degrees for 10 minutes.



Fast Facts	
Each portion provides	1 1/2 ounces meat/meat alternate and 1/2 oz eq bread/grain
Calories	217
Total Fat	11 g
Sodium	353 mg
Carbohydrates	15 g
Fiber	3 g
Protein	16 g
<i>From: USDA Recipes for Child Care, 1999.</i>	

Top-a-Pizza!

Top your favorite pizza crust (Try our “Delicious Dough” recipe!) with your favorite pizza toppings. Mix and match toppings from the chart below to equal a full serving of meat/meat alternate.



Example:

To serve 1 1/2 ounces meat/meat alternate component to 16 preschool children at lunch, top 16 pizza slices (such as two 8-slice round pizzas) with:

- 1 pound Mozzarella + 1 pound Italian Sausage OR
- 1/2 pound Mozzarella + 1 pound Canadian Bacon + 1 pound Italian Sausage

Meat/Meat Alternative	16 servings			50 servings			100 servings		
	1/2 oz.	1 oz.	1.5 oz.	1/2 oz.	1 oz.	1.5 oz.	1/2 oz.	1 oz.	1.5 oz.
Canadian Bacon	1 lb.	1 1/2 lbs.	2 1/2 lbs.	2 1/2 lbs.	5 lbs.	7 lbs.	5 lbs.	9 1/2 lbs.	14 lbs.
Cheese, Mozzarella	1/2 lb.	1 lb.	1 1/2 lbs.	2 lbs.	3 1/2 lbs.	5 lbs.	4 lbs.	6 1/2 lbs.	9 1/2 lbs.
Chicken, boneless skinless	1 lb.	1 1/2 lbs.	2 1/2 lbs.	3 lbs.	4 1/2 lbs.	6 1/2 lbs.	4 1/2 lbs.	9 lbs.	13 lbs.
Italian Sausage, Pork	1 lb.	2 lbs.	2 1/2 lbs.	3 lbs.	5 1/2 lbs.	8 lbs.	6 lbs.	10 1/2 lbs.	15 1/2 lbs.
Turkey, Ground	1 lb.	1 1/2 lbs.	2 1/2 lbs.	3 lbs.	4 1/2 lbs.	7 lbs.	4 1/2 lbs.	9 lbs.	13 1/2 lbs.
Turkey Ham	1 lb.	1 1/2 lbs.	2 1/2 lbs.	3 lbs.	4 1/2 lbs.	7 lbs.	4 1/2 lbs.	9 lbs.	13 1/2 lbs.

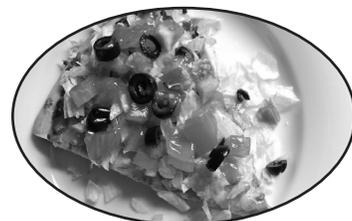


Topping Ideas:

- Double Cheese: Cheddar and mozzarella cheese
- Cheeseburger: Cheddar cheese, ground turkey, pickles, ketchup, mustard
- Hawaiian Pizza: Turkey ham & pineapple
- Supreme: Turkey sausage, Canadian bacon, black olives, mushrooms, green peppers
- Very Veggie: Tomatoes, spinach, mushrooms, mozzarella & feta cheese
- Ground Turkey & Seasonings
- BLT Pizza: Canadian bacon, Cheddar, tomatoes, & lettuce
- Taco Pizza: Ground turkey, refried beans, salsa, Cheddar, taco seasoning
- BBQ Pizza: BBQ sauce, chicken/turkey, mozzarella/Cheddar, onions (optional)

Taco Pizza (WG)

Ingredients	8 slices	16 slices	32 slices	64 slices
Delicious Dough (OR Whole Grain Bread Dough)	1/2 loaf OR 1/2 pound dough	1 loaf OR 1 pound dough	2 loaves OR 2 pounds dough	4 loaves OR 4 pounds dough
Refried Beans (16 oz. can)	1 can	2 cans	4 cans	8 cans
Black Olives, sliced	1/2 cup	1 cup	2 cups	4 cups
Cheddar Cheese, shredded	6 ounces (1 1/2 c.)	12 ounces	1 1/2 pounds	3 pounds
Tomato, medium, diced	1	2	4	8
Lettuce, shredded	1 cup	2 cups	4 cups	8 cups
Taco Sauce	Optional			



Fast Facts	
Each portion provides	1 1/2 ounces meat/meat alternate, 1 oz eq bread/grain, and 1/4 cup vegetable
Calories	318
Total Fat	12 g
Sodium	753 mg
Carbohydrates	39 g
Fiber	6 g
Protein	14 g
<i>From: provider Elizabeth Fegett</i>	

Directions:

1. Prepare pizza crust as directed on the can OR roll out “Delicious Dough” onto pizza pan(s). Pre-bake at 425 for 6-7 minutes.
2. Warm beans, spread over crust.
3. Top with olives and cheese.
4. Bake canned pizza crust at 400 degrees for 15 minutes OR bake “Delicious Dough” at 350 degrees for 7-8 minutes longer or until browned.
5. Cool, cut, and top with tomatoes and lettuce. Serve with taco sauce.

Stromboli Squares (WG)

Ingredients	20 portions 1 (18x13x1") half sheet pan	40 portions 1 (18x26x1") sheet pan	80 portions 2 (18x26x1") sheet pans	160 portions 4 (18x26x1") sheet pans
Delicious Dough OR Whole Grain Bread Dough	2 (1 lb.) loaves (portion into two balls)	4 (1 lb.) loaves (portion into 2 balls)	8 (1 lb.) loaves (portion into 4 balls)	16 (1 lb.) loaves (portion into 8 balls)
Turkey Ham, lean, diced	1 1/4 pounds	2 1/2 pounds	5 pounds	10 pounds
Mozzarella Cheese, part-skim	1 pound	2 pounds	4 pounds	8 pounds
Italian Seasoning	3/4 tsp.	1 1/2 tsp.	1 Tbsp.	2 Tbsps.
Spaghetti Sauce	1 pint	1 quart	2 quarts	1 gallon

Directions:

1. Portion dough into balls. Roll half of the balls to fit pan(s).
2. Place rolled dough rectangles on pan(s) covered with parchment paper or pan liners. Set remaining balls aside for step 5.
3. Sprinkle dough with cooked meat.
4. Sprinkle shredded cheese and seasoning evenly on top.
5. Roll out remaining bread dough balls to fit over the top of the pan(s). Lay on top of cheese. Stretch to fit to the edge of the pan. Pinch together edges.
6. Prick the top layer of dough with a large fork to allow for air expansion. Brush dough with an egg wash (One egg beaten with 1 tbsp. water or milk) or spray with nonstick spray before baking. If desired, sprinkle with Italian seasoning.
7. Bake until golden brown:
 - *Conventional oven: 350 degrees F for 18-24 minutes.
 - *Convection oven: 325 degrees F for 15-20 minutes.
 - Recommended internal temperature for bread is 196-198 degrees F.
8. Cool slightly before cutting. Cut into portions.
9. Serve each portion with 2 tablespoons spaghetti sauce for dipping.

Breakfast Pizza (WG)

Ingredients	16 portions	32 portions	64 portions	128 portions
Delicious Dough (OR Whole Grain Bread Dough)	1/2 loaf OR 1/2 pound dough	1 loaf OR 1 pound dough	2 loaves OR 2 pounds dough	4 loaves OR 4 pounds dough
Salsa	1/2 cup	1 cup	2 cups	4 cups
Ground Lean Breakfast Sausage (<i>all meat, no binders or fillers</i>), cooked	1/2 pound	1 pound	2 pounds	4 pounds
Eggs, cooked, scrambled	4	8	16	32
Cheddar or Colby Jack Cheese, shredded	2 cups	4 cups	8 cups	16 cups

Directions:

1. Preheat oven to 425 degrees.
2. Press pizza dough onto pizza pan or cookie sheet.
3. Bake dough for 6-7 minutes to partially bake it.
4. Remove from oven. Spread with salsa.
5. Top with cooked sausage and eggs.
6. Sprinkle with cheese.
7. Bake for 7-8 more minutes or until cheese is melted.



