

# ***Home Grown: Farm to School Recipes***



CENTER *for* INTEGRATED  
AGRICULTURAL SYSTEMS



Wisconsin Department of Public Instruction  
Jill K. Underly, PhD, State Superintendent

Madison, Wisconsin

Wisconsin Team Nutrition (WI TN), in partnership with the University of Wisconsin-Madison Center for Integrated Agricultural Systems (UW-CIAS), is pleased to present *Home Grown: Farm to School Recipes* to assist schools in implementing or expanding a farm to school program. In Wisconsin, farm to school programs combine local or regional procurement efforts, nutrition and agricultural education, and student engagement activities such as school gardening in order to provide students with the broadest benefits. For more information about the benefits of farm to school, please visit <http://www.farmtoschool.org/Resources/BenefitsFactSheet.pdf>. Interested in getting started with farm to school? UW-CIAS has developed the Wisconsin Farm to School: Toolkit for School Nutrition Programs to assist you in getting started (<http://www.cias.wisc.edu/toolkits/>).

The *Home Grown: Farm to School Recipes* feature products grown and produced in Wisconsin, but also include products available through the USDA Foods program. The majority of recipes in this collection are included in the *Home Grown: Menus of Wisconsin* three-week cycle menu. The cycle menu was designed for use in the winter months and feature recipes that include Wisconsin products like apples, cranberries, winter squash, potatoes, and dairy. The *Home Grown: Farm to School Recipes* resource also contains recipes featuring crops available in Wisconsin throughout different times of the school year. These recipes feature crops such as summer squash, salad greens, and tomatoes. The majority of these recipes were not included in the cycle menus due to the availability of these products and the cost associated with purchasing products out of season. Food service personnel are encouraged to consider incorporating these recipes into menus on a seasonal basis.

The *Home Grown: Farm to School Recipes* resource was compiled from a variety of sources. The majority of recipes in this resource were submitted by Wisconsin schools. Other recipes were developed by state agencies and modified for use in *Home Grown: Farm to School Recipes*. All recipes submitted by Wisconsin schools were standardized by University of Wisconsin – Madison dietetics student Katie Delaney, under the supervision of University of Wisconsin – Madison Lecturer, Monica Theis, and UW-CIAS staff members. Recipes should be tested for yield and standardized to suit your nutrition service operation. Recipe standardization is important as it allows for consistent quality and nutrient content, helps control costs, and eases kitchen workflow. Visit [dpi.wi.gov/school-nutrition/national-school-lunch-program/menu-planning/recipes](http://dpi.wi.gov/school-nutrition/national-school-lunch-program/menu-planning/recipes) for information on recipe standardization.

It is recommended that you conduct taste tests of new menu items to test acceptability prior to menuing the items and make alterations to the recipes as needed. Taste testing locally grown and produced foods is an exciting way to engage students. If students learn about the food and smell, see, and taste a small portion of food, they are more likely to accept it when offered as part of a reimbursable meal in the future. Information on conducting taste tests is available at [dpi.wi.gov/team-nutrition/home-grown/resources](http://dpi.wi.gov/team-nutrition/home-grown/resources). **Please note, any modifications to a standardized recipe will alter its nutrient content and may impact its crediting.**

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|                                                          |                           |                      |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                |     |
|----------------------------------------------------------|---------------------------|----------------------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|-----|
| <b>RECIPE NAME: Apple Cranberry Coleslaw</b>             |                           |                      |                     | File No: WITN-28<br>Source: <i>Ashlee Gabrielson, Vernon County F2S Coordinator, Viroqua Area School District (modified)</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                |     |
| Grade Group: K-12                                        |                           |                      |                     | HACCP Process:<br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                |     |
| Number of Portions: 50                                   |                           |                      |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                |     |
| Portion Size: ½ cup (#8 scoop)                           |                           |                      |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                |     |
| Serving Utensil: #8 scoop                                |                           |                      |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                |     |
| Servings Per Pan: 50                                     |                           |                      |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                |     |
| <b>Ingredients</b>                                       |                           | <b>Weight (AP)</b>   | <b>Measure (EP)</b> | <b>Procedure</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                |     |
| Cabbage                                                  |                           | 5 lbs 8 oz           | 14 cups shredded    | <ol style="list-style-type: none"> <li>1. Shred the cabbage.</li> <li>2. Chop the apples (skin on) into thin strips.</li> <li>3. In a large bowl, combine cabbage, apples, and cranberries.</li> <li>4. In a medium bowl, whisk together honey, vinegar, olive oil, and lemon juice until emulsified into a dressing.</li> <li>5. Add dressing to the cabbage mixture and stir to evenly coat with dressing.</li> <li>6. Pour into a 20"x12"x6" pan to serve.</li> </ol> <p style="text-align: center;">CCP: Hold at 41° F degrees until service.</p> <p>Notes: This coleslaw is best served the same day it is prepared after a short period of covered refrigeration.</p> |                                                |     |
| Red Delicious Apples                                     |                           | 3 lbs                | 10 cups chopped     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                |     |
| Dried Cranberries                                        |                           | 8 oz                 | 2 cups              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                |     |
| Honey                                                    |                           | 8 oz                 | 1 cup               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                |     |
| Apple Cider Vinegar                                      |                           | 8 oz                 | 1 cup               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                |     |
| Olive Oil                                                |                           | 16 oz                | 1 cup               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                |     |
| Lemon Juice                                              |                           | 4 oz                 | ½ cup               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                |     |
| <b>Total Yield</b>                                       |                           | Number of Pans: 1    |                     | Equipment (if not specified in procedures above):                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                |     |
| Weight: 7 lbs                                            | Measure (volume): 25 cups | Pan Size: 20"x12"x6" |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                |     |
| <b>Meal Component Contribution Based on Portion Size</b> |                           |                      |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Nutrient Analysis Based on Portion Size</b> |     |
| Meat/Meat Alternate                                      |                           |                      |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Calories: 102                                  |     |
| Vegetable Subgroups                                      |                           | D/G                  | B/P                 | R/O                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | S                                              | O   |
|                                                          |                           |                      |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                | ¼ c |
| Fruits                                                   |                           | ¼ c                  |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Saturated Fat: 0.61g                           |     |
| Grains                                                   |                           |                      |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Sodium: 10mg                                   |     |

