

ALABAMA



HARVEST

OF THE MONTH

RECIPE BOOK





ALABAMA

FARM
TO SCHOOL



Rick Pate
Commissioner

STATE OF ALABAMA
DEPARTMENT OF AGRICULTURE AND INDUSTRIES
1445 Federal Drive, Montgomery, Alabama 36107-1123

Fellow Alabamians,

We are excited to be a part of Alabama's Farm to School program!

The Farm to School program is an information, advocacy and networking hub for communities working to bring local food sourcing and food and agriculture education into school systems and early care and education environments.

Farm to School enriches the connection communities have with fresh, healthy food and local food producers by changing food purchasing and education practices at schools and early care and education settings. Students gain access to healthy, local foods as well as education opportunities such as school gardens, cooking lessons and farm field trips. Farm to School empowers children and their families to make informed food choices while strengthening the local economy and contributing to vibrant communities.

We hope you use and enjoy this Farm to School 'Recipe Book'!

Sincerely,

A handwritten signature in black ink, appearing to read 'Rick Pate', is written over a horizontal line.

Rick Pate
Commissioner
Alabama Department of Agriculture & Industries



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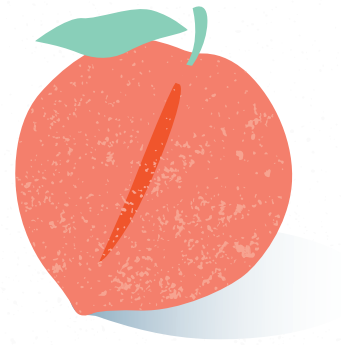
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GLUTEN-FREE BREAKFAST PEACH CRISP

SERVES 48




INGREDIENTS

- 8 cups rolled oats, or quick-cooking oats
- 1 $\frac{1}{3}$ cup brown sugar
- 12 tablespoons granulated sugar
- 4 tablespoons vanilla extract
- 12 tablespoons butter, cut into pieces
- 1 teaspoon Cinnamon
- 1 teaspoon Ground Cloves
- 1 teaspoon Ground Ginger
- Butter Flavored Pan Release Spray
- 6 pounds peaches, peeled and cut into $\frac{1}{2}$ inch wedges
- 4 tablespoons cornstarch
- 2 tablespoon lemon juice
- $\frac{2}{3}$ cup sugar
- $\frac{1}{2}$ teaspoon Cinnamon
- $\frac{1}{2}$ teaspoon Ground Cloves
- $\frac{1}{2}$ teaspoon Ground Ginger

DIRECTIONS

1. Pre-heat oven to 350°F.
2. For the topping, Pulse 4 cups of the oats, the brown sugar, and the granulated sugar in a food processor until combined, about 6–8 pulses. Sprinkle the butter over the top and process until the butter is the size of peas and the mixture is crumbly, about 5 pulses. Pour the crumbly mixture into a large bowl, add the remaining 4 cups of oats, vanilla, Cinnamon, Cloves, and Ginger, then stir to combine. Do not over-stir, as the mixture will become too oily and moist. Mixture should remain as dry and crumbly as possible.
3. Bring pot of water to a boil. Working with 3–4 peaches at a time, blanch the peaches in boiling water and remove to rack. Using a paring knife, and working quickly before peaches start to cool, slip the skins, cut in half along seam, and remove the pits. Place peach halves in large bowl. Repeat until all peaches are peeled, pitted, and halved.
4. Slice peaches or cut into chunks and return to bowl. Add lemon juice and gently fold peaches around to distribute the juice.
5. Mix all dry ingredients together and add to peaches. Gently stir to distribute.
6. Spray 2" steam table pan with Butter Flavored Pan Release. Pour Peach mixture into pan. Evenly distribute the topping over the filling.
7. Bake for 30–40 minutes until the top is golden and the filling is bubbly. (Convection oven may take only 20–30 minutes) Cool for at least 15 minutes before serving.



PEACHES ARE CALLED
STONE FRUITS
BECAUSE THEY HAVE
A SHELL OF HARD
WOOD AROUND THEIR
SEED, CALLED A
STONE OR A PIT.

PEACH BARBEQUE SAUCE

BETWEEN 40 AND 45 – 2 TBS SERVINGS

INGREDIENTS

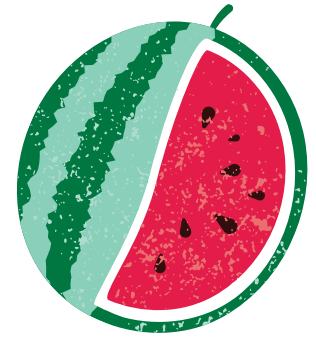
- 6 lbs. Fresh Peaches (peeled, pitted, and diced)
- 3 cups Low Sodium Catsup
- 16 ounces Apple Juice
- 2 tsp Garlic Powder
- 12 tsp Onion Powder
- 1 tsp Black Pepper

DIRECTIONS

1. In Medium Saucepan, mash fresh peaches with Catsup, Apple Juice, black pepper, garlic powder and onion powder.
2. Bring to a boil, reduce heat, and simmer. Cook for 15 minutes, stirring to keep from scorching. Remove from heat and use an immersion blender to puree to sauce-like consistency.
3. Store in refrigerator for up to 2 weeks.

