

USA Dry Pea & Lentil Council

May 9-10, 2014

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GENERAL INFORMATION

GREYSTONE TEACHING FLOOR AND OPERATIONAL OVERVIEW

In order to maximize efficiency and minimize safety hazards, this document is designed to familiarize everyone with the operation of the dish room. Please take a moment to read through it so the dishwashers can help make your stay a happy and safe one.

1. All pots, pans, utensils and small equipment are to be brought into the dish room and placed neatly on the rack immediately left of the triple sink.
2. The pass through window is only to be used for dishes, glassware and silverware.
3. Any knives, peelers or sharp machine blades are to be washed by the students/chefs at their station. For the sake of safety, please do not bring them into the dish room.
4. All cutting boards should be scrubbed and sanitized by the students in their own work areas.
5. Food processor bowls, blender cups and mixer parts – except for blades – may be brought to the dish room.
6. Cleaning of student work areas, stove tops and large equipment that cannot be brought to the dish room is the responsibility of the students and instructors.
7. Remove excess food and/or trash from all pots and pans before bringing them to the dish room.
8. Alert the dishwasher of all hot pans and utensils when dropping them off.
9. If you need equipment cleaned immediately, the dishwashers will be happy to clean it and return it to you.
10. If you bring any of your own personal equipment to the dish room, let the dishwasher know so it can be returned to you.

SCHEDULE

Hosted by the USA Dry Pea & Lentil Council at
The Culinary Institute of America's Greystone campus May 9-10, 2014

Day One: Friday, May 9, 2014

- 2:00 PM** **Welcome and Opening Remarks**
Mackenzie Femreite
Food Marketing Manager
USA Dry Pea & Lentil Council
- 2:15 PM** **Session Overview and Group Introductions**
Mackenzie Femreite
- 2:30 PM** **School Pulse Crop Products Initiative**
Janice M.W. Rueda, Ph.D.
Director of Nutrition & Health
American Pulse Association
- 2:45 PM** **Nutritional Value of Pulse Crops and the School Food Landscape**
Janice M.W. Rueda, Ph.D.
- 3:15 PM** **Increasing Pulse Acceptability and Consumption in K-12 Foodservice**
Scott Nagel
Sales and Marketing Director
Truitt Family Foods
- Kent Getzin*
Director of Food Services
Wenatchee School District
- 4:00 PM** **Culinary Demonstration - Pulse: Innovative Examples from Real Districts**
Chef Brenda Thompson, RD
- 5:00 PM** **Heavy Hors d'Oeuvre and Wine Reception**
- 6:30 PM** **Group Departs**

Day Two: Saturday, May 10, 2014

- 7:45 AM** **Continental Breakfast**, *reception area outside of Ecolab Theater*
- 8:15 AM** **Culinary Demonstration – Innovative Pulse Breakfast Items**
Chef Lars Kronmark, CIA
- 8:45 AM** **Introduction to Hands-On Session**
- 9:15 AM** **Hands-On Production Session**, *Teaching Kitchens*
- 12:15 PM** **Lunch**
Featuring foods prepared in Hands-On Production Session
- 1:00 PM** **Group Discussion**
What worked, perceived hurdles, things learned
- 2:00 PM** **Culinary Demonstration – Creative Pulse Lunch Items**
Chef Lars Kronmark, CIA
- 2:30 PM** **Introduction to Hands-On Session**
Market Basket exercise
- 2:45 PM** **Hands-On Production Session**, *Teaching Kitchens*
- 4:45 PM** **Snack Break**
Featuring foods prepared in Hands-On Production Session
- 5:00 PM** **Final Q&A / Roundtable Discussion/Panel**
- 6:00 PM** **Program Concludes, Group Departs**

CHEF AND SPEAKER BIOGRAPHIES

MACKENZIE FEMREITE is the Food Marketing Manager for the USA Dry Pea & Lentil Council, the national organization that represents growers, processors, exporters, and traders of dry peas, lentils, and chickpeas grown in the United States. She is responsible for the development of new markets for dry peas, lentils, and chickpeas in the U.S., promoting new applications of legumes as ingredients and provides education to the US food industry on these new uses across the country. Mackenzie earned her bachelor's degree in Food and Nutrition from the University of Idaho. Upon graduation, Mackenzie worked as a Nutrition Advisor for the University of Idaho Extension Eat Smart Idaho program, working with limited resource families and schools to make better food choices and lead healthier active lifestyles. Mackenzie has always been passionate about connecting people to food. In fact she sits on the Backyard Harvest (BYH) Board of Directors, a nonprofit that connects low-income families, seniors, and individuals with fresh local produce. BYH relies on volunteers to share their backyard bounty and extra fruit, making sure everyone in our community has healthy food to eat.

KENT GETZIN is the Director of Food Services for the Wenatchee School District. He is a classically trained chef with four years of culinary training, two of which were spent at The Culinary Institute of America in upstate New York. He worked as a chef for 20 years prior to leaving the restaurant industry for his current position as Food Service Director at the Wenatchee School District. He has always been passionate about improving the quality of school meals and has been inspired by the Farm to School movement and its potential to introduce kids to whole, fresh, nutritious foods, and to support the local farmer. He is also excited about the movement's potential to steer school food service back from the "box" to a scratch cooking. He loves teaching other Food Service professionals how to improve quality and nutrition in their programs, in easily accessible ways and to help kids fall in love with real food every day.

LARS KRONMARK, CHE is a chef-instructor at The Culinary Institute of America at Greystone. A graduate of the Restaurant and Apprenticeship School in Copenhagen, Chef Kronmark worked in several restaurants there, including the Grand Café, and trained with Jan Pederson from La Cocotte, who prepared the dinner featured in the Academy Award-winning movie *Babette's Feast*. Before joining the CIA Greystone faculty, Chef Kronmark spent 14 years as a senior chef-instructor at the California Culinary Academy. He was hand-picked from the finest culinary educators in the United States to open The Culinary Institute of America at Greystone in August 1995. Chef Kronmark's interest in wine developed over the past 20 years and has culminated in recognition as a Certified Wine Professional. Besides conducting wine-related cooking classes, he also participates in events at local wineries and has been involved with the Napa Valley Wine Auction for the past 20 years. As part of his involvement in several international programs, Chef Kronmark has traveled to several countries including Mexico (with the award-winning chef and restaurateur, Rick Bayless), Italy, and Spain as part of a partnership with the International Olive Oil Council.

SCOTT NAGEL is the Sales and Marketing Director at Truitt Family Foods. Scott has 20+ years of food industry experience that encompasses strategic and tactical marketing as well as sales with/for a diversity of companies, e.g. Truitt Family Foods, Pacific Seafood, Mrs. Friday's, Simplot Food Group, Foster Farms, Fisher Mills. He has directed recipe development and a host of other efforts for industry organizations like the Alaska Seafood Marketing Institute (ASMI), and is skilled in market assessment, brand building and positioning. He's been described as having a "6th sense" for knowing what consumers want and being able to successfully convey messages to targeted markets in both foodservice and retail channels. Perhaps more than anything, he enjoys solving problems because virtually everything can be viewed as a challenge waiting for an innovative solution.

JANICE M.W. RUEDA, PH.D., is the Director of Nutrition and Health for the American Pulse Association. As the Director of Health and Nutrition for the American Pulse Association, Dr. Rueda is tasked with implementing pulse-related research funding programs, including the Pulse Crop Health Initiative, a comprehensive program that aims to support research to promote the unique potential of pulse crops to substantially impact the global and domestic challenges of obesity and chronic disease, global hunger, functionality and end-use, and environmental sustainability.

Dr. Rueda holds a Ph.D. in Nutrition and Food Science from Wayne State University in Detroit, Michigan. Her research there focused on cholesterol metabolism and the development of interventions designed to stem weight gain and reduce risk factors for cardiovascular disease in young adults.

Before joining the American Pulse Association in September of 2011, Dr. Rueda worked on several school food-related projects, including development of nutrition education for teachers, analysis and evaluation of the Fresh Fruit and Vegetable Program, and analysis of school food purchasing aimed at increasing locally sourced fruits and vegetables.

In addition to her role with the American Pulse Association, Dr. Rueda holds adjunct faculty positions at Washington State University and Wayne State University. She is an active member of many professional organizations, including: the American Association for the Advancement of Science, American Association of Cereal Chemists, American Chemical Society, American Diabetes Association, American Heart Association, American Public Health Association, American Society of Nutrition, Crop Science Society of America, the Obesity Society, and the School Nutrition Association.

DAY ONE:

INTRODUCTION

First cultivated over 200,000 years ago, peas, lentils, and chickpeas are among the world's most ancient crops. Archeologists have discovered peas in caves in Thailand that date back more than 11,000 years. The royal Egyptian tombs contained lentils, meant to sustain the dead on their journey to the afterlife. In the Christian Bible, Esau sold his birthright for a pottage of lentils. And, in Italy, peas (*Pisum* sp.), lentils (*Lens Culinaris*), and chickpeas (*Cicer arietinum*) lent their names to the prominent Roman families of Piso, Lentulus, and Cicero.

We should also add that peas and lentils may well have saved Western Civilization during the Dark Ages. It was well documented that the introduction of pulses (legumes) into crop rotation practices resulted not only in increased farm productivity but also in a more diverse and nutritional diet for the populace. Italian writer and academic Umberto Eco argues that peas, beans, and lentils "saved civilization." These legumes improved the protein content and nutritional quality of the European diet during the Dark Ages, saving people from malnutrition and allowing them to repopulate Europe after the plague.

Perhaps in recognition of their extraordinary qualities, many cultures have developed traditions involving the eating of peas and lentils. One of the most important celebrations in Iran, for example, is *No Ruz*, the New Year celebration. During this 13-day celebration every house maintains a New Year's table known as the "seven S's," which includes seven symbolic objects beginning with the letter "S." Germinating seeds of lentils, known as *sabzi*, hold the place of honor in the center of the table to symbolize renewal and rebirth—a fresh start for the year.

For hundreds of years, the people of northern Italy have enjoyed their own New Year's tradition. In celebration of *Capo d'Anno* (literally "head of the year"), lentils, symbolizing coins, are eaten to ensure good fortune for the year ahead. Consuming these "coins" is thought to make wealth and prosperity part of one's blood and being. In addition, the consumption of lentils, rather than more exotic or expensive foods, demonstrates humility to both heaven and society and averts the wrath of heaven that falls on those who are too proud.

Over time, in the United States, we have lost the rich tradition of eating legumes in favor of fast food like hamburgers and microwave macaroni and cheese. Fortunately, we may be starting to rediscover some of the old foods and traditions. Recently there has been a great deal of talk about the many benefits of the legume-rich Mediterranean diet. And it seems impossible to read a newspaper without seeing an article about eating our way to better health through nutraceuticals or phytochemicals.

Recent nutraceutical research shows that legumes have a veritable smorgasbord of “good stuff.” Antioxidants, flavonoids, plant estrogens, vitamins, minerals, and fiber can prevent and may even help reverse many major chronic diseases. Of course, most of us eat legumes simply because they are delicious. The health benefits are a bonus in the discovery of peas, lentils, and chickpeas.

The Pea & Lentil Cookbook: From Everyday to Gourmet by USA Dry Pea & Lentil Council with Randall Duckworth (C&C Offset Printing, 2000)

Today we are rediscovering both the flavor and the healthful benefits of these foods. We know that while meat can be good for us in small quantities, ounce for ounce, beans, rice, and grains are far better sources of complex carbohydrates, fiber, and many vitamins. And, when eaten in certain easy-to-make combinations (such as rice matched with beans), they are also an excellent source of protein. It is also more sustainable to grow grains rather than raising animals for human consumption. According to the Wellness Encyclopedia of Food and Nutrition, the amount of land required to raise enough beef to feed one person can yield enough wheat to feed 15 people or enough rice to nourish 24.

Grains, Rice and Beans by Kevin Graham (Artisan, 1998)

PEAS

Civilization has benefited from the high protein content of dry peas since ancient times, but it was only in the sixteenth century that tender pea varieties that could be eaten fresh were developed. Today, most of the fresh peas sold in our markets are the green (or English) variety: round, sweet peas enclosed in bulging, inedible pods. Also available are snow peas (known in some places as sugar peas or Chinese pea pods) and sugar snaps, both of which are eaten whole—pod and all—and are sometimes referred to by their French name *mange tout*, which translates to “eat it all.” Sometimes available in American cities with larger Chinese populations are fresh pea shoots, which are the tender leaves of young pea plants that were not allowed to flower or produce fruit. If you spot these delicious greens in a market, incorporate them into a salad.

Whereas fresh peas boast a delicate, sweet flavor, dry peas are nutty and robust. Most dry peas in the United States are sold skinned and split, an unfortunate reality since whole dry peas—the main ingredient in the “pease porridge” of nursery rhyme fame—is higher in fiber and more flavorful. Split peas do not need to be soaked, but whole peas should be soaked overnight.

Ninety percent of the U.S. production of yellow peas is grown in North Dakota and Montana.

Source: *Grains, Rice, and Beans* by Kevin Graham, (Artisan Books, 1995)

LENTILS

Lentils, tiny disk-shaped legumes, grow in pods on a climbing vine similar to the pea. Though their origin is unknown, it is hypothesized that they date back about 8,000 years and originated somewhere around present-day Iraq or Turkey. They are known to have played an important role in the diets of the ancient Greeks, Romans, Egyptians, and Hebrews, and today are most widely consumed in India, the Middle East, and Africa; lentils are also a frequent ingredient in soups in many parts of Europe. In India, lentils (often skinned and split in half) are served with nearly every meal and are also ground into flour.

These wonderful little “lenses,” which is what the word lentil means in Latin, comes in numerous colors, ranging from russet brown to olive green to orangey-red to yellow to black. The most expensive of all lentils are French green lentils or lentilles du Puy, which are a dark brownish green on the outside and yellow on the inside; they are firmer than most other lentils and boast a slightly peppery flavor. Packaged French green lentils also tend to be very consistent in size and quantity.

Lentils do not need to be presoaked and they cook quickly. Lentils that hold their shape after cooking, such as brown or green lentils, are best in salads. Lentils that soften quickly (e.g., red lentils) work well in purées and as a thickening agent for soups and salad dressings (for best results, purée the lentils before adding them to the liquid to be thickened). Lentils sold in the United States as dhal (the word used for lentils in India) have been skinned and are lower in dietary fiber than skinned lentils.

Source: *Grains, Rice, and Beans* by Kevin Graham (Artisan Books, 1995)

CHICKPEAS

The ancient Romans thought chickpeas looked like rams’ heads with curling horns, but in modern times they are more simply likened to small hazelnuts. They have a nutty, faintly chestnut-like flavor and a texture so firm that they are nearly impossible to overcook. In the United States, buff-colored chickpeas are the norm, but in India there are red, black, and brown varieties.

Chickpeas have been around since about 5,000 B.C. and are used today in many countries – from Spain through Turkey and the Middle East into India. They are the key ingredient in Middle Eastern hummus (the dip made with chickpeas and sesame paste) and falafel (fried chickpea patties), and in India are eaten fresh in salads and stir-fries, and as a snack (fresh chickpeas are unavailable in the United States). When dried, chickpeas are combined with potatoes, tomatoes, and yogurt and other sauces, or are roasted and ground into a flour that is employed in batters for vegetable fritters and other savory foods.

Some recipes call for removing the skin of the chickpeas after they are cooked, but this is not really crucial. Chickpeas are also referred to as garbanzos (their Spanish name) and ceci (their Italian name).

Source: *Grains, Rice, and Beans* by Kevin Graham, (Artisan Books, 1995)

LEGUMES

Legumes: The seeds that grow in pods. These seeds can be used in the kitchen either fresh or dry. When fresh, they are treated as a vegetable. Dry, they are collectively known as legumes. Legumes are a source of many nutrients and are particularly high in protein.

Peas, beans, and lentils, collectively called pulses or legumes, are a rich source of protein, carbohydrate, vitamins, and minerals. Legumes cooked on their own can be used in appetizers, soups, salads, and entrées. When mixed with a cooked grain, they will make a total complement in regard to the amino acid content. Creating more elaborate dishes featuring a legume as the main ingredient in the entrée will give a higher protein value to the item.

Soaking the legumes helps considerably with the digestive factor. Generally, 12 to 24 hours is a good guideline for soaking legumes. If time constraints preclude soaking, place legumes in water and bring quickly to a boil; then remove the pot from the heat and allow it to rest for about one hour. Then simmering the legumes until they are tender will result in a quality product with little damage to them.

In cooking legumes, pay constant attention to the liquid level; over a prolonged period of cooking time the liquid will evaporate. Therefore, a supply of boiling water or stock to one side will keep the cooking action constant and the temperature at a proper level.

Thoughts About the Cooking/Use of Legumes

Avoid adding salt to legumes until toward the end of the cooking time, as it causes them to harden and therefore they will take longer to cook. Other seasonings should also be added toward the end of the cooking time; otherwise, they tend to neutralize and the flavors become lost. Lentils and split peas are the exception to the rule; for these two items, seasonings can be added at the start of the cooking action.

When reheating a dish that is comprised of beans, adjustment of the seasoning is very important as flavors are lost through the cooling action.

Baking soda (bicarbonate of soda) should never be added to beans to speed up the cooking process as the alkalinity of this product will destroy the vitamin content in the beans.

Keep water that beans have been cooked in. This is an excellent flavorful stock that can be used to enhance the overall taste of the dish.

The final yield of beans: dried beans will yield between 2 to 2½ times their original yield.

DEMONSTRATION RECIPES

Volcanic Meatloaf

Tasty Tots

VOLCANIC MEATLOAF

Yield: 4 portions (1 meatloaf ball per portion)

Ingredients	Amounts
Lentils, raw	¼ cup
Water, tap	½ cup 8 fl. oz.
Ground beef, 15% USDA food	½ lb.
Milk, nonfat, with vitamin A	¼ cup
Eggs, whole, frozen, pasteurized raw USDA	2 Tbsp.
Rolled oats, enriched, quick, cooked	¼ cup
Tomato paste, low-sodium, canned	1 Tbsp.
Mustard, yellow, prepared	1 Tbsp.
Parsley, dried	½ Tbsp.
Garlic, flakes	¼ tsp.
Onions, dehydrated flakes	¼ tsp.
Celery seed	1/8 tsp.
Salt, table	1/8 tsp.
Ground black pepper	1/3 Tbsp.
Mozzarella cheese, frozen, loaves	1 oz.
Catsup, low-sodium	¼ cup
Mustard, yellow, prepared,	¼ cup

Method

1. Preheat oven to 400°F.
2. In a small casserole or glass baking dish, add lentils and water. Seal tight with foil and bake for 20 to 30 minutes or until lentils are tender.
3. In a mixer or bowl, add ground beef, milk, eggs, oats, tomato paste, mustard, parsley, granulated garlic, dehydrated onions, celery seed, salt, and pepper. Mix until all ingredients are incorporated. Add cooked lentils to the ground beef mixture and mix lightly. Do not overmix. Lentils should be identifiable in the mixture. (Tip: Over mixing will cause the meatloaf to be tough.)
4. Add parchment paper to sheet pans. Using a heaping size 6 scoop make 4 meatloaf balls (each ball should weigh approximately 4½ ounces). Bake for 25 to 30 minutes or until meatloaf reaches 155°F.
5. Top meatloaf with 1 tablespoon of catsup and 1 tablespoon of shredded cheese. Serve with 1 tablespoon of mustard on the side.

***Nutrients are based upon 1 Portion Size (1 Meatloaf Ball)**

Calories 258 kcal Cholesterol 82.24 mg Protein 23.17 g Calcium 94.82 mg 40.22% Calories from Total Fat Total Fat 11.54 g Sodium 271.32 mg Vitamin A 56.93 RE Iron 3.22 mg 14.94% Calories from Saturated Fat Saturated Fat 4.29 g Carbohydrates 15.19 g Vitamin A 256.20 IU

Water¹ *55.18* g *2.09%* Calories from Trans Fat Trans Fat¹ *0.60* g Dietary Fiber 4.31 g
Vitamin C 2.37 mg Ash¹ *1.52* g 23.53% Calories from Carbohydrates
35.88% Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

TASTY TOTS

Yield: 36 tots (6 portions per serving)

Ingredients	Amounts
Fresh sweet potatoes, peeled, coarsely shredded	5 cups
Garbanzo beans, canned, low-sodium (chickpeas), with liquid	2 L cups
Fresh green onions, finely chopped	½ cup
Vegetable oil	2 Tbsp.
Salt	½ tsp.
Granulated garlic	½ tsp.
Ground black pepper	¼ tsp.
Onion powder	½ tsp.
Ground cinnamon	½ tsp.

Method

1. Preheat oven to 350°F.
2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350°F for 20 minutes or until slightly tender. Do not overcook.
3. Increase oven temperature to 400°F.
4. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.
5. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40 to 45 minutes to make tots easier to form.
6. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400°F for 10 to 12 minutes or until lightly brown. Serve hot.

6 tots provide W cup red/orange vegetable and W cup other vegetable.*

*The legumes in this recipe contribute to the *other vegetable* subgroup and not the *meat/meat alternate component* since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the *vegetable component* because of its function as a vegetable in the meal.

Nutrients Per Serving: Calories 172, Protein 4 g, Carbohydrate 28 g, Dietary Fiber 5 g, Total Fat 5 g, Saturated Fat 0 g, Cholesterol 0 mg, Vitamin A 12609 IU (630 RAE), Vitamin C 13 mg, Iron 1 mg, Calcium 46 mg, Sodium 377 mg

Source Bellingham Memorial Middle School, MA

DAY TWO:

BREAKFAST DEMONSTRATION RECIPES

Lentil and Bulgur Croquettes

Scandinavian Stuffed Fritters with Chickpeas and Jam
Ebleskivers

LENTIL AND BULGUR CROQUETTES

KEFTIKES DE LENTIJA

Yield: 8 portions

Ingredients	Amounts
Green or black lentils	¼ cup
Water, lightly salted	¾ cup
Bulgur or cracked wheat	½ cup
Vegetable oil, plus more for frying	3 Tbsp.
Onion, chopped	1 ea.
Cumin, ground, toasted	2 tsp.
Eggs, hard cooked, peeled and chopped	2 ea.
Mint, fresh, chopped	3 Tbsp.
Parsley, chopped	3 Tbsp.
Egg, beaten	1 ea.
Salt	1 tsp.
Ground black pepper	½ tsp.
Bread crumbs, toasted, or matzoh meal	as needed
Lemon wedges or yogurt	as needed

Method

1. Pick over the lentils and rinse well. Place in a small saucepan. Bring to a boil over high heat, reduce to low, cover, and simmer until tender, about 20 to 25 minutes.
2. When lentils are ready, uncover and add just enough water, about a scant cup, to cover them, and stir in the bulgur or cracked wheat. Remove from the heat, recover, and let stand until the bulgur has plumped and absorbed the liquids, about one and a half hours.
3. Warm 3 tablespoons of oil in a small sauté pan over medium heat and sauté the onion until golden, about 10 minutes. Add the cumin, chopped eggs, salt, and pepper, and remove from the heat. Stir in the onion mixture to the lentils, and then add the mint, parsley, and the beaten eggs.
4. Form the mixture into flat cakes about 2½ inches in diameter and about ½ an inch thick. (They may also be rolled into balls and deep fried.) If the mixture seems too wet, add bread crumbs or matzoh meal to bind it. You can also lightly coat the croquettes with bread crumbs as they are formed.
5. Pour oil to the depth of ¼ inch in a large sauté pan and place over medium heat. Add the croquettes in batches and fry, turning once, until well browned on both sides, about 8 to 10 minutes total. Using a slotted spatula, transfer to paper towels to drain briefly, and then sprinkle lightly with salt. Serve the croquettes hot with lemon wedges or yogurt.