Fast Facts	
Each portion provides	1 1/2 ounces meat/meat alternate and 1 oz eq bread/grain
Calories	395
Total Fat	13 g
Sodium	1039 mg
Carbohydrates	52 g
Fiber	4 g
Protein	20 g
<i>From: Healthier Kansas Recipe 181</i>	



Fast Facts	
Each portion provides	1 ounce meat/meat alternate and 1/2 oz eq bread/grain
Calories	184
Total Fat	9 g
Sodium	333 mg
Carbohydrates	15 g
Fiber	1 g
Protein	10 g
<i>From: Lynn's Kitchen Adventure, 2011.</i>	

Delicious Dough (WG)

Breads/Grains

Ingredients	1/2 loaf (8 slices/rolls)	1 loaf (16 slices/rolls)	3 loaves (48 slices/rolls)
White Whole Wheat Flour	1 cup + 2 Tbsps.	2 1/4 cups	6 3/4 cups (1 lb. + 14 oz.)
All Purpose Flour, enriched	1 cup + 1 Tbsp.	2 cups + 2 Tbsps.	6 1/4 cups + 2 Tbsps. (1 lb. + 12 oz.)
Dry Milk, instant, nonfat	1/4 cup + 1 1/2 tsps.	1/2 cup + 1 Tbsp.	1 3/4 cups (4 oz.)
Sugar	2 Tbsps.	1/4 cup	3/4 cup (6 oz.)
Yeast, instant, dry	2 tsps.	1 Tbsp. + 1 tsp.	1/4 cup (2 oz.)
Salt	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp. (1 oz.)
Vegetable Oil	2 Tbsps.	1/4 cup	7/8 cup (7 oz.)
Water	1/2 cup + 3 Tbsps.	1 1/4 cups + 2 Tbsps.	1 qt. + 2 tsps.
Additional water, if needed	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.	1/2 cup

Directions:

1. Place flours, dry milk, sugar, yeast, and salt in mixer bowl.
2. Blend with dough hook for approximately 2 minutes on low speed.
3. Add oil and blend for approximately 2 minutes on low speed.
4. Add water to the dry ingredients. If dough appears too stiff, add additional water (see above).
5. Mix for 1 minute on low speed or until water is mixed in.
6. Knead dough on medium speed for 8-10 minutes until dough is properly developed. (At 8 minutes, stretch the dough like a rope. If it breaks, continue to mix 2 additional minutes.)

Fast Facts

One slice/ portion provides	1 oz eq bread/ grain
Calories	173
Total Fat	4 g
Sodium	307 mg
Carbohydrates	30 g
Fiber	3 g
Protein	5 g

*Adapted from:
Recipes for Healthier Kansas Menus,
2009, Healthier Kansas Recipe 107*

One ounce equivalent (oz eq) has one serving of creditable grains. One "oz eq" is equal to one slice of bread.

Use "Delicious Dough" to Bake:



Bread

1. Divide dough and shape into loaves.
2. Place in loaf pan(s) sprayed with nonstick spray.
3. Place in a warm area (about 90° F) until double in size, approximately 45-60 minutes.
4. Bake at 350 degrees for 30 minutes.
5. Lightly spray the top with nonstick spray.
6. Cool. Cut into slices.



Rolls

1. Divide into pieces. Roll into balls.
2. Line sheet pans with nonstick spray or liners.
3. Place rolls on sheet pans.
4. Place in a warm area (about 90° F) until it doubles, about 18-20 minutes.
5. Bake at 350 degrees for 45-60 minutes.
6. Lightly spray baked rolls with nonstick spray.



Pizza Crust

1. Press one loaf of "Delicious Dough" onto a pizza pan sprayed with nonstick spray.
2. Partially bake crust at 425 degrees for 6-7 minutes.
3. Top with pizza toppings.
4. Bake at 350 degrees for 7-8 minutes more or until crust is browned and cheese is bubbly.

Save Time, Freeze Your Dough!

Make extra dough & freeze it for later!

Defrost Instructions:

Thaw in the refrigerator overnight.

OR

1. Place the frozen pizza dough onto a microwave-safe plate.
2. Brush the top of the bread dough with olive oil to prevent the top from drying out completely. Cover the bread dough with microwave-safe plastic wrap.
3. Set the microwave to high.
Microwave the bread dough in 20-second intervals.
4. Check on the dough every 20 seconds. Remove the dough once it softens. Do not allow it to heat longer because the dough may cook.

Adapted from: www.ehow.com

Country Cornbread (WG)

Ingredients	30 portions 1 (9x13") pan	60 portions 2 (9x13") pans	120 portions 4 (9x13") pans
Whole Wheat Flour	2 cups	4 cups	8 cups
Cornmeal, enriched	2 cups	4 cups	8 cups
Baking Powder	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.	5 Tbsps. + 1 tsp.
Salt	1 1/2 tsp.	1 Tbsp.	2 Tbsps.
Honey** or Sugar	1/2 cup	1 cup	2 cups
Oil	1/4 cup	1/2 cup	1 cup
Milk, skim	2 cups	4 cups	8 cups
Eggs, large	2	4	8



Directions:

1. Preheat oven to 375 degrees.
2. Combine flour, corn meal, baking powder, and salt.
3. Add the honey, oil, milk, and eggs.
4. Mix just enough to moisten the batter.
5. Pour the batter into baking pan(s) coated with nonstick spray.
6. Bake at 375 degrees for 20-35 minutes or until golden brown.

***Substitute sugar instead of honey for children under 1 year of age.*

Fast Facts

Each portion provides	1 oz eq bread/grain
Calories	110
Total Fat	3 g
Sodium	194 mg
Carbohydrates	20 g
Fiber	1 g
Protein	3 g

From: food.com, 2013.

Zucchini Muffins (WG)

Ingredients	12 muffins	24 muffins	48 muffins	96 muffins
Whole Wheat Flour	1 cup	2 cups	4 cups	8 cups
All Purpose Flour, enriched	2/3 cup	1 1/3 cups	2 2/3 cups	5 1/3 cups
Sugar	1/2 cup	1 cup	2 cups	4 cups
Cinnamon	1 tsp.	2 tsps.	1 Tbsp + 1 tsp.	2 Tbsps. + 2 tsps.
Baking Powder	1 1/4 tsps.	2 1/2 tsps.	1 Tbsp. + 2 tsps.	3 Tbsps. + 1 tsp.
Baking Soda	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.
Salt	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Shredded Zucchini	1 1/3 cups	2 2/3 cups	5 1/3 cups	10 2/3 cups
Fat-Free Milk	1/2 cup	1 cup	2 cups	4 cups
Vegetable Oil	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Honey** or Sugar	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Large Egg	1	2	4	8

Fast Facts

Each muffin provides	1 oz eq bread/grain
Calories	138
Total Fat	3 g
Sodium	163 mg
Carbohydrates	26 g
Fiber	2 g
Protein	3 g

Adapted from Cooking Light, 2016

Directions:

1. Preheat oven to 400 degrees.
2. Combine flours, sugar, cinnamon, baking powder, baking soda, and salt in a bowl.
3. Mix together zucchini, milk, oil, honey, and egg.
4. Add liquid mixture to dry mixture until moist.
5. Spoon batter into muffin cups coated with cooking spray.
6. Bake for 15 minutes or until golden brown.

***Substitute sugar instead of honey for children under 1 year of age.*



WG = This recipe is Whole Grain-Rich. At least 50% of the grains are whole grain. Any other grains are whole grain or enriched.

Pumpkin Patch Muffins (WG)



Ingredients	24 muffins	48 muffins	96 muffins	192 muffins
Eggs, large	4	8	16	32
Sugar	2 cups	4 cups	8 cups	16 cups
Pumpkin, canned	1 3/4 cups	3 1/2 cups	7 cups	14 cups
Vegetable Oil	1/2 cup	1 cup	2 cups	4 cups
Applesauce, unsweetened	1 cup	2 cups	4 cups	8 cups
White Whole Wheat Flour	3 cups	6 cups	12 cups	24 cups
Baking Soda	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.	5 Tbsps. + 1 tsp.
Baking Powder	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.	5 Tbsps. + 1 tsp.
Cinnamon	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.
Salt	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.

