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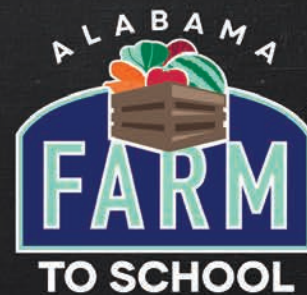


HARVEST

OF THE MONTH

2023
RECIPE
BOOK

Sweet Grown
Alabama



TO SCHOOL



ALABAMA

FARM
TO SCHOOL



Rick Pate
Commissioner

ALABAMA DEPARTMENT OF AGRICULTURE & 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 and agriculture education into school systems, early care, and other education environments.

Our Farm to School team created the Harvest of the Month program that features a different product being harvested or at a minimum is available from local Alabama producers each month. This recipe book provides roughly two recipes for each product featured in the Harvest of the Month lesson plans. This is a great way for students to gain access to healthy, local foods as well as the educational opportunities in the classroom. 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 'Harvest of the Month Recipe Book'!

Sincerely,

Commissioner Rick Pate

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JULY HARVEST OF THE MONTH: SWEET CORN

ELOTE (MEXICAN STREET CORN)

SERVES 100

Cojita cheese, cilantro and spices come together for great flavor, along with tangy Greek yogurt on a tender corncob. A student favorite!




INGREDIENTS

- 100 each Corn, cobette, frozen
- 4 cups Mayonnaise
- 2 $\frac{2}{3}$ cup Greek yogurt, plain, nonfat
- 2 $\frac{1}{2}$ teaspoons Garlic powder
- 5 cups Cojita cheese
- 1 cup Cilantro, fresh (1 pound cleaned)

DIRECTIONS

1. In the steam kettle, bring water to a boiling point. Once water is boiling, add corn cobette.
2. Cook for 10-15 minutes until tender
3. Place cooked corn cobettes in a 4" cake pan in a single layer (one cake pan fits about 50 corn cobettes). Add 2 cups of hot water to each cake pan (this is to prevent corn from drying out). Cover with food-grade plastic wrap.
4. Place cake pan in hot box until just before serving.
5. Dump water out before proceeding to next step.
6. Control Measures: Heat product to 145 °F or higher for 15 seconds.
7. In a mixing bowl combine the yogurt, mayonnaise, and garlic powder.
8. When ready to serve, use a brush to spread the mayo-yogurt mixture on each corn cobette. Brush 3 $\frac{1}{3}$ cup of mayo-yogurt mixture for one cake pan (50 cobettes)
9. Per cake pan of 50 cobettes, sprinkle 2.5 cups of cotija cheese on top.
10. FINELY CHOP the cilantro and have it on the side, ask students if they want it and sprinkle it on top when serving (big chunks are NOT acceptable).
11. PRO TIP: Mix cotija cheese with chopped cilantro.
12. Serve corn cobette with a packet of Tajin to each student.
13. Control Measures: Hold for hot service >140 °F.



This is a simple corn chowder recipe made with onions, celery, potatoes and corn. This soup has a wonderful savory flavor with other ingredients such as bay leaves and parsley. with tangy Greek yogurt on a tender corn cob. A student favorite!

INGREDIENTS

- 8 ounces Butter
- 8 ounces Canola oil
- 6 pounds Onions, Spanish, diced
- 4 pounds Celery, diced
- 1 ½ pounds Flour, all-purpose
- 1 ½ gallons Water
- 8 each Bay leaves, dry
- 1 tablespoon Poultry seasoning (optional)
- 16 pounds Potatoes, diced
- 8 pounds Corn kernels, frozen
- 1 gallon Lowfat milk (1%)
- 3 tablespoons Salt, kosher
- 2 teaspoons White pepper, ground
- ¼ cup Parsley, dried

CORN CHOWDER

SERVES 100

DIRECTIONS

1. Melt butter in large stockpot or tilt steam kettle. Add oil.
2. Cook onions in butter-oil mixture 5 minutes over medium heat or until vegetables are soft. Do not brown.
3. Add celery to onions and cook over medium heat for 10 minutes or until vegetables are soft. Do not brown.
4. Add flour to vegetables, coating evenly.
5. Over medium heat cook flour for 5 minutes, using caution to not burn flour.
6. Slowly add water. Stir well. Be sure to loosen any flour from bottom of pan.
7. Add bay leaves, poultry seasoning (optional), and potatoes.
8. Gently simmer until potatoes are tender.
9. Add corn and milk. Heat through, but do not boil after milk is added.
10. Remove bay leaves. Add salt and white pepper.
11. Finish with chopped parsley. Serve 1 cup (8 ounces).

CHICKEN SALAD WITH CANTALOUPE*

SERVES 50

This cool salad is perfect for a warm summer day. Add a twist to a favorite chicken salad by pairing it with juicy cantaloupe to create a sweet and tangy dish that everyone will enjoy.