Watermelon Caprese Salad

SERVES 50



INGREDIENTS

- 1 15-18 lb. Seeded watermelon (2 8-10 lb Seedless Watermelons)
- 48 ounces shredded low-moisture, low-fat Mozzarella Cheese
- 3 16-ounce bottles of commercially prepared Fat-free Raspberry Vinaigrette Dressing*
- 2-3 large, bushy stalks of Spearmint, Lemon Balm, or Chocolate Mint

**Be sure to choose a commercially prepared dressing that does not contain a nut component (i.e., a Raspberry-Walnut Vinaigrette)*

DIRECTIONS

1. Carefully wash and disinfect whole watermelons and wipe dry with a clean cloth or paper towels.
2. With Watermelon resting on its' side, slice downward to create 1-inch thick discs. Working with one disc at a time, flat side down on cutting board, cut into quarters. Remove the rind and then cut into ½-inch by 1-inch cubes. Place cubes into plastic food storage container and continue method until all melon has been processed. Lay plastic wrap directly on surface of prepared watermelon; place in cool-hold.
3. Wash Spearmint, Lemon Balm, or Chocolate Mint; shake to remove most of the water. Strip leaves from stalks. Working with a small amount of leaves, coarsely chop the mint. Place in bowl and set aside.
4. Remove melon from cool-hold, remove plastic, add the shredded Mozzarella Cheese and Raspberry Vinaigrette Dressing. Using large non-metal spoon (to avoid breaking the cubes of melon) or gloved hands, gently combine fold together until cheese is evenly distributed among the melon cubes.
5. If Serving immediately, using a half cup scoop measure into 5-ounce portion cups. Sprinkle each portion cup with a pinch of the chopped mint. Cover tray of portioned product with plastic wrap and place in cool-hold to keep fresh until serving.



Fresh Watermelon with Mozzarella and Mint

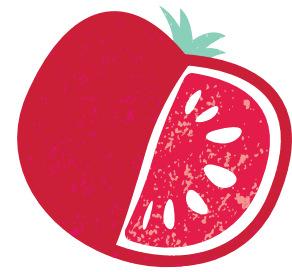
SERVES 100

INGREDIENTS

- 3 gallons, 1 pint watermelon cubes
- 3 cups fresh chopped mint
- 1 quart, 2½ cups low fat mozzarella cheese

DIRECTIONS

1. Toss all ingredients together to combine.
2. CCP: Cover and refrigerate at 41° F or lower until ready to serve.
3. Serve Chilled. Portion with #8 scoop (1/2 cup).



Italian Pasta Soup

SERVES 50

INGREDIENTS

- 6T Olive Oil
- 16 lbs Cherry Tomatoes (mixed colors and sizes preferred)
- 6 lb Swiss Chard with stems (May substitute COLLARDS, Rainbow Chard, any variety of Kale (or a mixture of any of the listed field greens may be used)
- 6 cup Chopped Onion
- 1 cup commercial Basil Pesto
- 6 Quarts Low Sodium Chicken Broth
- 5 1/3 cup Pasta (Pearl Couscous or Alphabet preferred, but elbow macaroni, mini shells, orzo, or farfalle may be used)

DIRECTIONS

1. Prepare Swiss Chard: Cut the stems from the leaves and trim the ends. Dice as you would for celery. You should have about 3 cups. Remove the tough middle stem from the chard leaves and discard. Place the leaf sections in a pile and roll together. Cut the roll lengthwise and chiffonade the leaves, to produce short, fine strands. You should have about 4 cups.
2. Heat flat bottom stock pot over medium heat and add oil. When oil is just warm, add cherry tomatoes and allow to sear, stirring to ensure that all sides of the tomatoes are seared. Add the onion and the chard stems. Continue to saute the vegetables over medium to medium-low heat until onion is transparent. Reduce heat and cover. Simmer for about 5 minutes.
3. Turn heat to medium and add the chiffonade chard, stirring occasionally until greens are wilted.
4. Stir in the Pesto. Add the Chicken Broth and bring the mixture to a boil. Stir in the pasta, and continue to stir gently while the stock comes back to boiling. Cover the pot and turn off the heat.
5. Check the pasta for tenderness after 10 minutes. Pasta should be al dente. Soup is ready to serve or cool for freezing.

**GRAPE TOMATOES ARE
GROWN ON 644 FARMS IN
ALL 67 ALABAMA COUNTIES**





SEPTEMBER HARVEST OF THE MONTH: TOMATOES

PICO DE GALLO

SERVES 100



INGREDIENTS

- 20 lbs diced tomatoes
- 1 pint diced onions
- ¼ cup, 2 Tbsp fresh cilantro, chopped
- 1Tbsp, 1 tsp salt
- ½ cup, 2 Tbsp garlic, minced in oil
- ½ cup, 2 Tbsp lime juice

DIRECTIONS

1. Combine all ingredients in a bowl; toss lightly to combine.
2. CCP: Cover and refrigerate at 41° F or lower until ready to serve.
3. When ready to serve, portion with #8 scoop (½ cup).

SPICY ROASTED FALL VEGETABLES WITH APPLES

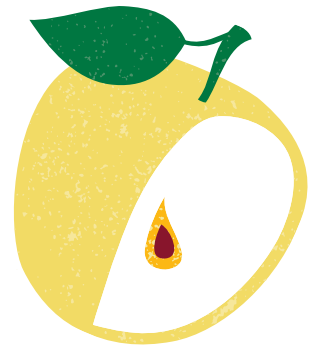
SERVES 54

INGREDIENTS

- 4 ½ Tablespoons Eastern Spice Mixture, divided use
- 9 cups washed, unpeeled, cubed Blue Moon Pumpkin
- 9 cups cubed, peeled sweet potato or butternut squash OR 1 ½ cups each sweet potato and squash
- 9 cups cubed Golden Delicious apples
- 3 Tbsp of pineapple juice
- Butter or Olive Oil Pan Release Spray

