

Vegan Quantity Recipes

for School Lunch Programs

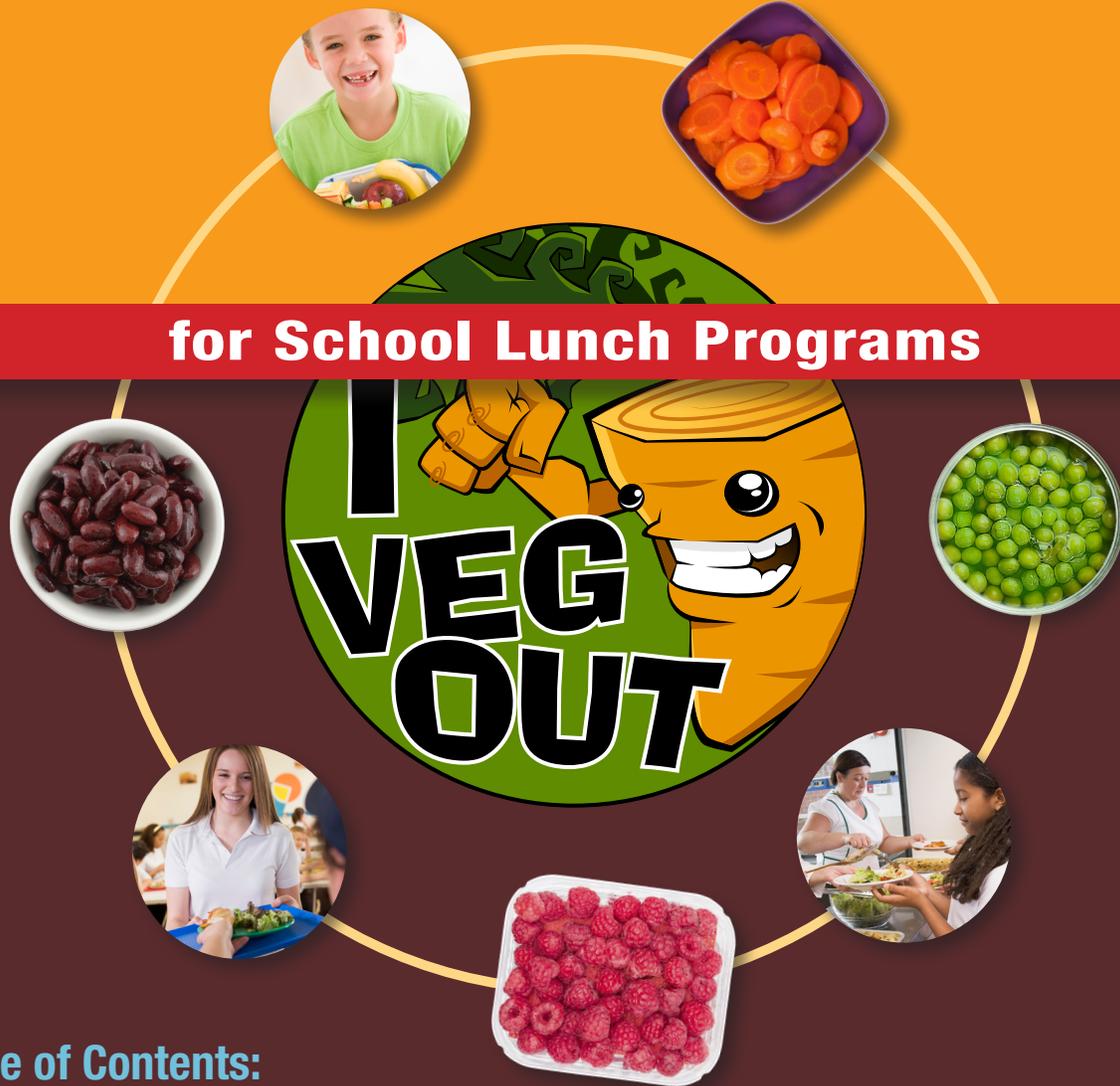


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BEANIE BURGERS



Meat/Meat Alternate-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Black beans, canned, low sodium, drained, and rinsed		1 #10 can, plus 1 qt		2 #10 cans, plus 2 qt	<ol style="list-style-type: none"> 1. Cook beans until soft, so they are easily mashed. 2. To cook sweet potatoes, wash, poke a hole with a knife, wrap in aluminum foil, and bake until very soft. Alternately, peel, cube, and steam until soft. 3. Mash cooked beans and cooked sweet potatoes together. 4. Add the rest of the ingredients and mix until well combined. 5. Form burgers and brush with vegetable oil. Bake at 350 degrees for 20 minutes. <p>Serve on a whole grain-bun with all the fixings, put on top of brown rice with salsa, or use as the filling of a burrito or enchilada.</p>
Sweet potatoes, cooked, cubed or mashed		1 qt, plus 3 cups		3 qt, plus 2 cups	
Tomato paste, low sodium		1/2 cup		1 cup	
Old fashioned rolled oats		1 cup		2 cups	
Soy sauce		2 1/2 Tbsp		1/3 cup	
Chili powder		2 1/2 Tbsp		1/3 cup	
Cumin		3 Tbsp		1/3 cup plus 1 Tbsp	
Garlic powder		2 Tbsp		1/4 cup	
Salt		1 1/2 Tbsp		3 Tbsp	
Black pepper		2 tsp		1 1/2 Tbsp	
Vegetable oil for brushing (optional)					