INGREDIENTS

- 10 pounds Chicken, breast, cooked
- 3 cups Mayonnaise, light
- 0.5 cup Paprika
- 0.5 cup Garlic powder
- 0.5 cup Dill weed, dried
- 2 tablespoon Salt
- 2 tablespoon Pepper
- 1 cup Juice, lemon, fresh
- 8 each Cantaloupes washed well before cutting

DIRECTIONS

1. Dice cooked chicken into bite-size cubes.
2. Mix with light mayonnaise, paprika, garlic powder, dill weed, salt, pepper, and lemon juice.
3. Cut each cantaloupe into 12-13 thin slices, then cut each slice into 5-6 cubes.



CANTALOUPE COOLER

SERVES 100

This refreshing drink is a great way to cool down in the summer heat. Orange juice and cantaloupe are a great pair - serve this drink over crushed ice.



INGREDIENTS

- 7 each Cantaloupes Thoroughly washed before cutting.
- 3 cups Juice, 100 percent orange
- ¾ cup Sugar
- Ice, crushed As needed

DIRECTIONS

1. Cut melons in half. Scoop out seeds, remove rinds and discard. Cut melons into 1-inch cubes.
2. In a blender or food processor, blend melon cubes with 3½ cups orange juice.
3. Pour puree into pitchers and stir with the remaining orange juice and sugar. Stir until sugar is dissolved. Pour into glasses filled with crushed ice.

*See page 8 for guidelines for the safe handling of cantaloupe.

Handling and Preparation of Cantaloupe

Cantaloupe is a fruit that is served without putting it through any kill steps to kill bacteria. To avoid getting any children sick, just follow these simple 5 steps:

1. Always wash hands and utensils (knives and cutting boards) before and after handling melons.
2. Avoid punctured cantaloupe: The rind of the cantaloupe acts as a protective covering, shielding the interior from hazards. But if the rind is penetrated, bacteria can get inside. Avoid purchasing cantaloupes with punctured rinds.
3. Wash your cantaloupe: By scrubbing the exterior of the fruit with antibacterial soap, you can remove harmful bacteria from the rind before you cut into it. Washing the rind is a simple step, but it can make all the difference. Wash the outside of the melon with a clean vegetable brush under cool running water. Blot dry with clean paper towels.
4. Place washed melon on clean cutting board. Cut about 1 inch off stem end. Position melon on cutting board with cut end facing down. With clean knife, slice melon vertically in half. Wash knife. Scrape out seeds with clean spoon. Continue to cut into slices, or as desired.
5. Control time and temperature: Cantaloupe is a time-temperature sensitive food. This means that cantaloupe grows bacteria easily and can spoil when left at room temperature. If a cut melon sits out for two hours or more, throw it away. Refrigerate cut melon at 40°F or below in a clean, air-tight container.



CHICKEN POT PIE

SERVES 48

A pot pie with a golden biscuit crust, loaded with colorful vegetables and tender chicken.

INGREDIENTS

- 1.5 pounds Onions or leeks (1 pound, 8 ounces)
- 1 pound Carrots
- 1 pound Celery or celeriac
- $\frac{2}{3}$ cup Oil, vegetable
- 1 $\frac{1}{2}$ cups Flour, enriched, all-purpose
- 1 gallon Broth, chicken, low-sodium
- $\frac{1}{4}$ cup Poultry seasoning
- 2 tablespoons Garlic powder
- 2 tablespoons Onion powder
- 6 pounds Chicken, frozen, diced
- 2 cups Corn kernels fresh or frozen
- 2 cups Green beans fresh or frozen
- 2 cups Peas frozen
- 1 $\frac{3}{4}$ pounds Flour, whole-wheat (1 pound, 12 ounces)
- 1 $\frac{1}{4}$ pounds Flour, enriched, all-purpose (1 pound, 4 ounces)
- 6 tablespoons Sugar, granulated
- $\frac{1}{4}$ cup Baking powder
- 2 tablespoons Salt, kosher
- 1 pound Butter unsalted, cold, cubed
- 4 large Eggs
- 3 quarts Buttermilk

DIRECTIONS

1. Preheat convection oven to 325° F or conventional oven to 350° F. Coat two 2-inch full hotel pans with cooking spray.

TO MAKE THE STEW:

1. Trim and peel onion (or trim and clean leeks). Cut into $\frac{1}{4}$ -inch dice.
2. Trim and peel carrots. Cut into $\frac{1}{4}$ -inch dice.
3. Trim celery (or trim and peel celeriac). Cut into $\frac{1}{4}$ -inch dice.
4. Heat oil in large stockpot over medium heat. Add the onions (or leeks), carrots and celery (or celeriac). Cook, covered, stirring occasionally, until the vegetables are starting to soften, 10 to 12 minutes.
5. Sprinkle with $\frac{1}{2}$ cups all-purpose flour; stir to coat. Gradually stir in broth. Cook, stirring, until thickened, 10 to 15 minutes. Stir in poultry seasoning, garlic powder and onion powder. Stir in chicken, corn, green beans and peas. Divide between the prepared pans.