Source: Joyce Goldstein, as presented at the 2012 Worlds of Healthy Flavors Retreat.
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SCANDINAVIAN STUFFED FRITTERS

EBLESKIVERS

Yield: 8 portions

Ingredients	Amounts
Bread flower or all-purpose flour	18 oz.
Eggs, separated	8 ea.
Half and half	4 cups
Butter, melted	6 tbsp.
Salt	a pinch
Lemons, fine grated	2 ea.
Vanilla bean, split, use shell and seeds	1 ea.
Cardamom, fine ground, white	12 ea.
Sugar	3 Tbsp.
Clarified butter or canola oil, as needed	

Filling

Chickpeas, chopped (mixed with
cinnamon and sugar)

Powdered sugar, for dusting

Jam, for serving

Method

1. Melt butter with vanilla bean shells.
2. Whip egg yolks with the half and half, then add all dry ingredients at once and stir until smooth batter. Add the melted butter last, without the vanilla beans.
3. Add lemon zest.
4. Whip your egg whites to form stiff peaks and fold into batter 1/3 at a time until mixture is incorporated.
5. Heat your clarified butter in separate pot.
6. Heat your cast iron fritter pan to medium-low setting.
7. *For the filling:* mix chopped chickpeas with cinnamon and sugar.
8. Add a good amount of fat to each whole, add batter, and let it form a crust, then turn the batter crust 1/2 up on one side. Fill the middle quickly with a tablespoon or so of the filling.
9. Close the fritter up by turning it one more time.
10. Let it cook for 1 for 2 minutes maximum and dust with powdered sugar. Best served warm with extra strawberry jam on the side.

DAY TWO: DEMONSTRATION AND SELECTED PRODUCTION RECIPES

TEAM ONE

Lentil and Cheddar Biscuits BLT Style

Romaine Lentil and Chicken Salad

Glazed Noodles with Chickpeas and Turkey Lentil Meatballs

TEAM TWO

Breakfast Vegetable Chickpea Frittata with Sour Cream

Lentil Minestrone with Cheese

Chopped Salad with Cheddar Cheese, Chickpeas, and Lentils served
with Healthy Homemade Crackers for Salads and Soups

Chickpea and Vegetable Burgers

Chickpea "French Fries"

Panisses

TEAM THREE

Pancakes or Waffles

Chicken Tostadas with Chickpeas

Tostadas con Pollo

Fajita Wraps with Chicken Strips, Lentils, and Cheddar

TEAM FOUR

Green Pea soup with Cooked Ham

American Pork Sliders with Hummus and Vegetable Chips served with

Grilled Peach Salsa

Stir-Fried Beef Lentils and Broccoli

TEAM FIVE

Chipotle-Spiced Chickpea Snack

Roast Turkey Breast with Apple-Raisin Barbecue Sauce

Lentil, Peas, and Brown Rice Medley

Breakfast Sandwich with Hummus, Scrambled Eggs, and Tomato

LENTIL AND CHEDDAR BISCUITS BLT STYLE

Yield: 96 portions

Ingredients	Amounts
Lentil flour, coarse	4 cups
Flour, all-purpose, enriched	1¾ cups
Baking powder	¼ cup
Sugar, granulated	1/8 cup
Salt	1.5 tsp.
Onion powder	½ Tbsp.
Garlic powder	½ Tbsp.
Cheddar cheese, reduced fat, shredded	½ cup
Milk, skim	2½ cups
Vegetable oil	¾ cups

For sandwiches

Eggs, scrambled, optional
Bacon
Avocados, sliced, optional
Tomatoes, sliced

Method

1. Preheat the oven to 400°F.
2. In a bowl, combine flours, baking powder, sugar, salt, onion powder, and garlic powder and stir with a whisk to blend evenly.
3. Add the cheddar cheese to the dry ingredients and toss to distribute evenly.
4. Add the milk and vegetable oil to the flour-cheese mixture and mix just until evenly moistened.
5. Using a #16 scoop, portion the biscuits onto prepared baking sheets.
6. Bake until gold brown on the bottom and baked through, 20 to 22 minutes. Cool on a rack before serving.
7. To prepare sandwiches with biscuits, use scrambled eggs, bacon, and sliced avocados, and tomatoes.

ROMAINE LENTIL AND CHICKEN SALAD

Yield: 6 portions (as lunch plates)

Ingredients	Amounts
<i>Lentils</i>	
Lentils, any kind	1 cup
Water, cold	3 cups
Carrot, medium, small dice	1 ea.
Flat-leaf parsley leaves, roughly chopped	¼ cup
<i>Chicken</i>	
Extra-virgin olive oil	2 Tbsp.
Sherry vinegar or white vinegar	1½ Tbsp.
Mustard, whole grain	2 tsp.
Brown sugar, packed	1 tsp.
Salt and ground black pepper	to taste
Chicken, diced, pre-cooked	18 oz.
Romaine lettuce mixture, cleaned, pre-cut	16 oz.

Method

1. In a small saucepan, combine the lentils and 3 cups of cold water. Cover the pot with a lid. Bring the mixture up to a simmer and cook until the lentils are tender but still holding together, about 10 to 15 minutes. During the 2 minutes of cooking, add the diced carrot.
2. Place the lentils aside and keep warm at 145°F or warmer, or they can cool in the refrigerator.
3. Clean romaine, if needed and place in a larger bowl.
4. In a large bowl, combine the vinegar, mustard, and sugar. Slowly whisk in the olive oil until emulsified and slightly thickened.
5. To assemble the salad, toss the warm lentils and diced chicken with the vinaigrette. Add the parsley and season the lettuce with salt and pepper to taste.
6. To serve, place lettuce on plate and top with lentil and chicken mixture.

GLAZED NOODLES WITH CHICKPEAS AND TURKEY LENTIL MEATBALLS

Yield: approximately 10 cups or 10 portions

Ingredients	Amounts
Mandarin orange segments, canned, drained	5 cups
Teriyaki sauce	5 tsp.
Sriracha hot sauce	1¼ tsp.
Garlic, granulated	½ tsp.
Onion salt	½ tsp.
Ginger, ground, dried	¼ tsp.
Whole grain spaghetti pasta, cooked al dente, drained	10 cups
Green onions, fresh, washed, sliced	3½ Tbsp.
Water, tap	½ cup, plus 3 Tbsp.
Chickpeas, canned	4 cups
Turkey Lentil Meatballs (recipe follows)	30 oz.

Method

1. Arrange the drained mandarin orange segments in a single layer on a sheet pan lined with baking paper. Roast the pan of mandarin oranges, uncovered, in a preheated 350°F convection oven for 25 to 30 minutes, rotating the pan halfway through roasting, or until the mandarin oranges have slightly dried out and are lightly browned.
2. Combine the roasted mandarin oranges with the remaining ingredients, EXCEPT the pasta, green onions, and tap water, in a food processor and process until the sauce is puréed and smooth. Transfer the prepared spicy orange sauce in a large mixing bowl with the reserved pasta, green onions, and tap water until the pasta is evenly coated in sauce.
3. Transfer the dressed pasta to a hotel pan and cover tightly with plastic wrap and then aluminum foil on top of that. Heat the pan of dressed pasta in a preheated steamer for 20 to 30 minutes, or until the pasta reaches a minimum internal temperature of 165°F. Hold the orange glazed noodles, covered, in a hot holding unit above 135°F until ready to serve.
4. Place last cooked meats on top with 3 per person; each meatball is about 1 ounce per serving.

TURKEY LENTIL MEATBALLS

Yield: 30 meatballs

Ingredients	Amounts
Turkey, ground, lean	1½ lb.
Parmesan cheese, shredded	¼ cup
Lentils, cooked	2/3 cup
Fresh parsley, chopped	1/3 cup
Fresh oregano, chopped	3 Tbsp.
Fresh rosemary, chopped	2 tsp.
Dry mustard	1 tsp.
Tomato sauce	¼ cup
Salt	¼ tsp.
Crushed red pepper	½ tsp.
Garlic, cloves, minced	3 ea.
Butter, melted	2 tsp.

Method

1. Preheat oven to 400°F.
2. Combine all the ingredients together except for the butter. Mix and stir in a bowl. Form around 30 meatballs out of the mixture.
3. Place meatballs on a broiler pan coated with the melted butter.
4. Bake around 15 minutes or until a cut meatball shows no pink inside.
5. Serve with noodles and chickpeas.

BREAKFAST VEGETABLE CHICKPEA FRITTATA WITH SOUR CREAM

Yield: 8 to 10 portions

Ingredients	Amounts
Eggs, large	10 ea.
Kosher salt	1 Tbsp.
Ground black pepper	1 tsp.
Parmigiano-Reggiano cheese	1½ cups
Vegetable oil	¼ cup
Thyme, dried	1 tsp.
Red pepper flakes	½ tsp.
Chickpeas, pre-cooked	2 cups
Red bell pepper and corn, cooked	2 cups
Cheddar cheese, shredded	¾ lb.
Tomatoes, sliced	3 ea.
Sour cream	1 cup
Lime wedge, for garnish	

Method

1. Preheat the oven to 400°F.
2. In a large bowl, whisk together the eggs, ½ teaspoon of kosher salt, ½ teaspoon of black pepper, and 1 cup of parmesan cheese and set aside.
3. Heat the vegetable oil with thyme, pepper flakes, and remaining ½ teaspoon of ground pepper in an oven-safe large skillet or paella pan over medium-high heat and cook, stirring occasionally, until the thyme is fragrant and slightly fried.
4. Add the precooked chickpeas and vegetables and remaining salt, and cook, stirring occasionally, until the vegetables are warm but still al dente.
5. Increase the heat to medium-high and cook until most of the liquid is evaporated, stirring often, for about 2 to 6 minutes.
6. Pour the eggs over the vegetables; reduce heat to low, and cook until you can see that the eggs are setting on top of the vegetables, about 5 minutes. Sprinkle the shredded cheddar cheese on top of the eggs, top with a tomato slice, and dollop of sour cream. Sprinkle the remaining ½ cup of parmesan over the top of the frittata.
7. Bake until the top of the frittata is browned and puffy, 18 to 20 minutes. Remove it from the oven. Slice and serve immediately. (This dish can also be cooked in a 9- by 13-inch baking pan.)

LENTIL MINISTRONE WITH CHEESE

Yield: 8 portions

Ingredients	Amounts
Olive oil	2 Tbsp.
Onion, chopped	2 cups
Tomato paste	2 Tbsp.
Parsley, chopped	¼ cup
Garlic clove, chopped	4 ea.
Carrots, diced	3 ea.
Celery or celery root, diced	1 cup
Lentils, sorted and rinsed	1 cup
Split peas, pre-soaked	1 cup
Vegetable stock	9 cups
Old Bay spice	1 tsp.
Salt	1 tsp.
Ground black pepper	¼ tsp.
Pasta, small sized, cooked	2 cups
Parmesan cheese	1 1/3 Tbsp.

Method

1. Heat the oil in a wide soup pot with the onion. Sauté over high heat, stirring frequently, until lightly browned, about 10 minutes.
2. Add the tomato paste, garlic, vegetables, parsley, and salt and cook for 3 minutes more. Add the lentils, old bay spice, and vegetable stock; bring to a boil.
3. Lower the heat and simmer, partially covered, for 30 minutes. Taste for salt and season with pepper. If it needs more depth, add chicken base, starting with 1 tablespoon. (The soup may seem bland at this point, but the flavors will come together when the soup is finished so don't worry.)
4. Boil the green peas in plain water on the side, adding last for about 15 minutes with soup.
5. Add parmesan cheese.

Note: The body of the this soup is better for being cooked ahead of time, but add the cooked pasta and green peas just before serving so that they retain their color and texture. A drizzle of extra-virgin olive oil, fresh ground pepper, and thin shavings of parmesan cheese complete the soup, giving it a very polished appearance.

CHOPPED SALAD WITH CHEDDAR CHEESE, CHICKPEAS, AND LENTILS

Yield: 4 to 6 portions

Ingredients	Amounts
Red wine vinegar	2 oz.
Lemon juice	2 oz.
Salt	1 Tbsp.
Brown sugar	2 oz.
Salad oil	2 oz.
Onions or scallions, sliced	1 oz.
Chickpeas and lentils, cooked	6 oz.
Peas, cooked	4 oz.
Cheddar cheese	4 oz.
Paprika	1 pinch
Salt and ground black pepper	to taste
Healthy Homemade Crackers for Salads and Soups (recipe follows)	

Method

1. Mix the red wine vinegar, lemon, sugar, salt, black pepper, and oil with the onion, chickpeas and lentils, and peas. Allow the vegetables to macerate for 15 minutes. Add the cheddar cheese and macerate for another 15 minutes.
2. Spread the salad on the bottom of a deep serving plate or large bowl. Dust with paprika to garnish. Serve with crackers.

Source: Nick Balla, as presented at the 2012 Flavor Summit.
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HEALTHY HOMEMADE CRACKERS FOR SALADS AND SOUPS

Ingredients	Amounts
All-purpose flour	2 cups
Salt	½ Tbsp.
Sugar	1/8 cup
Yeast	½ Tbsp.
Water	1 cup
Lentil flour	1 cup
Butter, melted	3 oz.
Ground black pepper	1 Tbsp.

Method

1. Add flour, salt, and sugar together.
2. In a different bowl, mix the yeast and water. Let the yeast bloom. Then add the flour mixture to the water and mix with a dough hook. Slowly add the melted butter until the dough comes together. Mix for about 5 minutes. Knead into a small ball and let rest for 20 minutes. Roll into 3-ounce balls. Then roll through a pasta roller to zero. Have a sheet tray ready and sprayed with pan spray. Put about three sheets of dough on one cookie sheet. Brush with olive oil and sprinkle on pepper and cut with a pizza cutter.
3. Bake at 350°F after 5 minutes, then flip, and cook for another 5 minutes. If the crackers are thick, they may need to cook for a little longer until golden brown and crispy.
4. Break up and use on salads.

CHICKPEA AND VEGETABLE BURGERS

Yield: 8 portions

Ingredients	Amounts
Red potatoes	1 lb.
Carrot, medium, quartered	1 ea.
Tomato, small, quartered	1 ea.
Red onion, small, quartered	1 ea.
Jalapeño (seeded and veined if you prefer a milder flavor), quartered	1 ea.
Chickpeas, 15 oz. can, drained and rinsed	1 ea.
Cilantro, roughly chopped	1 cup
Kosher salt	2 tsp.
Black peppercorns, cracked	½ tsp.
Dry lentil, precooked or crumbs	1 cup
Nonstick cooking spray, for greasing grill grates (or oil)	
Buns or pita bread	8 ea.

Method

1. Bring a large pot of water to a boil. Add the potatoes and boil until they are knife-tender, about 30 to 40 minutes, depending on their size. Drain, cool, peel, quarter, and set aside.
2. Place all of the remaining ingredients except for the lentil crumbs and olive oil into the bowl of a food processor and process until fine. Add the potatoes and pulse to incorporate. Transfer the mixture to a bowl, cover with plastic wrap, and refrigerate for at least 30 minutes or overnight (chilling makes the mixture easier to handle).
3. Form the mixture into 8 equal and thick patties and gently press each in lentil flour crumbs, coating the patty on all sides. Place the patties on a plate, cover with plastic wrap, and refrigerate for at least 2 hours or overnight (at this point, the patties can be placed on a baking sheet and frozen; after freezing, individually wrap in plastic wrap and place in resealable plastic bags for up to 2 months).
4. Heat your grill to a medium-high heat (you should be able to hold your hand 5 inches above the grate for no more than 3 to 4 seconds).
5. Spray the grill with nonstick cooking spray.
6. Spray the top of the patty with more cooking spray (or oil). Cook until each side is browned and crisp, about 8 to 12 minutes without moving (if you move the patty, it will lose its crust and may crumble). Serve on buns or in pita with ketchup.

CHICKPEA “FRENCH FRIES” *PANISSES*

Ingredients	Amounts
Chickpea flour	2 cup
Water, cold (approx.)	2 cups
Salt	to taste
Ground black pepper	to taste
Olive oil	1 Tbsp.
Oil, for frying	

Method

1. In a large bowl, add the chickpea flour and stir in the cold water, beat with an eggbeater or wire whisk for 1 to 2 minutes, or until you have a smooth paste. Stir in the salt, pepper, and olive oil.
2. Pour into a heavy-bottomed saucepan and heat over medium flame, stirring constantly with a wooden spoon. After 5 to 10 minutes, the mixture will thicken, then become lumpy, and finally form a mass like a pate a choux. Remove from the flame and beat until the dough is very smooth. Spoon into the oiled pan and allow to cool.
3. When the panisse dough is cool, cut it into little sticks (1½ inch wide and about 2 inches long) as you would potatoes for French fries.
4. In a heavy pot, heat olive oil, and when it is very hot, fry the little sticks in the same manner as you would French fries, not cooking too many at one time. When they are crisp and golden, turn them very carefully with a spatula. (They will be done in about 4 minutes.) Remove and drain on paper towels. Put them on trays in a slow oven (250°F) while you fry the remaining panisses.
5. Sprinkle with salt and pepper and, if you like, a little grated parmesan cheese and serve.

Note: You may add some toasted or popped spices.

PANCAKES OR WAFFLES

Yield: 6 portions

Ingredients	Amounts
Lentil flour	1 cup
Whole-wheat flour	1½ cups
All-purpose flour	1½ cups
Baking soda	1 tsp.
Salt	1 tsp.
Eggs	4 ea.
Buttermilk	2 cups
Canola or olive oil	2 oz.
Butter, melted	3 oz.

Method

1. Place the dry ingredients into a bowl. Form a well in the center.
2. Beat the eggs in a separate bowl and pour the dry ingredients into the well.
3. Mix with a spoon, adding the buttermilk. Mix in the oil and butter.
4. Cook pancakes or waffles and serve warm.

Note: The only difference between waffles and pancake batter is its thickness. Waffle batter is stiffer. A basic waffle batter can stay in the refrigerator all week and portions of it can be thinned with buttermilk to be used for pancakes.

Source: Mark Furstenberg, as presented at the Healthy Kitchens, Healthy Lives Conference.

CHICKEN TOSTADAS WITH CHICKPEAS

TOSTADAS CON POLLO

Yield: 12 tostadas

Ingredients	Amounts
Canola oil	½ cup, plus 2 Tbsp.
Corn tortillas	12 ea.
Refried beans, canned	1 cup
Chicken breast, cooked, diced	1 lb.
Chickpeas, cooked, tossed in Latin Spice Mixture (reci­pe follows)	8 oz.
Iceberg lettuce, chiffonade	½ ea.
White onion, finely diced	¼ ea.
Tomato, seeded, medium dice	1 ea.
Avocado, medium dice	1 ea.
Sour cream	¾ cup
 <i>Salsa roja cruda</i>	
Roma tomato	2 ea.
Árbol chile	5 ea.
Garlic clove	¼ ea.
White onion, small dice	¼ cup
Salt	to taste
Ground black pepper	to taste

Method

1. Heat the oil in a small skillet; fry the tortillas one at a time until gold and crisp. Remove with tongs and transfer to paper towels to drain excess of oil. Reserve.
2. Spread some refried beans on each tostada; arrange the diced chicken and chickpeas and lettuce on top.
3. Scatter the tostadas with onions, tomato, avocado, and drizzle with sour cream.
4. Serve along with the salsa roja cruda.
5. *For the salsa roja cruda:* Place all the ingredients in the blender, add ¼ cup of water, and process until the sauce is smooth. Season with salt and pepper. Cover and refrigerate until serving.

Source: Juan Ramón Cárdenas Cantú, as presented at the 2011 Latin Flavors, American Kitchens conference.

LATIN SPICE MIXTURE

Ingredients	Amounts
Sweet paprika	4½ Tbsp.
Cumin, ground	1 tsp.
Garlic powder	1½ tsp.
Italian oregano, dried	1 tsp.
Cayenne powder	¼ tsp.
Marjoram, dried	2 tsp.
Salt and ground black pepper	to taste

Method

1. Mix all ingredients together.

FAJITA WRAPS WITH CHICKEN STRIPS, LENTILS, AND CHEDDAR

Yield: 12 to 14 portions

Ingredients	Amounts
Chicken Fajita strips, USDA approved	2 lb.
Fresh carrots, shredded	8 oz.
Romaine lettuce, shredded	1 hd.
Tortilla wraps, large, white or whole wheat	
<i>Fillings: optional</i>	
Lentils and peas, cooked	8 oz.
Cheddar cheese, shredded	8 oz.
<i>Or</i>	
Mozzarella, low moisture, skim cheese	

Method

1. *For the lentil and peas:* Cook lentils and peas separately in chicken stock for 40 minutes, then drain and mix gently together; keep warm.
2. Heat chicken strips according to directions from USDA food recommendation.
3. Preheat tortilla wraps on flat top or in a warmer.
4. *To assemble the wraps:* Lay lentil and peas on ½ of the tortilla. Top with chicken and top with cheese, then lettuce, and carrots.
5. Roll up the ends and proceed to roll the wrap up firmly.
6. Serve wrap in foil.

GREEN PEA SOUP WITH COOKED HAM

Yield: 8-10 portions

Ingredients	Amounts
Green split peas, dried	1 lb.
Chicken stock, low sodium	5 cups
Ham, cooked USDA recommended	1 lb.
Leeks, finely chopped	1 lb.
Celery ribs, finely chopped	2 ea.
Salt and ground black pepper	to taste
Parsley, chopped	2 Tbsp.

Method

1. Wash the peas and soak them overnight in cold water.
2. Cook the peas in chicken stock for 60 minutes.
3. Add the celery stalks and leeks to the peas and simmer for another 30 minutes until the peas are a thick and done.
4. Season, adding salt and pepper and one-half of the ham to the soup just before serving, and garnish with more ham when serving and parsley.

Source: *Culinary European Specialties*, by Peter Feierabend

AMERICAN PORK SLIDERS WITH HUMMUS AND VEGETABLE CHIPS

Yield: 16 sliders (2 each, 8 servings)

Ingredients	Amounts
Vegetable oil	2 Tbsp.
Pork crumble, precooked	3 lb.
Onions, diced, sliced, and precooked	2 ea.
Garlic salt	2 Tbsp.
Oregano, dried	2 Tbsp.
Olive oil	2 tbsp.
Cheddar cheese, shredded	8 oz.
Hawaiian sandwich rolls, mini slider size	16 ea.
Hummus, prepared in house	2 cups
Vegetable chips, pre-made	8 cups
Grilled Peach Salsa (recipe follows), for serving	

Method

1. In a braising pan, use 1 tablespoon of oil to sear the onions, garlic salt, and oregano for 6 to 8 minutes. Add the pork crumble for 5 minutes and remove and drain, if necessary.
2. After the pork is done, toast the buns with remaining oil on each side and spread with hummus on the rolls.
3. Place 2 ounces of pork on a warm roll bottom and top with cheese and 2 tablespoons of grilled peach salsa and serve.

GRILLED PEACH SALSA

Yield: 2 pints

Ingredients	Amounts
Peach slices, USDA recommended	1 lb.
Nonstick cooking spray, for cooking	
Ginger, powder	1 Tbsp.
Jalapeño, seeded and minced	1 ea.
Rice vinegar or Asian style dressing	2 oz.
Cilantro or green onions, sliced (optional)	½ cup
Salt and ground black pepper	to taste

Method

1. Defrost peaches and dry well.
2. Heat griddles to 400°F and add a small amount of nonstick spray.
3. Add peaches and griddle them to lightly brown on each side.
4. Remove and chill.
5. Chop browned peaches coarsely to grape-size chunks and place in a bowl. Add remaining ingredients.
6. Season last with salt and pepper
7. Cover and refrigerate for up to 12 hours.