Serving	Yield	Volume
1 burger	50 Servings	50 burgers
Meal component contribution: Each serving provides 1/2 ounce meat/meat alternate.	100 Servings	100 burgers

Nutrients Per Serving							
Calories	112 kcal	Saturated Fat	0.10 g	Iron	1.97 mg	% of calories from fat	4.78%
Protein	5.59 g	Cholesterol	0 g	Calcium	55 mg	% of calories from saturated fat	0.75%
Carbohydrate	21.79 g	Vitamin A	490 mcg	Sodium	493 mg	% of calories from sugar	7.87%
Total Fat	0.64 g	Vitamin C	5.93 mg	Dietary Fiber	7.10%		

Notes: HACCP: 2)PHF-Same Day Service

Recipes used with permission. Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

BLACK BEAN CASSEROLE

Meat/Meat Alternate-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1 cup		2 cups	<ol style="list-style-type: none"> 1. Heat oil in a large roasting pan, pot, or skillet. Be certain to select a piece of equipment that can accommodate all of the ingredients and the entire finished product. 2. Sauté onions, then add garlic. Cook until soft. Do not brown. 3. Mix in the black beans, rice, plantains, cumin, paprika, salt, and pepper. 4. Add water and bring to a boil. Simmer for 25 to 30 minutes or until rice is tender. 5. Transfer to steam table and use a 6 oz. spoodle to serve.
Yellow onions, diced		3 small		6 small	
Garlic, minced		1/4 cup		1/2 cup	
Black beans, canned, low sodium, drained and rinsed, or dry beans		4 #10 cans or 26 1/2 cups cooked (13 1/4 cups dry)		8 #10 cans or 53 cups cooked (26 1/2 cups dry)	
Brown rice, uncooked		4 cups		8 cups	
Plantains, frozen, defrosted, and chopped into small bits	1 6 lb bag		2 6 lb bags		
Cumin		1/4 cup		1/2 cup	
Paprika		1/3 cup		2/3 cup	
Salt		2 Tbsp		1/4 cup	
Black pepper		1 tsp		1 Tbsp plus 1 tsp	
Water		2 qt		4 qt	

Serving	Yield	Volume
6 oz. spoodle	50 Servings	About 2 gal, 1 1/3 qt
Meal component contribution: Each serving provides 2 ounces meat/meat alternate.	100 Servings	About 4 gal, 2 3/4 qt

Nutrients Per Serving							
Calories	393 kcal	Saturated Fat	0.99 g	Iron	4.93 mg	% of calories from fat	13.44%
Protein	15.60 g	Cholesterol	0 g	Calcium	130 mg	% of calories from saturated fat	2.18%
Carbohydrate	73.45 g	Vitamin A	88 mcg	Sodium	291 mg	% of calories from sugar	9.10%
Total Fat	6.14 g	Vitamin C	8.28 mg	Dietary Fiber	20.45 g		

Notes: Suggested garnish: salsa, chopped tomatoes, or chopped scallions. Follow HACCP defrosting and holding procedures. HACCP 2)PHF-Same Day Service

Recipes used with permission. Recipe created by Chefs Angel Ramos, Jorge Pineda, and Joy Pierson of Candle Cafe for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).



Photos pg 2-3 by Lou Manna, www.LouManna.com

BLACK BEAN CORN SALAD

Meat/Meat Alternate-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Beans, black, canned, drained, rinsed		3 qt, plus 3 cups		7 qt, plus 2 cups	1. Combine the ingredients for the salad. 2. Mix dressing ingredients together in separate bowl. Combine the dressing and salad ingredients, tossing to coat evenly with the vinaigrette. The salad should marinate for a few hours to allow the flavors to develop.
Green peppers, chopped		2 1/2 cups		5 cups	
Red onion, chopped, macerated with salt		1 cup		2 cups	
Salt (to macerate onion)		1 tsp		2 tsp	
Corn, whole kernel, frozen, steamed and cooled		3 1/2 cups		7 cups	
Garlic, minced		1 Tbsp, plus 1 tsp		2 Tbsp, plus 2 tsp	
Red pepper, sweet, chopped		2 1/2 cups		5 cups	
Dressing for Black Bean Salad: Oil, salad or olive		1 cup		2 cups	
Vinegar, cider	6 oz		12 oz		
Salt, table or sea		1 Tbsp		2 Tbsp	
Black pepper		1 1/2 tsp		3 tsp	