**RECIPE NAME: Apple Crisp**

File No: WITN-37

Source: *Carla Marr, Gibraltar School District*

|                           |                                                                                                                                                                            |
|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grade Group: K-12         | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 50    |                                                                                                                                                                            |
| Portion Size: 2/3 cup     |                                                                                                                                                                            |
| Serving Utensil: #6 scoop |                                                                                                                                                                            |
| Servings Per Pan: 50      |                                                                                                                                                                            |

| Ingredients         | Weight (AP) | Measure (EP) | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|---------------------|-------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Granny Smith Apples | 4 ¼ lbs     | 8 cups       | <ol style="list-style-type: none"> <li>1. Chop apples into chunks about 1” thick and toss with lemon juice in a large bowl.</li> <li>2. Add the sugar and cinnamon to the apples and toss to coat evenly.</li> <li>3. Add the applesauce and stir to combine.</li> <li>4. Completely melt butter in microwave-safe bowl, microwaving for about 2 minutes.</li> <li>5. In a separate bowl combine oatmeal, brown sugar, flour and melted butter until cookie-dough-like consistency is reached.</li> <li>6. Grease a 20”x12”x4” pan and pour apple/applesauce mixture into pan. Spread so mixture is evenly distributed in pan.</li> <li>7. Pour oatmeal mixture on top and spread so it evenly covers the entire surface.</li> <li>8. Bake in a convection oven at 350° F for 40 minutes. Crisp top should be golden brown.</li> <li>9. Serve warm.</li> </ol> |
| Apple Sauce         | 48 oz       | 6 cups       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Lemon juice         | 5 1/3 oz    | 1/3 cup      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| White Sugar         | ½ lb        | 1 cup        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Cinnamon            | 2 oz        | ¼ cup        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Oatmeal             | ¾ lb        | 3 ½ cups     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Brown Sugar         | 0.8 lb      | 2 cups       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Flour               | 0.7 lb      | 2 cups       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Butter              | ¾ lb        | 1 ½ cups     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

|                                           |                      |                                                                                          |
|-------------------------------------------|----------------------|------------------------------------------------------------------------------------------|
| <b>Total Yield</b>                        | Number of Pans: 1    | Equipment (if not specified in procedures above): spoons or gloved hands to mix, spatula |
| Weight: 9 lbs    Measure (volume): 270 oz | Pan Size: 20”x12”x4” |                                                                                          |

| Meal Component Contribution Based on Portion Size |            |     |     |   |   | Nutrient Analysis Based on Portion Size |
|---------------------------------------------------|------------|-----|-----|---|---|-----------------------------------------|
| Meat/Meat Alternate                               |            |     |     |   |   | Calories: 142                           |
| Vegetable Subgroups                               | D/G        | B/P | R/O | S | O | Saturated Fat: 3.6g                     |
|                                                   |            |     |     |   |   | Sodium: 3mg                             |
| Fruits                                            | ¼ c        |     |     |   |   |                                         |
| Grains                                            | 0.5 oz eq. |     |     |   |   |                                         |

|                                                          |                           |                    |                     |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
|----------------------------------------------------------|---------------------------|--------------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|-----|-----|-------|---|-------------------------|
| <b>RECIPE NAME: Broccoli Soup</b>                        |                           |                    |                     | File No: WITN-41<br>Source: <i>Emily Lund, Deerfield Community School District</i>                                                                                                                                                                                                          |                                                |     |     |       |   |                         |
| Grade Group:                                             |                           |                    |                     | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step                                                                                                                  |                                                |     |     |       |   |                         |
| Number of Portions: 64                                   |                           |                    |                     |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| Portion Size: 1 cup                                      |                           |                    |                     |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| Serving Utensil: 8 oz ladle                              |                           |                    |                     |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| Servings Per Pan: 64                                     |                           |                    |                     |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| <b>Ingredients</b>                                       |                           | <b>Weight (AP)</b> | <b>Measure (EP)</b> | <b>Procedure</b>                                                                                                                                                                                                                                                                            |                                                |     |     |       |   |                         |
| Unsalted Butter                                          |                           | 8 oz               |                     | <ol style="list-style-type: none"> <li>1. Sauté butter, onion and potatoes until slightly softened.</li> <li>2. Add the rest of ingredients and simmer for 1 hour.</li> <li>3. Thicken with cornstarch and water if needed.</li> </ol> <p>CCP: Hold at 140° F or higher for hot service</p> |                                                |     |     |       |   |                         |
| Chopped Onion                                            |                           |                    | 2 cups              |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| Diced Potato, peeled                                     |                           |                    | 10 cups             |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| Broccoli, florets, fresh or frozen                       |                           |                    | 24 cups             |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| Heavy Cream                                              |                           |                    | 4 cups              |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| Black Pepper                                             |                           |                    | 2 Tbsp              |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| Salt                                                     |                           |                    | 2 Tbsp              |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| White Pepper                                             |                           |                    | 1 tsp               |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| Granulated Garlic                                        |                           |                    | 2 Tbsp              |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| 2% Milk                                                  |                           |                    | 24 cups             |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| Hot Sauce                                                |                           |                    | 1 tsp               |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| White Wine Vinegar                                       |                           |                    | 2 Tbsp              |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| Shredded Cheddar Cheese                                  |                           |                    | 2 cups              |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| <b>Total Yield</b>                                       |                           | Number of Pans:    |                     | Equipment (if not specified in procedures above):                                                                                                                                                                                                                                           |                                                |     |     |       |   |                         |
| Weight:                                                  | Measure (volume): 64 cups |                    | Pan Size:           |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| <b>Meal Component Contribution Based on Portion Size</b> |                           |                    |                     |                                                                                                                                                                                                                                                                                             | <b>Nutrient Analysis Based on Portion Size</b> |     |     |       |   |                         |
| Meat/Meat Alternate                                      |                           |                    |                     |                                                                                                                                                                                                                                                                                             | Calories: 174                                  |     |     |       |   |                         |
| Vegetable Subgroups                                      |                           |                    |                     |                                                                                                                                                                                                                                                                                             | D/G                                            | B/P | R/O | S     | O | Saturated Fat (g): 6.83 |
|                                                          |                           |                    |                     |                                                                                                                                                                                                                                                                                             | 3/8 c                                          |     |     | 1/8 c |   | Sodium (mg): 317        |
| Fruits                                                   |                           |                    |                     |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |
| Grains                                                   |                           |                    |                     |                                                                                                                                                                                                                                                                                             |                                                |     |     |       |   |                         |