DIRECTIONS

1. Place pumpkin and sweet potato or sweet potato/squash mixture in a large bowl.
2. Add 3 Tablespoons of the KDA Eastern Spice Mixture and toss until evenly distributed.
3. Place cubed Golden Delicious Apples in a large bowl and toss with the 3 Tablespoons of pineapple juice and remaining 4.5 teaspoons of KDA Eastern Spice Mixture. Set aside (the pineapple juice will forestall browning while the other vegetables were being processed).
4. Spray 3 half-size sheet pans with the Pan Release Spray and scatter pumpkin and sweet potato mixture evenly on the trays. Lightly spritz the vegetables with the pan spray and roast all vegetables at 400° for 10 minutes.
5. Remove pans from oven, and stir gently or flip the cubes over. Evenly divide the apples between the two trays, pushing the mixture around a bit to distribute the apples.
6. Continue roasting for another 10 minutes or until apples are softened but not mushy, and the vegetables are nicely browned but not beginning to scorch.



EASTERN SPICE MIX

78 PORTIONS (1/4 TSP)

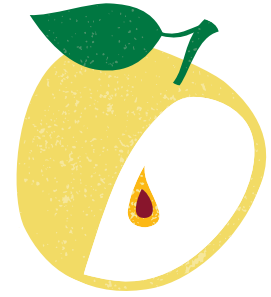
INGREDIENTS

- 1 tsp Kosher salt
- 2 tsp garlic powder
- 1 tsp chili powder
- 1 tsp ground ginger
- 1 tsp ground cumin
- ½ tsp tumeric powder

DIRECTIONS

1. Combine all ingredients in a zip lock bag. Seal and shake vigorously until all ingredients are thoroughly mixed.
2. Press air from bag, re-seal, and store for up to three months





APPLE CRISP

SERVES 100

INGREDIENTS

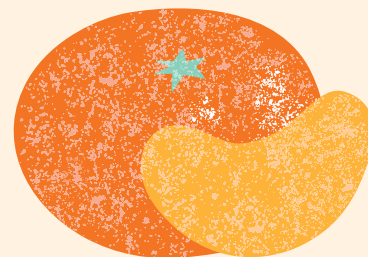
- 9 lbs Apples, fresh Granny Smith, cored and chopped
- 96 oz USDA Applesauce, canned
- 10 $\frac{2}{3}$ oz Lemon Juice, fresh
- 1 lb Sugar, white granulated
- 4 oz Cinnamon, ground
- 1 lb, 8 oz Oatmeal, rolled
- 1 lb, 6 oz Sugar, brown
- 1 lb, 6 oz Flour, whole grain
- 1 lb, 2 oz Flour, white all-purpose
- 1 lb, 8 oz Butter, salted

DIRECTIONS

1. CCP: Preheat oven; Convection 350° F, Conventional 375° F
2. Add chopped apples to lemon juice, tossing to coat.
3. Add the white sugar and cinnamon to the apples. Toss to coat.
4. Add the applesauce to apples, stir to combine. Set aside.
5. Melt butter in a microwave-safe bowl.
6. In a large bowl (using a floor mixer or by hand) combine oatmeal, flours and brown sugar. Slowly add the melted butter until a cookie dough-like consistency is reached.
7. Grease two 20 x 12 x 4-inch pans.
8. Pour apple/applesauce mixture on bottoms of pans, spreading evenly.
9. Pour oatmeal mixture on top of apple mixture, spreading so it completely covers the surface.
10. Bake at 40 mins, in convection or 50 mins in a conventional oven.
11. The top should be golden brown.
12. CCP: Internal temp of 135 F must be reached for 15 seconds.
13. Serve warm with a #6 scoop.



**THERE ARE MORE
THAN 7,000 VARIETIES
OF APPLES GROWN
WORLDWIDE.**



SATSUMA & CARROT SALAD

SERVES 51

INGREDIENTS

- 25.5 oz fresh lemon juice
- 13 teaspoons honey
- 4-12 teaspoons Louisiana Style Hot Sauce (not Tabasco)*
- 153 baby carrots (standard, milled carrots @ 2" in length)
- 12.75 Red or Orange (or mixture) Sweet Bell Peppers
- 51 small Satsumas
- 25.5 Navel oranges (Seedless)
- 12.75 pints mixed baby lettuce leaves; or chiffonade mix of fields greens & Russian Kale; or Heritage Blend Lettuce Leaves
- 51 6-8" chives, finely chopped

DIRECTIONS

1. In a very small bowl, mix the lemon juice with the honey and hot sauce.* Set aside. **Taste the mixture after adding 4 teaspoons of the hot sauce, then add more to taste.*
2. Fill a bowl with ice water and set aside. Place carrots in a steamer basket and steam over medium-high heat just until they're easily pierced with a fork, about 5 to 7 minutes.
3. As soon as the carrots are done, add them to the bowl of ice water for a few seconds. (This stops the cooking process.) Pat the carrots dry with a paper towel. Slice each carrot in half lengthwise. Set aside.
4. Slice each pepper into quarters; remove seeds and membrane. Slice each quarter into 3 slices. Spread peppers slices out on sheet pan that has been sprayed with olive oil pan release. Roast in oven at 400°F for approximately 10 minutes, or until peppers are beginning to caramelize, but are not charring. Remove from oven and cool on pan until ready to plate.
5. Keeping them whole, peel the Satsumas and then slice each horizontally into 4 even-sized rounds, about ¼-inch.
6. Use a paring knife to peel oranges. First, slice about ½-inch off of each end. Then stand them on one of their flat surfaces, and use the knife to carefully cut just between the pith and flesh, moving the knife downwards and following the curve of the fruit. Continue until peeled.
7. Slice peeled Navel oranges horizontally into even-sized rounds, about ¼-inch.
8. Now build your plates

TIPS FOR PREPARING FOR ELEMENTARY SCHOOL STUDENTS

- Prepare Dressing using only 2-4 tsp Louisiana Hot Sauce.
- Eliminate the greens. Substitute 4 cups corn tortilla chips (scoop-shaped is good)
- Chop Peppers into ½ -inch Dice and leave raw.
- Coarsely shred the raw carrots. (Do not cook)
- Peel the Satsumas and Navel oranges and separate into segments. Cut each segment into thirds.
- Combine all vegetables and fruits into large non-reactive bowl. Add the Dressing and stir to combine well. Let sit in cool hold for at least 15 minutes.
- Serve in ½ cup portion cups, sprinkled with chives. Place portion cup in paper boat with scoop-shaped tortilla chips on the side.