Fast Facts*	
Each muffin provides	1/2 oz eq bread/grain
Calories	178
Total Fat	6 g
Sodium	308 mg
Carbohydrates	33 g
Fiber	3 g
Protein	4 g
<i>From: Recipes for Healthier Kansas Menus, 2009, Healthier Kansas Recipe B-104</i>	

Directions:

1. Beat eggs, sugar, pumpkin, oil and applesauce until smooth.
2. Combine flour, baking soda, baking powder, cinnamon, and salt.
3. Add to pumpkin mixture.
4. Mix on low speed for 20-30 seconds, until all dry ingredients are moistened.
5. If desired, add chocolate chips and mix in on low speed (10-15 seconds).
6. Fill muffin cups sprayed with pan release spray or lined with paper liners.
7. Bake at 375 degrees for 16-20 minutes or until lightly browned.

*Nutrition information calculated without chocolate chips.

Did you know?
 One cup of cooked pumpkin has 2650 IU of Vitamin A. That's more than half of what you need each day!

Blueberry Bash Muffins (WG)

<http://urbanext.illinois.edu/pumpkins/nutrition.cfm>

Ingredients	12 muffins	24 muffins	48 muffins	96 muffins
Whole Wheat Flour	1 cup	2 cups	4 cups	8 cups
Oatmeal, quick, dry	3/4 cup	1 1/2 cups	3 cups	6 cups
Baking Powder	2 1/2 tsps.	1 Tbsp. + 2 tsps.	3 Tbsps. + 1 tsp.	6 Tbsps. + 2 tsps.
Baking Soda	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.
Salt	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.
Cinnamon	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.
Eggs	2	4	8	16
Oil	1/3 cup	2/3 cup	1 1/3 cups	2 2/3 cups
Milk	3/4 cup	1 1/2 cups	3 cups	6 cups
Sugar	1/2 cup	1 cup	2 cups	4 cups
Blueberries	1/2 cup	1 cup	2 cups	4 cups



Fast Facts	
One muffin provides	1 oz eq bread/grain
Calories	167
Total Fat	8 g
Sodium	270 mg
Carbohydrates	22 g
Fiber	2 g
Protein	4 g
<i>Developed by Courtney Markey, Dietetic Intern</i>	

Directions:

1. Mix flour, oatmeal, baking powder, baking soda, salt, and cinnamon in a large bowl.
2. In a separate bowl, mix eggs, oil, milk, and sugar.
3. Slowly stir dry ingredients into wet ingredients. Let sit 5 minutes.
4. Fold in blueberries.
5. Pour batter into lined muffin tins.
6. Bake at 425 for 14 minutes.

WG = This recipe is Whole Grain-Rich. At least 50% of the grains are whole grain. Any other grains are whole grain or enriched.

Harvest Crunch Granola (WG) = Do not serve granola to infants to prevent choking.

Ingredients	12 portions	25 portions	50 portions	100 portions
Light Brown Sugar	3 tablespoons	1/4 cup + 2 Tbsps.	3/4 cup	1 1/2 cups
Honey**	2 tablespoons	1/4 cup	1/2 cup	1 cup
Butter, <i>unsalted, melted</i>	1 tablespoon	2 tablespoons	1/4 cup	1/2 cup
Oil, vegetable	3 tablespoons	1/4 cup + 2 Tbsps.	3/4 cup	1 1/2 cups
Cinnamon, ground	1 tablespoon	2 tablespoons	1/4 cup	1/2 cup
Cloves, ground	1/8 tsp. (rounded)	1/4 tsp + 1/8 tsp	3/4 teaspoon	1 1/2 teaspoons
Oats, rolled, regular	3 1/4 cups	6 1/2 cups	13 cups	26 cups
Pecans, chopped (opt) 	1/2 cup	1 cup	2 cups	4 cups

 = Omit nuts for kids under age 2 or nut allergies.

**Substitute sugar instead of honey for children under 1 year of age.

Fast Facts*	
Each (1/4 cup) portion provides	1 oz eq bread/grain
Calories	147
Total Fat	6 g
Sodium	3 mg
Carbohydrates	22 g
Sugars	6 g
Fiber	3 g
Protein	3 g

Adapted from: projectbread.org, 2016

*calculated without nuts.

Directions:

1. Preheat oven to 350 degrees.
2. Whisk together sugar, honey, butter, oil, cinnamon and cloves in a large bowl.
3. Stir in oats and nuts (if desired) until combined.
4. Line baking sheets with parchment paper. (One cookie sheet will fit a 12 portion recipe.) Coat with nonstick spray. Spread out mixture evenly on pan(s).
5. Bake for 15-20 minutes until lightly browned, stirring halfway through.
6. Cool completely. Store in an airtight container.

Serving suggestion: Serve with dried fruit and milk for a complete breakfast.



Did you know?

Oats contain fiber, which helps keep you full until your next meal.

Maui Muffins (WG)

Ingredients	14 Muffins	28 Muffins	56 Muffins	112 Muffins
Brown Sugar	1/2 cup	1 cup	2 cups	4 cups
Oil	1/3 cup + 2 tsps.	3/4 cup	1 1/2 cups	3 cups
Eggs, large	1 egg	2 eggs	4 eggs	8 eggs
Skim Milk	3/4 cup	1 1/2 cups	3 cups	6 cups
Crushed Pineapple <i>Drain & save juice</i>	5 ounces (3/4 c juice)	10 ounces (1 1/2 c juice)	20 ounces (3 c juice)	40 ounces (6 c juice)
Carrots, grated	1/2 medium	1 medium	2 medium	4 medium
Whole Wheat Flour	1 1/2 cups	3 cups	6 cups	12 cups
Quick Oats	1/2 cup	1 cup	2 cups	4 cups
Baking Soda	1 tsp.	2 tsps.	1 Tbsp. +1 tsp.	2 Tbsps. + 2 tsps.
Baking Powder	1 tsp.	2 tsps.	1 Tbsp. +1 tsp.	2 Tbsps. + 2 tsps.
Cinnamon, ground	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. +1 tsp.
Nutmeg, ground	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Salt	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Raisins (optional) 	1/2 cup	1 cup	2 cups	4 cups

 = Omit for kids under age 2.

Fast Facts*	
One muffin provides	1/2 oz eq bread/grain
Calories	167
Total Fat	7 g
Sodium	181 mg
Carbohydrates	25 g
Fiber	2 g
Protein	3 g

Adapted from: Makin' It Balance and Kickin' It Up!, 2005

*Does NOT include optional ingredients.



WG = This recipe is Whole Grain-Rich. At least 50% of the grains are whole grain. Any other grains are whole grain or enriched.

Directions:

1. If adding raisins, soak in water. Drain.
2. Beat sugar, oil, and eggs. Add milk and pineapple juice. Then add pineapple and carrots.
3. Mix remaining ingredients in a large bowl.
4. Add wet ingredients to the dry ingredients. Mix until batter is moist. Do not over mix.
5. Fill muffin cups 3/4 full.
6. Bake at 375 degrees for 18-20 minutes.

The Great Pumpkin Pancakes (WG)

Ingredients	8 pancakes	16 pancakes	32 pancakes	64 pancakes
Whole Wheat Flour	1 cup	2 cups	4 cups	8 cups
Baking Powder	2 1/4 tsps.	1 Tbsp. + 1 1/2 tsps.	3 Tbsps.	1/4 cup + 2 Tbsps.
Pumpkin Pie Spice	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.
Cinnamon	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Egg, large	1	2	4	8
Milk	1 cup	2 cups	4 cups	8 cups
Pumpkin, canned	1/4 cup	1/2 cup	1 cup	2 cups
Honey** or Sugar	2 Tbsps.	1/4 cup	1/2 cup	1 cup

Directions:

1. Combine all dry ingredients in a bowl.
2. Stir in egg and milk.
3. Stir in pumpkin and honey until fully combined.
4. Pour batter onto a pan or griddle sprayed with cooking spray.
5. Cook on low-medium heat until sides start to bubble (~3 minutes).
6. Flip pancakes and cook for an additional 1-2 minutes.