| <b>RECIPE NAME: Butternutty Mac and Cheese</b>                                                  |                          |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   | File No: WITN-19<br>Source: <i>Chef Monique Hooker</i>                                                                                                                            |   |                      |
|-------------------------------------------------------------------------------------------------|--------------------------|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|----------------------|
| Grade Group: K-12                                                                               |                          |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |   |                      |
| Number of Portions: 48                                                                          |                          |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| Portion Size: 3"x3" cut (cut pan 6x4) or #8 scoop                                               |                          |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| Serving Utensil: spatula or #8 scoop                                                            |                          |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| Servings Per Pan: 24                                                                            |                          |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| <b>Ingredients</b>                                                                              | <b>Weight (AP)</b>       | <b>Measure (EP)</b>  | <b>Procedure</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                   |                                                                                                                                                                                   |   |                      |
| Butternut Squash, raw, whole*                                                                   | 9 lbs                    |                      | <ol style="list-style-type: none"> <li>Preheat convection oven to 325° F.</li> <li>Melt butter in 4 quart pot. Stir in flour and cook for 1 minute, stirring occasionally.</li> <li>Take pot off of heat and stir in milk. Place pot back on heat, allowing milk to warm. Stir occasionally. Add grated cheese and mix until melted. Stir in salt and pepper. Stir in squash puree, adding 2 cups at a time. Allow sauce to thicken on low heat while pasta is prepared.</li> <li>Bring 3 quarts of water salted with ½ cup salt to a boil. Add the macaroni and cook for 8 minutes. There should still be a bit of chew to the pasta.</li> <li>In the largest pot or a very large bowl, combine the pasta and the sauce. Divide mixture evenly and pour into two 20x12x4 pans.</li> <li>Cover the pans with foil and bake for 25 minutes.</li> <li>Remove the foil and cook for about 10 minutes until top is golden brown.<br/>CCP: Heat to internal temp of 165° F. Hold for hot service at 135° F or higher.</li> </ol> <p>To make butternut squash puree:</p> <ol style="list-style-type: none"> <li>Cut all squash in half lengthwise and lightly oil. Do not remove seeds, they are more easily removed after roasting.</li> <li>Bake on sheets in convection at 375° F for 35 minutes. Let cool for minutes until cool enough to handle.</li> <li>Scoop out seeds and discard. Scoop squash meat out of skin. Place two halves of squash meat into food processor. Puree for about 15 seconds for a smooth puree. Remove puree before placing next two halves in processor.</li> </ol> <p>Note: Puree may be used immediately or frozen for later use.</p> |                                                   |                                                                                                                                                                                   |   |                      |
| Elbow Macaroni                                                                                  | 3 lbs dry                | 4 cups               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| Sharp Cheddar cheese, grated                                                                    | 1 lb                     | 4 cups               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| American cheese, grated                                                                         | 1 lb                     | 1/2 cup              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| Butter                                                                                          |                          | 2/3 cup              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| All-Purpose Flour                                                                               |                          | 6 cups               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| Skim Milk                                                                                       | 48 oz                    | 2 Tbsp               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| Salt                                                                                            |                          | 3 Tbsp               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| Black Pepper, ground                                                                            |                          |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| *10 c of butternut squash puree may be purchased and used instead of making puree from scratch. |                          |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| <b>Total Yield</b>                                                                              |                          | Number of Pans: 2    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Equipment (if not specified in procedures above): |                                                                                                                                                                                   |   |                      |
| Weight: 10 lbs                                                                                  | Measure (volume): 192 oz | Pan Size: 20"x12"x4" |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| <b>Meal Component Contribution Based on Portion Size</b>                                        |                          |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   | <b>Nutrient Analysis Based on Portion Size</b>                                                                                                                                    |   |                      |
| Meat/Meat Alternate                                                                             |                          | 0.5 oz eq.           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   | Calories:192                                                                                                                                                                      |   |                      |
| Vegetable Subgroups                                                                             |                          | D/G                  | B/P                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | R/O                                               | S                                                                                                                                                                                 | O | Saturated Fat: 3.26g |
|                                                                                                 |                          |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 1/8 cup                                           |                                                                                                                                                                                   |   | Sodium: 522mg        |
| Fruits                                                                                          |                          |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |
| Grains                                                                                          |                          | 1 oz eq.             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                   |                                                                                                                                                                                   |   |                      |