Serving	Yield	Volume
1/2 cup	50 Servings	25 cups
Meal component contribution: Each serving provides 1/2 ounce meat/meat alternate.	100 Servings	50 cups

Nutrients Per Serving							
Calories	126 kcal	Saturated Fat	0.668 g	Iron	1.38 mg	% of calories from fat	33.20%
Protein	4.73 g	Cholesterol	0 g	Calcium	39 mg	% of calories from saturated fat	4.65%
Carbohydrate	16.91 g	Vitamin A	28 mcg	Sodium	190 mg	% of calories from sugar	3.77%
Total Fat	4.75 g	Vitamin C	16.67 mg	Dietary Fiber	6.04 g		

Notes: HACCP:1)PHF-No Cook

Recipe adapted from Saint Paul Public Schools' (SPPS) "healthy hits" recipe selections. With a variety of local, meatless, ethnically diverse, and scratch-made items created at the central kitchen, SPPS is constantly working to create nutritious and delicious options for more than 39,000 students. Between district-wide free breakfasts featuring whole-grain items made in the district's bakery and all-you-care-to-eat fresh veggie and salad bars in each of the schools' lunch lines, SPPS students are sure to receive healthful school meals to support success in the classroom.



Recipe from Saint Paul Public Schools: Winner of PCRM's 2012 Golden Carrot Award

MEDITERRANEAN POCKET



Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Beans, garbanzo, cooked or canned, low sodium		8 1/3 qt		16 2/3 qt	1. Mash the chickpeas. Mix well with garlic, bread crumbs, celery, onions, cumin, and turmeric. Roll into golf-ball size falafel balls and place on parchment-lined baking sheets. Spray with olive oil cooking spray and bake in a 350 degree oven for 30 minutes, or until golden. 2. Blend sauce ingredients until creamy paste is formed. 3. Fill each half pita with two falafel balls, 2 ounce ladle (1/4 cup) sauce, 1/2 cup lettuce, and 2 tomato slices.	
Garlic cloves, pressed		5 cloves		10 cloves		
Bread crumbs		2 1/3 Tbsp		5 Tbsp		
Celery, minced		1 qt		2 qt		
Onions, chopped		3 cups		1 1/2 qt		
Cumin, ground		5 tsp		3 Tbsp, plus 1 tsp		
Turmeric		5 tsp		3 Tbsp, plus 1 tsp		
Sauce Ingredients:						
Tahini		4 cups, plus 3 Tbsp		8 1/3 cups		
Lemon juice		2 cups		1 qt		
Water		2 cups		1 qt		
Black pepper		3/4 Tbsp		1 1/2 Tbsp		
Basil		3/4 Tbsp		1 1/2 Tbsp		
Whole-wheat pita bread, halved		25 pitas		50 pitas		
Lettuce		1 1/2 gal		3 gal		
Tomato slices		100 slices		200 slices		



Serving	Yield	Volume
1/2 pita bread	50 Servings	50-1/2 pitas
Meal component contribution: Each serving provides 2 ounces meat/meat alternate and 1/2 cup vegetables.	100 Servings	100-1/2 pitas

Nutrients Per Serving							
Calories	457 kcal	Saturated Fat	2.16 g	Iron	5.43 mg	% of calories from fat	29.38%
Protein	17.83 g	Cholesterol	0 g	Calcium	196 mg	% of calories from saturated fat	3.98%
Carbohydrate	65.54 g	Vitamin A	55 mcg	Sodium	361 mg	% of calories from sugar	4.18%
Total Fat	15.97 g	Vitamin C	11.26 mg	Dietary Fiber	13.13 g		

Notes: Equipment list: 3 big bowls, 1 medium bowl, measuring cup, large food processor, paring knives, 8 inch knives, pestle and pastry brush, spatula, measuring spoons. HACCP: 2)PHF-Same Day Service.

MEXICAN LASAGNA

Recipe from Greenville County Public Schools:
Winner of PCRM's 2011 Golden Carrot Award