TO MAKE THE BISCUIT TOPPING:

1. Using the whip attachment on a stand mixer, mix together whole-wheat flour, 1 quart plus $\frac{1}{2}$ cup all-purpose flour, sugar, baking powder and salt in a 5-gallon mixing bowl. Add butter and cut in until the size of small peas.
2. Remove whip and replace with paddle. Add eggs and buttermilk. Blend until all dry ingredients are just incorporated. (Do not overmix.) Pour half of the batter over each pan and spread to smooth the top.
3. Bake until the topping is golden brown and the gravy is bubbling at the sides of the pan, 1 to 1- $\frac{1}{4}$ hours. Cut each pan into 24 squares.





SEPTEMBER HARVEST OF THE MONTH: GREEN BEANS

CORN AND GREEN BEAN CASSEROLE

SERVES 100

Jazz up the classic green bean casserole with the addition of corn and cheddar cheese. This dish is topped with a buttery bread crumb layer for extra flavor and crunch.

DIRECTIONS

1. In a large bowl, mix salad dressing or mayonnaise, reduced-fat cheddar cheese, celery, and onions (optional).
2. In a steam table pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray place 5 lb of corn and 5 lb of green beans. Add 2 qt of salad dressing mixture to vegetables and mix thoroughly. For 50 servings, use 1 pan.
3. Mix bread crumbs with melted margarine. Sprinkle 1 qt 1 cup of the bread crumb mixture on top of each steam table pan.
4. Bake until golden-brown: Convectional oven: 350° F for 40 minutes; Convection oven: 350° F for 30 minutes
5. Portion with No. 8 scoop (½ cup).

INGREDIENTS

- 2.5 pounds Reduced calorie salad dressing or lowfat mayonnaise
- 12 ounces Reduced fat Cheddar cheese, shredded
- 2 pound Fresh celery, chopped
- 16 ounces Fresh onions, chopped (optional)
- 10 pounds Frozen whole kernel corn, thawed
- 10 pounds Frozen French cut green beans, thawed
- 2 pound Enriched soft bread crumbs
- 8 ounces Margarine or butter, melted

TACO SALAD WITH TORTILLA CHIPS

SERVES 50

Taco salads make the perfect school lunch. In this recipe, seasoned ground beef, corn, lettuce, and tomatoes are served with a side of tortilla chips. Add salsa for a simple yet delicious menu item.

INGREDIENTS

- 6 ½ pounds Lettuce, Romaine, shredded (3 gallons, 2 cups)
- 3 pounds Fresh tomatoes, chopped (6 ¼ cup)
- 12 ½ cups Corn, thawed
- 6 ¼ cups Cheese, cheddar, shredded
- 3 ⅔ pounds Corn tortilla chips (3 pounds, 2 ounces)
- 6 ½ pounds Beef, ground, raw, 80% lean
- 4 ounces Taco seasoning
- 8 cups Water
- 6 ¼ cups Salsa

DIRECTIONS

1. Wash and prepare the lettuce and tomatoes.
2. Place 1 cup of lettuce on plate as a base. Sprinkle ¼ cup tomato, ¼ cup corn and ⅓ cup shredded cheddar cheese on each plate.
3. Frame each plate with tortilla chips.
4. Sauté the ground beef and drain excess fat. Add water and taco seasoning to the ground beef and bring to a boil. Reduce heat, and simmer for 20 to 30 minutes.
5. Spoon prepared ¼ cup taco meat over vegetables and serve with ⅓ cup salsa on the side.

BEEF IS THE #1 FOOD SOURCE FOR PROTEIN, VITAMIN B12 AND ZINC.



TEX-MEX SHEPHERD'S PIE

SERVES 96

Southwest seasoned beef along with corn, tomatoes and green chilies are topped with creamy mashed potatoes and cheese, for a delicious savory main dish.

INGREDIENTS

- 12 cups Water, boiling
- 2 pounds Mashed potato pearls
- 2 quarts Milk, low-fat, 1%
- 2 tablespoons Garlic powder
- 1 ½ tablespoons Salt (1 tablespoon + 1 teaspoon)
- 2 ½ cups Onions, yellow, diced
- 12 ⅝ pounds Beef, ground, 85/15 (12 pounds + 10 ounces)
- 0.38 cup Chili powder (¼ cup + 2 tablespoons)
- ¼ cup Cumin
- 2 tablespoons Oregano
- 6 cups Corn, kernels, yellow
- 5 quarts Tomatoes, crushed
- 3 pounds Chilis, green, diced
- 3 ⅝ pounds Cheese, cheddar, shredded (3 pounds + 2 ounces)



DIRECTIONS

1. Preheat standard oven to 400°F / convection oven to 375°F.
2. Mix mashed potato pearls in mixer with boiling water.
3. Combine milk, garlic powder and 1 tbsp salt; heat to 135°F in steamer or oven.
4. Add milk mixture to mashed potatoes.
5. Brown the ground beef in a steam jacketed kettle or braising pan.
6. Add diced onions to ground beef and cook until onions are softened.
7. Add chili powder, cumin, oregano, garlic powder and 1 tsp salt to ground beef.
8. Add corn, tomatoes and green chiles to ground beef mixture and bring to a simmer.
9. Divide ground beef evenly between four (4) 12"x20"x 2½" food pans.
10. Top ground beef mixture with mashed potatoes, dividing evenly; spread to edges.
11. Divide cheese evenly between each pan and sprinkle over potatoes.
12. Bake 15 minutes; 400°F in standard oven or 375°F in convection oven.
13. Serve by dividing the pan 6x4 for 24 even portions per pan.