**Substitute sugar instead of honey for children under 1 year of age.

Fast Facts	
One pancake provides	1/2 oz eq bread/grain
Calories	90
Total Fat	1 g
Sodium	171 mg
Carbohydrates	18 g
Fiber	2 g
Protein	4 g
<i>From: pbfingers.com, 2013.</i>	

French Toast Casserole (WG)

Ingredients	16 portions 1 (13 x 9") pan	32 portions 2 (13 x 9") pans	64 portions 4 (13 x 9") pans	128 portions 8 (13 x 9") pans
French Bread, whole grain, cubed	1/2 loaf (at least 8 oz.)	1 loaf (1 pound)	2 loaves (2 pounds)	4 loaves (4 pounds)
Eggs, large	8	16	32	64
Milk	3 cups	6 cups	12 cups	1 1/2 gallons
Sugar, divided	1/4 cup	1/2 cup	1 cup	2 cups
Vanilla	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.
Margarine	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Cinnamon	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.	5 Tbsps. + 1 tsp.

Directions:

1. Place bread cubes in greased baking dish(es).
2. In a mixing bowl, beat eggs, milk, one quarter of the sugar, and vanilla.
3. Pour over bread. Cover and refrigerate for 8 hours or overnight.
4. Remove from refrigerator 30 minutes before baking. Dot with margarine.
5. Combine remaining sugar and cinnamon; sprinkle over the top.
6. Cover. Bake at 350 degrees for 45-50 minutes or until a knife inserted near the center comes out clean. Let stand 5 minutes. Cut into portions.

Penny's Pancakes (WG)

Ingredients	10 pancakes	20 pancakes	40 pancakes	80 pancakes
White Whole Wheat Flour	1 1/4 cups	2 1/2 cups	5 cups	10 cups
Baking Powder	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup
Sugar	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup
Salt	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Milk	1 cup	2 cups	4 cups	8 cups
Vegetable Oil	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Water	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Mix dry ingredients together in medium bowl.
2. Stir in milk, oil, and enough water to make a thick batter. Do not over mix.
3. Bake on hot, greased griddle until tops are bubbly and edges are dry.
4. Flip. Cook 1-2 minutes longer until cooked through.

Serving Suggestion: Top with fresh fruit, applesauce, or nut/seed butter.



Fast Facts	
Each portion provides	1 ounce M/MA & 1/2 oz eq bread/grain
Calories	121
Total Fat	4 g
Sodium	148 mg
Carbohydrates	13 g
Fiber	1 g
Protein	7 g
<i>Adapted from: The Florida Child Care Food Program Cook Book</i>	



Fast Facts	
One pancake provides	1/2 oz eq bread/grain
Calories	89
Total Fat	3 g
Sodium	215 mg
Carbohydrates	14 g
Fiber	2 g
Protein	3 g
<i>From: foodhero.org, Oregon State University, 2013.</i>	

Vegetables

Brontosaurus Beans with Bacon

Ingredients	9 portions	19 portions	37 portions	75 portions
Turkey Bacon, Chopped	1/2 cup	1 cup	2 cups	4 cups
Black Eyed Peas, canned	2 (15 ounce) cans	4 (15 ounce) cans	1 (108 ounce) can	2 (108 ounce) cans
Water	2 cups	4 cups	8 cups	16 cups
Black Pepper	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Sugar	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup

Directions:

1. Place a Dutch oven pan over medium high heat and cook bacon for 3-4 minutes.
2. Add the rest of the ingredients and bring to a boil.
3. Reduce heat to simmer. Cook until the peas are tender, up to 30 minutes.
4. Serve.

Championship Cole Slaw

Ingredients	10 portions	20 portions	40 portions	80 portions
Head Cabbage	1 pound (~1/2 medium)	2 pounds (~1 medium)	4 pounds (~2 medium)	8 pounds (~4 medium)
Light Mayo	1/2 cup	1 cup	2 cups	4 cups
Sugar	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Honey** or Sugar	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Vinegar	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 1 tsp.

Directions:

1. Finely shred cabbage.
2. Mix all other ingredients to make a sauce.
3. Pour over cabbage & mix.

**Substitute sugar instead of honey for children under 1 year of age.



All-Shook-Up Veggie Pasta Salad

Ingredients	12 portions	24 portions	48 portions	96 portions
Whole Wheat Rotini	6 ounces	12 ounces	1 1/2 pounds	3 pounds
Black Olives, sliced	3/4 cup	1 1/2 cups	3 cups	6 cups
Red Onion	1/4 cup	1/2 cup	1 cup	2 cups
Bell Pepper, sliced	1/2 cup	1 cup	2 cups	4 cups
Cherry Tomatoes, quartered	3/4 cup	1 1/2 cups	3 cups	6 cups
Cucumber, diced	3/4 cup	1 1/2 cups	3 cups	6 cups
Light Italian Dressing	1/2 cup	1 cup	2 cups	4 cups
Salt (optional)	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Pepper	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.

Directions:

1. Cook pasta according to package directions. Drain.
2. Toss all ingredients together (or shake in a sealed plastic bag). Chill for 2 hours.



Fast Facts

Each portion provides	1/4 cup vegetable OR 1 ounce meat alternate
Calories	97
Total Fat	3 g
Sodium	334 mg
Carbohydrates	11 g
Fiber	3 g
Protein	7 g
From: <i>The Florida Child Care Food Program Cook Book</i>	

Fast Facts

Each portion provides	1/4 cup vegetable
Calories	64
Total Fat	3 g
Sodium	112 mg
Carbohydrates	10 g
Fiber	1 g
Protein	1 g
From: <i>Mary Sherwood</i>	

Fast Facts

Each portion provides	1/2 oz eq bread/grain and 1/4 cup vegetable
Calories	73
Total Fat	2 g
Sodium	193 mg
Carbohydrates	13 g
Fiber	2 g
Protein	2 g
Adapted from: <i>skinnymom.com, 2013</i>	



Cajun Zucchini Fries

Ingredients	10 portions	20 portions	40 portions	80 portions
Zucchini	1 pound (~3 medium)	2 pounds (~6 medium)	4 pounds (~12 medium)	8 pounds (~ 24 medium)
Cajun Seasoning	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.
Olive Oil	1/4 cup	1/2 cup	1 cup	2 cups
Salt	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.



Directions:

1. Cut ends from zucchini.
2. Cut zucchini into strips for "fries."
3. Place in bag or bowl.
4. Add Cajun spice mix, olive oil, and salt to taste.
5. Toss spices and zucchini until well coated.
6. Place on an oiled baking sheet.
7. Bake at 400 degrees for 20 minutes or until lightly brown, turning halfway through.

Fast Facts	
Each portion provides	1/4 cup vegetable
Calories	55
Total Fat	6 g
Sodium	135 mg
Carbohydrates	1 g
Fiber	0 g
Protein	1 g
<i>From: youtube.com</i>	

Cutie Cucumbers

Ingredients	20 portions	40 portions	80 portions	160 portions
Cucumbers, with skin	1 1/2 pounds (~ 3 medium)	3 pounds	6 pounds	12 pounds
Onion	1/8 pound (~ 1/3 onion)	1/4 pound	1/2 pound	1 pound
Vinegar	1/4 cup	1/2 cup	1 cup	2 cups
Salt	2/3 tsp.	1 1/4 tsps.	2 1/2 tsps.	1 Tbsp. + 2/3 tsp.
Sugar	1/3 cup	2/3 cup	1 1/3 cups	2 2/3 cups

Directions:

1. Cut cucumbers and onions in thin slices.
2. Mix remaining ingredients.
3. Pour dressing over cucumbers and onions.
4. Mix lightly.
5. Cover.
6. Marinate in the refrigerator at least 1 hour or overnight.