Meat/Meat Alternate-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1/8 cup		1/4 cup	<ol style="list-style-type: none"> 1. Preheat steam kettle and oven to 350 degrees. 2. Add oil, onions, and peppers to braising pan. Cook until tender. 3. Add black beans, refried beans, tomatoes, corn, and seasonings. 4. Bring to a simmer and cook for 5 minutes. Product must reach an internal temperature of 140 degrees for 15 seconds. 5. Spray each 20"x 12"x 2" pan with pan coating spray. In each pan, layer lasagna as follows: Layer 1: Pour 2 cups of picante sauce in each pan. Layer 2: Cover with a layer of 8 uncooked lasagna noodles, lengthwise in pan. Layer 3: Spread 5 cups of bean mixture over noodles. 6. Repeat step 5 two more times. 7. Cover with foil and bake at 350 degrees for 1 hour. Product must reach an internal temperature of 165 degrees for 15 seconds. 8. Place in a hot holding cabinet that maintains an internal temperature of 140-150 degrees. 9. For easier serving, let lasagna sit for 10 minutes. Cut into 25 servings per pan.
Onion, fresh, diced	1 lb		2 lb		
Green pepper, frozen, diced	1/2 lb		1 lb		
Beans, black, canned, low sodium		1 #10 can		2 #10 cans	
Beans, refried, canned, low sodium		6 cups		1 #10 can	
Tomatoes, diced, canned, low sodium		1 #10 can		2 #10 cans	
Corn, frozen	1 lb		2 lb		
Oregano		1 1/2 Tbsp		3 Tbsp	
Cumin		1 1/2 Tbsp		3 Tbsp	
Garlic powder		1 1/2 Tbsp		3 Tbsp	
Chili powder		1 1/2 Tbsp		3 Tbsp	
Paprika		1 1/2 Tbsp		3 Tbsp	
Salt		3/4 Tbsp		1 1/2 Tbsp	
Sauce, picante	2 qt, plus 1 cup		4 1/2 qt		
Noodles, lasagna, dry	2 3/4 lb		5 1/2 lb		

Serving	Yield	Volume
25 servings per pan	50 Servings	2 pans
Meal component contribution: Each serving provides 1 ounce meat/meat alternate and 1/4 cup vegetables.	100 Servings	4 pans

Nutrients Per Serving							
Calories	232 kcal	Saturated Fat	0.33 g	Iron	3.46 mg	% of calories from fat	7.05%
Protein	10.65 g	Cholesterol	0 g	Calcium	83 mg	% of calories from saturated fat	1.22%
Carbohydrate	44.59 g	Vitamin A	43 mcg	Sodium	6547 mg	% of calories from sugar	7.66%
Total Fat	1.9 g	Vitamin C	11.59 mg	Dietary Fiber	8.99 g		

Notes: HACCP: 2)PHF-Same Day Service.

Recipe adapted from Greenville County Public Schools, S.C. At Greenville County Public Schools, school chefs offer fresh, low-fat, vegetarian meal options each day and use positive language to promote the new items.

GOLDEN STATE BURRITO

Meat/Meat Alternate-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Onions, chopped		6 1/2 cups		3 qt, plus 1 cup	1. Sauté the onions in a deep pot or sauté pan with 2 teaspoons cumin, 1 teaspoon paprika, and 1 teaspoon salt. Cook until the onions are tender. 2. Add 1 cup cilantro, black beans, and lime juice to the onions and toss to combine. Remove from heat. 3. Place the squash on a parchment-lined baking sheet and drizzle with 2 tablespoons olive oil, 1 teaspoon salt, and 2 teaspoons cumin. Roast for 15 minutes at 400 degrees. Add to black bean mixture. 4. In a large cooking pot, place the rice, water, tomato sauce, 2 teaspoons cumin and turmeric each, 1 teaspoon paprika, 1 tablespoon olive oil, 1 teaspoon salt, and 1 cup cilantro. Bring to boil over medium high heat, uncovered. Cover and reduce heat to low. Simmer for 15 minutes, or until rice is tender and fluffy. 5. Combine cooked rice with the bean mixture. 6. Use a 1-cup scooper to measure out 1 scoop per tortilla/burrito wrapper. 7. Spread out like a long brick in the center of the tortilla. 8. Sprinkle with spinach. 9. Roll and wrap in paper, not foil. 10. Cut in half through paper, on a diagonal.
Cumin seed, ground		2 Tbsp		1/4 cup	
Paprika		1/4 cup		1/2 cup	
Salt		1 Tbsp		2 Tbsp	
Cilantro, raw, chopped		4 cups		8 cups	
Beans, black, canned, low sodium, drained		1 #10 can, plus 1 qt		2 #10 cans, plus 2 qt	
Lime juice		Juice of 3 limes		Juice of 6 limes	
Squash, Summer, Crookneck or Straightneck, cooked		3 qt, plus 1 1/4 cups		6 qt, plus 2 1/2 cups	
Oil, olive, salad or cooking		3 Tbsp		1/4 cup, plus 2 Tbsp	
Brown rice, long-grain or quick cooking, uncooked		5 cups		2 qt, plus 2 cups (10 cups)	
Water		10 cups		20 cups	
Tomato sauce	5.28 oz		10 1/2 oz		
Turmeric		2 tsp		1 Tbsp, plus 1 tsp	
Spinach, raw		11 cups		5 qt, plus 2 cups	
Tortilla, flour 12"		25 tortillas		50 tortillas	