|                                                          |                   |                    |                     |                                                                                                                                        |                                                                                                                                                                                   |   |                      |
|----------------------------------------------------------|-------------------|--------------------|---------------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|----------------------|
| <b>RECIPE NAME: Cherr-ific Salad</b>                     |                   |                    |                     |                                                                                                                                        | File No: WITN-30<br>Source <i>Healthier Kansas Recipe #74</i> (modified)                                                                                                          |   |                      |
| Grade Group: K-12                                        |                   |                    |                     |                                                                                                                                        | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |   |                      |
| Number of Portions: 50 each                              |                   |                    |                     |                                                                                                                                        |                                                                                                                                                                                   |   |                      |
| Portion Size: 1 cup                                      |                   |                    |                     |                                                                                                                                        |                                                                                                                                                                                   |   |                      |
| Serving Utensil:                                         |                   |                    |                     |                                                                                                                                        |                                                                                                                                                                                   |   |                      |
| Servings Per Pan:                                        |                   |                    |                     |                                                                                                                                        |                                                                                                                                                                                   |   |                      |
| <b>Ingredients</b>                                       |                   | <b>Weight (AP)</b> | <b>Measure (EP)</b> | <b>Procedure</b>                                                                                                                       |                                                                                                                                                                                   |   |                      |
| Spinach, partly trimmed fresh                            |                   | 3 lbs 12 oz        | 25 cups             | 1. Chop lettuce and spinach.<br>2. Toss lettuce, spinach, and dried cherries together.<br>CCP: Hold for cold service at 41°F or lower. |                                                                                                                                                                                   |   |                      |
| Romaine Lettuce, untrimmed                               |                   | 5 lbs              | 25 cups             |                                                                                                                                        |                                                                                                                                                                                   |   |                      |
| Cherries, dried                                          |                   | 1 lb 1 oz          | 3 1/8 cups          |                                                                                                                                        |                                                                                                                                                                                   |   |                      |
| <b>Total Yield</b> <b>Portion determined on volume.</b>  |                   | Number of Pans:    |                     | Equipment (if not specified in procedures above):                                                                                      |                                                                                                                                                                                   |   |                      |
| Weight:                                                  | Measure (volume): | Pan Size:          |                     |                                                                                                                                        |                                                                                                                                                                                   |   |                      |
| <b>Meal Component Contribution Based on Portion Size</b> |                   |                    |                     |                                                                                                                                        | <b>Nutrient Analysis Based on Portion Size</b>                                                                                                                                    |   |                      |
| Meat/Meat Alternate                                      |                   |                    |                     |                                                                                                                                        | Calories: 41                                                                                                                                                                      |   |                      |
| Vegetable Subgroups                                      |                   | D/G                | B/P                 | R/O                                                                                                                                    | S                                                                                                                                                                                 | O | Saturated Fat: 0.03g |
|                                                          |                   | 1/2 cup            |                     |                                                                                                                                        |                                                                                                                                                                                   |   | Sodium: 28.8 mg      |
| Fruits                                                   |                   | 1/8 cup            |                     |                                                                                                                                        |                                                                                                                                                                                   |   |                      |
| Grains                                                   |                   |                    |                     |                                                                                                                                        |                                                                                                                                                                                   |   |                      |



**RECIPE NAME: Chicken Pot Pie**

|                                                  |                    |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------------------------------------------|--------------------|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grade Group: K-12                                |                    |                     | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Number of Portions: 50                           |                    |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Portion Size: 4"x2.5" cut                        |                    |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Serving Utensil: solid spoon                     |                    |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Servings Per Pan: 25                             |                    |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Ingredients</b>                               | <b>Weight (AP)</b> | <b>Measure (EP)</b> | <b>Procedure</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <u>Stew Ingredients</u>                          |                    |                     | <p>To make stew:</p> <ol style="list-style-type: none"> <li>Preheat a convection oven to 325°F.</li> <li>Peel and de-seed the squash and cut into 1-inch cubes*.</li> <li>Peel onions and carrots. Dice onions, carrots, tomatoes, and celery. Chop green beans into 1" pieces.</li> <li>Roast all vegetables on a greased baking sheet for 25 minutes.</li> <li>Divide vegetable mixture evenly between two 20x12x4 pans. Add evenly divided chicken to pans.</li> <li>Melt butter in a large pot and stir in flour.</li> <li>Microwave 4 cups of the milk for 2 minutes and add the warm milk to pot and stir well. Add the remaining milk, stirring constantly.</li> <li>Stir in the chicken broth, lemon juice, paprika, salt, pepper, and parsley. Let the sauce simmer for 45 minutes, stirring frequently. Remove from heat.</li> <li>Pour 8.5 cups of sauce into each pan.</li> </ol> <p>To make biscuit topping:</p> <ol style="list-style-type: none"> <li>Mix flours, sugar, baking powder, and salt together.</li> <li>Add butter and cut in until the size of small peas.</li> <li>Add eggs and buttermilk and blend until incorporated. Do not over mix.</li> <li>Pour half the batter over each pan and spread over top. Place pans in the 325° convection oven for 60-75 minutes. CCP: Heat to internal temp of 165° F. Biscuits should golden brown and the sauce should be bubbling.</li> <li>Let cool slightly and cut each pan into 5 horizontal sections and 5 vertical sections (25 cuts per pan). CCP: Hold for hot service at 135° F or higher.</li> </ol> |
| Frozen, precooked chicken breast slices (thawed) | 6 lbs 4 oz         |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Butternut squash, raw, whole*                    | 4 lbs              | 7.5 cups, cubed     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Onion                                            | 2 lbs              | 3 cups, diced       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Carrot                                           | 3 lbs              | 6 cups, diced       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Tomato                                           | 3 lbs              | 6 cups, diced       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Celery                                           | 5 lbs              | 6 cups, diced       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Green beans                                      | 3 lbs              | 5 cups, chopped     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Milk, 1%                                         | 64 oz              | 8 cups              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Chicken Broth                                    | 64 oz              | 8 cups              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Flour                                            | 13.2 oz            | 3 cups              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Butter                                           | 1 lbs              | 2 cups              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Dried parsley                                    |                    | 2 Tbsp              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Lemon juice                                      | 2 oz               | ¼ cup               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Paprika                                          |                    | 1 Tbsp              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Salt                                             |                    | 1 Tbsp              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Ground black pepper                              |                    | 1 Tbsp              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <u>Biscuit Ingredients</u>                       |                    |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Whole-wheat flour                                | 1 lb 12 oz         | 1 quart 2 cups      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| All-purpose flour, enriched                      | 1 lb 4 oz          | 1 quart ½ cup       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Granulated sugar                                 |                    | 6 Tbsp              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Baking powder                                    |                    | ¼ cup               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Salt                                             |                    | 2 Tbsp              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Butter, unsalted, cold, cubed                    | 1 lb               | 2 cups              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Eggs                                             |                    | 4 large             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Buttermilk                                       |                    | 3 quarts            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| * May use pre-cubed, frozen butternut squash.    |                    |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