Fast Facts	
Each portion provides	1/4 cup vegetable
Calories	18
Total Fat	0 g
Sodium	75 mg
Carbohydrates	4 g
Fiber	0 g
Protein	0 g
<i>Adapted from: Quantity Cookbook, Becky Dornier Associates, 2005.</i>	

Caprese Salad

Ingredients	12 (1/2 cup) portions	24 portions	48 portions	96 portions
Tomatoes, sliced	1 1/2 pounds (~3 large)	3 pounds (~6 large)	6 pounds (~12 large)	12 pounds (~24 large)
Olive Oil	1/4 cup	1/2 cup	1 cup	2 cups
Balsamic Vinegar	1/4 cup	1/2 cup	1 cup	2 cups
Salt	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Black Pepper	1/8 tsp.	1/4 tsp.	1/2 tsp.	1 tsp.
Basil, fresh, minced	1/4 cup	1/2 cup	1 cup	2 cups
Mozzarella Cheese, sliced	12 ounces	1 1/2 pounds	3 pounds	6 pounds

Directions:

1. Place tomato slices in a large container or serving platter.
2. Combine oil, balsamic vinegar, salt, and pepper in a jar with a tight-fitting lid; shake well. Drizzle over tomatoes and sprinkle with basil.
3. Serve with mozzarella cheese.

Fast Facts	
Each portion provides	1 ounce meat alternate and 1/4 cup vegetable
Calories	136
Total Fat	10 g
Sodium	236 mg
Carbohydrates	3 g
Fiber	0 g
Protein	8 g
<i>From: allrecipes.com, 2013</i>	

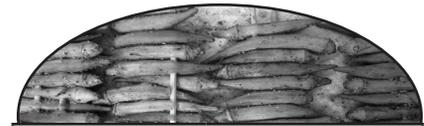


Gator Stix (Cajun BBQ Okra)

Ingredients	9 portions	27 portions	54 portions	108 portions
Okra	1 pound (~ 35 pods)	2 pounds	4 pounds	8 pounds
Butter, melted	1/4 cup	1/2 cup	1 cup	2 cups
Cajun Seasoning	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Soak wooden skewers in water for 20 minutes to prevent charring.
2. Preheat an outdoor grill for high heat, and lightly oil the grate.
3. Roll the okra in the melted butter and then in the Cajun seasoning.
4. Insert skewers into okra.
5. Grill the okra until charred, about 2 minutes per side.



Fast Facts	
Each portion provides	1/4 cup vegetable
Calories	54
Total Fat	5 g
Sodium	366 mg
Carbohydrates	2 g
Fiber	1 g
Protein	1 g
<i>From: allrecipes.com</i>	

Dijon Dino Sprouts

Ingredients	10 portions 2 quart slow cooker	20 portions 4 quart slow cooker
Brussels Sprouts	1 pound frozen OR 1 1/2 pounds fresh	2 pounds frozen OR 2 1/2 pounds fresh
Butter	3 tablespoons	1/4 cup + 2 tablespoons
Dijon Mustard	1 tablespoon	2 tablespoons
Kosher Salt	1/4 teaspoon	1/2 teaspoon
Black Pepper	1/4 teaspoon	1/2 teaspoon
Water	1/4 cup	1/2 cup

Directions:

1. If using fresh sprouts, wash and trim the ends off each brussels sprout. Cut each sprout in half.
 2. Place in slow cooker(s). Add butter, mustard, salt, pepper, and water.
 3. Cover and cook on low for 4-5 hours or on high for 2-3.
 4. Stir well to distribute the sauce before serving.
- Tip: The sprouts on the outer edge get brown and bit crispy. This is normal!

Fast Facts	
Each portion provides	1/4 cup vegetable
Calories	53
Total Fat	4 g
Sodium	110 mg
Carbohydrates	4 g
Fiber	2 g
Protein	2 g
<i>From: crockpot365.blogspot.com</i>	

Stuffed Spud

Ingredients	6 portions	12 portions	24 portions	48 portions
Potatoes (about 6 oz. each)	3	6	12	24
Mixed Veggies, canned or frozen (optional)	1 cup	2 cups	4 cups	8 cups
Salsa	1/4 cup + 2 Tbsps.	3/4 cup	1 1/2 cups	3 cups
Cheddar Cheese, shredded	2 Tbsps.	1/4 cup	1/2 cup	1 cup

Directions:

1. Scrub potatoes. Poke holes all over each potato with a fork.

Oven Directions:

2. Wrap potatoes in foil. Bake at 350 for 1 - 1 1/2 hours or until softened.
3. Unwrap potatoes. Cut in half. Add toppings. Bake to melt cheese.

Microwave Directions

2. Microwave potatoes (uncovered) for about 3-4 minutes on HIGH.
3. Cut in half. Top each potato half with veggies, salsa, and cheese.
4. Microwave for 30 seconds to melt the cheese.

Fast Facts	
Each portion provides	1/4 cup vegetable serving
Calories	109
Total Fat	1 g
Sodium	268 mg
Carbohydrates	22 g
Fiber	3 g
Protein	4 g
<i>From: First Years in the First State: Menu Planning Guide, 2011.</i>	



Itty Bitty Veggie Salad

⊙ = omit or substitute another vegetable for kids under 2.

Ingredients	24 portions	48 portions	96 portions	192 portions
Early (small) Peas (15 ounce can)	1	2	4	8
White Shoe Peg Corn ⊙ (15.25 ounce can)	1	2	4	8
Lima Beans (15 ounce can)	1	2	4	8
Green Pepper, chopped	1/2 cup	1 cup	2 cups	4 cups
Green Onion, chopped	1/2 cup	1 cup	2 cups	4 cups
Celery ⊙	1/2 cup	1 cup	2 cups	4 cups
Pimento, 2 ounce jar (opt.)	1	2	4	8
Sugar	1/2 cup	1 cup	2 cups	4 cups
Vegetable Oil	1/2 cup	1 cup	2 cups	4 cups
Apple Cider Vinegar	1/2 cup	1 cup	2 cups	4 cups
Salt	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.
Pepper	1/3 tsp.	2/3 tsp.	1 1/3 tsps.	2 2/3 tsps.

Directions:

1. Drain canned vegetables. Put all vegetables in a bowl.
2. Put sugar, oil, vinegar, salt, and pepper in a small sauce pan.
3. Bring to boil & simmer for 2 minutes (stir occasionally).
4. Set aside & when it cools down to room temperature, mix in vegetables.
5. Let sit for few hours or overnight in refrigerator.

Kicker Kale Salad

(Not recommended for infants.)

Ingredients	10 portions	20 portions	40 portions	80 portions
Sliced Kale	5 cups	10 cups	20 cups	40 cups
Apples, cored & diced	1 medium	2 medium	4 medium	8 medium
Olive Oil	1 1/2 Tbsps.	3 Tbsps.	6 Tbsps.	3/4 cup
Lemon Juice	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup
Salt	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.
Pepper	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Feta Cheese, crumbled	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Almond/Sunflower Seeds	2 Tbsps.	1/4 cup	1/2 cup	1 cup

Directions:

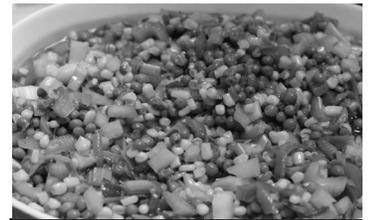
1. Place kale in a large bowl. With clean hands, massage kale until leaves become soft and darkened, about 2-3 minutes; stir in apple.
2. In a small bowl, whisk oil, lemon juice, salt, and pepper until blended. Drizzle over salad; toss to coat. Sprinkle with feta cheese and almond/sunflower seeds.

Dracula's Garlic Potatoes

Ingredients	14 portions	28 portions	56 portions	112 portions
Potatoes	1 1/2 pounds (about four 6 ounce potatoes)	3 pounds	6 pounds	12 pounds
Margarine	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Basil	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Garlic Salt	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.

Directions:

1. Cut potatoes into wedges and melt margarine.
2. Stir in basil and salt into margarine.
3. Add potatoes. Stir to coat.
4. Cover and cook 8-10 minutes in microwave or until soft.