**Recipe from Novato Unified School District:
Winner of PCRM's 2012 Golden Carrot Award**

Serving	Yield	Volume
1 cup scooper, 1/2 tortilla	50 Servings	50 1/2 tortillas
Meal component contribution: Each serving provides 1/2 ounce meat/meat alternate and 1/2 cup vegetables.	100 Servings	100 1/2 tortillas

Nutrients Per Serving							
Calories	344 kcal	Saturated Fat	0.407 g	Iron	4.47 mg	% of calories from fat	6.11%
Protein	11.90 g	Cholesterol	0 g	Calcium	133 mg	% of calories from saturated fat	21.00%
Carbohydrate	68.85 g	Vitamin A	84 mcg	Sodium	691 mg	% of calories from sugar	3.62%
Total Fat	2.47 g	Vitamin C	8.16 mg	Dietary Fiber	10.31 g		

Notes: HACCP: 3) PHF-Complex. Serve with fresh fruit, a 2 oz. container of salsa, and chips.

Recipe adapted from Novato Unified School District, Calif., and chef Hollie Greene. Under the guidance of food service director, Miguel Villareal, Novato Public School District eliminated red meat, soda, and most processed foods from their school lunch several years ago. They use the cost savings from these eliminated foods to purchase fresh fruits and vegetables from local farmers. Popular menu items include veggie burgers with cucumber coins, fresh salads with pita chips, and sun butter sandwiches.

GARBANZO BEAN SALAD

Meat/Meat Alternate-Main Dishes

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Beans, garbanzo, drained, rinsed		2 #10 cans		4 #10 cans	1. Combine the ingredients for the salad. 2. Mix dressing ingredients together in separate bowl. Combine the dressing and salad ingredients, tossing to coat evenly with the vinaigrette.	
Tomatoes, red, ripe, raw, chopped, or sliced		5 cups		2 qt, plus 2 cups		
Cilantro, chopped		3 cups		1 qt, plus 2 cups		
Red onion, chopped and macerated with salt		1 1/2 cups		3 cups		
Salt (to macerate onion)		1 tsp		2 tsp		
Dressing for Garbanzo Bean Salad:						
Oil, olive		1 cup		2 cups		
Lime juice, fresh		1 1/4 cups		2 1/2 cups		
Cumin, ground		3/4 Tbsp		1 1/2 Tbsp		
Black pepper, ground		2 tsp		1 Tbsp, plus 1 tsp		
Salt		2 tsp		4 tsp		



Recipe from Saint Paul Public Schools: Winner of PCRM's 2012 Golden Carrot Award

Serving	Yield	Volume
1/2 cup	50 Servings	25 cups
Meal component contribution: Each serving provides 1 ounce meat/meat alternate.	100 Servings	50 cups

Nutrients Per Serving							
Calories	155 kcal	Saturated Fat	0.77 g	Iron	1.02 mg	% of calories from fat	36.90%
Protein	5.82 g	Cholesterol	0 g	Calcium	44 mg	% of calories from saturated fat	4.37%
Carbohydrate	19.42 g	Vitamin A	24 mcg	Sodium	290 mg	% of calories from sugar	3.09%
Total Fat	6.58 g	Vitamin C	4.98 mg	Dietary Fiber	5.24 g		

Recipe adapted from Saint Paul Public Schools (SPPS).

Notes: HACCP: 1)PHF-No Cook

BAJA BEAN TACOS

Meat/Meat Alternate-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Onions, chopped	1 lb	4 cups	2 lb	1 1/2 qt	1. Sauté onion in vegetable oil in skillet until tender, about 5 minutes. 2. Line steam table pan with parchment paper. Combine onion, beans, spices, and water. Pour into steam table pan. Bake, covered, at 350 degrees until heated through, 30-45 minutes. Partially mash the cooked bean mixture. 3. Use No. 16 scoop (1/4 cup) to spoon mixture onto each tortilla; top each with 1/4 cup lettuce and 1 tablespoon salsa.
Vegetable oil		2 Tbsp		4 Tbsp	
Beans, kidney, canned, rinsed, drained		3 qt (1 #10 can)		1 1/2 gal (2 #10 cans)	
Beans, pinto, canned, rinsed, drained		3 qt (1 #10 can)		1 1/2 gal (2 #10 cans)	
Chili powder		1/4 cup		1/2 cup	
Cumin, ground		2 tsp		4 tsp	
Garlic powder		1 tsp		2 tsp	
Onion powder		1 tsp		2 tsp	
Black pepper		1 tsp		2 tsp	
Water		1/2 cup		1 cup	
Corn or flour tortillas (6-inch)		100 each		200 each	
Lettuce, shredded		1 1/2 gal		3 gal	
Salsa		1 1/2 qt		3 qt	



Notes: Equipment list: skillet pan, parchment paper, steam table pan. HACCP: 2)PHF-Same Day Service.