|                                                          |                          |                      |     |     |                                                   |     |
|----------------------------------------------------------|--------------------------|----------------------|-----|-----|---------------------------------------------------|-----|
| <b>Total Yield</b>                                       |                          | Number of Pans: 2    |     |     | Equipment (if not specified in procedures above): |     |
| Weight: 35 lbs                                           | Measure (volume): 640 oz | Pan Size: 20"x12"x4" |     |     |                                                   |     |
| <b>Meal Component Contribution Based on Portion Size</b> |                          |                      |     |     | <b>Nutrient Analysis Based on Portion Size</b>    |     |
| Meat/Meat Alternate                                      |                          | 2 oz eq              |     |     | Calories: 438                                     |     |
| Vegetable Subgroups                                      |                          | D/G                  | B/P | R/O | S                                                 | O   |
|                                                          |                          |                      |     | ¼ c |                                                   | ¼ c |
| Fruits                                                   |                          |                      |     |     | Saturated Fat: 10.78g                             |     |
| Grains                                                   |                          | 1.5 oz               |     |     | Sodium: 651.37 mg                                 |     |

File No: WITN-42

Source: *Ashlee Gabrielson, Vernon County F2S Coordinator, Viroqua Area School District (modified)*

**RECIPE NAME: Comfort Vegetable Soup**

|                             |                                                                                                                                                                            |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grade Group: K-12           | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 50      |                                                                                                                                                                            |
| Portion Size: 8 oz          |                                                                                                                                                                            |
| Serving Utensil: 8 oz ladle |                                                                                                                                                                            |
| Servings Per Pan: 50        |                                                                                                                                                                            |

| Ingredients         | Weight (AP) | Measure (EP)    | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---------------------|-------------|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Butternut Squash    | 8 lbs 8 oz  | 12 cups, cubed  | <ol style="list-style-type: none"> <li>1. Peel, deseed, and cube butternut squash with a chef's knife.</li> <li>2. Peel carrots and slice into ¼ inch coins.</li> <li>3. Peel and dice apples and onions.</li> <li>4. Cut the bottom inch and top portion of the leeks off and discard. Cut remaining cylinder in half, lengthwise and cut into ½ inch slices. Rinse leek slices under running water to remove dirt.</li> <li>5. Combine all produce in a large bowl with the olive oil.</li> <li>6. Add all to a preheated Tilted Braising Pan appliance.</li> <li>7. Sauté for 10 minutes, stirring frequently to prevent burning.</li> <li>8. Add the chicken stock, water, juice, vinegar, spices and lentils to the pan.</li> <li>9. Let the mixture simmer, covered for about 45 minutes. CCP: Heat to internal temp of 165° F.</li> <li>10. Pour the entire mixture into a large pot.</li> <li>11. Puree the mixture with a hand blender or in small batches in a food processor. Soup should be a smooth, orange liquid. CCP: Hold for hot service at 135° F or higher.</li> </ol> |
| Carrots             | 2 lbs       | 6 cups, coins   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Leeks               | 2 lbs 8 oz  | 4 cups, chopped |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Onions              | 1 lbs 8 oz  | 4 cups, chopped |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Lentils             | 4 lbs       | 9 cups dry      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Apples              | 3 lbs 4 oz  | 7 cups          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Chicken Stock       | 48 oz       | 6 cups          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Water               | 32 oz       | 4 cups          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Apple Juice         | 32 oz       | 4 cups          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Apple Cider Vinegar | 2 oz        | ¼ cup           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Salt                |             | 3 Tbsp          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Nutmeg              |             | 1 Tbsp          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Ground Black Pepper |             | 4 tsp           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Ground Ginger       |             | 2 tsp           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Olive Oil           | 8 oz        | 1 cup           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

|                                       |                             |                                                   |
|---------------------------------------|-----------------------------|---------------------------------------------------|
| <b>Total Yield</b>                    | Number of Pans: 1           | Equipment (if not specified in procedures above): |
| Weight:      Measure (volume): 400 oz | Pan Size: 4 gallon soup pot |                                                   |

| Meal Component Contribution Based on Portion Size |         |          |       |   |     | Nutrient Analysis Based on Portion Size |
|---------------------------------------------------|---------|----------|-------|---|-----|-----------------------------------------|
| Meat/Meat Alternate                               |         | 2 oz eq. |       |   |     | Calories                                |
| Vegetable Subgroups                               | D/G     | B/P      | R/O   | S | O   | Saturated Fat (g)                       |
|                                                   |         |          | ¼ cup |   | 1/8 | Sodium (g)                              |
| Fruits                                            | 1/8 cup |          |       |   |     |                                         |
| Grains                                            |         |          |       |   |     |                                         |