PERSIMMON SMOOTHIE


SERVES 50

INGREDIENTS

- Ingredients:
- 50-60 Sweet Grown Alabama Persimmons
- 15 Fresh Bananas
- 10 Cups of Milk (or your favorite milk substitute)
- ½ Cup Vanilla
- 2 ½ Teaspoons of Cinnamon
- 10 Cups of ice

DIRECTIONS:

Core and cut up persimmons, add everything to a blender and blend until smooth. Begin with ½ cup of milk and add more until desired consistency is reached.



PERSIMMONS HELP
STRENGTHEN OUR
VISION AND IMPROVE
OUR EYE HEALTH.
THEY ALSO HELP TO
STRENGTHEN OUR
IMMUNE SYSTEM



THREE SISTERS SALAD

SERVES 100

INGREDIENTS

- 6- each Butternut squash 5 pound packages, frozen (#110861)
- 0.84 cup Oil, olive ($\frac{3}{8}$ cup, 3 tbsp)
- 1.5 #10 can Beans, great northern canned, low sodium, drained (#100373)
- 1.5 #10 can Corn, whole kernel canned, drained (#100313)
- 0.75 cup Onion, red small, sliced
- 27 cups Lettuce, romaine chopped
- 4.5 tbsp Vinegar, balsamic

Loaded with deliciously baked butternut squash, beans, corn and onions, and dressed with a tangy balsamic dressing. This salad is sure to be a great addition to any meal!

DIRECTIONS

1. Preheat oven to 400° F.
2. Distribute squash evenly between three baking sheets. Toss each sheet with 2 tablespoons olive oil and bake for 20 minutes, stirring halfway through. Set aside to cool.
3. In a large bowl, toss together beans, corn, and onion, and dress with 3 tablespoons olive oil and balsamic vinegar.
4. Serve immediately with lettuce or chill for 2-4 hours and then toss with lettuce.



FIESTA LASAGNA

SERVES 100

This main dish is filled with hearty, healthy ingredients. Its colorful vegetables are layered with crunchy corn chips, smooth black beans, flavorful cumin, oregano, and lively salsa, and baked to perfection as an aromatic, savory casserole.

INGREDIENTS

- 0.63 cup Canola oil (¼ cup, 1 Tbsp)
- 20 oz Green bell peppers, fresh, diced
- 6 lb Corn, canned, low-sodium, drained, rinsed
- 6 lb Onions, fresh, diced
- 7 lb Butternut squash, fresh, peeled, cubed ½ inch (3 lb, 8 oz)
- 2.66 Tbsp Oregano, ground (1 Tbsp, 1 tsp)
- 2.66 Tbsp Cumin, ground (1 Tbsp, 1 tsp)
- 2.66 Tbsp Garlic, granulated (1 Tbsp, 1 tsp)
- 2.66 Tbsp Chili powder (1 Tbsp, 1 tsp)
- 2.66 Tbsp Paprika (1 Tbsp, 1 tsp)
- 2.66 Tbsp Salt, kosher (1 Tbsp, 1 tsp)
- 17 lb Black beans, low-sodium, canned, drained, rinsed (8 lb, 8 oz) or 8 lb 8 oz Black beans, dry, cooked
- 11 lb Spaghetti sauce, meatless, canned, low-sodium (5 lb, 8 oz)
- 7 lb Salsa, mild, canned, low-sodium (3 lb, 8 oz)
- 6 lb Tortilla chips, low-sodium

DIRECTIONS

1. Combine oil, green peppers, corn, and half of onions. Reserve remaining onions for step 5. Toss to coat. Transfer to a sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
2. Roast uncovered until lightly brown around edges: Conventional oven: 350 °F for 20 minutes Convection oven: 350 °F for 12 minutes
3. Place squash in perforated steam table pan (12" x 20" x 2 ½") and steam for 15 minutes or until tender. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
4. Mash squash until smooth. Add roasted vegetables, half of oregano and half of cumin. Reserve remaining oregano and cumin for step 5. Mix well. Set aside.
5. Lightly coat nonstick pan with pan release spray. Sauté remaining onions, oregano, and cumin with garlic, chili powder, paprika, and salt for 5 minutes or until soft.
6. Puree onion mixture and beans in a food processor to a smooth consistency. If needed, add water to make puree smoother: For 50 servings, use about ¼ cup water.
7. Combine spaghetti sauce and salsa. Set aside.
8. For 50 servings, crumble 1 lb tortilla chips for topping. Reserve remaining 2 lb whole tortilla chips for lasagna layers.
9. Assembly: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans.
 - First layer: 1 qt ¼ cup sauce
 - Second layer: 8 oz whole chips (about 85 chips), slightly overlapping; 1 quart 1 cup (about 2 lb 4 oz) bean mixture; 1 quart ½ cup (about 1 pound 15 ounces) squash/vegetable mixture
 - Third layer: Repeat second layer
 - Fourth layer: 1 quart, ¼ cup sauce
 - Fifth layer: 8 ounces crumbled chips, about 2 ½ cups
10. Tightly cover pans.
11. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 350 °F for 30 minutes; Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
12. Remove from oven. Uncover. Allow to set for 15 minutes before serving.
13. Critical Control Point: Hold at 135 °F or higher.
14. Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾" square).