STIR-FRIED BEEF LENTILS AND BROCCOLI

Yield: 10 portions

Ingredients	Amounts
Lean beef, boneless, fresh USDA recommended	1½ lb.
Cornstarch	3 Tbsp.
Soy sauce	3 Tbsp.
Chicken stock	3 Tbsp.
Sugar	2 tsp.
Broccoli	1 lb.
Cooking oil	5 Tbsp.
Ginger root slices, fresh, minced	2 ea.
Garlic clove, minced	1 ea.
Sesame oil	3 tsp.
Stock	1½ cups
Lentils, cooked	1 lb.
Salt and ground black pepper	to taste

Method

1. Use precut beef or ground from USDA listing. Combine the cornstarch, soy, chicken stock, and sugar. Add the beef and toss to coat evenly. Let stand for 15 minutes, turning occasionally.
2. Defrost broccoli, if using frozen, and trim the broccoli into bite-sized pieces.
3. Heat half of the oil and add the beef and stir-fry until it loses its redness (about 2 to 3 minutes). Remove meat from the wok or tilt cooker.
4. Heat the remaining oil and add the ginger and garlic and stir briefly. Add the broccoli and toss to coat with oil. Add the stock and cover until the broccoli is nearly warm and done. Add lentils last for 1 to 2 minutes. Return the beef to the pan and toss to reheat briefly. Season with salt and black pepper.

CHIPOTLE-SPICED CHICKPEA SNACK

Yield: 2 cups

Ingredients	Amounts
Chickpeas, canned, drained, dried, lightly toasted	2 cups
Sugar	1 cup
Water	¼ cup
Salt	2 tsp.
Chipotle chili flakes	1 Tbsp.
Ancho chile powder	½ tsp.
Ground black pepper	½ tsp.

Method

1. In a small bowl, combine the salt, chipotle chili flakes, ground ancho chile, and black pepper.
2. In a medium saucepan, combine the sugar and water bring to a boil; stir to dissolve the sugar. Add the chickpeas and stir to combine, lower the heat, and keep cooking until the sugar caramelizes and the peas start to coat. The mixture will get sandy but just keep stirring the syrup off the bottom over low heat until the nuts are light brown and the sugar is deep amber.
3. Remove from the heat and add the spice mixture, stir to combine and pour out onto a sheet pan to cool.

ROAST TURKEY BREAST WITH APPLE-RAISIN BARBECUE SAUCE

Yield: 12 to 14 portions

Ingredients	Amounts
Turkey breast, whole	1 ea.
Oil	½ cup
Salt and ground black pepper	to taste
Apple-Raisin Barbecue Sauce (recipe follows)	
Lentil, Peas, and Brown Rice Medley (recipe follows)	
Parsley, fresh, chopped	

Method

1. Season the turkey breast with salt and pepper. Rub with the oil.
2. Place the turkey on a rack in a roasting pan. Roast in a convection oven at 350°F for approximately 1½ hours, or until the internal temperature reaches 165°F.
3. Remove the turkey from the roasting pan and allow it to rest.
4. Meanwhile, prepare the apple-raisin barbecue sauce.
5. Carve the turkey into portions and serve warm apple-raisin barbecue sauce over top. Serve with the lentil, peas, and brown rice on the side. Garnish with parsley.

APPLE-RAISIN BARBECUE SAUCE

Yield: 40 portions

Ingredients	Amounts
Applesauce, canned	1 cup
Raisins	1 cup
Barbecue sauce	2 cups
Water, cold	2 cups
Chili powder	1½ tsp.
Garlic powder	1½ tsp.

Method

1. Combine all ingredients in a medium-sized saucepan and bring to a simmer over medium heat.
2. Lower the heat and cook for 20 minutes, or until the mixture has thickened and the raisins are plumped. Remove and cool completely.

Source: Paul Carr, as presented at the 2011 Worlds of Healthy Flavors Retreat.
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LENTILS, PEAS, AND BROWN RICE MEDLEY

Yield: 40 portions

Ingredients	Amounts
Lentil legumes, cooked	3 cups
Peas, green, cooked	3 cups
Brown rice, par-boiled, USDA recommended	4 cups
Vegetable stock, low sodium, or water	¼ cup
Olive oil, or vegetable oil	3 Tbsp.
Lemon juice (if cold version)	1 Tbsp.
Italian seasoning	to taste

Method

1. Make sure that all your lentils, peas, and rice are kept separate and loose.
2. *For use as a warm dish:* Heat the oil and Italian seasoning.
3. Add the legumes, grains, and rice and toss quickly and make sure the dish stays wet and moist. At this point, you may want to add small amounts of vegetable stock or water. Be sure the mixture is very hot, but not overcooked.
4. *For use as a cold dish:* Toss all your cooked vegetables, grains, and Italian seasoning together in a large bowl. Add oil and lemon juice until the dish is moist and wet and the seasoning is as desired.

BREAKFAST SANDWICH WITH HUMMUS, SCRAMBLED EGGS, AND TOMATO

Yield: 6 portions

Ingredients	Amounts
Tomatoes, large, seeded, diced, and	4 ea.
Garlic cloves, finely chopped	2 ea.
Salt and ground black pepper	to taste
Basil leaves, fresh, finely shredded in strips	6 ea.
Smoked ham, cut in strips, chopped	2 cups
Eggs, whole, or pre-mixture, cooked	2 cups
Vegetable oil, for brushing (or butter)	
Whole wheat bread slices, as needed	
Hummus (recipe follows)	1 cup
Extra-virgin olive oil	¼ cup

Method

1. Prepare all ingredients the following way: Season tomatoes with garlic, salt, pepper, and strips of basil; set aside.
2. Cook ham strips on flat top until lightly brown.
3. Scramble eggs and keep warm.
4. Brush bread with oil and place on a sheet pan and let toast for about 10 minutes at 350°F.
5. After bread is toasted, remove and let come to room temperature. Spread a thick layer of hummus on each slice of bread.
6. Add ham and eggs on top and top with diced tomatoes or prepared salsa.
7. Serve for breakfast or lunch.

HUMMUS

*Yield: 10 (1/4 cup) portions**

Ingredients	Amounts
Garbanzo beans, canned, drained, rinsed	2 cups
Tahini	1/2 cup
Extra-virgin olive oil	1/4 cup
Garlic clove, fresh, finely crushed	1 ea.
Lemon juice (1 lemon)	2 fl. oz.
Salt	1/2 tsp.
Cumin	1 Tbsp.

Method

1. Place all ingredients into a food processor and purée until smooth. Adjust seasoning.

Nutrition Information (per portion/serving)

Calories: 160/Protein: 4 g/Carbohydrate: 10 g/Fiber: 1 g

Saturated fat: 1.5 g/Polyunsaturated fat: 3.5 g/Monounsaturated fat: 6.5 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 165 mg / Potassium: 95 mg

* One portion/serving provides 1 ounce equivalent meat/meat alternative, or 1/4 cup vegetables (beans/peas)

Source: Ron DeSantis, Yale Dining, as presented at the 2013 Healthy Flavors, Healthy Kids conference.
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LUNCH DEMONSTRATION RECIPES

Mexican Pea and Lentil Quesadilla with Oaxaca Cheese
served with Salsa Mexicana, Guacamole, and
Yellow Pea Chipotle Purée

Chickpea Gnocchi with Creamy Pesto Sauce

MEXICAN PEA AND LENTIL QUESADILLA WITH OAXACA CHEESE

Ingredients	Amounts
Flour tortilla, extra-large	2 ea.
Oaxaca cheese, grated	6 oz.
Onions, caramelized	1 oz.
Lentils, multi-color, precooked 15 min.	1 oz.
Yellow Pea Chipotle Purée (recipe follows)	
Chopped Tomato and Serrano Chile Salsa (recipe follows)	½ oz.
Vegetable oil, or butter, melted	½ oz.
<i>Garnish</i>	
Scallion, grilled	1 ea.
Guacamole (recipe follows)	1 oz.
Sour cream	1 oz.

Method

1. Grill the scallion first and reserve. Prepare salsa and reserve. Cook all lentil and pea purée.
2. Place 1 tortilla inside pizza pan or sheet pan. Spread the cheese over the surface of half of the tortilla so that it reaches the edge.
3. Spread the caramelized onions, lentils, and pea purée salsa evenly over the cheese so that each bite will have all of the flavors.
4. Fold over with the other ½ of the tortilla and brush the top with oil.
5. Cook in the oven until the quesadilla is golden brown and crispy on bottom, then flip, and continue cooking.
6. When both sides are crispy, remove from the oven and cut into eight equal size wedges.
7. Garnish with scallion, guacamole, and sour cream.

YELLOW PEA CHIPOTLE PURÉE

Yield: 6 portions

Ingredients	Amounts
Yellow peas	6 oz.
Olive oil	1 tsp.
Onion, diced	½ ea.
Water, to cover	
Garlic clove crushed	1 ea.
Chipotle pepper in adobe sauce	1 ea.
Kosher salt	to taste

Method

1. Soak the peas the night before for best result.
2. Dice the onions and rinse them in water.
3. Heat oil and sweat the onions for 2 to 3 minutes until soft.
4. Add peas and water to cover and cook until soft under a lid.
5. When soft, add the garlic, chipotle chile, and salt and process the mixture with a stick blender to a smooth purée.

CHOPPED TOMATO AND SERRANO CHILE SALSA (PICO DE GALLO) SALSA MEXICANA

Yield: 1 cup

Ingredients	Amounts
Serrano chiles with seeds, diced	2 ea.
Roma tomatoes	3 ea.
White onion, diced	½ ea.
Cilantro, leaves and soft stems, chopped	½ bu.
Lime juice, freshly squeezed	1 Tbsp.
Extra-virgin olive oil	½ Tbsp.
Salt	to taste

Method

1. In a bowl, combine all ingredients except salt and toss well.
2. Season with salt just prior to serving to prevent the tomato from releasing excess water.

Note: This salsa should be used the day it is made.

GUACAMOLE

Ingredient	Amount
Avocados, Hass, ripe	3 ea.
Plum tomatoes, small dice	1 ea.
White onion, minced	½ lb.
Serrano chile, seeded, minced	1 ea.
Cilantro, chopped	2 Tbsp.
Limes, juice of	½ ea.
Salt	to taste

Method

1. Split the avocados and scoop out the flesh.
2. Combine the avocados with the remaining ingredients and mix well.

CHICKPEA GNOCCHI WITH CREAMY PESTO SAUCE

Yield: 6 portions

Ingredients	Amounts
Potatoes (Idaho varieties preferred)	2 lb.
Kosher salt	to taste
Chickpeas, cooked and puréed	2 cups
Egg, whole	2 ea.
Lentil flour	1 cup
All-purpose flour	1 cup
Nutmeg, freshly grated	1/8 tsp.
Parmesan cheese	2 Tbsp.
 <i>Basil pesto sauce</i>	
Fresh basil	1½ cups
Garlic cloves, sliced	3 ea.
Parmesan cheese	1 cup
Extra-virgin olive oil	4-5 Tbsp.
Pine nuts, toasted	½ cup
Kosher salt and white pepper	to taste
 38 % cream	 3 cups

Method

1. Boil the potatoes in salted water until tender, about 20 minutes. Drain and peel. Pass through a fine disk of a potato ricer; cool.
2. Purée chickpeas and mix with potatoes.
3. Pour onto a counter and make a well in the potato and chickpea mixture.
4. Sift the two flours together into the purée well.
5. Work in the egg, nutmeg, and the grated parmesan until a dough forms.
6. Knead well for 3 to 4 minutes. Cut into 6 pieces; roll into finger-thick logs. Cut into ½ inch pieces. As the gnocchi are ready, place them on a floured tray.
7. Bring a pot of water to a boil. Add the gnocchi and salt. Remove the gnocchi with a slotted spoon to a bowl as they rise to the surface.
8. Remove and let dry; for best results fry in olive to semi-crisp.
9. *For the pesto:* Mix all ingredients together, except the oil – press to smooth and add the oil last.
10. Heat the cream in a sauce pan and add the pesto last, stirring to even green and toss the sauce with the gnocchi.

Note: Pesto may be kept in the refrigerator for several days, and its color will not alter if covered with enough vegetable oil on the surface. Also use as a condiment flavor enhancer for soups, or as a topping for your favorite crostini and bruschetta. If too thick, dilute with a vegetable stock or water.

Source: *Chef Walter*

BLACK BOX EXERCISE

The class has been given an introduction to our objectives. Using the basic flavor profiles and taking ideas from your research and class time, your team will develop one or two menu items that incorporate the goals we have discussed. You will have the opportunity to create innovative dishes for Americans and the School sector using your black box mystery ingredients.

Recipe templates and a community storeroom list have been provided for your use in this exercise (and follow here).

GUIDELINES

For informal tasting at 5:00 p.m.

- Each team will meet and plan out the next 2 hours, we hope you will use this opportunity to express ideas and concepts we may use for a stepping stone for the next level of school food
- Each team to select and prepare a few items in the following categories: Breakfast, lunch, or dinner, snacks and take away food
- Normal school ingredients should be utilized, but we also want you to use items that are available in the school pantry
- Each team to prepare 3 to 4 portions for each of the chosen items
- After 120 minutes, teams will present prepared foods platter-style, reserving 1 portion of each dish to be presented on a single-serve plate for photo and discussion
- Teams will then proceed to give a few minute oral explanation of the foods being presented and why
- Teams will have access to the CIA pantry of staple ingredients to include flour, sugar, vinegars, oils, dairy and cheese ingredients, dry herbs, spices and seasonings, stock bases, and various flavoring agents and condiments
- Each item should contain some of the US Pea and Lentil products we have on display in the kitchen. Think outside the box!

BLACK BOX TEAM ASSIGNMENTS

NAME

TEAM ONE

- 1.
- 2.
- 3.

TEAM TWO

- 1.
- 2.
- 3.

TEAM THREE

- 1.
- 2.
- 3.

TEAM FOUR

- 1.
- 2.
- 3.

TEAM FIVE

- 1.
- 2.
- 3.

TEAM SIX

- 1.
- 2.
- 3.

TEAM SEVEN

- 1.
- 2.
- 3.

TEAM EIGHT

- 1.
- 2.
- 3.

SPECIFIC SCHOOL PROTEIN AVAILABLE

Beef, ground

Beef, boneless top round

Ham, whole, cooked

Pork, cooked, crumbled

Chicken, cooked, diced

Turkey deli, smoked, sliced

Fresh catfish and pollock fillets

Cheeses: whole and grated

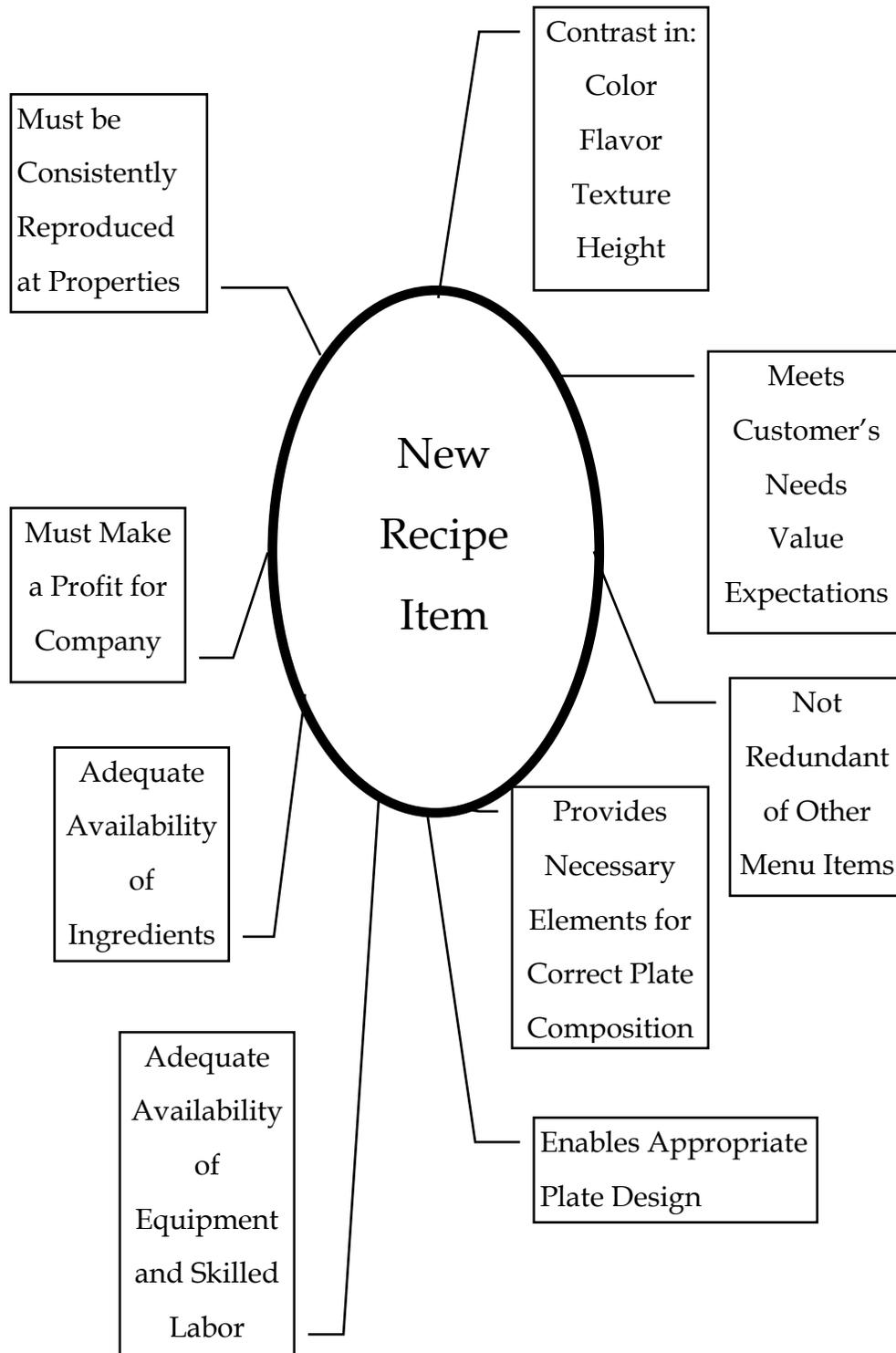
Breads, Tortillas, and Wraps

COMMUNITY STOREROOM

Baking Rack	Kitchen Supplies	Spice Door	Alcohols
Flour All Purpose, UnBlchd	Cheesecloth	Anise Seed	Wine Mirin
Semolina Fine	Parchment Full Sheet	Allspice Ground	Marsala Cooking Pellegrino Dry
Sugar Granulated	Cup Paper 8 oz. Hot	Allspice Whole	Madeira Cooking
Sugar Brown	Napkin Dinner Paper	Annatto Seeds	Sherry Cooking Fino
Corn Meal Yellow Bulk	Container Plastic 16oz	Arrowroot Ground	Sake Cooking Sho Chiku Bai
Corn Starch	Container Plastic 32oz	Basil leaves dried	Wine Shao Hsing Chinese Cooking
Panko Bread Crumbs	Lid Plastic for 8oz,16oz,32oz	Peppercorn Black Whole	Wine Cooking Box White
Salt, Rock	Cover Bun Rack Disposable	Sesame Seed Black	Wine Cooking Box Red
Flour, Rice Sweet	Bag Ziploc 1 Gallon	Caraway Seed	Liquor Cart
Flour Wondra	Plastic Wrap	Cardamom Pods	Cognac
Baking Soda	Foil	Pepper Cayenne	Liqueur Anisette (Pernod/Pastis)
Baking Powder	Skewers Wood 10"/6"	Celery Seed Whole	Vermouth Sweet/Dry
Yeast Instant	Pastry Bags S/L	Chili Powder Dark	Applejack (Calvados)
Pasta Flour	Oil Vegaline, Spray (EA)	Chinese Five Spice	Triple Sec
Vinegars	Drawer Supplies	Cinnamon Ground	Grand Mariner
Vinegar Balsamic	Glove Vinyl Small	Cinnamon Stick-6"	Tequila Corazon Blanco
Vinegar Balsamic Golden	Glove Vinyl Medium	Cloves Ground	Vodka Absolut
Vinegar Apple Cider	Glove Vinyl Large	Cloves Whole	Rum Myers's Dark
Vinegar Rice	Spoon Compostable, Tasting	Coriander Seed	Brandy
Vinegar White Distilled	Masking Tape	Coriander Ground	Proteins
Vinegar Sherry	Menu Tent Cards	Cream of Tartar	Bacon Slab
Vinegar Red Wine	Twine Butchers	Cumin Ground	Serrano Ham
Vinegar White Wine	Canned Goods	Cumin Seed	Pancetta
Vinegar Champagne	Tomato Paste 10# Can	Curry Powder	
Oils	Tomato Fillet in Puree #10 can	Dill Weed	Dairy
Oil Sesame	Ketchup	Dill Seed	Whole Milk
Oil Peanut	Anchovies in Salt	Fennel Seed	2% Milk
Oil Canola, Mel Fry	Anchovies in Oil	Fenugreek Seeds	½ and ½
Oil Canola, Colavita	Capers Non Pariel 32oz	File Powder	Buttermilk
Oil Olive, Colavita	Mustard Dijon	Garlic Granulated	Cream
Oil EVOO, Spanish, Mani	Mustard Whole Grain	Garlic Powder	Butter
Nuts and Dried Fruit	Coconut Milk	Ginger Ground	Grana Padano
Peanut Raw	Pepper Chipotle Canned	Juniper Berries	Soy Milk
Almond Whole Natural	Clam Juice	Lavender Flower Buds	Eggs
Almond Blanched Slivered	Tomato Sun Dried in Oil	Mace Fancy Ground	Goat Cheese
Pine Nuts	Mayonnaise	Marjoram Leaves Whole	Greek Yogurt
Pumpkin Seeds	Olives Kalamata	Mustard Ground	Produce
Walnut Halves	Pickle Cornichon	Mustard Seed	Carrot
Raisin Black	Dry Storage	Nutmeg Ground	Celery
Raisin Golden	Salt, Kosher	Nutmeg Whole	Leek
Cherry Dried	Vegaline Spray	Old Bay	Red/Green Bell Peppers
Fig Black Mission Dried	Sauce Sweet Soy (Kecap Manis)	Onion-Powder	Jalapeños
Cranberry Dried	Sauce Fish	Oregano Leaves	Serrano Chilies
Apricots Dried	Sauce Soy Kikkoman	Paprika Smoked (Picante)	Thai Bird Chilies
Currants Dried	Sauce Soy Lite Kikkoman	Paprika	Cucumber English
Quinoa	Honey Wildflower	Peppercorn White Whole	Yellow/Red Onion
Polenta Golden Pheasant	Sauce Sweet Chili- Thai	Sesame Seed White	Shallot

Rice and Etc.	Cont. Dry Storage	Cont. Spice Door	Cont. Produce
Rice Arborio	Sauce Sambal Oelek-Thai	Pepper Szechuan	Garlic
Rice Basmati	Sauce Tabasco	Pickling Spice	Red B Potatoes
Rice Brown	Sauce Sriracha Hot Chili Sauce	Poppy Seed	Russet Potatoes
Rice Jasmine	Pomegranate Molasses	Pepper Red Crushed	Lemons
Rice White Long Grain	Sauce Worcestershire	Sage Rubbed	Limes
Rice Sushi	Molasses Unsulfured	Savory Dried	Oranges
Rice Thai Sticky Sweet	Sauce Hoisin	Star Anise Whole	Tomato 5x6
Rice Carnaroli	Sauce Oyster	Sumac	Tomato, Roma
Rice California Wild	Sauce Plum	Tarragon Leaves	Fresh Corn
Couscous	Sauce Soy Double Black	Thyme Leaves	Stone Fruit (selected)
Bean Black	Harissa		
Bean Pinto	Breads		
Bean Cannellini	Selected Buns		
Bean Garbanzo	French Bread		
Barley	Stocks		
Lentil Green-de Puy	Beef base		
Bulgur-Medium	Chicken base		
Misc.			
Spring Roll Wrappers			
Wonton Wrappers			
Grills			

RECIPE DEVELOPMENT CRITERIA



RECIPE DEVELOPMENT TEMPLATES

RECIPE NAME:

Ingredients (List in order used)	Preparation (Cut, size, cooked, drained, etc.)	Weight	Volume

Method

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

RECIPE NAME:

Ingredients (List in order used)	Preparation (Cut, size, cooked, drained, etc.)	Weight	Volume

Method

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

RECIPE NAME:

Ingredients (List in order used)	Preparation (Cut, size, cooked, drained, etc.)	Weight	Volume

Method

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

APPENDIX

A FEW BASICS ABOUT COOKING DRY PEAS, LENTILS, AND CHICKPEAS

The first step in your preparation process is ensuring that the peas, lentils, and chickpeas you are using are of United States origin. Peas, lentils, and chickpeas from other origins such as Canada, Turkey, or India, are known to have higher levels of foreign matter and might take much longer to cook because of hard seed problems (a result of harvesting at higher moisture rates before the product is fully matured). Peas and lentils from the United States are dried naturally in the sun and harvested at low moisture rates resulting in a product that does not require soaking. In fact, soaking peas and lentils from the United States will likely result in overcooking the product (Note: chickpeas, regardless of origin, still need to be soaked prior to cooking). Cooking times may vary slightly depending upon the variety. Times given are approximations, and you should adjust them to meet your needs. High altitude, hard water, and salt added to the cooking water will increase the cooking time.