Serving	Yield	Volume
2 tacos	50 Servings	100 tacos
Meal component contribution: Each serving provides 2 ounces meat/meat alternate and 1/2 cup vegetable serving.	100 Servings	200 tacos

Nutrients Per Serving							
Calories	227 kcal	Saturated Fat	0.48 g	Iron	2.22 mg	% of calories from fat	10.95%
Protein	9.94 g	Cholesterol	0 g	Calcium	108 mg	% of calories from saturated fat	1.81%
Carbohydrate	42.92 g	Vitamin A	42 mcg	Sodium	418 mg	% of calories from sugar	7.37%
Total Fat	2.93 g	Vitamin C	2.18 mg	Dietary Fiber	8.44 g		

GREEK QUINOA

Vegetable-Grains-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Quinoa		2.5 qt dry		5 qt dry	<ol style="list-style-type: none"> 1. Cook quinoa: measure and put quinoa and water in a pot, add a pinch of salt, bring to a boil, then drop to a simmer, cover, and set timer for 15 minutes. 2. Cut all the vegetables in a medium-sized dice and put them in a big bowl. 3. Make vinaigrette by placing all the ingredients into a bowl and mixing. 4. Check quinoa; at 15 minutes see if all the water has been absorbed. Scoop quinoa out of pot and spread out on a parchment-lined cookie sheet to dry. 5. Combine cooked quinoa, vinaigrette, and chopped vegetables in a big bowl. 6. To serve: in a bowl or plate, put a scoop of Greek quinoa salad next to a scoop of hummus and serve with 2-3 pita triangles for dipping.
Water		5 qt		10 qt	
Carrots, peeled and chopped		5 qt		10 qt	
Yellow bell pepper, chopped		5 qt		10 qt	
Cherry tomatoes, halved		5 qt		10 qt	
Red onion, diced and macerated with salt		2 1/2 qt		5 qt	
Salt (to macerate onion)		3 1/2 Tbsp		7 Tbsp	
Vinaigrette:					
White wine vinegar		3 1/4 cups		1 qt plus 2 1/2 cups	
Dijon mustard		2 1/2 Tbsp		3/4 cup plus 1 Tbsp	
Olive oil		1 1/2 cups		3 cups	
Salt		2 1/2 tsp		1 Tbsp plus 2 tsp	
Oregano, dried		1 tsp		3 1/3 oz	

Serving	Yield	Volume
1 cup	50 Servings	3 gal, 1/2 qt
Meal component contribution: Each serving provides 1 1/4 cups vegetables and 1 1/2 serving grains.	100 Servings	6 gal, 1 qt

Nutrients Per Serving							
Calories	248 kcal	Saturated Fat	1.20 g	Iron	2.37 mg	% of calories from fat	32.15%
Protein	6.88 g	Cholesterol	0 g	Calcium	58 mg	% of calories from saturated fat	4.31%
Carbohydrate	36.14 g	Vitamin A	895 mcg	Sodium	560 mg	% of calories from sugar	17.37%
Total Fat	9.00 g	Vitamin C	124.60 mg	Dietary Fiber	5.65 g		



Recipe from Novato Unified School District: Winner of PCRM's 2012 Golden Carrot Award

Notes: Equipment list: 3 big bowls, 1 medium bowl, measuring cup, large food processor, paring knives, 8 inch knives, pestle and pastry brush, spatula, measuring spoons. HACCP: 2)PHF-Same Day Service.

Recipe adapted from Novato Unified School District and chef Hollie Greene.

LEMONY HUMMUS

Meat/Meat Alternate-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Beans, garbanzo, cooked or canned, low sodium		4 1/2 qt plus 3/4 cup		9 qt plus 1 1/2 cups	<ol style="list-style-type: none"> 1. Make the hummus in the small food processor by combining all the ingredients and pulsing until smooth. 2. Add more water if needed. 3. To serve: in a bowl or plate, put a scoop of Greek quinoa salad next to a scoop of hummus and serve with 2-3 pita triangles for dipping.
Garlic cloves, smashed and macerated with salt	2 1/2 oz		5 oz		
Salt (to macerate garlic cloves)		1 Tbsp plus 1/2 tsp		3 Tbsp plus 1 tsp	
Lemons, juiced		10 lemons or 2 1/2 cups fresh lemon juice		20 lemons or 5 cups fresh lemon juice	
Olive oil		2 1/2 cups		5 cups	
Water		2 1/2 cups		5 cups	
Tahini (optional)	5 oz		10 oz		
Whole-wheat pita bread; cut in half and then into 6 triangles		25 pita breads		50 pita breads	

Serving	Yield	Volume
6 oz. scoop	50 Servings	2 gal, 1 1/3 qt
Meal component contribution: Each serving provides 1 ounce meat/meat alternate.	100 Servings	4 gal, 2 3/4 qt

Nutrients Per Serving							
Calories	222 kcal	Saturated Fat	1.15 g	Iron	1.42 mg	% of calories from fat	34.14%
Protein	7.78 g	Cholesterol	0 g	Calcium	35 mg	% of calories from saturated fat	4.55%
Carbohydrate	30.31 g	Vitamin A	2 mcg	Sodium	337 mg	% of calories from sugar	4.23%
Total Fat	8.69 g	Vitamin C	4.21 mg	Dietary Fiber	5.53 g		



Notes: Equipment list: 1 medium bowl, measuring cup, large food processor, paring knives; 8 inch knives, spatula, measuring spoons. HACCP: 2)PHF-Same Day Service.

