

SAMPLE RECIPES

Breakfast:

Apple Sweet Potato Breakfast Bake

Makes 50 servings

Medium sweet potatoes, 37.5 (~12.50#)
chopped into large, uniform chunks
Silken tofu, 100 ounces (6.25#)
Cinnamon, 6¼ teaspoons (~0.52 oz)
Nutmeg, 3 teaspoons (~0.29 oz)
Orange juice, 100 fl. oz.
Maple syrup, 1.5 cups (~1#)
Apples, 25 (~8 ½#), diced
Water, 25 fl. oz.
Rolled/quick oats, 12.5 cups (~2.34#)
Raisins, 3 cups (~1#)
Salt, 1.5 tsp (0.33 oz)

Preheat oven to 350 degrees. Steam the sweet potatoes until done. Puree the sweet potatoes (skin on!) with the tofu, maple syrup, cinnamon, nutmeg, and orange juice until soft. Mix in the diced apple. Pour the sweet potato mixture into an oven-safe baking dish. In a food processor, pulse the raisins, oats, water, cinnamon, and salt until mixed, about 1 minute. Sprinkle the oat crumble mixture on top of the sweet potatoes. Bake for 15-20 minutes, or until the crumble is golden and crispy, the sweet potato layer is warm, and the apples are tender.

Per serving: 407 calories; 10 grams protein; 86 grams carbohydrate; 11 grams fiber; 4 grams fat; 9% calories from fat; 120 milligrams sodium

By **LIGHTER**

Cheezy Potato and Veggie Breakfast Casserole

Makes 50 servings

Small Yukon gold potatoes, 50 (~16.5#), sliced into thin circles
Baby spinach, 50 loosely packed cups (~12.5 Qts), diced
Broccoli florets, 50 cups (~12.5#), diced
Kidney beans (canned, no salt added), 12.5 cups (~6.48#)
Silken tofu, 100 oz. (6.25#)
Nutritional yeast, 2⅓ cups
Cumin, ⅓ cup (~1.33 oz.)
Chili powder, ⅓ cup (~1.33 oz.)
Onion, 6 cups (~2#), peeled and diced
Bragg's Liquid Aminos, (18.5 fl oz.)
Ground mustard powder, 2 tbsp. (~0.4 oz.)
Turmeric powder, 2 tbsp. (~0.5 oz.)
Garlic cloves, 25 small (~1.4 oz.)
Water, 25 fl. oz.

Preheat oven to 350 degrees. Arrange potato circles on a parchment lined baking sheet and broil for 8 minutes, flipping halfway through, until browned. Dice the broccoli and spinach. Blend the kidney beans, tofu, nutritional yeast, cumin, chili powder, onion, Bragg's, mustard powder, water, turmeric and garlic in a blender or food processor until completely smooth. Lightly spray the bottom of a baking dish with vegetable oil cooking spray. Lay the potatoes down. Add the spinach on top. Pour some of the sauce over the spinach. Next, layer the broccoli, and top with the remainder of the sauce. Cover with aluminum foil and bake for 30 minutes. Uncover and bake for about 10 more minutes, or until golden.

Per serving: 264 calories; 14 g protein; 49 grams carbohydrate; 10 grams fiber; 3 grams fat; 10% calories from fat; 417 mg sodium

By **LIGHTER**

Black Bean Fiesta Wrap

Makes 100 servings

1½ gallons (2 #10 cans) black beans, rinsed and drained
1½ gallons rice, cooked and cooled
3 quarts carrots, shredded
3 quarts lettuce, shredded
3 quarts red cabbage, shredded
1½ quarts low-fat Italian salad dressing
4 teaspoons salt
2 teaspoons black pepper
100 flour tortillas (8-inch)
100 tomato slices

Combine beans, rice, carrots, lettuce, and cabbage in large bowl. Toss with dressing. Season with salt and pepper. Place 1 cup bean and vegetable mixture on each tortilla; top with a tomato slice and roll up.

Per serving (1 wrap): 288 calories; 8 grams protein; 47 grams carbohydrate; 5 grams fiber; 3.6 grams fat; 11% calories from fat; 852 milligrams sodium



Lunch/Dinner Entrees:

Spanish Chickpea Stew



Makes 100 servings

- 5 cups vegetable broth
- ½ cup + 3 tablespoons fresh garlic, minced
- 2 gallons onions, diced
- ½ cup + 3 tablespoons sweet paprika
- 2 tablespoons ground cumin
- 3 gallons frozen spinach, chopped
- 2 gallons + 2 quarts (4 # cans) canned low sodium garbanzo beans, drained, rinsed
- 3 quarts + 3 cups golden seedless raisins
- 2 quarts + 2 cups (1 # 10 can) canned low-sodium diced tomatoes
- 1 gallon + 2-¼ quarts low-sodium vegetable broth
- 1 cup red wine vinegar
- 1 tablespoon + 1 teaspoon salt
- 1 tablespoon + 1 teaspoon ground black pepper

Heat 5 cups of vegetable broth. Add onions and garlic and sauté for 5-7 minutes until onions are translucent. Add more broth or water as necessary to keep onion from sticking. Mix in paprika and cumin. Add spinach and sauté for 15 minutes. Mix in garbanzo beans, raisins, tomatoes, and low-sodium vegetable broth. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes or until raisins are plump. Add vinegar, salt, and pepper. Mix well.