Dry Split Peas or Whole Peas

As with lentils, there is no need to soak split peas from the United States. For every cup of split peas or lentils, use at least 2½ cups of water. Add more water if cooking time is extended due to high altitude, hard water, etc. Bring water to a slow boil and cook the split peas for about 30 to 40 minutes, or until the peas reach the desired tenderness. One cup of dry peas will yield just under 2½ cups of cooked peas. For whole peas, soak overnight and then cook for 35 to 40 minutes. As with lentils, do not add acidic ingredients such as tomatoes or lemon juice to the peas while cooking. Add these ingredients only after lentils have achieved desired tenderness. Small amounts of acidic ingredients, however, may not lengthen cooking time.

Split pea cooking times:

Salads: 25 to 30 minutes
Main dishes: 30 to 40 minutes
Soups: 45+ minutes
Purées: 45+ minutes

Split pea yield:

1 cup raw: 2½ cups cooked

The Busy Cook Almost-Perfect Method—In a medium size pan, combine at least 2½ cups of water with each cup of lentils or split peas. Add more water if you are cooking at high altitude or with hard water. Bring to a boil, cover, and simmer **slowly**, until the lentils or split peas are tender. Drain off any excess water. Split peas tend to froth and boil over. Keep the pan only partially covered, with the lid one-half inch away from the edge of the pan, to avoid build-up of froth and subsequent boiling over.

Split pea cooking times:

Salads: 25 to 30 minutes
Main dishes: 35 to 40 minutes
Soups: 40+ minutes
Purées: 45+ minutes

Split pea yield:

1 cup dry: 2½ cups cooked

Lentil cooking times:

Salads: 25 to 30 minutes
Main dishes: 30 to 40 minutes
Soups: 45+ minutes
Purées: 45+ minutes

Lentil yield:

1 cup dry: 2½ cups cooked

Decorticated lentils (lentils without their outer skins, such as Red Chief) cook in 6 to 12 minutes, depending upon the variety. Pay close attention when cooking decorticated varieties; they cook quickly and will turn to mush if overcooked or cooked at a rapid boil. One cup of dry whole lentils yields a generous 2½ cups; split peas yield just under 2 ½ cups; decorticated lentils yield about 2 cups.

Preparation of Chickpeas

In a medium-sized pan, combine 1 cup of soaked chickpeas and 2½ cups of water. Add more water if you are cooking at high altitude or with hard water. Bring to a boil, cover, and simmer until the chickpeas are tender.

Many people prefer to use canned chickpeas because of the convenience. However, some find a noticeable difference between canned chickpeas and those they prepare. The difference is typically noticeable in dishes that most bring out the taste of the chickpeas, such as hummus. Try both forms to find which you prefer. One 15-ounce can of chickpeas contains a scant 2 cups.

Chickpea cooking times:

All uses, from dry: 1½ to 2 hours
Canned: ready to use

Chickpea yield:

1 cup raw: 2½ cups cooked

Adding Acidic Ingredients

Adding tomatoes, lemon juice, or other acidic foods at the beginning of cooking may dramatically increase cooking times. Add these ingredients only after lentils, split peas, and chickpeas have achieved their desired tenderness. Salt may increase cooking times as well. However, some cooks feel that adding salt initially, or using broth instead of water, results in better flavor because the salt spreads more uniformly through the legume. Feel free to experiment.

A squeeze of fresh lemon added near the end of cooking cuts down on the earthy favor associated with some lentil varieties.

Purchasing

Dry peas, lentils, and chickpeas are most commonly sold in one-pound bags in the beans and rice section of the supermarket. If you cannot find them at your local supermarket or natural food store, you may order them through a mail order service. Precooked lentils in jars or can, though common in other parts of the world, are hard to find in the United States. Look for them first at your local health food or ethnic food store. GOYA Foods (Seacaucus, New Jersey) offers canned peas and lentils. Ask your grocer to carry them if they do not already.

Precooking and Storage

Precooked lentils or split peas can be refrigerated in a tightly covered container for 3 to 4 days or can be frozen. Use precooked lentils or split peas in salads, soups, main dishes, purées, or in baking. If you plan to use precooked lentils or split peas in dishes that will require further cooking for instance like in soups or main dishes, then cook lentils and split peas until barely tender or about 15 to 20 minutes, respectively. When you prepare a recipe using precooked lentils or split peas, you may also need to reduce the liquid in the recipe by one-third to one-half.

How to Purée Peas and Lentils

Adding lentil or split pea purée to your baked goods batter increases protein, fiber, and moistness. The basic lentil or split pea purée is made as follows:

Add 2½ cups of water per cup of split peas or 2 cups of water per cup of lentils. Bring to a boil, reduce heat, cover, and simmer. Simmer 10 to 20 minutes for decorticated (skinned) lentils, 35 to 40 minutes for whole lentils, and 45 to 55 minutes for split peas. Add more water if cooking time is extended due to high altitude, hard water, or prolonged storage prior to cooking. Stir a few times. Cook lentils or split peas until they are very soft but just short of falling apart. When cooking is complete, remove from heat and let cool slightly but do not drain. In small batches, purée the lentils or split peas with a sieve, food mill, blender, food processor, or potato masher.

Purée should be the consistency of canned pumpkin. Add water to thin if necessary.

SUGGESTED SOAKING AND COOKING TIMES FOR LEGUMES

Legume	Long Method Hours	Short Method Hours	Cooking Time Hours
Chick peas	12	3	1-½ to 2
Lentils	No soaking needed		20 to 30 minutes
Split peas	No soaking needed		20 to 30 minutes

STORAGE OF DRY PEAS, LENTILS, AND CHICKPEAS

Storing dry peas, lentils, and chickpeas is simple. Dry peas, lentils, and chickpeas will keep indefinitely when stored in sealed containers in a cool, dry place. After long storage their color may fade slightly, but their taste will not be noticeably altered. Long storage may increase cooking time.

A Few Words about Spices and Herbs

Herbs and spices are essential to the success of a prepared dish. Even under ideal conditions, herbs and ground spices will begin to deteriorate after about one year, and whole spices after three years. Shelf life guidelines are one to three years for herbs and ground spices, and three to four years for whole spices and seeds.

Essential oils, known as terpenes, provide the characteristic smell and taste of herbs and spices. The shelf life of herbs and spices depends on how well these oils are preserved. Without them, herbs and spices taste no better than grass clippings. To preserve them, always use glass, airtight containers. Do not use cork as a stopper because it is not airtight. Store in a dark, dry place (not in a spice rack near the stove or a window). If fresh herbs are available, use them. They are less concentrated than dry herbs, so use three to four times more.

Discard herbs and spices if the contents cake together, you find signs of insects, or if the herb or spice is devoid of smell and taste.

ADDENDUM RECIPES

BABY KALE SALAD WITH LEMON, PARMESAN, AND GO'BONZO'S™

Yield: 6 to 8 portions

Ingredients	Amounts
Lemon juice (about 2 lemons)	4 Tbsp.
Extra-virgin olive oil	½ cup
Garlic cloves, minced	4 ea.
Salt	1½ tsp.
Ground black pepper	½ tsp.
Baby kale or dark greens mix	20 oz.
Parmigiano-Reggiano, shaved	1½ cup
Go'Bonzo's™ ~ Roasted & Flavored Chickpeas, Lightly Salted, Chili Citrus, Spicy Nacho or Cool Ranch varieties available	

Method

1. In a large bowl, combine the lemon juice, olive oil, garlic, salt, and pepper. Add the greens and toss until evenly coated. Taste and adjust seasoning if necessary. Arrange on plates and top with Parmigiano-Reggiano shavings and your favorite savory Go'Bonzo's™.

Note: If you can't find baby kale, substitute any other deep green blend, such as arugula.

GO'BONZO'S™ AND BROCCOLI BURRITOS

Yield: 6 to 8 burritos

Ingredients	Amounts
Yellow onion, large	1 ea.
Red bell pepper, medium, seeded	1 ea.
Broccoli crown, large (10-12 oz.)	1 ea.
Go'Bonzo's™ ~ Roasted & Flavored Chickpeas, Lightly Salted or Spicy Nacho	3 cups
Olive oil	3 Tbsp.
Soy sauce, low sodium	1-2 Tbsp.
Chili powder, or more as needed	2 tsp.
Ground cumin, or more as needed	1 tsp.
Mild smoked paprika (pimenton), or more as needed	1 tsp.
Ground coriander (may substitute more ground cumin)	½ tsp.
Ground black pepper or ground cayenne pepper, or more as needed	
Garlic cloves, minced	4 ea.
Burrito-size flour tortillas	6-8 ea.
Limes	2 ea.
Baby spinach leaves, for garnish (optional)	
Sliced avocado, for garnish (optional)	
Chopped cilantro, for garnish (optional)	
Fire-roasted salsa, for garnish (optional)	

Method

1. Preheat the oven to 425°F. Have a large rimmed baking sheet at hand.
2. Chop the onion, red bell pepper, and broccoli into chickpea-size pieces, placing them in a bowl as you work. Add the oil, soy sauce (to taste), chili powder, cumin, smoked paprika, and coriander, tossing gently to incorporate. Season with black or cayenne pepper to taste.
3. Spread the mixture evenly on the baking sheet. Roast for 20 minutes, and then stir in the garlic. Return to the oven and roast for 15 minutes. With about 5 minutes of oven time left, you can wrap the stack of 6 to 8 tortillas in aluminum foil and place them in the oven to warm through.
4. Add Go'Bonzo's™ to the roasted vegetable mixture. Squeeze the juice from one half of a lime evenly over the roasted vegetables. Taste, and adjust the seasoning as needed.
5. Lay the warm tortillas on a work surface. Divide the vegetable mixture evenly among them, spooning a pile at the center of each tortilla. Add some or all of the optional garnishes before you fold the burrito, tucking in the open ends as you go.
6. Serve right away, with wedges of the remaining limes.

QUESADILLA WITH LENTILS AND QUINOA

One quesadilla provides 1 oz. eq m/ma, ¼ cup vegetable (legume),
1/8 cup vegetable (other), 2 oz. eq grains

Yield: 16 quesadillas

Ingredients	Amounts
Indian Harvest White Quinoa	8 oz.
Lentils, cooked	4 cups
Monterey Jack cheese, shredded	16 oz.
Salsa Verde	2 cups
Ground cumin	4 tsp.
Whole wheat flour tortillas, 8"	16 ea.

Method

1. Cook quinoa according to package directions.
2. Drain off excess liquid and cool the quinoa under refrigeration.
3. In a large bowl or Hobart mixer with paddle attachment, combine beans, cheese, salsa, cumin, and cooled quinoa.
4. Using a #8 disher, scoop the filling onto the bottom half of the tortilla.
5. Spread the filling out over half the tortilla to ½ inch from the edge.
6. Fold the tortilla over and press to seal.
7. Place the quesadillas on parchment-lined sheet pans. 12 per tray with edges slightly overlapping.
8. Wrap the sheet pans and store under refrigeration until ready to cook.
9. Heat in a 350°F oven until internal temperature reaches 165°F (5 to 10 minutes).

Note: USDA Salsa may be substituted for Salsa Verde.

Nutrition Facts

Serving size: 1/16 of a recipe (5.9 ounces).

Percent daily values based on the Reference Daily Intake (ROil for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 353.34

Calories From Fat (32%) 111.79

Total Fat (19%) 12.64g

Saturated Fat (32%) 6.46g

Cholesterol (8%) 25.23mg

Sodium (15%) 352.04mg

Potassium (9%) 315.94mg

Total Carbohydrates (14%) 42.39g

Fiber (34%) 8.46g

Sugar 3.01g

Protein (36%) 18.03g

Vitamin A (8%) 411.521U

Vitamin C (4%) 2.11mg

Calcium (30%) 303.52mg

Iron (24%) 4.25mg

Source: In Harvest

AZTEC CHICKEN WRAP

One wrap provides 2 oz. eq m/ma, 1/2 cup vegetable (1/8 cup starchy, 1/8 cup legume
1/4 cup red/orange), 2.25 oz. eq grains

Yield: 8 wraps

Ingredients	Amounts
InHarvest Aztec Blend™	8 oz.
Yogurt, plain, unsweetened, lowfat	1 cup
Lime juice	1 tsp.
Cilantro leaves, chopped	1/4 cup
Kosher salt	1 tsp.
Cumin, ground	1/2 tsp.
Cayenne pepper	1/8 tsp.
Chicken meat, cooked, diced	1 lb.
Corn kernels, thawed if using frozen	1 cup
Black beans, canned, drained, low sodium	1 cup
Red bell pepper, cut into 2" cubes	2 cups
Tortillas, whole wheat flour (10")	8 ea.

Method

1. Cook InHarvest Aztec Blend™ according to package instructions.
2. In a mixing bowl, whisk together the yogurt, lime juice, cilantro, salt, cumin, and cayenne.
3. In another mixing bowl, combine the cooled Aztec Blend, chicken, corn, black beans, and bell pepper.
4. Pour cilantro yogurt sauce over the Aztec mixture and mix well with a rubber spatula to combine.
5. *To assemble wraps:* Place 1 1/3 cups of Aztec mixture across the center of a tortilla. Fold the sides of the tortilla in over the filling. Fold the bottom flap of the tortilla up to the center of the filling. Holding the sides in place, roll the tortilla up from the bottom all the way to the top. Repeat with remaining ingredients. Cut each wrap in half to serve.

Nutrition Facts

Percent daily values based on the Reference Daily Intake (RDA) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Calories 420.5

Calories From Fat (14%) 59.97

Total Fat (10%) 6.78g

Saturated Fat (10%) 2.07g

Cholesterol (18%) 53.84mg

Sodium (19%) 448.47mg

Potassium (15%) 509.04mg

Total Carbohydrates (20%) 61.17g

Fiber (46%) 11.57g

Sugar 6.06g
Protein (62%) 31.24g
Vitamin A (27%) 1338.65IU
Vitamin C (97%) 58.14mg
Calcium (16%) 156.9mg
Iron (28%) 4.99mg

Source: In Harvest

SHAKER SALAD – MEDITERRANEAN LENTIL WITH WHITE QUINOA

Each salad provides 2 grain/bread serving (100% whole grain), 1 cup vegetable (½ cup red/orange, ½ cup other), 2.5 oz. meat/alt.

Yield: 17 portions

Ingredients	Amounts
InHarvest White Quinoa	2 lb.
Lemon juice	1 cup
Oregano, dried	4 tsp.
Kosher salt	1 ¾ Tbsp.
Ground black pepper	2 ¼ tsp.
Olive oil	1 cup
Cucumbers, diced	8 ½ cups
Feta cheese, crumbled	8 ½ oz.
Carrot, shredded	8 ½ cups
Lentils, cooked	8 ½ cups

Method

1. Cook the quinoa according to package instructions.
2. Cool completely on a sheet pan.
3. Whisk together the lemon juice, oregano, salt, pepper, and oil.
4. Fill 2 ounce dressing cups with 1/8 cup of dressing and cover with a lid.
5. Layer ingredients into 16 ounce cups as follows: 1 cup quinoa, ½ cup carrot, ½ cup lentil, ½ ounce feta cheese (about 1/8 cup), and ½ cup cucumber.
6. Cover with a flat lid.
7. Place the dressing cup on top of the flat lid.
8. Place the domed lid on top of the salad and press to seal.
9. To make the salad, remove from the cup. Pour contents of the dressing container into the cup. Replace the domed lid only and shake until ingredients are mixed.

Note: For each salad, you will need a 16-ounce clear cup with a flat, no hole lid and a domed, no hole lid, and a 2-ounce portion cup with a lid.

Nutrition Facts

Serving size: 1/17 of a recipe (11.2 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 502.27

Calories From Fat (32%) 160.33

Total Fat (28%) 18.14g

Saturated Fat (20%) 3.96g

Cholesterol (4%) 12.62mg

Sodium (33%) 786.54mg
Potassium (19%) 668.3mg
Total Carbohydrates (23%) 67.95g
Fiber (55%) 13.8g
Sugar 9.79g
Protein (38%) 19.08g
Vitamin A (187%) 9334.4IU
Vitamin C (24%) 14.41mg
Calcium (14%) 144.03mg
Iron (36%) 6.5ml

Source: In Harvest

SHAKER SALAD – SOUTHWEST CHICKPEA AND RUBY WILD BLEND

Each salad provides 2 grain/bread serving (100% whole grain), 1 cup vegetable (½ cup red/orange, ½ cup starchy), 2 oz. meat/alt.

Yield: 16 portions

Ingredients	Amounts
InHarvest Ruby Wild Blend	2 lb.
Lime juice	1 cup
Cumin	3 Tbsp.
Kosher salt	1 2/3 Tbsp.
Ground black pepper	1 Tbsp.
Olive oil	1 cup
Red bell pepper, chopped	8 cups
Cilantro, chopped	2 cups
Garbanzo beans	8 cups
Corn kernels, thawed if using frozen	8 cups

Method

1. Cook the Ruby Wild Blend according to package instructions.
2. Drain well and cool completely on a sheet pan.
3. Whisk together the lime juice, cumin, salt, pepper, and oil.
4. Fill 2 ounce dressing cups with 1/4 cup of dressing and cover with a lid.
5. Layer ingredients into 16 ounce cups as follows: 1 cup Ruby Wild Blend, ½ cup bell pepper, 2 tablespoons cilantro, ½ cup chickpeas, and ½ cup corn.
6. Cover with a flat lid.
7. Place the dressing cup on top of the flat lid.
8. Place the domed lid on top of the salad and press to seal.
9. To make the salad, remove from the cup. Pour contents of the dressing container into the cup. Replace the domed lid only and shake until ingredients are mixed.

Note: For each salad, you will need a 16 ounce clear cup with a flat, no hole lid and a domed, no hole lid and a 2-ounce portion cup with a lid.

Nutrition Facts

Serving size: 1/16 of a recipe (12 ounces)

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving

Calories 665.01

Calories From Fat (25%) 163.01

Total Fat (29%) 18.62g

Saturated Fat (11%) 2.2g

Cholesterol (0%) 0mg

Sodium (25%) 603.71mg
Potassium (18%) 616.35mg
Total Carbohydrates (38%) 113.34g
Fiber (55%) 13.7g
Sugar 8.64g
Protein (37%) 18.29g
Vitamin A (45%) 2260.08IU
Vitamin C (118%) 70.98mg
Calcium (10%) 102.28mg
Iron (31%) 5.6mg

Source: In Harvest

SPICY JICAMA SLAW WITH CHILI CITRUS GO'BONZO'S™

Ingredients	Amounts
<i>Salad</i>	
Carrots, peeled and julienned or grated	4 ea.
Jicama, small, peeled and julienned or grated	2 ea.
Red bell pepper, large, cored, very thinly sliced	2 ea.
Red cabbage, cored, very thinly sliced	½ hd.
Red onion, small, very thinly sliced lengthwise	1 ea.
<i>Salad Dressing</i>	
Olive oil	¾ cup
Rice vinegar, unseasoned	¾ cup
Lime juice, fresh	6 Tbsp.
Cilantro leaves, minced	2 Tbsp.
Salt	2 tsp.
Ground black pepper	2 tsp.
Sugar	2 tsp.
Chili powder	1 tsp.
Red chili flakes	1 tsp.
<i>Topper</i>	
Chili Citrus Go'Bonzo's™	

Method

1. Put all cut veggies into a bowl. Keep chilled, up to 2 days.
2. Combine oil, vinegar, lime juice, minced cilantro, salt, pepper, sugar, chili powder, and chile flakes in a container. Keep chilled, up to 2 days.
3. Once ready to serve, add dressing to vegetables, stir well, and let sit 15 minutes, stirring 2 or 3 times.
4. Top with Chili Citrus Go'Bonzo's.

Source: Adapted from Guy Fieri

RECIPES WITH NUTRIKIDS® NUTRITIONAL ANALYSIS

Lentil and Bulgur Croquettes

Recipe: 000310 Lentil and Bulgur Croquettes

Recipe Source: CIA
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 8
 Size of Portion: 1 Each

016069 LENTILS,RAW..... 902624 WATER..... 020012 BULGUR,DRY.....	1/2 CUP 1 1/2 CUP 1/2 CUP	1. Pick over the lentils and rinse well. Place in a small saucepan. Bring to a boil over high heat, reduce to low, cover, and simmer until tender, about 20 to 25 minutes. 2. When lentils are ready, uncover and add just enough water, about a scant cup, to cover them, and stir in the bulgur or cracked wheat. Remove from the heat, recover, and let stand until the bulgur has plumped and absorbed the liquids, about one and a half hours. CCP: Heat and Hold to 145° F or higher.
902451 USDA Oil, Vegetable, 1 Gal 100439+..... 011282 ONIONS,RAW..... 799902 CUMIN,GROUND, TOASTED..... 001129 EGG,WHL,CKD,HARD-BOILED..... 902505 SALT..... 002030 PEPPER,BLACK..... 990070 MINT LEAVES, FRESH..... 011297 PARSLEY,RAW..... 902468 USDA Eggs, Pasteurized, Whole 100046+... 018079 BREAD CRUMBS,DRY,GRATED,PLN.....	3 TBSP 1 chopped, medium 2 TSP 2 large, peeled and chopped 1 TSP 1/2 TSP, ground 3 TBSP, chopped 3 TBSP, chopped 2 egg, raw, beaten 1/4 CUP	3. Warm 3 tablespoons of vegetable oil in a small sauté pan over medium heat and sauté the onion until golden, about 10 minutes. Add the cumin, chopped eggs, salt, and pepper, and remove from the heat. Stir in the onion mixture to the lentils, and then add the mint, parsley, and the beaten eggs. 4. From the mixture into flat cakes about 2½ inches in diameter and about ½ an inch thick. (They may also be rolled into balls and deep fried.) If the mixture seems too wet, add bread crumbs or matzoh meal to bind it. You can also lightly coat the croquettes with bread crumbs as they are formed.