SATSUMA PARFAIT

SERVES 100

INGREDIENTS

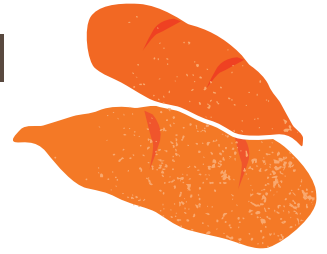
- 3 gal, 1 pint low fat vanilla yogurt
- 3 gal, 1 pint fresh cut satsuma sections
- 1 qt, 1 pint honey
- 1½ gal, 1 cup granola

DIRECTIONS

1. Line the bottom of parfait cups or other clear glass with ¼ cup of the yogurt and a ¼ cup of satsuma sections.
2. Add another layer of ¼ cup of yogurt and ¼ cup of satsuma sections.
3. Top each parfait with ¼ cup of granola and garnish with mint leaves if desired.
4. CCP: Refrigerate at 41° For lower until ready to serve.
5. Serve chilled.



SATSUMAS ARE AVAILABLE
IN ALABAMA FROM
NOVEMBER TO JANUARY.



GLAZED SWEET POTATOES

SERVES 100

INGREDIENTS

- 22 lbs
- Fresh sweet potatoes
- 1 lb honey
- 2 cups water
- ¾ lb margarine

DIRECTIONS

1. Preheat the oven to 400° F.
2. Peel and cut the sweet potatoes large dice.
3. In a large pot, combine the honey, water and margarine in a small pot; bring to a boil. Once boiling, cook for 2 minutes. Set aside.
4. Divide the sweet potatoes among 2 (4-inch) hotel pans.
5. Pour 2½ cups of the honey mixture over each hotel pan and toss to combine.
6. Bake the sweet potatoes in the preheated oven for 35-40 minutes, or until the potatoes are soft and cooked through.
7. Hold for hot service at 140° F or above. Portion with a No. 8 scoop (½ cup).

SWEET CINNAMON FRIES

SERVES 125

INGREDIENTS

- 65 sweet potatoes (medium)
- 5 cups brown sugar
- ½ cup ground cinnamon
- ¼ cup ground cumin
- 2 Tbsp lemon pepper seasoning

DIRECTIONS

1. Peel sweet potatoes; cut in half lengthwise. Place flat surface of each half on a flat surface and cut each half into 5 steak fries.
2. Spray perforated Combi-oven pans with Butter Flavored Cooking Spray. Divide fries among pans, taking care not to crowd the fries. Spray the fries with Butter Flavored Cooking Spray.
3. Mix cinnamon, sugar, cumin and Lemon Pepper Seasoning. Sprinkle the mixture evenly over all the fries on all the pans (start out sparingly, adding more to all the pans as you go).
4. Bake per program:
Step 1: 15 minutes at 225 degrees 100% steam
Step 2: 8-10 minutes at 325 degrees 50% dry.
5. Serve with condiment cup of reduced sugar pancake syrup if desired.



Hold for hot service at 135° F or higher



PASTA PRIMAVERA FEATURING SWEET GROWN ALABAMA BROCCOLI

SERVES 50

INGREDIENTS

- 11/4 lbs butter
- 3 cups flour
- 2 gallons non fat skim milk
- 2 tsp white pepper
- 4 bay leaves
- 1 Tbsp garlic powder
- 12 lbs fettuccini or whole grain pasta
- 4 lbs fresh broccoli, cleaned and cut into bite size pieces (frozen broccoli can be substituted)
- 4 lbs fresh cauliflower, cleaned and cut into bite size pieces (frozen broccoli can be substituted)
- 4 lbs fresh carrots, cleaned and cut into bite size pieces (frozen broccoli can be substituted)
- 4 lbs fresh zucchini, sliced
- 2 lbs frozen peas
- 2 lbs Parmesan cheese, fresh grated
- 2 Tbsp lemon juice

DIRECTIONS

1. For the sauce, melt butter over medium heat in large saucepan or kettle. Add flour to melted butter and whisk over medium heat, making a roux. Whisk roux continuously for about 5 minutes. Do not let flour turn brown.
2. Slowly whisk milk into roux and continue whisking until fully incorporated. Add white pepper, bay leaves and garlic powder and cook the white sauce on medium heat.
3. Boil water for pasta and cook to al dente.
4. Steam broccoli, cauliflower and carrots until they are bright and crisp texture.
5. Steam zucchini and peas just until heated through.
6. Drain cooked pasta and place in a hotel pan or pans sprayed with nonstick spray. Hold in a 200° F oven.
7. Place steamed vegetables in a hot pan or pans sprayed with nonstick spray and hold in a 200° F oven.
8. Add lemon juice and 3/4 of the total amount of Parmesan cheese to white sauce and remove from heat.

Recipe Notes:

To serve, place 1 cup pasta on each plate, top with 1/2 cup vegetables and finish with 1/2 cup cheese sauce. Garnish with remaining grated cheese. Hold at 140° F or higher.