Fast Facts

Each portion provides	1/4 cup vegetable
Calories	96
Total Fat	5 g
Sodium	160 mg
Carbohydrates	12 g
Fiber	2 g
Protein	2 g
<i>From: Cissy Dexheimer</i>	



Fast Facts

Each portion provides	1/4 cup vegetable
Calories	56
Total Fat	4 g
Sodium	153 mg
Carbohydrates	5 g
Fiber	1 g
Protein	2 g
<i>From: Taste of Home, March 2014</i>	



Fast Facts

Each portion provides	1/4 cup vegetable
Calories	83
Total Fat	2 g
Sodium	42 mg
Carbohydrates	16 g
Fiber	2 g
Protein	2 g
<i>From: food.com</i>	

Dinosaur Slaw

Ingredients	6 portions	12 portions	24 portions	48 portions
Kale Leaves	1 pound	2 pounds	4 pounds	8 pounds
Olive Oil	1/2 cup	1 cup	2 cups	4 cups
Garlic, minced	2 cloves	4 cloves	8 cloves	16 cloves
Apple Cider Vinegar	1/4 cup	1/2 cup	1 cup	2 cups
Kosher Salt	1 1/2 tsps.	1 Tbsp.	2 Tbsps.	1/4 cup
Freshly grated Parmesan	1 1/3 cups	2 2/3 cups	5 1/3 cups	10 2/3 cups

Directions:

1. Pull the kale leaves off the stems (see picture to the right). Discard stems. Cut greens into thin strips. Place greens in a large bowl.
2. Heat oil and garlic about 2 minutes. Add salt and vinegar. Cook about 45 seconds longer.
3. Pour over kale. Stir in Parmesan cheese. Add salt to taste. If desired, add more cheese on top.

Fast Facts	
Each portion provides	1/4 cup vegetable
Calories	256
Total Fat	23 g
Sodium	867 mg
Carbohydrates	4 g
Fiber	1 g
Protein	8 g
<i>From: Family Fun, October 2012</i>	



Potato Poppers

Ingredients	24 portions	48 portions	96 portions	192 portions
Potatoes, diced, with skin	2 1/2 pounds (about seven 6 ounce potatoes)	5 pounds	10 pounds	20 pounds
Oil	1/4 cup	1/2 cup	1 cup	2 cups
Salt	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.
Pepper	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Garlic Salt	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.
Red Pepper Flakes	1/4 tsp.	1/2 tsp.	1 tsp.	2 tsps.

Directions:

1. Preheat oven to 425 degrees.
2. Toss potatoes with oil, salt, pepper, garlic salt, and red pepper flakes. Place on a baking sheet coated with nonstick spray.
3. Bake for 1 hour, stirring halfway through.

Fast Facts	
Each portion provides	1/4 cup vegetable
Calories	68
Total Fat	2 g
Sodium	112 mg
Carbohydrates	11 g
Fiber	1 g
Protein	1 g
<i>From: Adrienne Arnold, DCR Dietitian</i>	

Roasted Root Veggie Roundup

Ingredients	6 portions	12 portions	24 portions	48 portions
Rutabagas	1/3 cup	2/3 cup	1 1/3 cups	2 2/3 cups
Turnips	1/3 cup	2/3 cup	1 1/3 cups	2 2/3 cups
Parsnips	1/3 cup	2/3 cup	1 1/3 cups	2 2/3 cups
Cauliflower	1/3 cup	2/3 cup	1 1/3 cups	2 2/3 cups
Onion, chopped	2/3 cup	1 1/3 cups	2 2/3 cups	5 1/3 cups
Vegetable Oil	1/4 cup	1/2 cup	1 cup	2 cups
Parmesan Cheese	3 Tbsps.	1/4 cup + 2 Tbsps.	3/4 cup	1 1/2 cups
Seasonings	as desired			

Directions:

1. Preheat oven to 350 degrees.
2. Cut vegetables into chunks.
3. Place in a medium bowl and pour oil over top. Add Parmesan and seasonings and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender.



Fast Facts	
Each portion provides	1/4 cup vegetable
Calories	118
Total Fat	10 g
Sodium	51 mg
Carbohydrates	6 g
Fiber	1 g
Protein	2 g
<i>From: recipefinder.nal.usda.gov</i>	

Smokin' Spanish Cauliflower

Ingredients	10 portions	20 portions	40 portions	80 portions
Cauliflower Florets	9 cups (~ 1 large head)	18 cups (~ 2 large heads)	36 cups (~ 4 large heads)	72 cups (~ 8 large heads)
Olive Oil	2 Tbsps.	1/4 cup	1/2 cup	1 cup
Smoked Paprika	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.
Salt	3/4 tsp.	1 1/2 tsps.	1 Tbsp.	2 Tbsps.
Garlic Cloves, minced	2 cloves	4 cloves	8 cloves	16 cloves
Parsley, dried	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.	5 Tbsps. + 1 tsp.

Directions:

1. Place cauliflower pieces in a large bowl.
2. Mix remaining ingredients. Drizzle over cauliflower; toss to coat.
3. Place on sheet pan(s). Bake at 450 degrees for 10 minutes.
4. Stir. Bake 10-15 minutes more or until tender and lightly browned, stirring occasionally.

Fast Facts	
Each portion provides	1/4 cup vegetable
Calories	48
Total Fat	3 g
Sodium	202 mg
Carbohydrates	5 g
Fiber	2 g
Protein	2 g
<i>From: tasteofhome.com, 2015</i>	



Sprouting Heroes

Ingredients	6 portions	24 portions	48 portions	96 portions
Brussels Sprouts, frozen	1 (10 ounce) package	2 (10 ounce) packages	2 1/2 pounds	5 pounds
Italian Salad Dressing, light	1 cup	2 cups	4 cups	8 cups
Chopped Onions	1 Tbsp.	2 Tbsps.	1/4 cup	1/2 cup
Garlic Clove, minced	1 clove	2 cloves	4 cloves	8 cloves
Dill	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.

Directions:

1. Cook sprouts according to directions on package. Drain.
2. Mix remaining ingredients.
3. Pour over sprouts. Toss to coat.
4. Cover. Chill 4 hours before serving.



Fast Facts	
Each portion provides	1/4 cup vegetable
Calories	58
Total Fat	3 g
Sodium	328 mg
Carbohydrates	8 g
Fiber	2 g
Protein	2 g
<i>From: tasteofhome.com, 2012.</i>	

Super Savory Swords (Parmesan Oven-Baked Asparagus)

Ingredients	4 portions	8 portions	16 portions	32 portions
Asparagus Spears	1 pound	2 pounds	4 pounds	8 pounds
Olive Oil	3 Tbsps.	1/4 cup + 2 Tbsps.	3/4 cup	1 1/2 cups
Parmesan Cheese, grated	1 Tbsp. + 1 1/2 tsps.	3 Tbsps.	1/4 cup + 2 Tbsps.	3/4 cup
Garlic Clove, minced	1	2	4	8
Sea Salt	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.	2 Tbsps. + 2 tsps.
Black Pepper	1/2 tsp.	1 tsp.	2 tsps.	1 Tbsp. + 1 tsp.
Lemon Juice	optional			

Directions:

1. Preheat an oven to 425 degrees. Trim off any hard ends of the stalks.
2. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.
3. Bake until just tender, 12-15 minutes depending on thickness. Sprinkle with lemon juice just before serving.



Fast Facts	
Each portion provides	1/4 cup vegetable
Calories	117
Total Fat	11 g
Sodium	612 mg
Carbohydrates	4 g
Fiber	2 g
Protein	2 g
<i>From: allrecipes.com, 2012.</i>	

Tasty Trees

Ingredients	8 portions	16 portions	32 portions	64 portions
Broccoli Florets, fresh	1/2 pound (~4 cups)	1 pound (~2 quarts)	2 pounds (~1 gallon)	4 pounds (~2 gallons)
Garlic, peeled and smashed	6 cloves	12 cloves	24 cloves	48 cloves
Olive Oil	1/4 cup	1/2 cup	1 cup	2 cups
Salt & Pepper	To taste			

Directions:

1. Preheat oven to 400 degrees.
2. Toss broccoli with garlic, olive oil, salt, and pepper.
3. Place on baking sheet(s) coated with nonstick spray.
4. Roast in oven for 20 minutes.