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Lentil and Bulgur Croquettes

902451 USDA Oil, Vegetable, 1 Gal 100439+.....	1 CUP	<p>5. Pour 1 cup of vegetable oil to the depth of ¼ inch in a large sauté pan and place over medium heat. Add the croquettes in batches and fry, turning once, until well browned on both sides, about 8 to 10 minutes total. Using a slotted spatula, transfer to paper towels to drain briefly, and then sprinkle lightly with salt.</p> <p>Serve the croquettes hot with lemon wedges or yogurt. (Not indicated in the nutrient analysis.)</p> <p>Vegetable Subgroups: .125 cup legumes and .125 cup other vegetable</p>
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*Nutrients are based upon 1 Portion Size (1 Each)

Calories	409 kcal	Cholesterol	93.13 mg	Protein	8.08 g	Calcium	41.71 mg	78.02%	Calories from Total Fat
Total Fat	35.45 g	Sodium	358.56 mg	Vitamin A	51.33 RE	Iron	2.18 mg	12.15%	Calories from Saturated Fat
Saturated Fat	5.52 g	Carbohydrates	18.23 g	Vitamin A	305.58 IU	Water ¹	*69.81* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.81 g	Vitamin C	3.47 mg	Ash ¹	*1.62* g	17.84%	Calories from Carbohydrates
								7.90%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1.000 oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0.250 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	016069	LENTILS,RAW			
I	902624	WATER			

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Lentil and Bulgur Croquettes

I	020012	BULGUR, DRY			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	011282	ONIONS, RAW			
I	799902	CUMIN, GROUND, TOASTED			
I	001129	EGG, WHL, CKD, HARD-BOILED			
I	902505	SALT			
I	002030	PEPPER, BLACK			
I	990070	MINT LEAVES, FRESH			
I	011297	PARSLEY, RAW			
I	902468	USDA Eggs, Pasteurized, Whole 100046+			
I	018079	BREAD CRUMBS, DRY, GRATED, PLN			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			

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Scandinavian Stuffed Fritters

Recipe: 000311 Scandinavian Stuffed Fritters

Recipe Source: CIA
 Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 8
 Size of Portion: 1 Fritter

001145 BUTTER,WITHOUT SALT..... 902851 VANILLA BEAN.....	6 TBSP 1 Bean	1. Melt butter with vanilla bean shells.
001123 EGG,WHOLE,RAW,FRESH..... 001049 CREAM,FLUID,HALF AND HALF..... 902850 USDA, Flour, All Purpose, Enr, BI 100400.... 902849 CARDAMOM, FINE GROUND, WHITE..... 902504 SUGAR, GRANULATED..... 902505 SALT..... 009156 LEMON PEEL,RAW.....	8 large, separated 4 CUP 18 OZ 1 tablespoon 3 TBSP 1/8 TSP 2 TBSP	2. Whip egg yolks with the half and half, then add all dry ingredients at once and stir until smooth batter. Add the melted butter last, without the vanilla beans. 3. Add lemon zest. 4. Whip your egg whites to form stiff peaks and fold into batter 1/3 at a time until mixture is incorporated.
001145 BUTTER,WITHOUT SALT.....	1 stick	5. Heat your clarified butter in separate pot.
000801 BEANS GARBANZO ,CANNED..... 902639 CINNAMON..... 902504 SUGAR, GRANULATED.....	1 CUP 1/2 TSP 1 TSP	6. Heat your cast iron fritter pan to medium -low setting. 7. Make filling by mixing chopped chickpeas with sugar and cinnamon. 8. Add a good amount of fat to each whole, add batter, and let it form a crust, then turn the batter crust 1/2 up on one side. Fill the middle quickly with about a tablespoon or so of the filling. 9. Close the fritter up by turning it one more time.
019336 SUGARS,POWDERED..... 019297 JAMS AND PRESERVES.....	1 TBSP, sifted 1/4 CUP	10. Let it cook for 1 for 2 minutes maximum and dust with powdered sugar. Best served warm with extra strawberry jam on the side. Vegetable Subgroup: .125 cup legume

*Nutrients are based upon 1 Portion Size (1 Fritter)

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Scandinavian Stuffed Fritters

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Recipe

Apr 29, 2014

Calories	733 kcal	Cholesterol	284.02 mg	Protein	18.36 g	Calcium	187.67 mg	49.09%	Calories from Total Fat
Total Fat	39.96 g	Sodium	272.60 mg	Vitamin A	*413.12* RE	Iron	*1.38* mg	28.47%	Calories from Saturated Fat
Saturated Fat	23.17 g	Carbohydrates	74.14 g	Vitamin A	*1324.46* IU	Water ¹	*145.15* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.45 g	Vitamin C	*5.01* mg	Ash ¹	*1.44* g	40.48%	Calories from Carbohydrates
								10.02%	Calories from Protein

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¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2 oz				? - Allergen 1
Grain..... 3.75 oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0.125 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change..... 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001145	BUTTER,WITHOUT SALT			
I	902851	VANILLA BEAN			
I	001123	EGG,WHOLE,RAW,FRESH			
I	001049	CREAM,FLUID,HALF AND HALF			
I	902850	USDA, Flour, All Purpose, Enr, BI 100400			
I	902849	CARDAMOM, FINE GROUND, WHITE			
I	902504	SUGAR, GRANULATED			
I	902505	SALT			
I	009156	LEMON PEEL,RAW			
I	001145	BUTTER,WITHOUT SALT			
I	000801	BEANS GARBANZO ,CANNED			
I	902639	CINNAMON			
I	902504	SUGAR, GRANULATED			
I	019336	SUGARS,POWDERED			
I	019297	JAMS AND PRESERVES			

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Lentil and Cheddar Biscuits BLT Style

Recipe: 000312 Lentil and Cheddar Bis BLT Stl

Recipe Source: CIA
 Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 96
 Size of Portion: 1 Sandwich

902859 Lentil Flour..... 4 CUP 902850 USDA, Flour, All Purpose, Enr, BI 100400..... 1 3/4 CUP 902482 BAKING POWDER..... 1/4 CUP 902576 SUGAR, GRANULATED..... 1/8 CUP 902579 SALT..... 1 1/2 TSP 002026 ONION POWDER..... 1/2 TBSP 002020 GARLIC POWDER..... 1 1/2 TBSP 902854 USDA Cheese, Cheddar, Red Fat, Shred 100012..... 2 OZ 001085 MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR SKIM).... 2 1/2 CUP 902451 USDA Oil, Vegetable, 1 Gal 100439+..... 3/4 CUP 902468 USDA Eggs, Pasteurized, Whole 100046+..... 2 QT + 2 CUP		1. Preheat the oven to 400°F. 2. In a bowl, combine flours, baking powder, sugar, salt, onion powder, and garlic powder and stir with a whisk to blend evenly. 3. Add the cheddar cheese to the dry ingredients and toss to distribute evenly. 4. Add the milk and vegetable oil to the flour-cheese mixture and mix just until evenly moistened. 5. Using a #16 scoop, portion the biscuits onto prepared baking sheets. 6. Bake until gold brown on the bottom and baked through, 20 to 22 minutes. Cool on a rack before serving.
010994 BACON, PRE-SLICED, REDUCED/LOW NA, UNPREP..... 96 slice 902686 TOMATOES, FRESH, RED RIPE..... 6 1/2 LB, Sliced		7. To prepare sandwiches with biscuits, use scrambled eggs, bacon, and sliced avocados (optional, not included in nutrient analysis), and tomatoes. Vegetable Subgroup: .125 red/orange vegetable.

*Nutrients are based upon 1 Portion Size (1 Sandwich)

Calories	195 kcal	Cholesterol	*94.24* mg	Protein	8.62 g	Calcium	*27.62* mg	67.55%	Calories from Total Fat
Total Fat	14.61 g	Sodium	213.18 mg	Vitamin A	*69.38* RE	Iron	*0.72* mg	*5.24%*	Calories from Saturated Fat
Saturated Fat	*1.13* g	Carbohydrates	7.29 g	Vitamin A	*340.48* IU	Water ¹	*46.31* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.94 g	Vitamin C	*5.88* mg	Ash ¹	*0.90* g	14.97%	Calories from Carbohydrates
								17.71%	Calories from Protein

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Lentil and Cheddar Biscuits BLT Style

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1.5 oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0.125 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
<u>Moisture & Fat Change</u>				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902859	Lentil Flour			
I	902850	USDA, Flour, All Purpose, Enr, BI 100400			
I	902482	BAKING POWDER			
I	902576	SUGAR, GRANULATED			
I	902579	SALT			
I	002026	ONION POWDER			
I	002020	GARLIC POWDER			
I	902854	USDA Cheese, Cheddar, Red Fat, Shred 100012			
I	001085	MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	902468	USDA Eggs, Pasteurized, Whole 100046+			
I	010994	BACON, PRE-SLICED, REDUCED/LOW NA, UNP			
I	902686	TOMATOES, FRESH, RED RIPE			

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Romaine Lentil and Chicken Salad

Recipe: 000313 Romaine Lentil and Chicken Sld

Recipe Source: CIA
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 6
 Size of Portion: 1 Salad

016069 LENTILS,RAW..... 902558 WATER..... 902448 USDA Carrots, Frozen, Sliced, 30# 100352...	1 CUP 1 CUP 1/3 LB	1. In a small saucepan, combine the lentils and 3 cups of cold water. Cover the pot with a lid. Bring the mixture up to a simmer and cook until the lentils are tender but still holding together, about 10 to 15 minutes. During the last 2 minutes of cooking, add frozen carrots. 2. Place the lentils aside and keep warm at 145°F or warmer, or they can cool in the refrigerator. CCP: Heat and Hold to 145° F or higher.
902804 LETTUCE, Romaine, Raw, Chopped.....	1 LB	3. Clean romaine, if needed and place in a larger bowl.
902615 VINEGAR, WHITE..... 902861 Mustard, Whole Grain..... 902573 SUGAR, BROWN..... 004053 OIL,OLIVE,SALAD OR COOKING.....	1 1/2 TBSP 2 Teaspoon 1 TSP, packed 2 TBSP	4. In a large bowl, combine the vinegar, mustard, and sugar. Slowly whisk in the olive oil until emulsified and slightly thickened.
902579 SALT..... 903626 PEPPER, BLACK, GROUND..... 011297 PARSLEY,RAW..... 902862 USDA Diced Chicken Meat 100101.....	1/8 TSP 1/8 TSP 1/4 CUP, chopped 18 OZ	5. To assemble the salad, toss the warm lentils and diced chicken with the vinaigrette. Add the parsley and season the lettuce with salt and pepper to taste. 6. To serve, place lettuce on plate and top with lentil and chicken mixture. Vegetable Subgroups: .5 cup dark green; .125 cup red/orange; .125 legume

*Nutrients are based upon 1 Portion Size (1 Salad)

Calories	312 kcal	Cholesterol	78.97 mg	Protein	35.68 g	Calcium	*48.04* mg	25.76%	Calories from Total Fat
Total Fat	8.93 g	Sodium	135.57 mg	Vitamin A	*210.84* RE	Iron	*6.62* mg	5.00%	Calories from Saturated Fat
Saturated Fat	1.73 g	Carbohydrates	24.54 g	Vitamin A	*6807.72* IU	Water ¹	*120.07* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	12.28 g	Vitamin C	*7.76* mg	Ash ¹	*1.52* g	31.46%	Calories from Carbohydrates
								45.73%	Calories from Protein

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¹ - denotes optional nutrient values

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Romaine Lentil and Chicken Salad

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 3.000 oz					? - Allergen 1
Grain..... oz					? - Allergen 2
Fruit..... cup					? - Allergen 3
Vegetable..... 0.750 cup					? - Allergen 4
Milk..... cup					? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change. 0%					? - Allergen 7
Fat Change..... 0%					? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	016069	LENTILS,RAW			
I	902558	WATER			
I	902448	USDA Carrots, Frozen, Sliced, 30# 100352			
I	902804	LETTUCE, Romaine, Raw, Chopped			
I	902615	VINEGAR, WHITE			
I	902861	Mustard, Whole Grain			
I	902573	SUGAR, BROWN			
I	004053	OIL,OLIVE,SALAD OR COOKING			
I	902579	SALT			
I	903626	PEPPER, BLACK, GROUND			
I	011297	PARSLEY,RAW			
I	902862	USDA Diced Chicken Meat 100101			

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Glazed Noodles with Chickpeas & Turkey Meatballs

Recipe: 000314 Glz Noodles w Chickps Turk MB

Recipe Source: CIA
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 10
 Size of Portion: 1 Cup

<p>990117 MANDARIN ORANGES,CND,LT SYRUP,DRND... 5 CUP 050272 Teriyaki Sauce..... 5 TSP 902863 Sriracha, Hot Chili Sauce..... 1 1/4 TSP 799903 GARLIC,GRANULATED..... 1/2 TSP 990073 SALT, ONION..... 1/2 TSP 002021 GINGER,GROUND..... 1/4 TSP 902865 USDA Garbanzo, Low-Sodium 100360..... 4 CUP 902864 USDA Spaghetti, Whole Grain, Cooked 100427..... 10 CUP 903303 ONION, GREEN w/tops and bulb..... 3 1/2 TBSP, Sliced 902558 WATER..... 1/2 CUP + 3 TBSP</p>	<ol style="list-style-type: none"> 1. Arrange the drained mandarin orange segments in a single layer on a sheet pan lined with baking paper. Roast the pan of mandarin oranges, un covered, in a preheated 350°F convection oven for 25 to 30 minutes, rotating the pan halfway through roasting, or until the mandarin oranges have slightly dried out and are lightly browned. 2. Combine the roasted mandarin oranges with the remaining ingredients, EXCEPT the pasta, green onions, and tap water, in a food processor and process until the sauce is puréed and smooth. Transfer the prepared spicy orange sauce in a large mixing bowl with the reserved pasta, green onions, and tap water until the pasta is evenly coated in sauce. 3. Transfer the dressed pasta to a hotel pan and cover tightly with plastic wrap and then aluminum foil on top of that. Heat the pan of dressed pasta in a preheated steamer for 20 to 30 minutes, or until the pasta reaches a minimum internal temperature of 165F°. 4. Transfer the dressed pasta to a hotel pan and cover tightly with plastic wrap and then aluminum foil on top of that. Heat the pan of dressed pasta in a preheated steamer for 20 to 30 minutes, or until the pasta reaches a minimum internal temperature of 165°F. Hold the orang glazed noodles, covered, in a hot holding unit above at 145°F until ready to serve. 4. Place last cooked meats on top with 3 per person; each meatball is about 1 ounce per serving. <p>CCP: Hold at 145° F or higher.</p>
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*Nutrients are based upon 1 Portion Size (1 Cup)

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Glazed Noodles with Chickpeas & Turkey Meatballs

Calories	380 kcal	Cholesterol	0.00 mg	Protein	14.96 g	Calcium	*29.56* mg	8.48%	Calories from Total Fat
Total Fat	3.58 g	Sodium	269.82 mg	Vitamin A	*276.40* RE	Iron	*1.92* mg	0.85%	Calories from Saturated Fat
Saturated Fat	0.36 g	Carbohydrates	76.98 g	Vitamin A	*1381.96* IU	Water ¹	*103.50* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	7.81 g	Vitamin C	*20.90* mg	Ash ¹	*0.45* g	81.10%	Calories from Carbohydrates
								15.76%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Allergen 1
Grain..... 2 oz				? - Allergen 2
Fruit..... 0.25 cup				? - Allergen 3
Vegetable..... cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change..... 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	990117	MANDARIN ORANGES,CND,LT SYRUP,DRND			
I	050272	Teriyaki Sauce			
I	902863	Sriracha, Hot Chili Sauce			
I	799903	GARLIC,GRANULATED			
I	990073	SALT, ONION			
I	002021	GINGER,GROUND			
I	902865	USDA Garbanzo, Low-Sodium 100360			
I	902864	USDA Spaghetti, Whole Grain, Cooked 100427			
I	903303	ONION, GREEN w/tops and bulb			
I	902558	WATER			

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Turkey Lentil Meatballs

Recipe: 000315 Turkey Lentil Meatballs

Recipe Source: CIA
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 10
 Size of Portion: 3 each

902443 Turkey, ground..... 001146 CHEESE,PARMESAN,SHREDDED..... 902867 Lentils, cooked..... 011297 PARSLEY,RAW..... 902866 Oregano, fresh..... 002063 ROSEMARY,FRESH..... 000088 MUSTARD, DRY..... 902477 USDA Tomato Sauce, Low-Sodium, #100334+... 902579 SALT..... 002031 PEPPER,RED FLAKES..... 011215 GARLIC,RAW..... 001145 BUTTER,WITHOUT SALT.....	1 1/2 LB 1/4 CUP 2/3 CUP 1/3 CUP, chopped 3 TBSP 2 TSP 1 TSP 1/4 CUP 1/4 TSP 1/2 TSP 3 cloves, minced 2 TSP, melted	<ol style="list-style-type: none"> 1. Preheat oven to 400°F. 2. Combine all the ingredients together except for the butter. Mix and stir in a bowl. Form around 30 meatballs out of the mixture. 3. Place meatballs on a broiler pan coated with the melted butter. 4. Bake around 15 minutes or until a cut meatball shows no pink in side. 5. Serve with noodles and chickpeas.
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*Nutrients are based upon 1 Portion Size (3 each)

Calories	135 kcal	Cholesterol	42.48 mg	Protein	15.44 g	Calcium	*30.98* mg	41.70%	Calories from Total Fat
Total Fat	6.23 g	Sodium	149.55 mg	Vitamin A	*26.27* RE	Iron	*1.31* mg	15.67%	Calories from Saturated Fat
Saturated Fat	2.34 g	Carbohydrates	4.33 g	Vitamin A	*274.40* IU	Water ¹	*3.02* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.58 g	Vitamin C	*3.44* mg	Ash ¹	*0.35* g	12.88%	Calories from Carbohydrates
								45.89%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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¹ - denotes optional nutrient values

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Turkey Lentil Meatballs

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1.75 oz					? - Allergen 1
Grain..... oz					? - Allergen 2
Fruit..... cup					? - Allergen 3
Vegetable..... cup					? - Allergen 4
Milk..... cup					? - Allergen 5
<u>Moisture & Fat Change</u>					? - Allergen 6
Moisture Change. 0%					? - Allergen 7
Fat Change..... 0%					? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902443	Turkey, ground			
I	001146	CHEESE,PARMESAN,SHREDDED			
I	902867	Lentils, cooked			
I	011297	PARSLEY,RAW			
I	902866	Oregano, fresh			
I	002063	ROSEMARY,FRESH			
I	000088	MUSTARD, DRY			
I	902477	USDA Tomato Sauce, Low-Sodium, #100334+			
I	902579	SALT			
I	002031	PEPPER,RED FLAKES			
I	011215	GARLIC,RAW			
I	001145	BUTTER,WITHOUT SALT			

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Breakfast Vegetable Chickpea with Sour Cream

Recipe: 000316 BRK Veg Chickpea Frittata w SC

Recipe Source: CIA
 Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 10
 Size of Portion: 1 Slice

902468 USDA Eggs, Pasteurized, Whole 100046+..... 902505 SALT..... 903626 PEPPER, BLACK, GROUND..... 001146 CHEESE,PARMESAN,SHREDDED.....	10 egg, raw, beaten 1 TBSP 1 TSP 1 1/2 CUP	1. Preheat the oven to 400°F. 2. In a large bowl, whisk together the eggs, ½ teaspoon of kosher salt, ½ teaspoon of black pepper, and 1 cup of parmesan cheese and set asi de.
902451 USDA Oil, Vegetable, 1 Gal 100439+..... 901561 THYME LEAF,DRIED..... 002031 PEPPER,RED FLAKES..... 902865 USDA Garbanzo, Low-Sodium 100360..... 902447 USDA Corn, Frozen, Whole Kernel, 30# 100348+... 903649 PEPPERS, RED DICED SWEET.....	1/4 CUP 1 TSP, leaves 1/2 TSP 2 CUP 1 CUP, cooked 1 CUP, cooked	3. Heat the vegetable oil with thyme, pepper flakes, and remaining ½ teaspoon of ground pepper in an oven -safe large skillet or paella pan over medium-high heat and cook, stirring occasionally, until the thyme is fragrant and slightly fried. 4. Add the precooked chickpeas and vegetables and remaining salt, and cook, stirring occasionally, until the vegetables are warm but still al dente. 5. Increase the heat to medium -high and cook until most of the liquid is evaporated, stirring often, for about 2 to 6 minutes.
902853 USDA Cheese, Cheddar, Yellow, Shred 100003..... 902686 TOMATOES,FRESH,RED RIPE..... 001179 SOUR CREAM,LIGHT.....	3/4 LB 2/3 LB, Sliced 1 CUP	6. Pour the eggs over the vegetables; reduce heat to low, and cook until you can see that the eggs are setting on top of the vegetables, about 5 minutes. Sprinkle the shredded cheddar cheese on top of the eggs, top with a tomato slice, and dollop of sour cream. Sprinkle the remaining ½ cup of parmesan over the top of the frittata. 7. Bake until the top of the frittata is browned and puffy, 18 to 20 minutes. Remove it from the oven. Slice and serve immediately. (This dish can also be cooked in a 9- by 13-inch baking pan.) Vegetable Subgroups: .125 red/orange; .125 legume

*Nutrients are based upon 1 Portion Size (1 Slice)

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Breakfast Vegetable Chickpea with Sour Cream

Calories	428 kcal	Cholesterol	239.49 mg	Protein	24.25 g	Calcium	*217.00* mg	61.21%	Calories from Total Fat
Total Fat	29.14 g	Sodium	1284.53 mg	Vitamin A	*169.63* RE	Iron	*1.42* mg	28.23%	Calories from Saturated Fat
Saturated Fat	13.44 g	Carbohydrates	19.55 g	Vitamin A	*868.42* IU	Water ¹	*49.83* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	0.79 g	Vitamin C	*10.60* mg	Ash ¹	*2.90* g	18.26%	Calories from Carbohydrates
								22.64%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 3.500 oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0.375 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902468	USDA Eggs, Pasteurized, Whole 100046+			
I	902505	SALT			
I	903626	PEPPER, BLACK, GROUND			
I	001146	CHEESE, PARMESAN, SHREDDED			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	901561	THYME LEAF, DRIED			
I	002031	PEPPER, RED FLAKES			
I	902865	USDA Garbanzo, Low-Sodium 100360			
I	902447	USDA Corn, Frozen, Whole Kernel, 30# 100348+			
I	903649	PEPPERS, RED DICED SWEET			
I	902853	USDA Cheese, Cheddar, Yellow, Shred 100003			
I	902686	TOMATOES, FRESH, RED RIPE			
I	001179	SOUR CREAM, LIGHT			

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Lentil Minestrone with Cheese

Recipe: 000317 Lentil Minestrone with Cheese

Recipe HACCP Process: #2 Same Day Service

Recipe Source: CIA
 Recipe Group: ENTREES

Alternate Recipe Name:
 Number of Portions: 8
 Size of Portion: 1 Serving

902451 USDA Oil, Vegetable, 1 Gal 100439+..... 011282 ONIONS,RAW..... 902450 USDA Tomato Paste, NSA, Canned, #10 100327.... 011215 GARLIC,RAW..... 902448 USDA Carrots, Frozen, Sliced, 30# 100352..... 902725 CELERY,RAW..... 011297 PARSLEY,RAW..... 902505 SALT..... 016069 LENTILS,RAW..... 902870 Old Bay Spice..... 990080 SOUP, STOCK, VEG, LO SODIUM..... 016085 PEAS,SPLIT,MATURE SEEDS,RAW..... Á 903625 PEPPER, BLACK, GROUND..... 001146 CHEESE,PARMESAN,SHREDDED..... 902470 USDA Macaroni, Whole Grain 100919.....	2 TBSP 2 CUP, chopped 2 TBSP 4 cloves, minced 1/2 LB 1 CUP, diced 1/4 CUP, chopped 1 TSP 1 CUP 1 TSP 9 CUP 1 CUP, pre-soaked 1/4 TSP 1/2 CUP 2 CUP	1. Heat the oil in a wide soup pot with the onion. Sauté over high heat, stirring frequently, until lightly browned, about 10 minutes. 2. Add the tomato paste, garlic, vegetables, parsley, salt, and cook for 3 minutes more. Add the lentils, old bay spice, and vegetable stock; bring to a boil. 3. Lower the heat and simmer, partially covered, for 30 minutes. Taste for salt and season with pepper. If it needs more depth, add vegetable stock, starting with 1 tablespoon. (The soup may seem bland at this point, but the flavors will come together when the soup is finished so don't worry.) 4. Boil the green peas in plain water on the side, adding last for about 15 minutes with soup. 5. Add parmesan cheese. Vegetable Subgroups: .375 other; .125 red/orange; .5 legumes
*Nutrients are based upon 1 Portion Size (1 Serving)		
Calories 340 kcal Total Fat 5.97 g Saturated Fat 1.56 g Trans Fat ¹ *0.00* g	Cholesterol 3.60 mg Sodium 586.96 mg Carbohydrates 56.59 g Dietary Fiber 16.73 g	Protein 18.02 g Vitamin A *367.66* RE Vitamin A *1970.27* IU Vitamin C *20.15* mg Calcium *151.82* mg Iron *4.34* mg Water ¹ *316.36* g Ash ¹ *3.59* g 15.79% Calories from Total Fat 4.12% Calories from Saturated Fat *0.00%* Calories from Trans Fat 66.50% Calories from Carbohydrates 21.18% Calories from Protein