**BROCCOLI IS GROWN ON
40-50 FARMS IN ALABAMA**





ORANGE CHICKEN & BROCCOLI PASTA SALAD

SERVES 100

INGREDIENTS

- 1½ gallons multi-grain or whole grain pasta (cooked, rinsed in cold water, and drained)
- 15 lbs. grill-marked, pre-cooked chicken strips or 15 lbs. pre-cooked commodity chicken pieces
- 1 pint low sodium soy sauce
- 1 pint frozen orange juice concentrate (undiluted)
- 5 oz. chopped fresh garlic (or 1½ Tbsp garlic powder)
- 6 oz. minced fresh ginger root (or 2 Tbsp powdered ginger)
- 1 Tbsp crushed red pepper flakes
- 1 tsp. black pepper
- 10 oz. brown sugar
- 1 cup white vinegar
- ½ pint sesame oil or canola oil
- 4 lbs. diced Sweet Pepper (red, orange, or yellow)
- 12 lbs. Broccoli (Florets & Stems)
- 4 lbs. carrots, shredded
- 4 Large Navel Oranges (or 6-8 small oranges)
- 1 #10 can mandarin oranges (drained well)



DIRECTIONS

1. Combine soy sauce, orange juice concentrate, sugar, salt, black & red pepper, ginger, and garlic in pan. Bring to a boil, reduce heat and simmer, stirring, for 5 minutes. Cool completely and combine with oil and vinegar in blender. Blend until smooth. Set aside.
2. Prepare Broccoli by cutting florets into bite size pieces. Remove tough part of stems and discard. Slice remaining stem sections into discs and then dice.
3. Combine pasta, chicken, broccoli florets and diced stems, and remaining vegetables.
4. Zest oranges, adding zest to pasta mixture. Drain #10 can of Mandarin Oranges and add segments to the pasta mixture.
5. Pour dressing over pasta/chicken/vegetable mixture and blend gently until well coated. Refrigerate until ready to use.



COLLARD GREENS

SERVES 50

INGREDIENTS

- ¼ cup, 2 Tbsp canola oil
- 3 lb, 12 oz fresh diced onion
- 6 oz sugar
- 10 oz fresh, sliced, green bell peppers
- 2 Tbsp minced garlic
- 1 Tbsp, 1 tsp red pepper flakes
- 8 lbs fresh, chopped collard greens
- 3 Tbsp vegetable base powder
- 1 gallon water
- 4 jalapeños (optional)

DIRECTIONS

1. Heat oil in a large stock pot uncovered over high heat.
2. Add onions. Cook for about 5 minutes, stirring constantly.
3. Add sugar and bell peppers. Cook for another 2-3 minutes, stirring constantly. Onions will begin to caramelize.
4. Add garlic and pepper flakes.
5. Reduce heat to medium. Add collard greens and vegetable base. Saute uncovered for 2-3 minutes.
6. Add water. Stir well.
7. (Optional) Add 2 jalapenos.
8. Bring to a boil, and turn down to a simmer. Cook for 30-45 minutes or until greens are tender.
9. Pour 3 quarts (about 5 pounds 1 ounce) collard greens into a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
10. Remove jalapenos before serving.
11. Portion with No. 12 scoop (½ cup).

**COLLARDS ARE
MEMBERS OF THE
CABBAGE FAMILY.**





ITALIAN GREENS & PASTA

SERVES 50

INGREDIENTS

- 2.5 pints whole grain pasta, your choice of fun shapes
- 10 medium carrots, diced
- 15 cups, chopped collard greens, raw
- 15 stalk, medium (7 ½" – 8" long) celery, diced
- 20 medium (approx 2 ¾" long, 2 ½ dia.) red, orange, or yellow bell pepper, diced
- 15 cup, coarsely chopped pieces or slices white mushrooms
- 12.5 lb bag Commodity Fajita Seasoned chicken strips
- 7.5 Tbsp Italian Herb Blend (No Sodium)
- Olive Oil Pan Release cooking spray
- 10 cups chicken broth, low-sodium
- 3¾ pint shredded Parmesan cheese, or shredded Italian Blend Cheeses
- ¼ cup minced fresh Basil

DIRECTIONS

1. PREHEAT OVEN TO 400°F
2. Prepare pasta as directed on package. Drain cooked Pasta, and keep warm.
3. While pasta cooks, chop all vegetables into bite-sized pieces. Place in large bowl and mix to combine evenly. Set aside.
4. Season chicken with Italian seasoning; spray 4 large sheet pans with pan release cooking spray. Distribute the fajita chicken strips evenly between the four pans, so pieces are not crowded. Place in pre-heated oven for 10 minutes, stir and flip pieces with spatula and roast for 10 more minutes. Remove from oven and divide chicken between four 4" deep full size steamable pans that have been sprayed with Olive Oil Pan Release Spray. Place in Warming oven (covered) to hold while completing recipe.
5. Using the same four sheets pans, divide vegetables between four pans and return to oven to roast vegetables. After 10 minutes, remove pans from oven and pour 1½ cup chicken broth over vegetables. Scrape and stir as with chicken, pulling up the browned bits of chicken from the pan. Repeat with all pans. Return pans to oven for 5-10 more minutes, or until vegetables are tender. Remove pans from oven to work table.
6. Reduce oven heat to 350° F.
7. Add 2.5 cups of the remaining chicken broth to each pan of chicken. Add 1 sheet pan of vegetables to each pan of chicken. Add half of the cooked pasta to each pan of chicken/vegetable mixture. Blend well. Sprinkle cheese over each pan of Pasta/Chicken/Vegetable/Sauce. Toss together well and place in oven for 10-15 minutes or until temperature reaches 145° F internal temperature. Place on steam table. Just before serving sprinkle half of the Basil on each pan.