BACKYARD BBQ CHICKEN SALAD

SERVES 100

INGREDIENTS

- 18.75 pounds Chicken Strips, unseasoned, frozen (9 pounds, 6 ounces)
- 12.5 pounds Lettuces, fresh, Romaine sliced into $\frac{3}{8}$ inch wide strips
- 4.75 pounds Cabbage, fresh, green, shredded (2 pounds, 6 ounces)
- 6.25 quarts Salad dressing, ranch, reduced-fat (3 quarts, $\frac{1}{2}$ cup)
- 11 pounds Corn, whole kernel, low-sodium, canned drained
- 4.75 quarts Beans, black (Turtle), low-sodium, canned (2 quarts, $1\frac{1}{2}$ cups) drained, rinsed
- 4.75 pounds Tomatoes, fresh, cherry, (2 pounds, 6 ounces) halved lengthwise
- 5.5 pounds Onions, fresh, red $\frac{1}{4}$ inch dice
- 3.12 pounds Cheese, cheddar, yellow, reduced fat shredded
- 3.12 pounds Tortilla strips, tri-color, whole grain



This fresh salad has plenty of crunchy vegetables and delicious flavors of chicken, ranch, barbecue and cheddar cheese. A great entree salad for grab and go!

DIRECTIONS

1. Defrost chicken under refrigeration, at least 24 hours prior to use. Toss chicken with BBQ sauce, coating chicken. Store under refrigeration until ready for use. CCP: Hold for cold service at 41° F or lower.
2. In a mixing bowl, combine lettuce and cabbage; toss using gloved hands. Store under refrigeration until ready to use.
3. Portion dressing into 2 oz portion cups. Store under refrigeration until ready to use.
4. Place 3 oz of the salad mixture in individual serving containers such as a 9 inch square clamshell or an entrée salad carton. Top each salad mixture with:
 - Chicken – 2.5 oz
 - Diced onion – $\frac{1}{8}$ cup
 - Corn – $\frac{1}{4}$ cup
 - Cheese – $\frac{1}{2}$ oz
 - Black beans – $\frac{1}{4}$ cup
 - Tortilla Strips – $\frac{1}{2}$ oz
 - Tomatoes – $\frac{1}{8}$ cup

Serve with 2 oz dressing. CCP: Refrigerate until served; Hold for cold service at 41° F or lower.

THICK VEGETABLE SOUP

SERVES 50

This thick and hearty vegetable soup uses fresh onions, carrots, celery, potatoes, corn, green beans, cabbage and pinto beans to create a colorful and delicious soup! Warm students up with this healthy meal!



INGREDIENTS

- 2 gallons Vegetable stock, non-MSG
- 14 ounces Dry lentils
- 1.25 pounds Dry barley (1 pound, 4 ounces)
- 1 pound Fresh onions, diced finely (or 3 ounces dehydrated onions)
- 2 pounds Fresh carrots, diced ½"
- 8 ounces Fresh celery, diced ½"
- 8 ounces Fresh white potatoes, peeled, cubed
- 1.156 pounds Canned tomato paste (1 pound, 2½ ounces)
- 1 teaspoon Ground black or white pepper
- 5.594 pounds Canned pinto beans, drained or dry pinto beans, cooked (5 pounds, 9 ½ ounces)
- 1 pound Frozen whole-kernel corn
- 1 pound Frozen cut green beans
- 1 pound Fresh cabbage, shredded
- 2 quarts Water

DIRECTIONS

1. Heat vegetable stock to a boil.
2. Add lentils and barley. Reduce heat and simmer for 20 minutes.
3. Add onions, carrots, celery, potatoes, tomato paste, pepper, and water. Simmer covered, for 25 minutes over low heat.
4. Add pinto beans, corn, green beans, cabbage (optional). Simmer covered, for 15 minutes over medium heat.
5. Pour 9 lb 9 ½ oz (1 gal ⅔ cup) into medium steam table pan (12" x 20" x 4"). For 50 servings, use 3 pans.
6. Portion with 8 oz ladle (1 cup).