File No: WITN-43

Source: *American Kitchen, Craig High School, Janesville School District*  
(2014 WI Whipping Up Wellness Student Chef Competition Participant)

**RECIPE NAME: Covered with Cheese**

|                                                          |                      |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|----------------------------------------------------------|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grade Group:                                             |                      | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Number of Portions: 50                                   |                      |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Portion Size: 1 cup                                      |                      |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Serving Utensil:                                         |                      |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Servings Per Pan: 50                                     |                      |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Ingredients</b>                                       | <b>Weight (AP)</b>   | <b>Measure (EP)</b>                                                                                                                                                               |              |       | <b>Procedure</b><br><ol style="list-style-type: none"> <li>1. Turn broiler on high heat.</li> <li>2. Wash vegetables and cut into bite sized pieces.</li> <li>3. In a large pot, heat 15c water.</li> <li>4. Add the potatoes, salt, and pepper to the water just before it boils.</li> <li>5. Cover pot but allow steam to vent and cook for 5 minutes while stirring occasionally.</li> <li>6. Add broccoli and cauliflower to potatoes and cook about until tender.</li> <li>7. Spray the sides and bottom of a full sheet pan and add vegetables.</li> <li>8. Broil vegetables until slightly browned.</li> <li>9. Top with cheese and broil until cheese is melted and starting to brown.</li> <li>10. Let stand on top of stove for five minutes before serving.</li> </ol> <p>CCP: Heat to internal temp of 135° F. Hold for hot service at 135° F or higher.</p> |
| Broccoli, fresh, trimmed                                 | 4 lbs                |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Cauliflower, fresh, whole, trimmed                       | 4 lbs                |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Russet Potatoes, fresh                                   | 12 lbs               |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Swiss Cheese, low-fat                                    | 1 lb 2 oz            |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Black Ground Pepper                                      |                      |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Salt                                                     |                      | 4 ½ tsp                                                                                                                                                                           |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Total Yield</b>                                       |                      | Number of Pans:                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Weight:                                                  | Measure (volume):    | Weight:                                                                                                                                                                           |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Meal Component Contribution Based on Portion Size</b> |                      |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Meat/Meat Alternate                                      | 0.25oz               |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Vegetable Subgroups                                      | D/G                  | B/P                                                                                                                                                                               | R/O          | S     | O                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|                                                          | ¼ cup                |                                                                                                                                                                                   |              | ½ cup | ¼ cup                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Fruits                                                   |                      |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Grains                                                   |                      |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Nutrient Analysis Based on Portion Size</b>           |                      |                                                                                                                                                                                   |              |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Calories: 129                                            | Saturated Fat: 1.04g |                                                                                                                                                                                   | Sodium:342mg |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

File No: WITN-44

Source: *Ashlee Gabrielson, Vernon County F2S Coordinator, Viroqua Area School District (modified)*

**RECIPE NAME: Cranberry-Apple Cornbread Muffins**

|                        |                                                                                                                                                                                   |
|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grade Group:           | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 50 |                                                                                                                                                                                   |
| Portion Size: 1 muffin |                                                                                                                                                                                   |
| Serving Utensil: tongs |                                                                                                                                                                                   |
| Servings Per Pan: 50   |                                                                                                                                                                                   |

| Ingredients            | Weight (AP) | Measure (EP)   | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|------------------------|-------------|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cornmeal               | 2 lbs       | 6 cups         | 1. Preheat convection oven to 375°F.<br>2. Chop apples into a small, ½ inch cubes.<br>3. Lightly grease muffin pans with vegetable cooking spray or line with muffin liners.<br>4. In a large bowl, combine cornmeal, salt, baking soda, and baking powder.<br>5. In a mixer at low speed, mix together eggs, oil, yogurt, and honey.<br>6. Add the cheese, cranberries, brown sugar, and apples to the mixer and mix at a low speed.<br>7. While the mixer is running at a low speed, add the dry ingredients to the mixer in 1/3 increments.<br>8. With a #16 scoop or a ¼ cup measuring cup, scoop the batter into the muffin pan. One scoop batter per muffin.<br>9. Bake muffins in the 375° convection oven for 30 minutes, until top is golden and a toothpick comes out clean.<br>10. Shortly rest the muffins, serve warm in a 20x12x4 pan. |
| Salt                   | 0.5 oz      | 3 tsp          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Baking Soda            | 0.5 oz      | 3 tsp          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Baking Powder          | 0.85 oz     | 5 tsp          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Eggs                   | 3 eggs      | ½ cup          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Canola Oil             | 8 oz        | 1 cup          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Yogurt                 | 32 oz       | 4 cups         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Honey                  | 8 oz        | 1 cup          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Cheddar Cheese, grated | 1 lbs       | 4 cups         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Dried Cranberries      | 1 lbs       | 4 cups         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Granny Smith Apples    | 2 lbs       | 4 cups chopped |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Brown Sugar            | 0.25 lbs    | ½ cup          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

|                    |                          |                                                                                                      |
|--------------------|--------------------------|------------------------------------------------------------------------------------------------------|
| <b>Total Yield</b> | Number of Pans: 1        | Equipment (if not specified in procedures above): cutting board, chef's knife, measuring cups/spoons |
| Weight: 5 lbs      | Measure (volume): 100 oz |                                                                                                      |

| Meal Component Contribution Based on Portion Size |      |     |     |   |   | Nutrient Analysis Based on Portion Size |  |
|---------------------------------------------------|------|-----|-----|---|---|-----------------------------------------|--|
| Meat/Meat Alternate                               |      |     |     |   |   | Calories: 195                           |  |
| Vegetable Subgroups                               | D/G  | B/P | R/O | S | O | Saturated Fat:2.26g                     |  |
|                                                   |      |     |     |   |   | Sodium: 350mg                           |  |
| Fruits                                            | ¼ c  |     |     |   |   |                                         |  |
| Grains                                            | 1 oz |     |     |   |   |                                         |  |