Recipe adapted from Novato Unified School District and chef Hollie Greene.

PASTA FAZOOOL

Meat/Meat Alternate-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Pasta, whole grain (shells, penne, or fusilli), cooked	2 lb		4 lb		<ol style="list-style-type: none"> 1. Cook pasta until al dente and drain. 2. Steam kale in combi-oven or on stove top for 10 minutes or until soft but still bright green. 3. Warm the olive oil in a large sauté pan on the stove over medium heat. Add the onion, garlic, celery, and carrots. Cook and stir for 10 to 15 minutes, adding a little water if needed to prevent sticking. Cook vegetables until they are tender. 4. Add the tomatoes, seasonings, and beans to tilt kettle and bring to a low boil. Reduce to simmer and add the sautéed vegetables and cooked kale. Simmer for about 15 minutes. 5. Combine warm pasta and sauce.
Kale, chopped to bite-size, with stems removed	1 lb		2 lb		
Oil, olive		1/4 cup		1/2 cup	
Garlic, minced		1/8 cup		1/4 cup	
Onion, chopped		3 cups		1 1/2 qt	
Celery, chopped		2 cups		1 qt	
Carrots, chopped		2 cups		1 qt	
Bell pepper, chopped		2 cups		1 qt	
Tomatoes, crushed, canned, low sodium		1 #10 can		2 #10 cans	
Tomato sauce, canned, low sodium		1 #10 can		2 #10 cans	
Crushed red pepper flakes		1 Tbsp		2 Tbsp	
Black pepper, ground		1/2 tsp		1 tsp	
Oregano, dried		2 Tbsp		1/4 cup	
Basil, dried		2 Tbsp		1/4 cup	
Salt		1 Tbsp, plus 1 tsp		2 Tbsp, plus 2 tsp	
Maple syrup or natural sugar		1/4 cup		1/2 cup	
Navy, White Kidney (Cannellini), or Great Northern Beans, un-drained, or dry beans		1 #10 can, plus 2 cups or 3 1/2 qt cooked		2 #10 cans plus 1 qt or 7 qt cooked	



Serving	Yield	Volume
8 oz. scoop	50 Servings	About 3 gal, 1/2 qt
Meal component contribution: Each serving provides 1 ounce meat/meat alternate and 3/4 cup vegetables.	100 Servings	About 6 gal, 1 qt

Nutrients Per Serving							
Calories	184 kcal	Saturated Fat	0.3 g	Iron	3.26 mg	% of calories from fat	9.21%
Protein	8.54 g	Cholesterol	0 g	Calcium	94 mg	% of calories from saturated fat	1.40%
Carbohydrate	36.18 g	Vitamin A	262 mcg	Sodium	119 mg		
Total Fat	1.97 g	Vitamin C	26.92 mg	Dietary Fiber	8.92 g		

Notes: Pasta should not be too soft as it will need to be re-warmed. HACCP: 2)PHF-Same Day Service.

Recipes used with permission. Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

VEG-OUT CHILI BOWL



Meat/Meat Alternate-Vegetable-Grains-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1/4 cup		1/2 cup	<ol style="list-style-type: none"> Heat oil in a steam-jacketed kettle. Add the onions and sauté 3 minutes, until translucent. Add the green peppers and sauté 2 minutes, until tender. Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered. Add the kidney beans, bulgur, and water. Simmer 25 minutes, uncovered. Pour into medium half-steam-table pans (10x12x4 in). For 50 servings, use 2 pans. For 100 servings, use 4 pans. CCP: Hold for hot service at 135 F or higher. CCP: Heat to 140 F or higher for at least 15 seconds. Portion with 6 oz. ladle (3/4 cup). Serve with garlic bread or over a bed of brown rice.
Onions, fresh, chopped	1 lb, 4 oz or	3 1/3 cups or	2 lb, 8 oz	1 qt, 2/3 cups	
or dehydrated onions	3 3/4 oz	1 1/2 cups, 2 Tbsp	or 7 1/2 oz	or 3/4 cups	
Green peppers, chopped, fresh or frozen	10 oz or 1 lb, 1 oz	1 3/4 cups, 2 Tbsp or 3 cups	1 lb, 4 oz or 2 lb, 2 oz	3 3/4 cups or 1 qt, 2 cups	
Chili powder	1 1/2 oz		3 oz		
Cumin, ground	1 oz		2 oz		
Hot sauce (optional)		1/4 cup		1/2 cup	
Granulated garlic		1 Tbsp, 1 tsp		2 Tbsp, 2 tsp	
Onion powder		2 tsp		1 Tbsp, 1 tsp	
Brown sugar, packed	4 oz	1/2 cup	8 oz	1 cup	
Crushed tomatoes, canned, with juice	6 lb, 6 oz	3 qt (1 #10 can)	12 lb, 12 oz	1 gal, 2 qt (2 #10 cans)	
Tomatoes, diced, canned, with juice	1 lb, 2 1/2 oz	2 cups, 2 Tbsp (1 #2 1/2 can)	2 lb, 5 oz	1 qt, 1/4 cup (2 #2 1/2 cans)	
Beans, kidney, canned, drained	5 lb, 9 oz	3 qt, 1/2 cup (1 1/4 #10 cans)	11 lb, 2 oz	1 gal, 2 3/4 qt (2 1/2 #10 cans)	
No. 3 bulgur	1 lb	3 cups	2 lb	1 qt, 2 cups	
Water		2 cups		4 cups	