BUTTERNUT SQUASH AND CHICKEN CURRY WITH KALE

SERVES 50

INGREDIENTS

- 5.0625 pounds Butternut squash, diced (5 pounds, 1 ounce)
- 6.3125 pounds Chicken, diced, cooked (6 pounds, 5 ounces)
- 1.531 pounds Red onion, diced (1 pound, 8 ½ ounces)
- 1.531 pounds Yellow onion, diced (1 pound, 8 ½ ounces)
- 1 pound Red bell pepper, 1st diced
- 1.219 pounds Kale (1 pound, 3 ½ ounces)
- 1 ½ each Coconut Milk (#10 can)
- ¾ cup Curry Powder
- 2 ½ teaspoons Cardamom
- 2 ½ teaspoons Black Pepper
- 1 ¼ teaspoons Kosher Salt
- ⅝ cup Ginger, minced
- ⅝ cup Garlic, minced
- ⅝ cup Fish Sauce
- 4.67 tablespoons Sesame Oil (4 tablespoons, 2 teaspoons)
- 6.33 tablespoons Lime Juice (6 tablespoons, 1 teaspoon)
- 2 ½ ounces Basil (leaves only)

DIRECTIONS

1. Saute butternut squash, red and yellow onions, curry powder, cardamom, black pepper, salt, ginger, garlic and sesame oil for approximately 10 minutes at 205° F.
2. Add red peppers and coconut milk and bring to a boil.
3. Add chicken and kale and return to a boil.
4. Add fish sauce, lime juice, basil and remove from heat.

This unique recipe has many twists including kale and coconut milk. There are lots of flavors including curry powder, cardamom, and more. This is a recipe you won't want to miss out on!



KALE AND APPLE SALAD

SERVES 100

A delicious combination of kale, apples, and cranberries topped with dijon mustard dressing. This salad is popping with flavor and has great texture!

INGREDIENTS

- 5¼ pounds Kale washed and chopped
- 2 pounds Cranberries, dried
- 3½ pounds Apples fresh, with skin, diced
- 1 ⅓ cups Oil, olive
- 2/3 cup Vinegar, cider
- 4 tablespoons Mustard, dijon
- ½ cup Honey
- 1 tablespoon Salt, kosher
- 2 teaspoons Garlic minced
- 6 ounces Vinegar, balsamic



DIRECTIONS

1. Combine kale, dried cranberries, and diced apples in a large bowl.

DRESSING

1. Combine all dressing ingredients in a food processor. Process until emulsified.
2. Toss salad with one cup of dressing at a time, until salad is lightly dressed.

This delicious recipe mixes together black-eyed peas, smoked turkey ham, fresh vegetables, and kale, to make this warm, winter-wonder soup!

INGREDIENTS

- 0.56 cups Canola oil (¼ cup + 1 tablespoon)
- 54 ounces Onions, fresh, diced (1 pound + 14 ounces)
- 54 ounces Celery, fresh, diced (1 pound + 14 ounces)
- 54 ounces Carrots, fresh, diced (1 pound + 14 ounces)
- 7.2 teaspoons Salt
- 7.2 teaspoons Black pepper, ground
- 3.6 teaspoons Fennel seed, whole
- 1.8 teaspoon Red pepper, crushed optional
- 10.13 pounds Black-eyed peas, canned, low sodium, drained, rinsed
- (5 pounds 10 ounces) Can also use frozen Black-eyed peas
- 3.15 gallons Water
- 5.4 pounds Turkey ham, extra lean, diced ¼ inch
- 7.2 ounces Kale, fresh, coarsely chopped
- 1.2 cup Parsley, fresh, finely chopped

CONFETTI SOUP

SERVES 100

DIRECTIONS

1. Combine kale, dried cranberries, and diced apples in a large bowl.

DRESSING

1. Combine all dressing ingredients in a food processor. Process until emulsified.
2. Toss salad with one cup of dressing at a time, until salad is lightly dressed.

PEANUT BUTTER GRANOLA BAR

SERVES 96

This simple yet delicious chewy granola bar will be a favorite of students and perfect for grab-n-go breakfasts. Plus, it freezes well.



INGREDIENTS

- 19 cups Oats, rolled (1 pound 9 ½ ounces)
- 13 cups Rice crispies (5 ½ ounces)
- 4 cups Cranberries, dried, chopped
- 5 cups Peanuts, roasted, granules
- 2 cups Chocolate chips, mini
- 9 cups Peanut butter, creamy (2 ½ pounds)
- 5 cups Honey
- 4 tablespoons Extract, vanilla
- Vegetable oil spray as needed

DIRECTIONS

1. Combine oats, rice crispies, cranberries, peanut granules and mini chocolate chips in a large mixing bowl.
2. In a sauce pan, combine peanut butter, honey and vanilla.
3. Heat over medium heat, stirring constantly until peanut butter and honey are warmed and smooth
4. Add peanut butter mixture to oat mixture. Stir well to coat oats in peanut butter mixture. If doing batches 50 or larger, use a mixer.
5. Spray a full-sized sheet pan and add mixture. Patting mixture down until firm. Cover and refrigerator for at least 2 hours or overnight.
6. Once set, cut into 48 squares (8 by 6).
7. Store extra or leftover granola bars in the refrigerator for holding/storage. This bar freezes well.