Fast Facts	
Each portion provides	1/3 cup vegetable
Calories	75
Total Fat	7 g
Sodium	32 mg
Carbohydrates	3 g
Fiber	1 g
Protein	1 g
<i>From: simplerecipes.com</i>	

Treehouse Salad

Ingredients	12 portions	25 portions	50 portions	100 portions
Broccoli Florets, fresh	1/2 pound (~4 cups)	1 pound (~2 quarts)	2 pounds (~1 gallon)	4 pounds (~2 gallons)
Sunflower Seeds, Ø Honey Roasted	1/4 cup	1/2 cup	1 cup	2 cups
Dried Cherries Ø	1/4 cup + 2 Tbsps.	3/4 cup	1 1/2 cups	3 cups
Coleslaw Dressing, light	1/4 cup + 2 Tbsps.	3/4 cup	1 1/2 cups	3 cups

Ø = Omit for kids under age 2.

Directions:

1. Mix broccoli, sunflower seeds, and cherries in a large bowl.
2. Top with dressing. Toss to coat.
3. Refrigerate before serving.



Fast Facts	
Each portion provides	1/4 cup vegetable
Calories	73
Total Fat	4 g
Sodium	85 mg
Carbohydrates	8 g
Fiber	1 g
Protein	1 g
<i>From: Washington State Schools "Scratch Cooking" Recipe Book, Sept. 2013.</i>	

Orangutan Salad

Ingredients	4 portions	8 portions	24 portions	48 portions
Spinach, fresh	2 cups	4 cups	12 cups	24 cups
Mandarin Oranges, canned, drained (15 ounce can)	1/2 can	1 can	3 cans	6 cans
Almonds, slivered Ø	1 Tbsp.	2 Tbsps.	1/4 cup + 2 Tbsps.	3/4 cup
Dried Cranberries Ø	2 Tbsps.	1/4 cup	3/4 cup	1 1/2 cups
Feta Cheese	1 Tbsp.	2 Tbsps.	1/4 cup + 2 Tbsps.	3/4 cup
Sweet & Sour Salad Dressing	1 Tbsp.	2 Tbsps.	1/4 cup + 2 Tbsps.	3/4 cup

Ø = Omit for kids under age 2.

Directions:

1. Wash spinach.
2. Drain juice from mandarin oranges.
3. Toss all ingredients in a large salad bowl.



Fast Facts	
Each portion provides	1/4 cup vegetable
Calories	53
Total Fat	2 g
Sodium	58 mg
Carbohydrates	9 g
Fiber	1 g
Protein	2 g
<i>From: First Years in the First State Menu Planning Guide, 2011.</i>	

Crisp Apple Salad

Ingredients	8 portions	16 portions	32 portions	64 portions
Golden Delicious Apple, chopped or shredded	1/3 pound (~1 medium)	2/3 pound (~2 medium)	1 1/3 pounds (~4 medium)	2 2/3 pounds (~8 medium)
Red Apple, chopped or shredded	1/3 pound (~1 medium)	2/3 pound (~2 medium)	1 1/3 pounds (~4 medium)	2 2/3 pounds (~8 medium)
Celery, sliced ☉ or Pears*	1/2 cup	1 cup	2 cups	4 cups
Walnuts* (optional) ☉	1/2 cup	1 cup	2 cups	4 cups
Golden Raisins* (optional) ☉	1/2 cup	1 cup	2 cups	4 cups
Honey** or Sugar	1/4 cup	1/2 cup	1 cup	2 cups

Directions:

1. Mix apples, celery, walnuts, and raisins in a bowl.
2. Add the honey or sugar and mix well.
3. Serve immediately.

*Celery could cause choking, substitute pears for children under 3.

*Omit nuts and raisins for small and/or allergic children.

**Substitute sugar for honey for children under 1 year of age.

Melon Berry Chiller

Ingredients	6 portions	12 portions	24 portions	48 portions
Watermelon, cubed	1 3/4 cups (about 1 pound)	3 1/2 cups (about 2 pounds)	7 cups (about 4 pounds)	14 cups (about 8 pounds)
Strawberries, hulled, fresh or frozen	3/4 cup	1 1/2 cups	3 cups	6 cups
White Grape Juice	1 1/4 cups	2 1/2 cups	5 cups	10 cups

Directions:

1. To add more texture to smoothies, use frozen strawberries.
2. Place watermelon and strawberries in a blender.
3. Add grape juice.
4. Blend until smooth.

Tip: Pureed fruit in a smoothie is credited as 100% fruit juice on the Food Program (CACFP). Juice can only be served once a day at your facility as of 10/1/17.

Yummy, Yummy Fruit Salad

Ingredients	16 portions	32 portions	64 portions	128 portions
Pineapple, fresh/draind	1 cup	2 cups	4 cups	8 cups
Grapes, quartered	1 cup	2 cups	4 cups	8 cups
Strawberries, halved	1 cup	2 cups	4 cups	8 cups
Bananas, peeled, sliced	1 cup	2 cups	4 cups	8 cups
Honey Dew, cubed	1 cup	2 cups	4 cups	8 cups
Cantaloupe, cubed	1 cup	2 cups	4 cups	8 cups
Peaches, fresh/draind	1 cup	2 cups	4 cups	8 cups
Mandarin Oranges, fresh/draind	1 cup	2 cups	4 cups	8 cups

Directions:

1. Mix all fruit.
2. Keep cold and serve.

Fruits



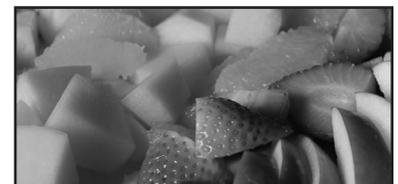
Fast Facts*

Each portion provides	1/4 cup fruit
Calories	51
Total Fat	0 g
Sodium	6 mg
Carbohydrates	14 g
Fiber	1 g
Protein	0 g
<i>From: Quick Cooking, May/June 2001.</i>	

*Calculated without optional ingredients.

Fast Facts

Each portion provides	1/2 cup fruit juice (Note: 100% Juice can be served 1 time per day.)
Calories	55
Total Fat	0 g
Sodium	4 mg
Carbohydrates	14 g
Fiber	1 g
Protein	1 g
<i>Adapted from: Food Fanatic, 2013.</i>	



Fast Facts

Each portion provides	1/2 cup fruit
Calories	39
Total Fat	0 g
Sodium	5 mg
Carbohydrates	10 g
Fiber	1 g
Protein	1 g
<i>From: Jennifer Havens</i>	

Pan Substitutions

Want to make a recipe but don't have the right size pan? Use this chart to see if you have a similar pan that may work! Keep in mind you may need to adjust cooking times.

Have a pan that is not marked with the size?

- Use a liquid measuring cup to add cupfuls of water until the pan is filled. This can help you figure out how much your pan will hold.
- Use a ruler to see how deep the pan is.

Volume	Try these pans:
4 cups	<ul style="list-style-type: none"> • 6-inch (2" deep) round cake pan • 8-inch (1 1/2" deep) round cake pan • 9-inch pie pan • 8 x 4 inch (2 1/2" deep) loaf pan
6 cups	<ul style="list-style-type: none"> • 3 small loaf pans (5 x 2 inch) • 2 muffin tins (2 3/4 x 1 3/8 inch) • 3 muffin tins (2 3/4 x 1 1/8 inch) • 8-inch (2" deep) round cake pan • 9-inch (1 1/2" deep) round cake pan • 11 x 7 inch (2" deep) pan • 8 1/2 x 4 1/2 inch (2" deep) pan • 1 1/2 quart casserole dish
8 cups	<ul style="list-style-type: none"> • 9 x 5 inch (3" deep) loaf pan • 2 loaf pans (8 x 4 inch, 2 1/4" deep) • 3 loaf pans (5 1/2 x 3 1/2 inch) • 8-inch (2" deep) square cake pan • 9-inch (2" deep) round cake pan • 2 quart casserole dish
10 cups	<ul style="list-style-type: none"> • 10 1/2 x 15 1/2 inch jelly roll pan • 9 inch (2" deep) square cake pan • 2 1/2 quart casserole dish
12 cups	<ul style="list-style-type: none"> • 2 loaf pans (8 1/2 x 4 1/2 x 2 1/2") • 9 inch (3" deep) springform pan • 3 quart casserole dish • One 10 x 3 1/4 inch Bundt pan
14 cups	<ul style="list-style-type: none"> • 13 x 9 inch (2" deep) baking dish • 2 (9-inch, 2" deep) round cake pans • 2 (8-inch, 2" deep) square cake pans
16 cups	<ul style="list-style-type: none"> • 4 quart casserole dish

From: Home Baking Association and joyofbaking.com, 2016.