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Lentil Minestrone with Cheese

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¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Allergen 1
Grain..... 0.250 oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 1.000 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	011282	ONIONS,RAW			
I	902450	USDA Tomato Paste, NSA, Canned, #10 100327			
I	011215	GARLIC,RAW			
I	902448	USDA Carrots, Frozen, Sliced, 30# 100352			
I	902725	CELERY,RAW			
I	011297	PARSLEY,RAW			
I	902505	SALT			
I	016069	LENTILS,RAW			
I	902870	Old Bay Spice			
I	990080	SOUP, STOCK, VEG, LO SODIUM			
I	016085	PEAS,SPLIT,MATURE SEEDS,RAW			
I	903625	PEPPER, BLACK, GROUND			
I	001146	CHEESE,PARMESAN,SHREDDED			
I	902470	USDA Macaroni, Whole Grain 100919			

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Chopped Salad with Cheddar Cheese, Chickpeas, & Lentils

Recipe: 000318 Chopped Sld w Cheddar, CP & LT

Recipe HACCP Process: #2 Same Day Service

Recipe Source: CIA
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 6
Size of Portion: 1 Salad

902871 Vinegar, Red Wine..... 2 OZ 009152 LEMON JUICE,RAW..... 2 OZ 902573 SUGAR, BROWN..... 2 OZ 902505 SALT..... 1/8 TSP 902451 USDA Oil, Vegetable, 1 Gal 100439+..... 2 OZ 903303 ONION, GREEN w/tops and bulb..... 1 OZ, Sliced 902865 USDA Garbanzo, Low-Sodium 100360..... 1 1/2 CUP 902867 Lentils, cooked..... 1 1/2 CUP 902872 USDA Peas, Frozen 100350..... 3/4 CUP 902853 USDA Cheese, Cheddar, Yellow, Shred 100003... 4 OZ 002028 PAPRIKA..... 1/8 TSP 903625 PEPPER, BLACK, GROUND..... 1/8 TSP	1. Mix the red wine vinegar, lemon, sugar, salt, black pepper, and oil with the onion, chickpeas and lentils, and peas. Allow the vegetables to macerate for 15 minutes. Add the cheddar cheese and macerate for another 15 minutes. 2. Spread the salad on the bottom of a deep serving plate or large bowl. Dust with paprika to garnish. Serve with crackers.
Vegetable Subgroups: .5 legume; .125 starchy	

*Nutrients are based upon 1 Portion Size (1 Salad)

Calories	357 kcal	Cholesterol	20.25 mg	Protein	14.65 g	Calcium	*8.55* mg	45.02%	Calories from Total Fat
Total Fat	17.86 g	Sodium	263.96 mg	Vitamin A	*3.09* RE	Iron	*0.09* mg	13.98%	Calories from Saturated Fat
Saturated Fat	5.54 g	Carbohydrates	37.43 g	Vitamin A	*24.17* IU	Water [†]	*8.86* g	*0.00%*	Calories from Trans Fat
Trans Fat [†]	*0.00* g	Dietary Fiber	5.32 g	Vitamin C	*3.66* mg	Ash [†]	*0.19* g	41.94%	Calories from Carbohydrates
								16.42%	Calories from Protein

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Chopped Salad with Cheddar Cheese, Chickpeas, & Lentils

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0.625 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
<u>Moisture & Fat Change</u>				? - Allergen 6
Moisture Change..... 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902871	Vinegar, Red Wine			
I	009152	LEMON JUICE, RAW			
I	902573	SUGAR, BROWN			
I	902505	SALT			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	903303	ONION, GREEN w/tops and bulb			
I	902865	USDA Garbanzo, Low-Sodium 100360			
I	902867	Lentils, cooked			
I	902872	USDA Peas, Frozen 100350			
I	902853	USDA Cheese, Cheddar, Yellow, Shred 100003			
I	002028	PAPRIKA			
I	903625	PEPPER, BLACK, GROUND			

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Healthy Homemade Crackers

Recipe: 000319 Healthy Homemade Crackers

Recipe Source: CIA
 Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 10
 Size of Portion: 1 Serving

902850 USDA, Flour, All Purpose, Enr, BI 100400.... 902505 SALT..... 902576 SUGAR, GRANULATED.....	2 CUP 1/2 TBSP 1/8 CUP	1. Add flour, salt, and sugar together. 2. In a different bowl, mix the yeast and water. Let the yeast bloom. Then add the flour mixture to the water and mix with a dough hook. Slowly add the melted butter until the dough comes together. Mix for about 5 minutes. Knead into a small ball and let rest for 20 minutes. Roll into 3 -ounce balls. Then roll through a pasta roller to zero. Have a sheet tray ready and sprayed with pan spray. Put about three sheets of dough on one cookie sheet. Brush with nonstick cooking spray and sprinkle on pepper and cut with a pizza cutter. 3. Bake at 350°F after 5 minutes, then flip, and cook for another 5 minutes. If the crackers are thick, they may need to cook for a little longer until golden brown and crispy. 4. Break up and use on salads.
902581 YEAST..... 902624 WATER..... 001145 BUTTER,WITHOUT SALT..... 903625 PEPPER, BLACK, GROUND..... 902857 Nonstick Cooking spray, for cooking.....	1/2 TBSP 1 CUP 3 OZ, melted 1 TBSP 1 (1/5 Second Stray)	

*Nutrients are based upon 1 Portion Size (1 Serving)

Calories	164 kcal	Cholesterol	18.29 mg	Protein	2.89 g	Calcium	*7.14* mg	39.44%	Calories from Total Fat
Total Fat	7.17 g	Sodium	356.44 mg	Vitamin A	*64.13* RE	Iron	*0.11* mg	24.26%	Calories from Saturated Fat
Saturated Fat	4.41 g	Carbohydrates	21.83 g	Vitamin A	*212.54* IU	Water ¹	*25.25* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	0.77 g	Vitamin C	*0.00* mg	Ash ¹	*0.98* g	53.35%	Calories from Carbohydrates
								7.05%	Calories from Protein

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Healthy Homemade Crackers

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz				? - Allergen 1
Grain.....	1.5 oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
<u>Moisture & Fat Change</u>					? - Allergen 6
Moisture Change.	0%				? - Allergen 7
Fat Change.....	0%				? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902850	USDA, Flour, All Purpose, Enr, BI 100400			
I	902505	SALT			
I	902576	SUGAR, GRANULATED			
I	902581	YEAST			
I	902624	WATER			
I	001145	BUTTER, WITHOUT SALT			
I	903625	PEPPER, BLACK, GROUND			
I	902857	Nonstick Cooking spray, for cooking			

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Chickpea and Vegetable Burgers

Recipe: 000320 Chickpea & Vegetable Burgers

Recipe HACCP Process: #2 Same Day Service

Recipe Source: CIA
 Recipe Group: ENTREES

Alternate Recipe Name:
 Number of Portions: 8
 Size of Portion: 1 Burger

902873 Potatoes, Red..... 902448 USDA Carrots, Frozen, Sliced, 30# 100352..... 902449 USDA Tomatoes, Diced, NSA, CND, #10 100329... 799908 ONIONS,RED,RAW..... 000047 JALAPENO PEPPERS VSD..... 902865 USDA Garbanzo, Low-Sodium 100360..... 902547 CILANTRO ,FRESH..... 902505 SALT..... 903623 PEPPER, BLACK COARSE.....	1 LB 1/2 CUP 1/2 CUP 4 OZ 1 Pepper, seeded and veined 15 OZ 1 CUP, roughly chopped 2 TSP 1/2 TSP	1. Bring a large pot of water to a boil. Add the potatoes and boil until they are knife-tender, about 30 to 40 minutes, depending on their size. Drain, cool, peel, quarter, and set aside. 2. Place all of the remaining ingredients except for the lentil crumbs and into the bowl of a food processor and process until fine. Add the potatoes and pulse to incorporate. Transfer the mixture to a bowl, cover with plastic wrap, and refrigerate for at least 30 minutes or overnight (chilling makes the mixture easier to handle).
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Chickpea "French Fries"

Recipe: 000327 Chickpea "French Fries"

Recipe HACCP Process: #2 Same Day Service

Recipe Source: CIA
 Recipe Group: SIDE ITEM

Alternate Recipe Name:
 Number of Portions: 6
 Size of Portion: Servings

016157 CHICKPEA FLOUR (BESAN)..... 902624 WATER..... 902505 SALT..... 903625 PEPPER, BLACK, GROUND..... 902451 USDA Oil, Vegetable, 1 Gal 100439+...	2 CUP 2 CUP 1/8 TSP 1/8 TSP 1 TBSP + 1 CUP	<ol style="list-style-type: none"> 1. In a large bowl, add the chickpea flour and stir in the cold wa ter, beat with an eggbeater or wire whisk for 1 to 2 minutes, or until you have a smooth paste . Stir in the salt, pepper, and olive oil. 2. Pour into a heavy-bottomed saucepan and heat over medium flame, stirring constantly with a wooden spoon. After 5 to 10 minutes, the mixture will thick en, then become lumpy, and finally form a mass like a pate a choux. Remove from the flame and beat until the dough is very smooth. Spoon into the oiled pan and allow to cool. 3. When the panisse dough is cool, cut it into little sticks (1½ i nch wide and about 2 inches long) as you would potatoes for French fries. 4. In a heavy pot, heat olive oil, and when it is very hot, fry th e little sticks in the same manner as you would French fries, not cooking too many at one time . When they are crisp and golden, turn them very carefully with a spatula. (They will be done in about 4 minutes.) Remove and drain on paper towels. Put them on trays in a slow oven (250°F) while you fry the remaining panisses. 5. Sprinkle with salt and pepper and, if you like, a little grated parmesan cheese and serve (not included in nutrient analysis). <p>Note: You may add some toasted or popped spices (not included in nutrien t analysis). Note: Chickpea flour is not considered a credible grain and may not be counted as a vegetable or M/MA.</p>
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*Nutrients are based upon 1 Portion Size (Servings)

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Chickpea "French Fries"

Calories	450 kcal	Cholesterol	0.00 mg	Protein	6.87 g	Calcium	15.41 mg	81.38%	Calories from Total Fat
Total Fat	40.66 g	Sodium	71.12 mg	Vitamin A	1.23 RE	Iron	1.51 mg	11.46%	Calories from Saturated Fat
Saturated Fat	5.73 g	Carbohydrates	17.73 g	Vitamin A	12.57 IU	Water ¹	*82.07* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	3.31 g	Vitamin C	0.00 mg	Ash ¹	*1.07* g	15.77%	Calories from Carbohydrates
								6.11%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	016157	CHICKPEA FLOUR (BESAN)			
I	902624	WATER			
I	902505	SALT			
I	903625	PEPPER, BLACK, GROUND			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			

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Chickpea and Vegetable Burgers

<p>902859 Lentil Flour..... 1 CUP 902857 Nonstick Cooking spray, for cooking..... 8 (1/5 Second Stray) 902838 Bun, Hamburger, Whole Wheat..... 8 bun 902778 KETCHUP, Packet 9gm, Hunt's..... 8 EACH</p>	<p>3. Form the mixture into 8 equal and thick patties and gently press each in bread lentil flour crumbs, coating the patty on all sides. Place the patties on a plate, cover with plastic wrap, and refrigerate for at least 2 hours or overnight (at this point, the patties can be placed on a baking sheet and frozen; after freezing, individually wrap in plastic wrap and place in resealable plastic bags for up to 2 months).</p> <p>4. Heat your grill to a medium-high heat (you should be able to hold your hand 5 inches above the grate for no more than 3 to 4 seconds).</p> <p>5. Spray the grill with nonstick cooking spray.</p> <p>6. Spray the top of the patty with more cooking spray. Cook until each side is browned and crisp, about 8 to 12 minutes without moving (if you move the patty, it will lose its crust and may crumble). Serve on buns or in pita with ketchup.</p>
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*Nutrients are based upon 1 Portion Size (1 Burger)

Calories	350 kcal	Cholesterol	0.00 mg	Protein	16.40 g	Calcium	*56.79* mg	8.33%	Calories from Total Fat
Total Fat	3.24 g	Sodium	960.62 mg	Vitamin A	*30.86* RE	Iron	*1.64* mg	0.42%	Calories from Saturated Fat
Saturated Fat	0.16 g	Carbohydrates	63.16 g	Vitamin A	*331.61* IU	Water ¹	*17.45* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	8.56 g	Vitamin C	*3.98* mg	Ash ¹	*1.65* g	72.08%	Calories from Carbohydrates
								18.71%	Calories from Protein

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Pancakes or Waffles

Recipe: 000328 Pancakes and Candy Bacon

Recipe Source: CIA
 Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 6
 Size of Portion: Servings

902859 Lentil Flour..... 902466 USDA Flour, Whole Wheat 100410+..... 902850 USDA, Flour, All Purpose, Enr, Bl 100400..... 018372 LEAVENING AGENTS,BAKING SODA..... 902505 SALT.....	1 CUP 1 1/2 CUP 1 1/2 CUP 1 TSP 1 TSP	1. Place the dry ingredients into a bowl. Form a well in the center.
902468 USDA Eggs, Pasteurized, Whole 100046+..... 902640 BUTTERMILK..... 902451 USDA Oil, Vegetable, 1 Gal 100439+..... 001145 BUTTER,WITHOUT SALT.....	4 egg, raw, beaten 2 CUP 2 OZ 3 OZ, melted	2. Beat the eggs in a separate bowl and pour the dry ingredients into the well. 3. Mix with a spoon, adding the buttermilk. Mix in the oil and butter.
010994 BACON,PRE-SLICED,REDUCED/LOW NA,UNPREP.... 902573 SUGAR, BROWN.....	6 slice 1/2 CUP, unpacked	4. Precook bacon on sheet pan, when half is done, drain all of fat. 5. Place bacon on elevated sheet pan rack and sprinkle plenty of brown sugar on top to bake the bacon strip at 325°F until sugar is melted and bacon is done. Let temperature reduce down to 140°F and serve hot with pancakes or waffles. Note: The only difference between waffles and pancake batter is its thickness. Waffle batter is stiffer. A basic waffle batter can stay in the refrigerator all week and portions of it can be thinned with buttermilk to be used for pancakes.

*Nutrients are based upon 1 Portion Size (Servings)

Calories	702 kcal	Cholesterol	*157.74* mg	Protein	22.63 g	Calcium	*143.36* mg	46.60%	Calories from Total Fat
Total Fat	36.33 g	Sodium	865.65 mg	Vitamin A	*149.96* RE	Iron	*1.94* mg	*13.22%*	Calories from Saturated Fat
Saturated Fat	*10.31* g	Carbohydrates	73.68 g	Vitamin A	*575.36* IU	Water ¹	*88.02* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	10.10 g	Vitamin C	*0.82* mg	Ash ¹	*2.71* g	42.00%	Calories from Carbohydrates
								12.90%	Calories from Protein

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Pancakes or Waffles

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 1.75 oz				? - Allergen 1
Grain..... 3.75 oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902859	Lentil Flour			
I	902466	USDA Flour, Whole Wheat 100410+			
I	902850	USDA, Flour, All Purpose, Enr, BI 100400			
I	018372	LEAVENING AGENTS,BAKING SODA			
I	902505	SALT			
I	902468	USDA Eggs, Pasteurized, Whole 100046+			
I	902640	BUTTERMILK			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	001145	BUTTER,WITHOUT SALT			
I	010994	BACON,PRE-SLICED,REDUCED/LOW NA,UNP			
I	902573	SUGAR, BROWN			

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Chicken Tostadas with Chickpeas

Recipe: 000329 Chicken Tostadas with Chickpea

Recipe Source: CIA
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 12
 Size of Portion: 1 Tostada

902451 USDA Oil, Vegetable, 1 Gal 100439+..... 018363 TORTILLAS,RTB OR -FRY,CORN.....	1/2 CUP + 2 TBSP 12 tortilla	1. Heat the oil in a small skillet; fry the tortillas one at a time until gold and crisp. Remove with tongs and transfer to paper towels to drain excess of oil. Reserve. 2. Spread some refried beans on each tostada; arrange the diced chicken and chickpeas and lettuce on top. Note: Chickpeas, cooked, toasted in Latin Spice Mixture (recipe follows). 3. Scatter the tostadas with onion, tomato, avocado, and drizzle with sour cream. 4. Serve along with the salsa roja cruda. 5. <i>For the salsa roja cruda:</i> Place all the ingredients in the blender, add ¼ cup of water, and process until the sauce is smooth. Season with salt and pepper. Cover and refrigerate until serving. Vegetable Subgroups: .125 red/orange; .25 legume; .125 other
902876 USDA Refried Beans, Low-Sodium - 100362..... 902862 USDA Diced Chicken Meat 100101..... 902865 USDA Garbanzo, Low-Sodium 100360..... 902554 LETTUCE, SHREDDED.....	1 1/2 CUP 1 LB 1 1/2 CUP, toasted 1/4 LB, shredded/chiffonade	
011282 ONIONS,RAW..... 902686 TOMATOES,FRESH,RED RIPE..... 009037 AVOCADOS,RAW,ALL COMM VAR..... 001179 SOUR CREAM,LIGHT.....	1/2 CUP, chopped 3/4 LB 3/4 LB 3/4 CUP	
902449 USDA Tomatoes, Diced, NSA, CND, #10 100329... 902874 Arbol Chili..... 011215 GARLIC,RAW..... 011282 ONIONS,RAW..... 902505 SALT..... 903625 PEPPER, BLACK, GROUND.....	1 CUP 5 pepper 1/4 clove 1/4 CUP, chopped 1/8 TSP 1/8 TSP	

*Nutrients are based upon 1 Portion Size (1 Tostada)

Calories	379 kcal	Cholesterol	40.35 mg	Protein	19.23 g	Calcium	*54.48* mg	48.82%	Calories from Total Fat
Total Fat	20.54 g	Sodium	143.05 mg	Vitamin A	*75.77* RE	Iron	*2.07* mg	9.40%	Calories from Saturated Fat
Saturated Fat	3.96 g	Carbohydrates	32.30 g	Vitamin A	*335.47* IU	Water ¹	*78.66* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	6.61 g	Vitamin C	*11.59* mg	Ash ¹	*0.98* g	34.11%	Calories from Carbohydrates
								20.31%	Calories from Protein

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Chicken Tostadas with Chickpeas

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¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 1.250 oz				? - Allergen 1
Grain..... 0.500 oz				? - Allergen 2
Fruit..... 0.125 cup				? - Allergen 3
Vegetable..... 5.000 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	018363	TORTILLAS,RTB OR -FRY,CORN			
I	902876	USDA Refried Beans, Low-Sodium - 100362			
I	902862	USDA Diced Chicken Meat 100101			
I	902865	USDA Garbanzo, Low-Sodium 100360			
I	902554	LETTUCE, SHREDDED			
I	011282	ONIONS,RAW			
I	902686	TOMATOES,FRESH,RED RIPE			
I	009037	AVOCADOS,RAW,ALL COMM VAR			
I	001179	SOUR CREAM,LIGHT			
I	902449	USDA Tomatoes, Diced, NSA, CND, #10 100329			
I	902874	Arbol Chili			
I	011215	GARLIC,RAW			
I	011282	ONIONS,RAW			
I	902505	SALT			
I	903625	PEPPER, BLACK, GROUND			

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Latin Spice Mixture

Recipe: 000330 Latin Spice Mixture

Recipe Source: CIA
 Recipe Group: MISCELLANEOUS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 19.5
 Size of Portion: Teaspoons

002028 PAPRIKA.....	4 1/2 TBSP	1. Mix all ingredients together.
000043 CUMIN, ground.....	1 TSP	
002020 GARLIC POWDER.....	1 1/2 TSP	
903603 OREGANO LEAVES, DRIED.....	1 TSP, leaves	
903630 PEPPER, CAYENNE, GROUND...	1/4 TSP	
002023 MARJORAM, DRIED.....	2 TSP	
902505 SALT.....	1/8 TSP	
002030 PEPPER, BLACK.....	1/8 TSP, whole	

*Nutrients are based upon 1 Portion Size (Teaspoons)

Calories	6 kcal	Cholesterol	0.00 mg	Protein	0.28 g	Calcium	5.94 mg	34.48%	Calories from Total Fat
Total Fat	0.22 g	Sodium	16.41 mg	Vitamin A	100.31 RE	Iron	0.43 mg	5.79%	Calories from Saturated Fat
Saturated Fat	0.04 g	Carbohydrates	1.12 g	Vitamin A	807.53 IU	Water ¹	*0.21* g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A* g	Dietary Fiber	0.63 g	Vitamin C	0.07 mg	Ash ¹	*0.18* g	78.91%	Calories from Carbohydrates
								19.83%	Calories from Protein

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¹ - denotes optional nutrient values

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Allergen 1
Grain.....	oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change.	0%				? - Allergen 7
Fat Change.....	0%				? - Allergen 8
Type of Fat.....					