PEANUT BUTTER GLAZE

SERVES 50

This is a creamy smooth glaze made with peanut butter, powdered sugar, milk, and corn syrup. A great complement to peanut butter bars or cookies!

INGREDIENTS

- 13 ounces Powdered sugar
- 4 ounces Peanut butter
- 3 tablespoons Corn syrup
- ½ cup Lowfat 1% milk

DIRECTIONS

1. Cream powdered sugar and peanut butter in a mixer with a paddle attachment for 5 minutes on medium speed.
2. Add corn syrup and lowfat milk and mix for 5 minutes on low speed until smooth.
3. Spread over slightly cooled peanut butter bars.
4. Use 1 lb 7 oz (3 cups) for each half-sheet pan (13" x 18" x 1").

PEANUT BUTTER OVERNIGHT OATS

SERVES 90

This popular grab-n-go breakfast dish is simple to make with a creamy texture. A delicious take on the favorite peanut butter and jelly flavor will be a student favorite.

INGREDIENTS

- 12.02 cups Peanut butter, creamy (6 cups, 6 tablespoons) or 3 ½ pounds
- 0.45 cup Extract, vanilla
- 2.7 cup Honey
- 1.8 gallon Milk, low-fat
- 5.51 quarts Oats, rolled (3 quarts, ¼ cup) or 2 pounds, 4 ounces
- 45 cups Strawberries, sliced, unsweetened, frozen, thawed (13¾ pounds)

DIRECTIONS

1. Combine peanut butter, vanilla and honey in a steam jacketed kettle or large sauce pan over medium heat. Stir constantly until warm and smooth (about 3-5 minutes).
2. Add milk and whisk until smooth and combined. (if doing larger batches, this can be done in a large mixer on low speed).
3. Combine oats and warm peanut butter/milk mixture. Stir well.
4. Portion with a #8 scoop into 10 to 12 oz. cups.
5. Top each portion with ½ cup frozen mixed berries. Cover and refrigerate overnight.
6. Serve cold.



PASTA PRIMAVERA

SERVES 100

Tons of fresh, colorful veggies brighten up this whole grain pasta dish. Topped with a creamy, cheesy white sauce, this lunch is a hit!

INGREDIENTS

- 2.5 pounds Butter
- 6 cups Flour
- 4 gallons Milk, non-fat, skim
- 4 teaspoons Pepper, white
- 8 each Bay leaves
- 2 tablespoon Garlic powder
- 24 pounds Fettuccini or whole-grain pasta
- 8 pounds Broccoli, fresh
Cleaned and cut into bite-size pieces (frozen broccoli can be substituted)
- 8 pounds Cauliflower, fresh
Cleaned and cut into bite-size pieces (frozen cauliflower can be substituted)
- 8 pounds Carrots, fresh
Cleaned and sliced into coins (frozen carrots can be substituted)
- 8 pounds Zucchini, fresh, sliced
- 4 pounds Peas, frozen
- 4 pounds Cheese, Parmesan, grated, fresh
- 4 tablespoons Juice, lemon

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 $\frac{3}{4}$ of the total amount of Parmesan cheese to white sauce and remove from heat.



MACARONI AND CHEESE

SERVES 100

Cauliflower puree is combined with elbow macaroni, milk, cheddar cheese, sour cream and spices to create a creamy and cheesy dish. Once baked, this macaroni and cheese will have a crispy layer that adds some texture!

INGREDIENTS

- 3 quarts Water (1 quart, 2 cups)
- 2.5 pounds Fresh cauliflower florets (1 pound, 4 ounces)
- 2.5 gallons Water (1 gallon, 1 quart)
- 6.25 pounds Whole-grain elbow macaroni (3 pounds, 2 ounces)
- 4 quarts Low-fat (1%) milk
- 7.5 pounds Low-fat cheddar cheese, shredded
- (3 pounds, 12 ounces)
- 2 pound Low-fat sour cream
- 4 pounds Nonfat sour cream
- 0.5 teaspoon Ground black or white pepper
- 2.66 tablespoons Garlic powder (1 tablespoon, 1 teaspoon)
- 0.5 cup Dried onion flakes
- 2 teaspoon Salt, kosher
- 4 tablespoons Lemon pepper

DIRECTIONS

1. Heat water to a rolling boil.
2. Add cauliflower. Cook uncovered for 2-3 minutes until tender. Place cauliflower in a food processor. Puree on high speed for 30 seconds to 1 minute until cauliflower has a smooth consistency. DO NOT OVER MIX. Set aside for step 5.
3. Heat water to a rolling boil.
4. Slowly add macaroni. Stir constantly until water boils again. Cook about 8-10 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 5.
5. Combine cauliflower puree, macaroni, milk, cheese, sour cream, pepper, garlic powder, onion flakes, salt, and lemon pepper in a large bowl. Stir well.
6. Pour 1 gallon 2 cups (about 9 lb 2 oz) macaroni and cheese mixture into a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray. For 50 servings, use 2 pans.
7. Bake: Conventional oven: 350 °F for 30-35 minutes. Convection oven: 325 °F for 25-30 minutes.
8. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

VEGETABLE STROMBOLI

SERVES 100

Homemade dough create a staple for this vegetable Stromboli. Once formed the dough is stuffed with flavorful vegetables and cheese and seasoned with thyme, marjoram, oregano and basil!