TACO SALAD WRAP

SERVES 50

INGREDIENTS

- 5 lbs, 8 oz ground turkey
- 2 lbs ground beef
- 8 oz fresh, diced onions
- 1 Tbsp Kosher salt
- 1½ Tbsp garlic powder
- 2 tsp ground black or white pepper
- 2 Tbsp Ancho chili powder
- ¼ cup chili powder
- 1½ Tbsp ground cumin
- 1 lb, 6 oz canned tomato paste
- 2 oz fresh diced jalapeño peppers
- 1½ tsp paprika
- 1½ tsp onion powder
- 1 lb, 13 oz fresh diced tomatoes
- 1 lb low fat cheddar cheese, shredded
- 2 lbs taco shell pieces

DIRECTIONS

1. Place ground turkey and ground beef in a large stock pot. Cook uncovered over medium-high heat for 5-8 minutes. Stir often until meat is well done.
2. Remove meat from heat. Drain turkey and beef in a colander. Return meat to heat.
3. Add onions, salt, garlic powder, pepper, ancho chili powder, chili powder, cumin, tomato paste, jalapeno peppers, paprika, and onion powder. Simmer uncovered over medium heat for 5-7 minutes.
4. Set aside for step 21.
5. Boil water.
6. Place 2 cups brown rice (12½ ounces) in each half steam table pan (12" x 20" x 2½").
7. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
8. Pour boiling water (2½ cups per steam table pan) over brown rice. Stir. Cover pans tightly.
9. Bake: Conventional oven: 350° F for 40 minutes; Convection oven: 325° F for 40 minutes; Steamer: 5 pound pressure for 25 minutes.
10. Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
11. Set aside for step 20.
12. Assembly: (2 lettuce leaves and 1 souffle cup per serving).
13. Place 16 small paper boat containers on a sheet pan (18" x 26" x 1"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
14. Place two lettuce leaves in each paper boat container. Set aside for step 26.
15. Place 25 individual souffle cups on a sheet pan (18" x 26" x 1). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
16. First layer: Using a No. 24 scoop, portion ⅓ cup 1 tablespoon ¾ teaspoon (about 1.3 ounces) rice in each souffle cup.
17. Second layer: Using a No. 16 scoop, portion ¼ cup 1½ teaspoons (about 2.1 ounces) meat mixture over rice.
18. Third layer: Using a No. 40 scoop, portion 1 tablespoon (about ¾ ounces) tomatoes over meat mixture.
19. Fourth layer: Using a No. 40 scoop, portion 1 tablespoon (about ⅓ ounce) cheese over tomatoes.
20. Sprinkle ⅓ cup (about .64 ounces) taco shell pieces evenly over each cup.
21. Instruct students to "build" their own lettuce wraps using the contents of their souffle cups.
22. Serve 2 lettuce leaves and 1 souffle cup.





FUN FRUIT BREAKFAST PIZZA

SERVES 50

INGREDIENTS

- 1 qt non-fat vanilla yogurt
- 1 qt low-fat cream cheese
- 3 Tbsp, 1 tsp Vanilla extract
- 6 oz honey
- 1 1/3 cups Canola oil
- 3 cups brown sugar
- 2 1/4 cups (approx. 1/4 #10 can) canned applesauce, unsweetened
- 8 oz frozen whole eggs, thawed
- 1 lb 14 oz Whole wheat flour
- 2 Tbsp Baking powder
- 2 tsp Cinnamon
- 1 lb Oats, rolled, dry
- 4 lb *Fresh strawberries, sliced
- 2 lb *Fresh bananas, sliced
- 2 lb *Fresh blueberries

DIRECTIONS

1. Pour yogurt, cream cheese, 2 tsp vanilla extract, and honey in a commercial mixer (batch as needed). Set remaining vanilla extract aside for step 6. Recommend to cook in batches of 25. Using a paddle attachment, mix on medium speed until smooth. DO NOT OVERMIX. Refrigerate. Set aside for step 13.
For 50 servings, mix for 4–5 minutes.
For 100 servings, mix for 6–7 minutes.
CCP: Cool to 41 °F or lower within 4 hours. Hold at 41 °F or below.
2. Combine oil and sugar in a commercial mixer (batch as needed). Using a paddle attachment, mix on medium speed until mixture has a crumbled consistency. DO NOT OVERMIX.
3. Add applesauce, eggs, and remaining vanilla extract. Mix on medium speed until smooth. DO NOT OVERMIX.
For 50 servings, mix for 4–5 minutes.
For 100 servings, mix for 6–7 minutes.
4. Slowly add flour, baking powder, and cinnamon. Mix on medium speed until smooth. DO NOT OVERMIX.
For 50 servings, mix for 4–5 minutes.
For 100 servings, mix for 6–7 minutes.
5. Fold in rolled oats.
6. Press 1 qt (about 3 lb 3 oz) dough into a half sheet pan (18" x 13" x 1") lightly coated with pan-release spray.
For 50 servings, use 2 pans.
For 100 servings, use 4 pans.
7. Bake: Conventional oven: 350 °F for 25–30 minutes.
Convection oven: 325 °F for 20–25 minutes.
CCP: Heat to 165 °F or higher for at least 15 seconds.
8. Remove pizza crust from oven. Allow to rest 45 minutes to 1 hour at room temperature before adding yogurt mixture.
9. Spread 1 qt 1 cup (about 2 lb 10 oz) yogurt mixture over each pan. Arrange strawberries, bananas, and blueberries in any decorative pattern of choice by shingling fruit.
CCP: Cool to 41 °F or lower within 4 hours. Hold at 41 °F or below.
10. Portion: Cut each pan 5 x 5 (25 pieces per pan).
Serve 1 piece (about 3 1/2" x 2 1/2").