Per serving (8 fl ounces ladle (1 cup)): 172 calories; 8.6 grams protein; 31 grams carbohydrate; 8.2 grams fiber; 2.8 grams fat; 13.8% calories from fat; 236 milligrams sodium

Mexican Lasagna



Makes 100 servings



- ¼ cups vegetable broth
- 2 pounds onion, diced
- 1 pound green pepper, frozen, diced
- 2 #10 cans black beans
- 1 #10 can refried beans
- 2 #10 cans tomatoes, diced
- 2 pounds corn, frozen
- 3 tablespoons each: oregano, cumin, garlic powder, chili powder, paprika
- 1½ tablespoons salt
- 4½ quarts picante sauce
- 5½ pounds lasagna noodles, dry

Preheat steam kettle and oven to 350 degrees. Add vegetable broth, onions, and peppers to braising pan. Cook until tender, adding more vegetable broth or water if onions start to stick. Add black beans, refried beans, tomatoes, corn, and spices. Bring to a simmer and cook for 5 minutes. Spray each 20- x 12- x 2-inch pan with pan coating spray. In each pan, layer lasagna as follows: Layer 1: Pour 2 cups of picante sauce in each pan. Layer 2: Cover with a layer of 8 uncooked lasagna noodles, laid lengthwise in pan. Layer 3: Spread 5 cups of bean mixture over noodles. Repeat layers two more times. Cover with foil and bake at 350 degrees for 1 hour or until product reaches an internal temperature of 165 degrees for 15 seconds. Cut into 25 servings per pan.

Per serving: 228 calories; 10.7 grams protein; 44.7 grams carbohydrate; 9 grams fiber; 1.4 grams fat; 5% calories from fat; 559 milligrams sodium

Recipe used with permission and adapted from Greenville County Public Schools, S.C.



Tomatoes with Garbanzos and Rosemary over Rotini Pasta

Makes 100 servings

- 1 cup vegetable broth
- 2/3 cup garlic, minced
- 3 tablespoons basil, dried
- 2 teaspoons red pepper flakes, crushed
- 4 teaspoons salt
- 4 #10 cans tomatoes, diced, undrained
- 15 pounds garbanzo beans, cooked and rinsed
- 1/2 cup parsley, dried leaves
- 18 pounds enriched rotini (or other) pasta or whole-wheat pasta
- 25 cups green beans, frozen, thawed, drained

Heat water to cook pasta. The amount of water should be in a 4:1 ratio (water to pasta). Add pasta and cook to al dente. Place cooked pasta in sprayed hotel pans, cover tightly with wrap and hold until service in 200 degree oven. In a large skillet, heat vegetable broth over medium heat. Add minced garlic and dried basil to broth. Cook approximately 2 minutes; do not brown garlic. Add crushed red pepper flakes and chopped tomatoes with juice and salt. Increase heat to medium high and simmer sauce until it begins to thicken, approximately 8-10 minutes. Add garbanzo beans and dried parsley to sauce and heat thoroughly. Add green beans to sauce. Heat thoroughly. The beans should be firm. Place sauce in hotel pans and hold in 200 degree oven until ready to serve. Serve 1 cup cooked pasta topped with 1 cup (8 ounces) sauce.

Per serving: 420 calories; 19.4 grams protein; 85.1 grams carbohydrate; 13.5 grams fiber; 3.2 grams fat; 6.4% calories from fat; 281 milligrams sodium

Recipe courtesy of *Fruit and Veggie Quantity Cookbook* – Revised Edition, Oct 2011 NH Obesity Prevention Program, DHHS, DPHS 603-271-4628

Harvest Delight

Makes 50 servings

- 2 quarts + 2 cups fresh carrots, 1/4 inch slices
- 1 quart + 2 cups fresh sweet potatoes, peeled, cubed 1 inch
- 1 quart + 2-3/4 cups fresh butternut squash, peeled, cubed 1/2 inch
- 2 cups + 2 tablespoons fresh red onions, diced
- 1/3 cup balsamic vinegar
- 1/3 cup vegetable broth
- 2 teaspoons sea salt
- 2 pounds cooked white beans
- 2 pounds steamed Brussels sprouts
- 3 tablespoons fresh thyme, finely chopped
- 3 tablespoons fresh oregano, finely chopped
- 3 tablespoons fresh sage, finely chopped
- 2 tablespoons fresh rosemary, finely chopped
- 2 tablespoons + 1 teaspoon minced garlic
- 1/4 cup + 1 tablespoon maple syrup
- 1 quart + 2 cups fresh spinach coarsely chopped

Place carrots and Brussels sprouts in a perforated steam table pan. Cover and steam for 10 minutes, or until tender. Toss carrots, sweet potatoes,

squash and onions with balsamic vinegar, vegetable broth, maple syrup and salt. Line sheet pan with parchment paper and spray with pan release spray. Spread vegetables evenly on sheet pan. Roast uncovered until tender and slightly browned. Turn vegetables midway through cooking: Conventional oven: 425 degrees for 25 minutes. Convection oven: 425 degrees for 18 minutes. Combine beans, thyme, oregano, sage, rosemary, and garlic. Remove vegetables from oven. Lower heat to 400 degrees. Add cooked white beans and steamed Brussels sprouts. Spread evenly. Roast uncovered until slightly tender: Conventional oven: 400 degrees for 15 minutes. Convection oven: 400 degrees for 10 minutes. Remove vegetable/bean mixture from oven. Transfer to a steam table pan lightly coated with pan release spray. Drizzle with maple syrup and toss to coat. Roast until tender: Conventional oven: 400 degrees for 8 minutes. Convection oven: 400 degrees for 5 minutes. Remove vegetable/bean mixture from oven and gently toss in spinach.

Per serving: 74 calories; 3.1 grams protein; 15.8 grams carbohydrate; 3.6 grams fiber; 0.3 grams fat; 3.2% calories from fat; 135 milligrams sodium