| <b>RECIPE NAME: Cranzy Chicken Tacos</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                   |                                      |                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | File No: WITN-06<br>Source: <i>US Cranberries School Foodservice Toolkit</i>                                                                                                      |                                                   |                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|--------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|----------------------|
| Grade Group: K-12                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                   |                                      |                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |                                                   |                      |
| Number of Portions: 48 each                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                   |                                      |                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                   |                                                   |                      |
| Portion Size: 1 each                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                   |                                      |                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                   |                                                   |                      |
| Serving Utensil: Gloved hand, #8 scoop                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                   |                                      |                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                   |                                                   |                      |
| Servings Per Pan: 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                   |                                      |                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                   |                                                   |                      |
| <b>Ingredients</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                   | <b>Weight (AP)</b>                   | <b>Measure (EP)</b>                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Procedure</b>                                                                                                                                                                  |                                                   |                      |
| Cranberry Sauce, whole berry<br>Honey<br>Chicken, cooked, diced, thawed<br>Cheese, parmesan, grated<br><br><i>Bean Salad</i><br>Beans, Northern, canned, drained, rinsed<br>Cranberries, dried, sweetened<br>Apple Juice, 100% juice<br>Scallions, chopped<br>Garlic, fresh, minced<br>Ground Black Pepper<br><br><i>Cranberry Mayo</i><br>Mayonnaise, reduced fat<br>Cranberry Sauce, whole-berry<br>Scallions, minced<br>Ground Black Pepper<br>Spinach, fresh, chopped<br>Tortilla, whole-grain (1.75 oz eq.) |                   | 4 ½ lbs                              | 1 ½ quart<br>1/3 cup<br>¾ cup<br><br>3 quarts<br>3 quarts<br>1 ½ cups<br>1 cup<br>1 Tbsp<br>1 tsp<br><br>1 ½ cups<br>1 ½ cups<br>¼ cup<br>1 tsp<br>6 quarts<br>48 each | <ol style="list-style-type: none"> <li>In a large sauce pan, melt cranberry sauce with honey, about two minutes.</li> <li>Add chicken and cheese to cranberry-honey mixture and toss to coat well.</li> <li>Lay chicken pieces on parchment-covered sheetpans in a single layer and bake in 350 ° F convection oven for 6 to 8 minutes.<br/><br/>CCP: Heat to internal temp of 165° F. Hold for hot service at 135° F or higher.</li> <li>In a bowl, toss together all bean salad ingredients, mix well, cover and refrigerate at least 2 hours before serving.</li> <li>In a separate bowl, whisk together mayonnaise, cranberry sauce, scallions, and pepper until combined and place in a wide mouth squeeze bottle.<br/><br/>CCP: Hold for cold service at 41° F or lower.</li> <li>Serve by portioning ¼ c chicken, ½ c bean salad, and ½ c spinach onto tortilla then drizzle with 1 Tbsp mayo.</li> </ol> |                                                                                                                                                                                   |                                                   |                      |
| <b>Total Yield</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                   | <b>Portion determined on volume.</b> |                                                                                                                                                                        | Number of Pans:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                   | Equipment (if not specified in procedures above): |                      |
| Weight:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Measure (volume): |                                      | Pan Size:                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                   |                                                   |                      |
| <b>Meal Component Contribution Based on Portion Size</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                   |                                      |                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Nutrient Analysis Based on Portion Size</b>                                                                                                                                    |                                                   |                      |
| Meat/Meat Alternate                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                   | 1.5 oz eq.                           |                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Calories: 471                                                                                                                                                                     |                                                   |                      |
| Vegetable Subgroups                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                   | D/G                                  | B/P                                                                                                                                                                    | R/O                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | S                                                                                                                                                                                 | O                                                 | Saturated Fat: 1.69g |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                   | ¼ c                                  | ¼ c                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                   |                                                   | Sodium: 527mg        |
| Fruits                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                   | ½ c                                  |                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                   |                                                   |                      |
| Grains                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                   | 1.75 oz eq.                          |                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                   |                                                   |                      |

**RECIPE NAME: Curried Rice**

File No: WITN-21

Source: *Emily Lund, Deerfield School District*

|                              |                              |                                                                                                                                                                            |
|------------------------------|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grade Group: K-8             | Grade Group: 9-12            | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 160      | Number of Portions: 80       |                                                                                                                                                                            |
| Portion Size: ½ cup          | Portion Size: 1 cup          |                                                                                                                                                                            |
| Serving Utensil: ½ cup scoop | Serving Utensil: 1 cup scoop |                                                                                                                                                                            |

| Ingredients       | Weight (AP) | Measure (EP) | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-------------------|-------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Water             |             | 42 cups      | <ol style="list-style-type: none"> <li>1. Boil water.</li> <li>2. Place rice in 6 inch pan. Pour boiling water over rice and cover pans tightly. Bake in oven 325°F for 40 minutes.</li> <li>3. While rice is cooking simmer oil, broth, carrots, celery, and onions until very tender. About 20 minutes. (Broth is 6 cups water and 2 Tbsp chicken base).</li> <li>4. Mix the rest of the ingredients.</li> <li>5. When rice mixture done, stir vegetable and yogurt mixture into rice and put in 6 inch pan.</li> </ol> <p style="text-align: center;">CCP: Hold at 140° F or higher for hot service.</p> |
| Brown Rice        |             | 9 lbs        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Oil               |             | 1 ½ cups     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Chicken Broth     |             | 6 cups       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Carrots, shredded |             | 30 cups      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Celery, diced     |             | 13 ½ cups    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Onions, chopped   |             | 15 cups      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Curry powder      |             | ¾ cup        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Garlic powder     |             | 6 Tbsp       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Black pepper      |             | 3Tbsp        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Salt              |             | 3 Tbsp       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Plain Yogurt      |             | 12 cups      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