Production Specification

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Latin Spice Mixture

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	002028	PAPRIKA			
I	000043	CUMIN, ground			
I	002020	GARLIC POWDER			
I	903603	OREGANO LEAVES, DRIED			
I	903630	PEPPER, CAYENNE, GROUND			
I	002023	MARJORAM, DRIED			
I	902505	SALT			
I	002030	PEPPER, BLACK			

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Fajita Wraps with Chickpea Lentils

Recipe: 000332 Fajita Wraps w Chix, Lentils

Recipe Source: CIA
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 14
Size of Portion: Wraps

902872 USDA Peas, Frozen 100350..... 902867 Lentils, cooked.....	1 3/4 CUP, cooked 1 3/4 CUP	1. <i>For the lentil and peas:</i> Cook lentils and peas separately in chicken stock for 40 minutes, then drain and mix gently together; keep warm.
902877 USDA Chicken, Fajita Strips - 100117.....	2 LB	2. Heat chicken strips according to directions from USDA food recommendation.
902465 USDA Tortilla, Whole Grain, 8" 100938+.....	14 Tortilla	3. Preheat tortilla wraps on flat top or in the warmer.
902446 USDA Cheese, Mozzarella, LMPS, Loaves 100022+... 902554 LETTUCE, SHREDDED..... 011124 CARROTS,RAW.....	8 OZ, shredded 1/2 LB, shredded/chiffonade 1/3 LB, shredded	4. <i>To assemble the wraps:</i> Lay lentil and peas on 1/2 of the tortilla. Top with chicken and top with cheese, then lettuce, and carrots. 5. Roll up the ends and proceed to roll the wrap up firmly. 6. Serve wrap in foil. Vegetable Subgroups: .125 red/orange; .125 other; .125 legumes; .125 starchy

*Nutrients are based upon 1 Portion Size (Wraps)

Calories	304 kcal	Cholesterol	61.60 mg	Protein	24.19 g	Calcium	*222.16* mg	29.69%	Calories from Total Fat
Total Fat	10.02 g	Sodium	830.27 mg	Vitamin A	*336.58* RE	Iron	*0.08* mg	10.83%	Calories from Saturated Fat
Saturated Fat	3.66 g	Carbohydrates	29.92 g	Vitamin A	*1994.28* IU	Water ¹	*10.40* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	6.42 g	Vitamin C	*0.70* mg	Ash ¹	*0.11* g	39.39%	Calories from Carbohydrates
								31.85%	Calories from Protein

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Fajita Wraps with Chickpea Lentils

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1.25 oz				? - Allergen 1
Grain..... 1.5 oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0.5 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
<u>Moisture & Fat Change</u>				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902872	USDA Peas, Frozen 100350			
I	902867	Lentils, cooked			
I	902877	USDA Chicken, Fajita Strips - 100117			
I	902465	USDA Tortilla, Whole Grain, 8" 100938+			
I	902446	USDA Cheese, Mozzarella, LMPS, Loaves 10002			
I	902554	LETTUCE, SHREDDED			
I	011124	CARROTS, RAW			

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Green Pea Soup with Cooked Ham

Recipe: 000334 Green Pea Soup with Cooked Ham

Recipe Source: CIA
 Recipe Group: SOUPS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 10
 Size of Portion: Cups

016085 PEAS,SPLIT,MATURE SEEDS,RAW..... 902827 chicken broth, low-sodium.....	1 LB 5 CUP	1. Wash the peas and soak them overnight in cold water. 2. Cook the peas in chicken stock for 60 minutes.
902618 CELERY STALKS..... 011246 LEEKS,(BULB&LOWER LEAF-PORTION),RAW.....	2 ribs, finely chopped 1 LB, chopped	3. Add the celery stalks and leeks to the peas and simmer for anot her 30 minutes until the peas are a thick and done.
902505 SALT..... 903625 PEPPER, BLACK, GROUND..... 902480 USDA Ham, Water Added, Fully Cooked #100184+.... 011297 PARSLEY,RAW.....	1/8 TSP 1/8 TSP 1 LB 2 TBSP, chopped	4. Season, adding salt and pepper and one-half of the ham to the soup just before serving, and garnish with more ham when serving and parsley. Vegetable Subgroups: .5 legumes; .375 other

*Nutrients are based upon 1 Portion Size (Cups)

Calories	236 kcal	Cholesterol	20.01 mg	Protein	19.06 g	Calcium	*57.88* mg	6.85%	Calories from Total Fat
Total Fat	1.80 g	Sodium	491.24 mg	Vitamin A	*16.90* RE	Iron	*3.51* mg	2.05%	Calories from Saturated Fat
Saturated Fat	0.54 g	Carbohydrates	36.46 g	Vitamin A	*944.38* IU	Water ¹	*55.63* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	12.61 g	Vitamin C	*7.65* mg	Ash ¹	*1.87* g	61.75%	Calories from Carbohydrates
								32.29%	Calories from Protein

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Green Pea Soup with Cooked Ham

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	1.25 oz				? - Allergen 1
Grain.....	oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	0.875 cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change.	0%				? - Allergen 7
Fat Change.....	0%				? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	016085	PEAS,SPLIT,MATURE SEEDS,RAW			
I	902827	chicken broth, low-sodium			
I	902618	CELERY STALKS			
I	011246	LEEKs,(BULB&LOWER LEAF-PORtion),RAW			
I	902505	SALT			
I	903625	PEPPER, BLACK, GROUND			
I	902480	USDA Ham, Water Added, Fully Cooked #100184			
I	011297	PARSLEY,RAW			

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American Sliders with Hummus and Vegetable Chips

Recipe: 000335 American Pork Sliders w H&V Cp

Recipe Source: CIA
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:

Number of Portions: 8

Size of Portion: 2 Each

902451 USDA Oil, Vegetable, 1 Gal 100439+..... 011282 ONIONS,RAW..... 990072 SALT, GARLIC..... 903603 OREGANO LEAVES,DRIED..... 902878 USDA Pork Sausage Crumbles 100144..... 902853 USDA Cheese, Cheddar, Yellow, Shred 100003... 902855 Hawaiian Sweet Rolls, Slider Size..... 016158 HUMMUS,COMMERCIAL..... 902856 Veggie Chips, low-sodium.....	2 TBSP 2 chopped, medium 2 TBSP 2 TBSP, leaves 3 LB 8 OZ 16 Roll 2 CUP 8 CUP	1. In a braising pan, use 1 tablespoon of oil to sear the onions, garlic salt, and oregano for 6 to 8 minutes. Add the pork crumble for 5 minutes and remove and drain, if necessary. 2. After the pork is done, toast the buns in remaining vegetable oil on each side and spread with hummus on the rolls. 3. Place 2 ounces of pork on a warm roll bottom and top with cheese and 2 tablespoons of grilled peach salsa and serve.
Vegetable Subgroups: .25 other		

*Nutrients are based upon 1 Portion Size (2 Each)

Calories	848 kcal	Cholesterol	151.50 mg	Protein	61.35 g	Calcium	*41.52* mg	48.02%	Calories from Total Fat
Total Fat	45.26 g	Sodium	3009.23 mg	Vitamin A	*7.13* RE	Iron	*2.07* mg	17.83%	Calories from Saturated Fat
Saturated Fat	16.80 g	Carbohydrates	61.68 g	Vitamin A	*70.77* IU	Water ¹	*65.51* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	10.55 g	Vitamin C	*2.41* mg	Ash ¹	*4.92* g	29.09%	Calories from Carbohydrates
								28.94%	Calories from Protein

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American Sliders with Hummus and Vegetable Chips

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	3.5 oz				? - Allergen 1
Grain.....	2 oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	0.25 cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change.	0%				? - Allergen 7
Fat Change.....	0%				? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	011282	ONIONS,RAW			
I	990072	SALT, GARLIC			
I	903603	OREGANO LEAVES,DRIED			
I	902878	USDA Pork Sausage Crumbles 100144			
I	902853	USDA Cheese, Cheddar, Yellow, Shred 100003			
I	902855	Hawaiian Sweet Rolls, Slider Size			
I	016158	HUMMUS,COMMERCIAL			
I	902856	Veggie Chips, low-sodium			

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Grilled Peach Salsa

Recipe: 000336 Grilled Peach Salsa

Recipe Source: CIA
 Recipe Group: SAUCE

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 128
 Size of Portion: 2 TBSP

902879 USDA Peaches, Frozen 100239..... 902857 Nonstick Cooking spray, for cooking... 002021 GINGER,GROUND..... 000047 JALAPENO PEPPERS VSD..... 902858 Vinegar, Rice..... 902547 CILANTRO ,FRESH..... 902505 SALT..... 903625 PEPPER, BLACK, GROUND.....	1 LB 1 (1/5 Second Stray) 1 TBSP 1 Pepper, seeded and veined 2 OZ 1/2 CUP, roughly chopped 1/8 TSP 1/8 TSP	1. Defrost peaches and dry well. 2. Heat griddles to 400°F and add a small amount of nonstick spray . 3. Add peaches and griddle them to lightly brown on each side. 4. Remove and chill. 5. Chop browned peaches coarsely to grape -size chunks and place in a bowl. Add remaining ingredients. 6. Season last with salt and pepper 7. Cover and refrigerate for up to 12 hours.
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*Nutrients are based upon 1 Portion Size (2 TBSP)

Calories	4 kcal	Cholesterol	0.00 mg	Protein	0.03 g	Calcium	*0.30* mg	1.86%	Calories from Total Fat
Total Fat	0.01 g	Sodium	2.78 mg	Vitamin A	*0.67* RE	Iron	*0.01* mg	0.42%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	0.89 g	Vitamin A	*8.86* IU	Water ¹	*0.15* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	0.07 g	Vitamin C	*0.04* mg	Ash ¹	*0.01* g	100.45%	Calories from Carbohydrates
								3.43%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8

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Grilled Peach Salsa

Type of Fat.....			
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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902879	USDA Peaches, Frozen 100239			
I	902857	Nonstick Cooking spray, for cooking			
I	002021	GINGER,GROUND			
I	000047	JALAPENO PEPPERS VSD			
I	902858	Vinegar, Rice			
I	902547	CILANTRO ,FRESH			
I	902505	SALT			
I	903625	PEPPER, BLACK, GROUND			

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Stir-Fried Beef Lentils and Broccoli

Recipe: 000337 Stir-Fried Beef Lentils & Broc

Recipe Source: CIA
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 10
 Size of Portion: Portions

902475 USDA Beef, Ground 100158..... 020027 CORNSTARCH..... 016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO NA... 902827 chicken broth, low-sodium..... 902576 SUGAR, GRANULATED.....	1 1/2 LB 3 TBSP 3 TBSP 3 TBSP 2 TSP	1. Use precut beef or ground from USDA listing. Combine the cornstarch, soy, chicken stock, and sugar. Add the beef and toss to coat evenly. Let stand for 15 minutes, turning occasionally.
902456 USDA Broccoli, Florets, Frozen 110282+.....	1 LB	2. Defrost and trim the broccoli into bite-sized pieces.
902451 USDA Oil, Vegetable, 1 Gal 100439+..... 011216 GINGER ROOT,RAW..... 011215 GARLIC,RAW..... 004058 OIL, SESAME,SALAD OR COOKING..... 902827 chicken broth, low-sodium..... 902867 Lentils, cooked..... 902579 SALT..... 903625 PEPPER, BLACK, GROUND.....	5 TBSP 1/4 CUP, slices 1 clove 3 TSP 1 1/2 CUP 2 1/2 CUP 1/8 TSP 1/8 TSP	3. Heat half of the oil and add the beef and stir -fry until it loses its redness (about 2 to 3 minutes). Remove meat from the wok or tilt cooker. 4. Heat the remaining oil and add the ginger and garlic and stir briefly. Add the broccoli and toss to coat with oil. Add the stock and cover until the broccoli is nearly warm and done. Add lentils last for 1 to 2 minutes. Return the beef to the pan and toss to reheat briefly. Season with salt and black pepper. Vegetable Subgroups: .25 dark green; .25 legume
		CCP: Heat & Hold to 165° F or higher.

*Nutrients are based upon 1 Portion Size (Portions)

Calories	329 kcal	Cholesterol	52.80 mg	Protein	25.43 g	Calcium	*24.49* mg	56.14%	Calories from Total Fat
Total Fat	20.50 g	Sodium	269.00 mg	Vitamin A	*91.71* RE	Iron	*1.96* mg	16.36%	Calories from Saturated Fat
Saturated Fat	5.97 g	Carbohydrates	16.57 g	Vitamin A	*458.55* IU	Water ¹	*5.67* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.49 g	Vitamin C	*17.96* mg	Ash ¹	*0.83* g	20.17%	Calories from Carbohydrates
								30.96%	Calories from Protein

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Stir-Fried Beef Lentils and Broccoli

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	1.75 oz				? - Allergen 1
Grain.....	oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	0.5 cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
Moisture & Fat Change					
Moisture Change.	%				? - Allergen 6
Fat Change.....	%				? - Allergen 7
Type of Fat.....					? - Allergen 8

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902475	USDA Beef, Ground 100158			
I	020027	CORNSTARCH			
I	016424	SOY SAU MADE FROM SOY&WHEAT (SHOYU)			
I	902827	chicken broth, low-sodium			
I	902576	SUGAR, GRANULATED			
I	902456	USDA Broccoli, Florets, Frozen 110282+			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	011216	GINGER ROOT,RAW			
I	011215	GARLIC,RAW			
I	004058	OIL,SESAME,SALAD OR COOKING			
I	902827	chicken broth, low-sodium			
I	902867	Lentils, cooked			
I	902579	SALT			
I	903625	PEPPER, BLACK, GROUND			

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Chipotle-Spiced Chickpea Snack

Recipe: 000338 Chipotle-Spiced Chickpea Snack

Recipe Source: CIA
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 4
 Size of Portion: 1/4 cups

902579 SALT..... 902440 Chipotle Chile Pepper..... 002009 CHILI POWDER..... 903625 PEPPER, BLACK, GROUND.....	2 TSP 1 TBSP, flakes 1/2 TSP 1/2 TSP	1. In a small bowl, combine the salt, chipotle chili flakes, ground ancho chile, and black pepper.
902576 SUGAR, GRANULATED..... 902624 WATER..... 902880 USDA Garbanzo, Dry - 110089...	1 CUP 1/4 CUP 2 CUP	2. In a medium saucepan, combine the sugar and water bring to a boil; stir to dissolve the sugar. Add the chickpeas and stir to combine, lower the heat, and keep cooking until the sugar caramelizes and the peas start to coat. The mixture will get sandy but just keep stirring the syrup off the bottom over low heat until the nuts are light brown and the sugar is deep amber. 3. Remove from the heat and add the spice mixture, stir to combine and pour out onto a sheet pan to cool. Vegetable Subgroups: .25 legumes

*Nutrients are based upon 1 Portion Size (1/4 cups)

Calories	330 kcal	Cholesterol	0.00 mg	Protein	7.31 g	Calcium	*2.56* mg	5.91%	Calories from Total Fat
Total Fat	2.17 g	Sodium	1190.96 mg	Vitamin A	*10.91* RE	Iron	*0.09* mg	0.40%	Calories from Saturated Fat
Saturated Fat	0.15 g	Carbohydrates	73.02 g	Vitamin A	*92.66* IU	Water ¹	*14.85* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	6.31 g	Vitamin C	*0.00* mg	Ash ¹	*3.09* g	88.53%	Calories from Carbohydrates
								8.86%	Calories from Protein

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Chipotle-Spiced Chickpea Snack

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0.25 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
<u>Moisture & Fat Change</u>				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902579	SALT			
I	902440	Chipotle Chile Pepper			
I	002009	CHILI POWDER			
I	903625	PEPPER, BLACK, GROUND			
I	902576	SUGAR, GRANULATED			
I	902624	WATER			
I	902880	USDA Garbanzo, Dry - 110089			

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Roasted Turkey Breast

Recipe: 000339 Roasted Turkey Apple-RaisinBBQ

Recipe Source: CIA
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 14
 Size of Portion: Portions

007079 TURKEY BREAST MEAT..... 902451 USDA Oil, Vegetable, 1 Gal 100439+... 902579 SALT..... 903625 PEPPER, BLACK, GROUND..... 011297 PARSLEY,RAW.....	1 3/8 LB 1/2 CUP 1/4 TSP 1/4 TSP 1/4 CUP, chopped	1. Season the turkey breast with salt and pepper. Rub with the oil . 2. Place the turkey on a rack in a roasting pan. Roast in a convec tion oven at 350°F for approximately 1½ hours, or until the internal temperature reaches 165°F. 3. Remove the turkey from the roasting pan and allow it to rest. 4. Meanwhile, prepare the apple -raisin barbecue sauce. 5. Carve the turkey into portions and serve warm apple -raisin barbecue sauce over top. Serve with the lentil, peas, and brown rice on the side. Garnish with parsley. CCP: Heat & Hold to 165° F or higher.
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*Nutrients are based upon 1 Portion Size (Portions)

Calories	113 kcal	Cholesterol	19.09 mg	Protein	7.61 g	Calcium	5.06 mg	67.77%	Calories from Total Fat
Total Fat	8.53 g	Sodium	454.62 mg	Vitamin A	5.57 RE	Iron	0.71 mg	10.02%	Calories from Saturated Fat
Saturated Fat	1.26 g	Carbohydrates	1.94 g	Vitamin A	104.90 IU	Water ¹	*33.82* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	0.26 g	Vitamin C	3.96 mg	Ash ¹	*1.46* g	6.84%	Calories from Carbohydrates
								26.86%	Calories from Protein

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¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 1 oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8

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Roasted Turkey Breast

Type of Fat.....			
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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	007079	TURKEY BREAST MEAT			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	902579	SALT			
I	903625	PEPPER, BLACK, GROUND			
I	011297	PARSLEY,RAW			

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Apple-Raisin Barbecue Sauce

Recipe: 000340 Apple-Raisin Barbecue Sauce

Recipe Source: CIA
 Recipe Group: SAUCE

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 40
 Size of Portion: 2.4 Tbsp

902881 USDA Applesauce, canned, unsweetened 100208... 902882 USDA Raisins, Seedless - 100294..... 050153 Barbecue Sauce..... 902624 WATER..... 002009 CHILI POWDER..... 002020 GARLIC POWDER.....	1 CUP 1 CUP 2 CUP 2 CUP 1 1/2 TSP 1 1/2 TSP	1. Combine all ingredients in a medium -sized saucepan and bring to a simmer over medium heat. 2. Lower the heat and cook for 20 minutes, or until the mixture has thickened and the raisins are plumped. Remove and cool completely.
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*Nutrients are based upon 1 Portion Size (2.4 Tbsp)

Calories	33 kcal	Cholesterol	0.00 mg	Protein	0.33 g	Calcium	*4.64* mg	1.97%	Calories from Total Fat
Total Fat	0.07 g	Sodium	126.06 mg	Vitamin A	*24.15* RE	Iron	*0.14* mg	0.34%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	8.68 g	Vitamin A	*132.20* IU	Water ¹	*11.86* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	0.41 g	Vitamin C	*1.60* mg	Ash ¹	*0.03* g	104.43%	Calories from Carbohydrates
								4.01%	Calories from Protein

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¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
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Apple-Raisin Barbecue Sauce

I	902881	USDA Applesauce, canned, unsweetened 10020			
I	902882	USDA Raisins, Seedless - 100294			
I	050153	Barbecue Sauce			
I	902624	WATER			
I	002009	CHILI POWDER			
I	002020	GARLIC POWDER			

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Lentils, Peas, and Brown Rice Medley

Recipe: 000341 Lentils, Peas, and Brown Rice

Recipe Source: CIA
 Recipe Group: SIDE ITEM

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 40
 Size of Portion: .33 cups

902867 Lentils, cooked..... 902872 USDA Peas, Frozen 100350..... 902884 USDA Rice, Brown, Parboiled, cooked 100500... 990080 SOUP, STOCK, VEG, LO SODIUM..... 902451 USDA Oil, Vegetable, 1 Gal 100439+..... 050151 ITALIAN SEASONING MIX..... 009152 LEMON JUICE,RAW.....	3 CUP 3 CUP, cooked 4 CUP, cooked 1/4 CUP 3 TBSP 1/4 TSP 1 TBSP	<ol style="list-style-type: none"> 1. Make sure that all your lentils, peas, and rice are kept separate and loose. 2. <i>For use as a warm dish:</i> Heat the oil and Italian seasoning. 3. Add the legumes, grains, and rice and toss quickly and make sure the dish stays wet and moist. At this point, you may want to add small amounts of vegetable stock or water. Be sure the mixture is very hot, but not overcooked. 4. <i>For use as a cold dish:</i> Toss all your cooked vegetables, grains, and Italian seasoning together in a large bowl. Add oil and lemon juice until the dish is moist and wet and the seasoning is as desired. <p>Vegetable Subgroups: .125 legumes; .125 starchy</p>
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*Nutrients are based upon 1 Portion Size (.33 cups)

Calories	57 kcal	Cholesterol	0.00 mg	Protein	2.48 g	Calcium	*0.32* mg	20.49%	Calories from Total Fat
Total Fat	1.31 g	Sodium	10.48 mg	Vitamin A	*1.91* RE	Iron	*0.01* mg	2.95%	Calories from Saturated Fat
Saturated Fat	0.19 g	Carbohydrates	9.30 g	Vitamin A	*9.54* IU	Water ¹	*1.78* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.22 g	Vitamin C	*0.21* mg	Ash ¹	*0.01* g	64.73%	Calories from Carbohydrates
								17.28%	Calories from Protein

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Lentils, Peas, and Brown Rice Medley

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... .25 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
<u>Moisture & Fat Change</u>				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902867	Lentils, cooked			
I	902872	USDA Peas, Frozen 100350			
I	902884	USDA Rice, Brown, Parboiled, cooked 100500			
I	990080	SOUP, STOCK, VEG, LO SODIUM			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	050151	ITALIAN SEASONING MIX			
I	009152	LEMON JUICE,RAW			

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Breakfast Sandwich

Recipe: 000343 Breakfast Sandwich w Hms, eggs

Recipe Source: CIA
 Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 6
 Size of Portion: Sandwiches

902449 USDA Tomatoes, Diced, NSA, CND, #10 100329..... 011215 GARLIC,RAW..... 902579 SALT..... 903625 PEPPER, BLACK, GROUND..... 002044 BASIL,FRESH.....	3/4 CUP 2 cloves, minced 1/8 TSP 1/8 TSP 6 TBSP, chiffonade	1. Prepare all ingredients the following way: Season tomatoes with garlic, salt, pepper, and strips of basil; set aside.
902480 USDA Ham, Water Added, Fully Cooked #100184+....	7 1/3 OZ, strips	2. Cook ham strips on flat top until lightly brown.
902468 USDA Eggs, Pasteurized, Whole 100046+.....	2 CUP	3. Scramble eggs and keep warm.
018967 BREAD,WHEAT,WHITE WHEAT..... 902451 USDA Oil, Vegetable, 1 Gal 100439+.....	6 slice 1/4 CUP	4. Brush bread with vegetable oil and place on a sheet pan and let toast for about 10 minutes at 350°F. 5. After bread is toasted, remove, and let come to room temperature. Spread a thick layer of hummus on each slice of bread. 6. Add ham and eggs on top and top with diced tomatoes or prepare USDA salsa. 7. Serve for breakfast or lunch. Vegetable Subgroups: .125 red/orange (see Hummus recipe for legume subgroup)

*Nutrients are based upon 1 Portion Size (Sandwiches)

Calories	304 kcal	Cholesterol	315.36 mg	Protein	18.16 g	Calcium	251.19 mg	54.02%	Calories from Total Fat
Total Fat	18.22 g	Sodium	607.08 mg	Vitamin A	113.15 RE	Iron	3.29 mg	12.84%	Calories from Saturated Fat
Saturated Fat	4.33 g	Carbohydrates	16.07 g	Vitamin A	615.94 IU	Water ¹	*13.05* g	*0.03%*	Calories from Trans Fat
Trans Fat ¹	*0.01* g	Dietary Fiber	3.12 g	Vitamin C	4.33 mg	Ash ¹	*1.20* g	21.17%	Calories from Carbohydrates
								23.93%	Calories from Protein

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Breakfast Sandwich

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	4 oz				? - Allergen 1
Grain.....	1 oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	0.125 cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
Moisture & Fat Change					
Moisture Change.	0%				? - Allergen 6
Fat Change.....	0%				? - Allergen 7
Type of Fat.....					? - Allergen 8

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902449	USDA Tomatoes, Diced, NSA, CND, #10 100329			
I	011215	GARLIC,RAW			
I	902579	SALT			
I	903625	PEPPER, BLACK, GROUND			
I	002044	BASIL,FRESH			
I	902480	USDA Ham, Water Added, Fully Cooked #100184			
I	902468	USDA Eggs, Pasteurized, Whole 100046+			
I	018967	BREAD,WHEAT,WHITE WHEAT			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			

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Hummus

Recipe: 000342 Hummus

Recipe Source: CIA
 Recipe Group: MISCELLANEOUS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 10
 Size of Portion: 1/4 cup