Food Temperature Chart

Kill bacteria and viruses in food that can make kids sick! Make sure food is cooked to a hot enough temperature. Since you can't tell whether meat is done by looking at it, it's important to use a food thermometer. Place a food thermometer into the center of the cooked food. (For "skinny" foods like hamburgers, slide the thermometer into the side.) Make sure the food covers the bottom inch of the thermometer to get a good reading.

USDA Recommended Safe Minimum Food Temperatures

<p>Fresh Cuts of Beef & Pork: Steaks, Roasts & Chops</p> <p>145°F <i>(let meat rest 3 minutes before cutting)</i></p>	
<p>Fish</p> <p>145°F</p>	
<p>Ground Beef or Pork</p> <p>160°F</p>	
<p>Egg Dishes</p> <p>160°F</p>	
<p>Turkey & Chicken (Whole, Pieces or Ground)</p> <p>165°F</p>	

Source: www.IsItDoneYet.gov, USDA Food Safety and Inspection Service, revised August 2011.

Basics at a Glance

Recipe Abbreviations

approx.	= approximate
tsp or t	= teaspoon
Tbsp or T	= tablespoon
c	= cup
pt	= pint
qt	= quart
gal	= gallon
wt	= weight
oz	= ounce
lb or #	= pound (e.g., 3#)
g	= gram
kg	= kilogram
vol	= volume
mL	= milliliter
L	= liter
fl oz	= fluid ounce
No. or #	= number (e.g., #3)
in. or "	= inches (e.g., 12")
°F	= degree Fahrenheit
°C	= degree Celsius or centigrade

Volume Equivalents for Liquids

60 drops	= 1 tsp	
1 Tbsp	= 3 tsp	= 0.5 fl oz
1/8 cup	= 2 Tbsp	= 1 fl oz
1/4 cup	= 4 Tbsp	= 2 fl oz
1/3 cup	= 5 Tbsp + 1 tsp	= 2.65 fl oz
3/8 cup	= 6 Tbsp	= 3 fl oz
1/2 cup	= 8 Tbsp	= 4 fl oz
5/8 cup	= 10 Tbsp	= 5 fl oz
2/3 cup	= 10 Tbsp + 2 tsp	= 5.3 fl oz
3/4 cup	= 12 Tbsp	= 6 fl oz
7/8 cup	= 14 Tbsp	= 7 fl oz
1 cup	= 16 Tbsp	= 8 fl oz
1/2 pint	= 1 cup	= 8 fl oz
1 pint	= 2 cups	= 16 fl oz
1 quart	= 2 pt	= 32 fl oz
1 gallon	= 4 qt	= 128 fl oz

Equivalent Weights

16 oz	= 1 lb	= 1.000 lb
12 oz	= 3/4 lb	= 0.750 lb
8 oz	= 1/2 lb	= 0.500 lb
4 oz	= 1/4 lb	= 0.250 lb
1 oz	= 1/16 lb	= 0.063 lb

Fraction to Decimal Equivalents

1/8	= 0.125
1/4	= 0.250
1/3	= 0.333
3/8	= 0.375
1/2	= 0.500
5/8	= 0.625
2/3	= 0.666
3/4	= 0.750
7/8	= 0.875

Metric Equivalents by Weight

Customary Unit (avoirdupois)	Metric Unit
Ounces (oz)	Grams (g)
1 oz	= 28.35 g
4 oz	= 113.4 g
8 oz	= 226.8 g
16 oz	= 453.6 g
Pounds (lb)	Grams (g)
1 lb	= 453.6 g
2 lb	= 907.2 g
Pounds (lb)	Kilograms (kg)
2.2 lb	= 1 kg (1000 g)

Metric Equivalents by Volume

Customary Unit (fl oz)	Metric Unit
1 cup (8 fl oz)	= 236.59 mL
1 quart (32 fl oz)	= 946.36 mL
1.5 quarts (48 fl oz)	= 1.42 L
33.818 fl oz	= 1.0 L



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Scoops (Dishers)

Size/No. ¹	Level Measure	Color Code ²
6	2/3 cup	
8	1/2 cup	
10	3/8 cup	
12	1/3 cup	
16	1/4 cup	
20	3-1/3 Tbsp	
24	2-2/3 Tbsp	
30	2 Tbsp	
40	1-2/3 Tbsp	
50	3-3/4 Tsp	
60	3-1/4 Tsp	
70	2-3/4 Tsp	
100	2 Tsp	

¹Scoops are left or right hand or squeeze-type that can be used for both hands. Number on the scoop indicates how many level scoopfuls make one quart. For example, eight No. 8 scoops = 1 quart.



²Use colored dots matching the brand-specific color coding of scoop sizes.

Ladles Portion Servers

Ladle fl oz	Approx. Measure	Portion Server fl oz
1 oz	1/8 cup	1 oz
2 oz	1/4 cup	2 oz
3 oz	3/8 cup	3 oz
4 oz	1/2 cup	4 oz
6 oz	3/4 cup	6 oz
8 oz	1 cup	8 oz
12 oz	1-1/2 cups	

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "oz." "Fl oz" would be more accurate since they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies, and other liquid products.

Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables, and condiments.

Cooking or Serving Spoons



Spoons vary in length (11", 13", 15", 18", 21") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level spoons, ladles, and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.

Specialty Spoons



A thumb notch on a server or spoon handle prevents the spoon from slipping into the pan and prevents hands from sliding into the food. Triple-edge (solid or perforated) spoons have a flat edge that increases the area where the spoon touches the bottom of the pan when stirring.

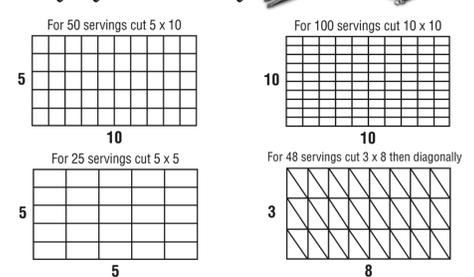
Steamtable Pan Capacity

Pan Size	Approx. Capacity	Serving Size	Ladle (fl oz)	Scoop #	Approx. # Servings
12" x 20" x 2-1/2"	2 gal	1/2 cup	4 oz	8	64
		3/8 cup	3 oz	10	80
		1/3 cup	2.65 oz	12	96
		1/4 cup	2 oz	16	128
12" x 20" x 4"	3-1/2 gal	1/2 cup	4 oz	8	112
		3/8 cup	3 oz	10	135
		1/3 cup	2.65 oz	12	168
		1/4 cup	2 oz	16	224
12" x 20" x 6"	5 gal	1/2 cup	4 oz	8	160
		3/8 cup	3 oz	10	200
		1/3 cup	2.65 oz	12	240
		1/4 cup	2 oz	16	320

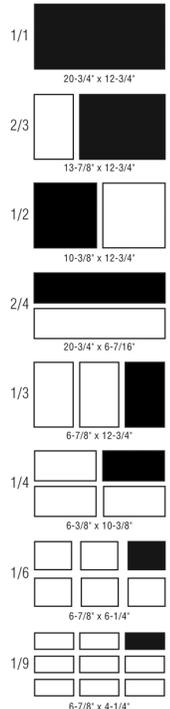
Approximate Dimensions of Serving Sizes from Different Pan Sizes

Pan	Approx. Size	No. and Approx. Size Servings per Pan		
Baking or steamtable	12" x 20" x 2-1/2"	25	50	100
		2" x 3-3/4"	2" x 2"	-----
Sheet or bun	18" x 26" x 1"	3-1/4" x 5"	3-1/4" x 2-1/2"	1-3/4" x 2-1/2"

Cutting Diagrams for Portioning



Other Pan Sizes



Steamtable or counter pans are available in various sizes. Smaller size pans may require the use of an adapter bar.

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