STRAWBERRY ROMAINE SUMMER SALAD

SERVES 100

INGREDIENTS

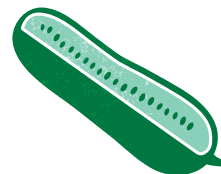
- 6 lbs romaine lettuce, chopped
- 6 lbs fresh spinach
- 3 lbs dried cherries
- 4 lbs mandarin oranges, drained
- 5 lbs fresh strawberries
- 2 qts, 1 pt frozen strawberries, whole
- 3 cups olive oil
- 2 ½ cups balsamic vinegar
- 1 ½ pepper
- ¼ dried tarragon
- 1 Tbsp salt

DIRECTIONS

1. Put the chopped romaine and fresh spinach together in a bowl, then mix in the cherries and oranges.
2. Wash and slice the strawberries, then add them to the lettuce mixture. Toss everything together and set aside.
3. To make the dressing, combine the frozen strawberries with the oil and vinegar. Drain the excess juice from the strawberries.
4. In a food processor, blend the dressing ingredients together.
5. Add the pepper, dried tarragon and salt and blend again. Set aside.
6. CCP: Cover and refrigerate the salad and the dressing at 41° F or below until ready to serve.
7. Add the dressing to the salad right before service.



**ON AVERAGE,
STRAWBERRIES
HAVE 200 SEEDS ON
THE OUTSIDE.**



CUCUMBER & CHERRY TOMATO SALAD

SERVES 100

INGREDIENTS

- 16 lbs cucumber, medium dice
- 8 qts cherry tomatoes, halved
- 6 oz fresh basil, chopped
- 6 oz fresh parsley, chopped
- 1 qt, 1 pt low fat vinaigrette

DIRECTIONS

1. Combine the cucumbers and tomatoes together in a large bowl; add the chopped basil, parsley and dressing.
2. Mix together well.
3. CCP: Cover and refrigerate at 41° F or lower prior to serving.



HOMEMADE PICKLES

SERVES 100

INGREDIENTS

- 10 lbs cucumber
- 1 qt white distilled vinegar
- 1 pt white granulated sugar
- ¼ cup salt-free seasoning
- 2 Tbsp salt
- ½ cup olive oil

DIRECTIONS

1. Wash, pare and slice the cucumbers into thin circles; set aside.
2. Combine the vinegar, sugar, Mrs. Dash salt-free seasoning, salt and olive oil together in a large container, stirring to combine until sugar is mostly dissolved.
3. Place cucumbers in the vinegar solution; stir to coat.
4. Cover the container and refrigerate for at least 2 days, stirring occasionally. CCP: Hold in refrigerator at 41 or below.
5. When ready to serve, portion with No.16 scoop (1/4 cup)



SPICY SAUCED CHICKEN & PEPPERS

SERVES 100

INGREDIENTS

- 25 lbs pre-cooked Commodity Chicken Pieces (cubes, unseasoned) Thawed
- 25 lbs Red Bell Peppers, Sliced into strips
- 1 cup Chili powder
- 5T Garlic powder
- 5T Onion powder
- 4T Red pepper flakes
- 5T Oregano
- 5T Paprika
- 5T Cumin
- 2T Salt
- 3T Fine ground black pepper
- 2T Cornstarch
- Butter Flavor, Garlic Flavor, or Olive Oil Pan Release Spray

DIRECTIONS

1. Preheat Oven to 400° F.
2. Spray Sheet Pans with Pan Release Spray and scatter red bell pepper strips on surface.
3. Roast in preheated oven for 15-20 minutes until beginning to caramelize, but not char. Remove from oven and keep warm.
4. Reduce oven temperature to 350° f.
5. Spray 4 4" deep full size steam table pans with Pan Release Spray. In large bowl, combine all the Seasonings with cornstarch; mix well. Add mixture to thawed Chicken, stirring to coat. Divide chicken into sprayed pans. Add the roasted red peppers to the chicken, evenly dividing them between the pans, and scraping all juices and caramelized bits into the pans, as well. Place pans in oven and bake in 35°F oven until temperature of pre-cooked chicken is at 165 degrees (approximately 15-20 minutes). Stir to distribute juices.
6. Remove to warming oven or steam table line. Serve as topping for Baked Potato Bar or as filling for Tacos or Fajitas.

BELL PEPPER & PINEAPPLE SALSA

SERVES 96

INGREDIENTS

- 1 #10 can black beans
- 1 #10 can pineapple tidbits
- 2 lbs red bell peppers
- 3 lbs green bell peppers
- 2 qts corn kernels, cooked
- 2 bunches fresh cilantro, minced
- 2 lbs red onion, small dice
- 1 cup apple cider vinegar
- 1 cup vegetable oil
- 1 oz cumin
- 1/2 tsp each salt and pepper

DIRECTIONS

1. Rinse the canned beans in cold water and drain them. Drain the canned pineapple tidbits.
2. Small dice the red and green bell peppers.
3. Combine the beans, pineapple tidbits and diced peppers with the rest of the ingredients. Mix together thoroughly.
4. CCP: Cover and refrigerate at 41° F or lower prior to serving.
5. CCP: When ready to serve hold for cold service at 41° F or lower. Portion with a #8 scoop (½ cup).