902865 USDA Garbanzo, Low-Sodium 100360... 902885 Tahini..... 902451 USDA Oil, Vegetable, 1 Gal 100439+..... 011215 GARLIC, RAW..... 009152 LEMON JUICE, RAW..... 902579 SALT..... 000043 CUMIN, ground.....	2 1/2 CUP 1/2 CUP 1/4 CUP 1 cloves, minced 2 FL OZ 1/2 TSP 1 TBSP	1. Place all ingredients into a food processor and purée until smooth. Adjust seasoning. Vegetable Subgroups: .25 legume or 1 oz M/MA
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*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	203 kcal	Cholesterol	0.00 mg	Protein	6.35 g	Calcium	*1.20* mg	59.90%	Calories from Total Fat
Total Fat	13.53 g	Sodium	201.64 mg	Vitamin A	*0.13* RE	Iron	*0.03* mg	7.92%	Calories from Saturated Fat
Saturated Fat	1.79 g	Carbohydrates	16.59 g	Vitamin A	*0.42* IU	Water ¹	*5.81* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.14 g	Vitamin C	*2.45* mg	Ash ¹	*0.32* g	32.64%	Calories from Carbohydrates
								12.50%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0.25 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				
Moisture Change. 0%				? - Allergen 6
Fat Change..... 0%				? - Allergen 7
Type of Fat.....				? - Allergen 8

Production Specification

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Hummus

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902865	USDA Garbanzo, Low-Sodium 100360			
I	902885	Tahini			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	011215	GARLIC,RAW			
I	009152	LEMON JUICE,RAW			
I	902579	SALT			
I	000043	CUMIN, ground			

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Mexican Pea and Lentil Quesadilla

Recipe: 000348 Mexican Pea and Lentil Quesad

Recipe Source: CIA
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 4
 Size of Portion: 1/2 Quesadilla

903303 ONION, GREEN w/tops and bulb.....	1 Onion, green, grilled	1. Grill the scallion first and reserve. Prepare Chopped Tomato and Serrano Chile Salsa, Yellow Pea Chipotle Puree, and Guacamole (see attached recipes).
902465 USDA Tortilla, Whole Grain, 8" 100938+.... 902888 Cheese, Oaxaca from Mexico..... 902889 Onions, Caramelized..... 902867 Lentils, cooked..... 902451 USDA Oil, Vegetable, 1 Gal 100439+..... 001179 SOUR CREAM,LIGHT.....	2 Tortilla 6 OZ 1 OZ 1 CUP, multi-color 1/2 OZ 1 OZ	2. Place 1 tortilla inside pizza pan or sheet pan. Spread the cheese over the surface of half of the tortilla so that it reaches the edge. 3. Spread the caramelized onions, lentils, and pea purée salsa evenly over the cheese so that each bite will have all of the flavors. 4. Fold over with the other ½ of the tortilla and brush the top with vegetable oil. 5. Cook in the oven until the quesadilla is golden brown and crispy on bottom, then flip, and continue cooking. 6. When both sides are crispy, remove from the oven and cut into eight equal size wedges. 7. Garnish with scallion, guacamole, and sour cream. Vegetable Subgroups: .25 legumes

*Nutrients are based upon 1 Portion Size (1/2 Quesadilla)

Calories	317 kcal	Cholesterol	45.98 mg	Protein	16.06 g	Calcium	*59.99* mg	51.48%	Calories from Total Fat
Total Fat	18.13 g	Sodium	453.19 mg	Vitamin A	*4.65* RE	Iron	*0.01* mg	24.91%	Calories from Saturated Fat
Saturated Fat	8.77 g	Carbohydrates	23.14 g	Vitamin A	*23.25* IU	Water ¹	*5.54* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.97 g	Vitamin C	*0.06* mg	Ash ¹	*0.05* g	29.20%	Calories from Carbohydrates
								20.27%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Mexican Pea and Lentil Quesadilla

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	1.5 oz				? - Allergen 1
Grain.....	0.75 oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	0.25 cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
<u>Moisture & Fat Change</u>					? - Allergen 6
Moisture Change.	0%				? - Allergen 7
Fat Change.....	0%				? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903303	ONION, GREEN w/tops and bulb			
I	902465	USDA Tortilla, Whole Grain, 8" 100938+			
I	902888	Cheese, Oaxaca from Mexico			
I	902889	Onions, Caramelized			
I	902867	Lentils, cooked			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	001179	SOUR CREAM,LIGHT			

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Yellow Pea Chipotle Purée

Recipe: 000346 Yellow Pea Chipotle Puree

Recipe Source: CIA
 Recipe Group: MISCELLANEOUS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 6
 Size of Portion: Portions

902886 PEAS, YELLOW, SPLIT, MATURE SEEDS, RAW....	6 OZ	1. Soak the peas the night before for best result.
011282 ONIONS, RAW..... 902451 USDA Oil, Vegetable, 1 Gal 100439+.....	1/2 medium (2-1/2" dia) 1 TSP	2. Dice the onions and rinse them in water. 3. Heat oil and sweat the onions for 2 to 3 minutes until soft.
902624 WATER.....	12 FL OZ	4. Add peas and water to cover and cook until soft under a lid.
011215 GARLIC, RAW..... 902887 Chipotle Peppers in Adobo Sauce..... 902579 SALT.....	1 cloves, minced 1 pepper 1/8 TSP	5. When soft, add the garlic, chipotle chile, and salt and process the mixture with a stick blender to a smooth purée. Vegetable Subgroups: N/A, vegetables are unidentifiable.

*Nutrients are based upon 1 Portion Size (Portions)

Calories	110 kcal	Cholesterol	0.00 mg	Protein	7.09 g	Calcium	*19.82* mg	9.65%	Calories from Total Fat
Total Fat	1.18 g	Sodium	78.93 mg	Vitamin A	*4.30* RE	Iron	*1.29* mg	1.29%	Calories from Saturated Fat
Saturated Fat	0.16 g	Carbohydrates	18.47 g	Vitamin A	*42.47* IU	Water ¹	*70.80* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	7.56 g	Vitamin C	*1.34* mg	Ash ¹	*0.98* g	67.12%	Calories from Carbohydrates
								25.77%	Calories from Protein

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Yellow Pea Chipotle Purée

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... cup				? - Allergen 4
Milk..... cup				? - Allergen 5
<u>Moisture & Fat Change</u>				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902886	PEAS,YELLOW, SPLIT,MATURE SEEDS,RAW			
I	011282	ONIONS,RAW			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	902624	WATER			
I	011215	GARLIC,RAW			
I	902887	Chipotle Peppers in Adobo Sauce			
I	902579	SALT			

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Chopped Tomato and Serrano Chile Salsa

Recipe: 000350 Chopped Tomato and Serrano Sls

Recipe Source: CIA
 Recipe Group: CONDIMENTS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 6
 Size of Portion: 2.66 tbsp

902890 Serrano chiles..... 902875 Tomato, Roma..... 011282 ONIONS,RAW..... 902547 CILANTRO ,FRESH..... 009160 LIME JUICE,RAW..... 902451 USDA Oil, Vegetable, 1 Gal 100439+... 902579 SALT.....	1 Pepper with seeds 3 tomato, diced 1/2 chopped, medium 1 CUP, roughly chopped 1 TBSP 1/2 TBSP 1/8 TSP	1. In a bowl, combine all ingredients except salt and toss well. 2. Season with salt just prior to serving to prevent the tomato from releasing excess water. Note: This salsa should be used the day it is made. Vegetable Subgroups: .125 other
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*Nutrients are based upon 1 Portion Size (2.66 tbsp)

Calories	34 kcal	Cholesterol	0.00 mg	Protein	0.79 g	Calcium	*13.37* mg	45.16%	Calories from Total Fat
Total Fat	1.69 g	Sodium	57.22 mg	Vitamin A	*27.81* RE	Iron	*0.25* mg	4.52%	Calories from Saturated Fat
Saturated Fat	0.17 g	Carbohydrates	4.92 g	Vitamin A	*376.54* IU	Water ¹	*16.89* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	0.94 g	Vitamin C	*2.85* mg	Ash ¹	*0.28* g	58.47%	Calories from Carbohydrates
								9.40%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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¹ - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0.125 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
<u>Moisture & Fat Change</u>				? - Allergen 6
Moisture Change. %				? - Allergen 7
Fat Change..... %				? - Allergen 8
Type of Fat.....				

Production Specification

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Chopped Tomato and Serrano Chile Salsa

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902890	Serrano chiles			
I	902875	Tomato, Roma			
I	011282	ONIONS,RAW			
I	902547	CILANTRO ,FRESH			
I	009160	LIME JUICE,RAW			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	902579	SALT			

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Guacamole

Recipe: 000351 Guacamole
 Recipe Source: CIA
 Recipe Group: MISCELLANEOUS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 10
 Size of Portion: Servings

009037 AVOCADOS,RAW,ALL COMM VAR.... 902875 Tomato, Roma..... 011282 ONIONS,RAW..... 902890 Serrano chiles..... 902547 CILANTRO ,FRESH..... 009160 LIME JUICE,RAW..... 902579 SALT.....	5/8 LB, diced 5/8 LB, diced 1/2 LB, chopped 1 Pepper, seeded and veined 2 TBSP, roughly chopped 1 FL OZ 1/8 TSP	1. Split the avocados and scoop out the flesh. 2. Combine the avocados with the remaining ingredients and mix well. Vegetable Subgroups: .125 red/orange
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*Nutrients are based upon 1 Portion Size (Servings)

Calories	61 kcal	Cholesterol	0.00 mg	Protein	1.00 g	Calcium	*9.80* mg	63.35%	Calories from Total Fat
Total Fat	4.26 g	Sodium	36.21 mg	Vitamin A	*19.33* RE	Iron	*0.22* mg	8.90%	Calories from Saturated Fat
Saturated Fat	0.60 g	Carbohydrates	6.01 g	Vitamin A	*71.75* IU	Water ¹	*43.75* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.45 g	Vitamin C	*5.55* mg	Ash ¹	*0.61* g	39.74%	Calories from Carbohydrates
								6.64%	Calories from Protein

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¹ - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... 0.125 cup				? - Allergen 3
Vegetable..... 0.125 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
<u>Moisture & Fat Change</u>				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

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Guacamole

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	009037	AVOCADOS,RAW,ALL COMM VAR			
I	902875	Tomato, Roma			
I	011282	ONIONS,RAW			
I	902890	Serrano chiles			
I	902547	CILANTRO ,FRESH			
I	009160	LIME JUICE,RAW			
I	902579	SALT			

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Chickpea Gnocchi with Creamy Pesto Sauce

Recipe: 000352 Chickpea Gnocchi with CmyPesto

Recipe Source: CIA
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 6
Size of Portion: Portions

011353 POTATOES,RUSSET,FLESH & SKN,RAW... 902579 SALT..... 902865 USDA Garbanzo, Low-Sodium 100360.....	2 LB 1/8 TSP 2 CUP, pureed	1. Boil the potatoes in salted water until tender, about 20 minutes. Drain and peel. Pass through a fine disk of a potato ricer; cool. Pour onto a counter. The puréed chickpeas will make a well inside the mixture.
902859 Lentil Flour..... 902850 USDA, Flour, All Purpose, Enr, Bl 100400..... 902468 USDA Eggs, Pasteurized, Whole 100046+..... 002025 NUTMEG,GROUND..... 001032 CHEESE,PARMESAN,GRATED..... 902451 USDA Oil, Vegetable, 1 Gal 100439+.....	1 CUP 1 CUP 2 egg, raw, beaten 1/8 TSP 2 TBSP 1/2 CUP	2. Puree chickpeas and mix with potatoes. 3. Pour onto a counter and make well in the potato and chickpea mixture. 4. Sift the two flours together into the purée well. 5. Work in the egg, nutmeg, and the grated parmesan until a dough forms. 6. Knead well for 3 to 4 minutes. Cut into 6 pieces; roll into finger-thick logs. Cut into ½ inch pieces. As the gnocchi are ready, place them on a floured tray. 7. Bring a pot of water to a boil. Add the gnocchi and salt. Remove the gnocchi with a slotted spoon to a bowl as they rise to the surface.
002044 BASIL,FRESH..... 011215 GARLIC,RAW..... 001146 CHEESE,PARMESAN,SHREDDED..... 004053 OIL,OLIVE,SALAD OR COOKING..... 902891 Pine Nuts..... 902579 SALT..... 903625 PEPPER, BLACK, GROUND.....	1 1/2 CUP, chiffonade 1 cloves, sliced 1 CUP 4 TBSP 1/2 CUP 1/8 TSP 1/8 TSP	8. Remove and let dry; for best results fry in vegetable oil to semi-crisp. 9. <i>For the pesto:</i> Mix all ingredients together, except the oil -press to smooth and add the oil last.

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Chickpea Gnocchi with Creamy Pesto Sauce

001049 CREAM,FLUID,HALF AND HALF.....	3 CUP	<p>8. Heat the cream in a sauce pan and add the pesto last, stirring to even green and toss the sauce with the gnocchi.</p> <p>Note: Pesto may be kept in the refrigerator for several days, and its color will not alter if covered with enough vegetable oil on the surface. Also use as a condiment flavor enhancer for soups, or as a topping for your favorite crostini and bruschetta. If too thick, dilute with a vegetable stock or water.</p> <p>Note: this recipe cannot be used in school food service at this time. Lentil flour is not a creditable grain as it exceeds the 0.25 oz equivalent requirement.</p>
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*Nutrients are based upon 1 Portion Size (Portions)

Calories	1048 kcal	Cholesterol	118.20 mg	Protein	35.08 g	Calcium	*361.31* mg	51.20%	Calories from Total Fat
Total Fat	59.61 g	Sodium	626.36 mg	Vitamin A	*197.62* RE	Iron	*2.08* mg	14.38%	Calories from Saturated Fat
Saturated Fat	16.74 g	Carbohydrates	98.95 g	Vitamin A	*969.80* IU	Water ¹	*225.89* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	9.13 g	Vitamin C	*10.94* mg	Ash ¹	*3.89* g	37.78%	Calories from Carbohydrates
								13.39%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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¹ - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 0 oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011353	POTATOES,RUSSET,FLESH & SKN,RAW			

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Chickpea Gnocchi with Creamy Pesto Sauce

I	902579	SALT			
I	902865	USDA Garbanzo, Low-Sodium 100360			
I	902859	Lentil Flour			
I	902850	USDA, Flour, All Purpose, Enr, BI 100400			
I	902468	USDA Eggs, Pasteurized, Whole 100046+			
I	002025	NUTMEG,GROUND			
I	001032	CHEESE,PARMESAN,GRATED			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	002044	BASIL,FRESH			
I	011215	GARLIC,RAW			
I	001146	CHEESE,PARMESAN,SHREDDED			
I	004053	OIL,OLIVE,SALAD OR COOKING			
I	902891	Pine Nuts			
I	902579	SALT			
I	903625	PEPPER, BLACK, GROUND			
I	001049	CREAM,FLUID,HALF AND HALF			

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Baby Kale Salad

Recipe: 000357 Baby Kale Salad Go'Bonzo's

Recipe Source: CIA
 Recipe Group: MISCELLANEOUS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 8
 Size of Portion: Portions

009152 LEMON JUICE,RAW..... 902451 USDA Oil, Vegetable, 1 Gal 100439+... 011215 GARLIC,RAW..... 902579 SALT..... 903625 PEPPER, BLACK, GROUND..... 011233 KALE,RAW, Trimmed, W/O stem..... 902895 CHEESE,PARMESAN,SHAVED..... 902892 Go Bonzo's Lightly Salted.....	1/4 CUP 1/2 CUP 4 cloves, minced 1 1/2 TSP 1/2 TSP 2 LB, chopped 1 1/2 CUP 2 CUP	1. In a large bowl, combine the lemon juice, olive oil, garlic, salt, and pepper. Add the greens and toss until evenly coated. Taste and adjust seasoning if necessary. Arrange on plates and top with Parmigiano -Reggiano shavings and your favorite savory Go'Bonzo's™. <p>Note: If you can't find baby kale, substitute any other deep green blend , such as arugula.</p> <p>Vegetable Subgroups: 1 cup dark/green</p>
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*Nutrients are based upon 1 Portion Size (Portions)

Calories	319 kcal	Cholesterol	10.80 mg	Protein	14.65 g	Calcium	*361.49* mg	58.79%	Calories from Total Fat
Total Fat	20.81 g	Sodium	869.89 mg	Vitamin A	*1035.37* RE	Iron	*1.84* mg	13.16%	Calories from Saturated Fat
Saturated Fat	4.66 g	Carbohydrates	23.45 g	Vitamin A	*11458.80* IU	Water ¹	*106.97* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	6.32 g	Vitamin C	*139.50* mg	Ash ¹	*4.41* g	29.45%	Calories from Carbohydrates
								18.40%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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¹ - denotes optional nutrient values

Miscellaneous	Attributes	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1.75 oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 1 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

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Baby Kale Salad

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Recipe

May 2, 2014

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	009152	LEMON JUICE,RAW			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	011215	GARLIC,RAW			
I	902579	SALT			
I	903625	PEPPER, BLACK, GROUND			
I	011233	KALE,RAW, Trimmed, W/O stem			
I	902895	CHEESE,PARMESAN,SHAVED			
I	902892	Go Bonzo's Lightly Salted			

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Go'Bonzo's™ and Broccoli Burritos

Recipe: 000358 Go'Bonzo's and Broccoli Burrit

Recipe Source: CIA
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 8
 Size of Portion: 1 Burrito

011282 ONIONS,RAW..... 903649 PEPPERS, RED DICED SWEET..... 902456 USDA Broccoli, Florets, Frozen 110282+..... 902451 USDA Oil, Vegetable, 1 Gal 100439+..... 016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO NA... 002009 CHILI POWDER..... 000043 CUMIN, ground..... 002028 PAPRIKA..... 002012 CORIANDER LEAF,DRIED..... 903626 PEPPER, BLACK, GROUND..... 011215 GARLIC,RAW.....	1/2 LB, chopped 1/2 LB 1/2 LB 3 TBSP 1 1/2 TBSP 2 TSP 1 TSP 1 TSP 1/2 TSP 1/8 TSP 4 cloves, minced	1. Preheat the oven to 425°F. Have a large rimmed baking sheet at hand. 2. Chop the onion, red bell pepper, and broccoli into chickpea -size pieces, placing them in a bowl as you work. Add the oil, soy sauce (to taste), chili powder, cumin, smoked paprika, and coriander, tossing gently to incorporate. Season with black or cayenne pepper to taste. 3. Spread the mixture evenly on the baking sheet. Roast for 20 minutes, and then stir in the garlic. Return to the oven and roast for 15 minutes. With about 5 minutes of oven time left, you can wrap the stack of 6 to 8 tortillas in aluminum foil and place them in the oven to warm through.
902894 Go Bonzo's Spicy Nacho.....	3 CUP	4. Add Go'Bonzo's™ to the roasted vegetable mixture. Squeeze the juice from one half of a lime evenly over the roasted vegetables. Taste, and adjust the seasoning as needed.
902465 USDA Tortilla, Whole Grain, 8" 100938+..... 902868 Lime, Wedges.....	8 Tortilla 8 wedge	5. Lay the warm tortillas on a work surface. Divide the vegetable mixture evenly among them, spooning a pile at the center of each tortilla. Add some or all of the optional garnishes before you fold the burrito, tucking in the open ends as you go. 6. Serve right away, with wedges of the remaining limes.
		<p>Vegetable Subgroups: .125 cup other; .125 cup red/orange; .125 dark green</p> <p>Optional Garnishing Options: baby spinach leaves, sliced avocado, chopped cilantro, and/or USDA Salsa.</p>

*Nutrients are based upon 1 Portion Size (1 Burrito)

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Go'Bonzo's™ and Broccoli Burritos

Calories	319 kcal	Cholesterol	0.00 mg	Protein	11.47 g	Calcium	*126.02* mg	30.55%	Calories from Total Fat
Total Fat	10.81 g	Sodium	716.32 mg	Vitamin A	*155.46* RE	Iron	*0.55* mg	3.57%	Calories from Saturated Fat
Saturated Fat	1.27 g	Carbohydrates	44.46 g	Vitamin A	*909.06* IU	Water ¹	*28.87* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	10.69 g	Vitamin C	*20.75* mg	Ash ¹	*0.68* g	55.81%	Calories from Carbohydrates
								14.40%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 1.000 oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0.375 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change..... 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011282	ONIONS,RAW			
I	903649	PEPPERS, RED DICED SWEET			
I	902456	USDA Broccoli, Florets, Frozen 110282+			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	016424	SOY SAU MADE FROM SOY&WHEAT (SHOYU)			
I	002009	CHILI POWDER			
I	000043	CUMIN, ground			
I	002028	PAPRIKA			
I	002012	CORIANDER LEAF,DRIED			
I	903626	PEPPER, BLACK, GROUND			
I	011215	GARLIC,RAW			
I	902894	Go Bonzo's Spicy Nacho			
I	902465	USDA Tortilla, Whole Grain, 8" 100938+			
I	902868	Lime, Wedges			

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Spicy Jicama Slaw with Chili Citrus Go'Bonzo's™

Recipe: 000354 Spicy Jicama Slaw Go'Bonzo's

Recipe Source: CIA
 Recipe Group: SALADS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 6
 Size of Portion: Servings

902708 CARROTS,Raw, Match Stick..... 902896 Jicama, peeled..... 011821 PEPPERS,SWEET,RED,RAW..... 011112 CABBAGE,RED,RAW..... 011282 ONIONS,RAW.....	3/4 CUP, grated 3/4 CUP, grated 3/4 CUP, sliced 1 1/2 CUP, shredded 3/4 CUP, sliced	1. Put all cut veggies into a bowl. Keep chilled, up to 2 days.
902451 USDA Oil, Vegetable, 1 Gal 100439+... 902858 Vinegar, Rice..... 009160 LIME JUICE,RAW..... 902547 CILANTRO ,FRESH..... 902579 SALT..... 903625 PEPPER, BLACK, GROUND..... 902576 SUGAR, GRANULATED..... 002009 CHILI POWDER..... 002031 PEPPER,RED FLAKES..... 902893 Go Bonzo's Chili Citrus.....	3/4 CUP 3/4 CUP 6 TBSP 2 TBSP, roughly chopped 2 TSP 2 TSP 2 TSP 1 TSP 1 TSP 1 TSP 1 1/2 CUP	2. Combine oil, vinegar, lime juice, minced cilantro, salt, pepper , sugar, chili powder, and chile flakes in a container. Keep chilled, up to 2 days. 3. Once ready to serve, add dressing to vegetables, stir well, and let sit 15 minutes, stirring 2 or 3 times. 4. Top with Chili Citrus Go'Bonzo's. Vegetable Subgroups: .25 red/orange; .125 starchy; .375 other

*Nutrients are based upon 1 Portion Size (Servings)

Calories	352 kcal	Cholesterol	0.00 mg	Protein	4.94 g	Calcium	*22.31* mg	75.49%	Calories from Total Fat
Total Fat	29.50 g	Sodium	1039.05 mg	Vitamin A	*483.46* RE	Iron	*0.41* mg	10.06%	Calories from Saturated Fat
Saturated Fat	3.93 g	Carbohydrates	21.10 g	Vitamin A	*3167.38* IU	Water ¹	*65.98* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.31 g	Vitamin C	*31.46* mg	Ash ¹	*2.50* g	24.00%	Calories from Carbohydrates
								5.62%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

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Spicy Jicama Slaw with Chili Citrus Go'Bonzo's™

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1.000 oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0.750 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
<u>Moisture & Fat Change</u>				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902708	CARROTS,Raw, Match Stick			
I	902896	Jicama, peeled			
I	011821	PEPPERS,SWEET,RED,RAW			
I	011112	CABBAGE,RED,RAW			
I	011282	ONIONS,RAW			
I	902451	USDA Oil, Vegetable, 1 Gal 100439+			
I	902858	Vinegar, Rice			
I	009160	LIME JUICE,RAW			
I	902547	CILANTRO ,FRESH			
I	902579	SALT			
I	903625	PEPPER, BLACK, GROUND			
I	902576	SUGAR, GRANULATED			
I	002009	CHILI POWDER			
I	002031	PEPPER,RED FLAKES			
I	902893	Go Bonzo's Chili Citrus			

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These materials were developed at the Culinary Institute of America by

Chef-Instructor Lars Kronmark

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