Serving	Yield	Volume
6 oz. ladle	50 Servings	About 2 gal, 1 1/2 qt
Meal component contribution: Each serving provides 1 ounce meat/meat alternate equivalent, 3/8 cup vegetable, and 1/4 serving grains/breads.	100 Servings	About 4 gal, 2 3/4 qt

Nutrients Per Serving							
Calories	103 kcal	Saturated Fat	0.31 g	Iron	2.03 mg	% of calories from fat	16.50%
Protein	4.75 g	Cholesterol	0 g	Calcium	62 mg	% of calories from saturated fat	2.58%
Carbohydrate	18.11 g	Vitamin A	36 mcg	Sodium	264 mg	% of calories from sugar	23.73%
Total Fat	1.96 g	Vitamin C	11.75 mg	Dietary Fiber	4.12 g		

Notes: Equipment list: stockpot. 2)PHF-Same Day Service.

SLOPPY JOES

Meat/Meat Alternate-Grains/Breads-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Onions, chopped		3 cups		1 1/2 qt	<ol style="list-style-type: none"> 1. Heat vegetable oil in a stockpot on medium-high heat. Sauté onion, green pepper, and garlic in oil until tender, about 5 minutes. 2. Stir in tomato sauce, Italian seasoning, soy sauce, salt, and pepper; heat to boiling. Reduce heat and simmer, covered, 10 minutes. 3. Measure half of beans into mixer bowl; mix with paddle until lightly mashed. Add whole and mashed beans to stockpot. 4. Rinse TVP in cold water; add to stockpot with tomatoes, corn, and barbecue sauce. Simmer, covered, 10 minutes; uncover and cook until desired consistency, 10 to 20 minutes. 5. Use No. 8 scoop (1/2 cup) to spoon mixture into each bun.
Green pepper, chopped		1 cup		2 cups	
Garlic, minced		2 Tbsp		4 Tbsp	
Vegetable oil		2 Tbsp		4 Tbsp	
Tomato sauce, low sodium		1/2 #10 can		1 #10 can	
Italian seasoning		1 Tbsp		2 Tbsp	
Soy sauce		2 Tbsp		4 Tbsp	
Salt		2 tsp		1/2 Tbsp	
Black pepper		2 tsp		1 Tbp	
Pinto or kidney beans, canned, rinsed, drained		1 #10 can		2 #10 can	
TVP (reconstituted textured vegetable protein)	1 lb		2 lb		
Tomatoes, canned, diced, undrained		1 1/2 qt		3 qt	
Whole-kernel corn, canned, drained		2 cups		1 qt	
Barbecue sauce		1 qt		2 qt	
Hamburger buns		50 each		100 each	

Serving	Yield	Volume
No. 8 scoop	50 Servings	50 each
Meal component contribution: Each serving provides 2 servings grains/breads. For meat/meat alternate, refer to product specs.	100 Servings	100 each

Nutrients Per Serving							
Calories	244 kcal	Saturated Fat	0.55 g	Iron	3.67 mg	% of calories from fat	16.50%
Protein	11.95 g	Cholesterol	0 g	Calcium	117 mg	% of calories from saturated fat	2.58%
Carbohydrate	44.52 g	Vitamin A	22 mcg	Sodium	595 mg	% of calories from sugar	23.73%
Total Fat	2.7 g	Vitamin C	8.97 mg	Dietary Fiber	5.46 g		

Notes: Equipment list: stockpot, mixer. HACCP: 2)PHF-Same Day Service.

Equipment list: stockpot, mixer. Recipe adapted from John Cadman, Haiku Elementary, Makawao, Hawaii.



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5100 Wisconsin Ave. NW, Suite 400 • Washington, DC 20016 • Phone: 202-686-2210