**IN ALABAMA, MORE
THAN 43,000 FARMS ARE
SPREAD ACROSS OVER
8.9 MILLION ACRES.**



STORAGE TIPS

- Certain perishable fruits and vegetables (like strawberries, lettuce, herbs and mushrooms) keep best stored in the refrigerator at 40 °F or below. For specific storage recommendations, see Storage Details.
- All produce that is purchased pre-cut or peeled should be refrigerated within two hours to maintain both quality and safety.
- Do not store fresh fruits and vegetables below raw meats, poultry and seafood that might drip on the fresh produce. The drip can contain harmful bacteria that can cause food poisoning.
- Store whole, unpeeled fruits and vegetables in perforated plastic bags, to maintain moisture but allow for air flow to discourage the growth of mold or bacteria.
- Fruits that will not ripen after they are picked should be refrigerated to increase their storage life. These include apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.
- Fruits that continue to ripen after they are picked should be kept at room temperature until fully ripe. These include apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, plantains, plums and tomatoes. To speed up ripening, keep at room temperature in a loosely closed brown paper bag. Check daily and eat or refrigerate when ripe.
- Store fruits separate from fresh vegetables. Some fruits give off ethylene gas which can cause vegetables to spoil. Common fruits that produce ethylene include apples, apricots, avocados, ripening bananas, cantaloupes, figs, honeydew melons, nectarines, peaches, pears, persimmons, plantains, plums, prunes and tomatoes. Fruits can also absorb undesirable odors from vegetables.
- Once fruits and vegetables are peeled or cut, they should be stored in the refrigerator covered with plastic wrap.

SAFETY TIPS

- Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood – and from kitchen utensils used for those products.
- Wash cutting boards, dishes, utensils and countertops with hot water and soap after preparing raw meat, poultry and seafood products and before preparing produce that will not be cooked. Another option is to keep separate cutting boards for raw produce and raw meats.
- For added protection, kitchen sanitizers should be used on cutting boards and countertops periodically while working. A solution of one teaspoon of chlorine bleach to one quart of water may be used as a disinfectant.
- Plastic and other non-porous cutting boards may be washed in the dishwasher.

PREPARATION TIPS

- Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten or moldy should be discarded.
- Many pre-cut, bagged produce items like lettuce are pre-washed. If so, it will be stated on the packaging. This pre-washed, bagged produce can be used without further washing, or as an extra measure of caution, it can be washed just before serving. Pre-cut or pre-washed produce in open bags should be washed before using.
- All unpackaged fruits and vegetables, as well as those packaged and not marked pre-washed, should be thoroughly washed before eating. But you should not wash fruits or vegetables before storing them. Wash fruits and vegetables under running water just before serving, cutting or cooking.
- Even if you plan to peel the produce before serving, it is still important to wash it first.
- Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.



STORAGE TIMES FOR FRUITS & VEGETABLES

Food	Refrigerator	Freezer
Fruits		
Apples - Ripen at room temperature for 1-2 days. Once ripe, store in plastic bags in the refrigerator crisper.	Up to 1 month	12 months cooked
Apricots	3-4 days	12 months
Berries - Store unwashed in plastic bags or containers. Do not remove green tops from strawberries before storing. Wash gently under cool running water before using.	2-3 days	12 months
Citrus - grapefruit, lemons, limes, oranges, and satsumas	2-8 weeks	3-4 months
Grapes	1 week	1 month
Kiwis	7-10 days	12 months
Melons - watermelon, honeydew, cantaloupe - Store at room temperature until ripe.	3-4 days (for cut melon)	12 months
Nectarines, Peaches, Pears - Store at room temperature until ripe.	5 days	12 months
Plums	3 days	12 months
Rhubarb	1 week	12 months
Vegetables		
Asparagus	4 days	12 months
Soybeans - Do not wash before storing. Wet beans will develop black spots and decay quickly. Wash before preparation.	2-3 days in pod;	
1-2 days shelled	12 months	
Beets, Carrot, Parsnips, Radish, Turnip	1-2 weeks	12 months
Bok Choy	1-3 days	12 months
Broccoli - Store in loose, perforated plastic bags.	3-5 days	12 months
Brussels Sprouts - the fresher the sprout the better the flavor	1 week	12 months
Cabbage, Green, Red, Napa, Savoy - Freeze for use in cooked dishes, otherwise soggy	1-2 weeks	12 months
Cauliflower	5 days	12 months
Corn - Use immediately for best flavor.	1-2 days	8-12 months
Eggplant	3-4 days	12 months
Green Beans Do not wash before storing. Wet beans will develop black spots and decay quickly. Wash before preparation.	3-5 days	8 months
Greens - Lettuce	5-7 days	*
Greens - spinach, collards, Swiss, chard, kale, mustard, etc.	2-5 days	10-12 months
Kohlrabi (leaves)	2-3 days	12 months
Kohlrabi (stems)	1 week	12 months
Onions, Green and Scallions - Wash carefully before eating.	1-2 weeks	3-6 months
Onions, Red, White, Yellow. Store in a cool (50° - 60° F), dark place for 2-4 weeks in a separate container from potatoes.		3-6 months, chopped
Okra	3-4 days	12 months
Peas - Use immediately for best flavor	1-2 days	12 months
Peppers	1 week	6-8 months
Potatoes - Store in a cool (50°-60° F), dry, well-ventilated area away from light, which causes greening, for 1-2 weeks.		
Radishes	2 weeks	*
Squash, Winter and Pumpkin. Store in a cool (50°-60° F), dark place for 3-6 months.	*	12 months
Squash, Summer, Yellow Crookneck and Zucchini	4-5 days	12 months
Tomatoes - Best quality when not refrigerated. Store at room temperature until ripe.	2-3 days (once cut)	12 months



Sweet *Grown*
Alabama



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