VEGETABLE PIZZA

SERVES 100

Homemade whole-wheat pizza dough is seasoned with Italian spices and then topped with pizza sauce, cheese, and fresh vegetables including onions, tomatoes, peppers, broccoli, mushrooms, squash and zucchini!

DIRECTIONS

1. See B-15 for pizza dough ingredients and directions. Set aside for step 9. For 50 servings, use 2 sheet pans (18" x 26" x 1"). For 100 servings, use 4 sheet pans (18" x 26" x 1").
2. In a medium stock pot combine egg whites, water, and 1 cup (about 9 ½ oz) tomato paste. Stir well. Slowly add remaining tomato paste. Simmer uncovered over low medium heat for 3 minutes.
3. Add onions, spices, garlic, salt, and pepper. Stir well. Simmer uncovered over medium heat for 15 minutes. Set aside for step 10.
4. Combine raw onions, tomatoes, peppers, broccoli, mushrooms, squash, and zucchini in a large bowl. Stir well. Set aside for step 12.
5. Set cheese aside for step 11.
6. Top each prebaked crust with the following toppings:
7. First layer: Spread 1 qt 2 cups (about 3 lb 3 oz) tomato paste mixture on crust.
8. Second layer: Sprinkle 1 qt 1 ½ cups (about 1 lb 2 oz) shredded cheese over tomato paste mixture.
9. Third layer: Evenly distribute 2 qt 2 cups (about 2 lb 13 oz) raw vegetable mixture over cheese.
10. Bake until heated through and cheese is melted: Conventional oven: 475 °F for 10-15 minutes. Convection oven: 425 °F for 5 minutes.
11. Remove from oven. Let stand for 10 minutes before cutting.
12. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾" square).

INGREDIENTS

- Pourable pizza crust
- 2 pound Egg whites
- 3.5 quarts Water (1 quart, 3 cups)
- 3.5 pounds Canned no-salt-added tomato paste (1 pound, 12 ounces)
- 24 ounces Fresh onions, chopped
- 2 tablespoon Dried basil
- 3.34 tablespoons Dried oregano (1 tablespoon, 2 teaspoons)
- 2 tablespoon Dried marjoram
- 2 tablespoon Dried thyme
- 3 tablespoons Garlic powder (1 tablespoon, 1 ½ teaspoons)
- 2 tablespoon Salt, kosher
- 2 teaspoon Ground black or white pepper
- 24 ounces Fresh onions, chopped
- 3 pounds Fresh tomatoes, diced (1 pound, 8 ounces)
- 2 pound Fresh green bell peppers, chopped
- 16 ounces Fresh broccoli, chopped
- 20 ounces Fresh mushrooms, sliced
- 2.5 pounds Fresh yellow squash, diced (1 pound, 4 ounces)
- 28 ounces Fresh zucchini, diced
- 4.5 pounds Low-fat mozzarella cheese, lowmoisture, part-skim, shredded (2 pounds, 4 ounces)

BABA GANOUSH

SERVES 100

Cooked eggplant, tahini, lemon and spices create a delicious dish that can be served with pita chips or veggies. Great as a side or snack!



INGREDIENTS

- 25 pounds Eggplant, raw (12 pounds, 8 ounces)
- 0.73 cup Tahini, sesame paste, unsalted (1 ⅓ cup, ½ tablespoon)
- 8.5 cloves Garlic, raw
- 2.08 pounds Lemon juice, raw (1 pound, ⅔ ounces)
- 4.25 teaspoons Cumin, ground
- 1 teaspoon Pepper, red or cayenne
- 4.25 teaspoons Salt, table
- 1.04 cup Oil, olive, salad or cooking (½ cup, 1 teaspoon)
- 4.25 teaspoons Paprika

DIRECTIONS

1. Adjust oven rack to the middle position. Turn on broiler.
2. Line a sheet pan with aluminum foil.
3. Wash eggplant. With a fork, pierce the skin of the eggplant. Place eggplant onto the sheet pan.
4. Broil eggplant for 2 minutes on all sides.
5. Turn broiler off and heat oven to 375°F.
6. Bake eggplant until very soft, 25 to 30 minutes. Remove from oven and allow to cool, 10 to 15 minutes, until easy to handle. Do not discard liquid.
7. Cut open the eggplant and scoop out the roasted eggplant pulp into a bowl. Discard skins.
8. Add tahini, garlic, lemon juice, cumin, salt, cayenne pepper, and olive oil to the eggplant pulp. Combine all ingredients in a food processor until well combined.
9. Spread mixture in a shallow pan and place in the refrigerator.
10. Cool to 41°F or lower within 4 hours.
11. Refrigerate until served.
12. Before serving, sprinkle top with paprika.
13. Hold for cold service at 41°F or lower.
14. Portion with a No. 8 scoop (½ cup).



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