|                    |                  |                 |                                                   |
|--------------------|------------------|-----------------|---------------------------------------------------|
| <b>Total Yield</b> |                  | Number of Pans: | Equipment (if not specified in procedures above): |
| Weight:            | Measure: 80 cups | Pan Size:       |                                                   |

| Meal Component Contribution/Nutrition Analysis Based on Portion Size |                  |     |       |   |       |                   |     |     |   |     |
|----------------------------------------------------------------------|------------------|-----|-------|---|-------|-------------------|-----|-----|---|-----|
| Specify the grade group in the columns:                              | Grade Group: K-8 |     |       |   |       | Grade Group: 9-12 |     |     |   |     |
| Meat/Meat Alternate                                                  |                  |     |       |   |       |                   |     |     |   |     |
| Vegetable Subgroups                                                  | D/G              | B/P | R/O   | S | O     | D/G               | B/P | R/O | S | O   |
|                                                                      |                  |     | 1/8 c |   | 1/8 c |                   |     | ¼ c |   | ¼ c |
| Fruits                                                               |                  |     |       |   |       |                   |     |     |   |     |
| Grains                                                               | 0.75 oz eq.      |     |       |   |       | 1.5 oz eq.        |     |     |   |     |
| Calories                                                             | 143              |     |       |   |       | 286               |     |     |   |     |
| Saturated Fat (g)                                                    | 0.7              |     |       |   |       | 1.5               |     |     |   |     |
| Sodium (mg)                                                          | 168              |     |       |   |       | 336               |     |     |   |     |

|                                                                                                                                                                                                                               |                          |  |                      |                                               |                                                                                                                                                                                                                                                                                                                                                                                        |               |                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--|----------------------|-----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|----------------------|
| <b>RECIPE NAME: Fall Harvest Salad with Vinaigrette</b>                                                                                                                                                                       |                          |  |                      |                                               | File No: WITN-45<br>Source: Sue Brunner, East Troy School District                                                                                                                                                                                                                                                                                                                     |               |                      |
| Grade Group:                                                                                                                                                                                                                  |                          |  |                      |                                               | HACCP Process:<br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step<br>Prep Time: 20 minutes<br>Cook Time: 30 minutes<br>Total Time: 50 minutes                                                                                                                                 |               |                      |
| Number of Portions: 50                                                                                                                                                                                                        |                          |  |                      |                                               |                                                                                                                                                                                                                                                                                                                                                                                        |               |                      |
| Portion Size: 1 cup                                                                                                                                                                                                           |                          |  |                      |                                               |                                                                                                                                                                                                                                                                                                                                                                                        |               |                      |
| Serving Utensil:                                                                                                                                                                                                              |                          |  |                      |                                               |                                                                                                                                                                                                                                                                                                                                                                                        |               |                      |
| Servings Per Pan: 50                                                                                                                                                                                                          |                          |  |                      |                                               |                                                                                                                                                                                                                                                                                                                                                                                        |               |                      |
| <b>Ingredients:</b>                                                                                                                                                                                                           |                          |  | <b>Weight (AP)</b>   | <b>Measure (EP)</b>                           | <b>Procedure:</b>                                                                                                                                                                                                                                                                                                                                                                      |               |                      |
| <i>Apple Cider Vinaigrette</i><br>Cider Vinegar<br>Apples, honeycrisp<br>Honey<br>Vegetable Oil<br>Salt<br>Ground Black Pepper                                                                                                |                          |  | 5 oz<br>4 oz<br>8 oz | 5 whole<br><br><br>¼ tsp<br>¼ tsp             | <i>Apple Cider Vinaigrette</i><br>1. Peel and cube apples.<br>2. Place vinegar, apples, and honey in blender and mix.<br>3. Slowly add oil while blending.<br>4. Add salt and pepper as needed.<br>5. Refrigerate until ready to use.                                                                                                                                                  |               |                      |
| <i>Salad</i><br>Lettuce, red leaf, raw, shredded<br>Lettuce, green leaf, raw, shredded<br>Lettuce, iceberg, raw, shredded<br>Apples, honeycrisp<br>Cranberries, whole, sliced dried (USDA Foods)<br>Cheese, cheddar, shredded |                          |  | 8 oz                 | 14 c<br>13 c<br>13 c<br>8 whole<br>2 c<br>2 c | <i>Salad</i><br>6. Wash lettuce and drain, spin, and place in tub in refrigerator to crisp.<br>7. Wash apples, quarter, core, and slice thin. Place in lemon water so as not to brown.<br>8. Place greens in salad bowl, toss with apple cider vinaigrette until well coated.<br>9. Add apples, cranberries, and cheese and toss.<br><br>CCP: Hold for cold service at 41° F or lower. |               |                      |
| <b>Total Yield</b>                                                                                                                                                                                                            |                          |  | Number of Pans: 1    |                                               | Equipment (if not specified in procedures above): cutting board, chef's knife, measuring cups/spoons                                                                                                                                                                                                                                                                                   |               |                      |
| Weight: 5 lbs                                                                                                                                                                                                                 | Measure (volume): 100 oz |  | Pan Size: 20"x12"x4" |                                               |                                                                                                                                                                                                                                                                                                                                                                                        |               |                      |
| <b>Meal Component Contribution Based on Portion Size</b>                                                                                                                                                                      |                          |  |                      |                                               | <b>Nutrient Analysis Based on Portion Size</b>                                                                                                                                                                                                                                                                                                                                         |               |                      |
| Meat/Meat Alternate                                                                                                                                                                                                           |                          |  |                      |                                               |                                                                                                                                                                                                                                                                                                                                                                                        | Calories: 114 |                      |
| Vegetable Subgroups                                                                                                                                                                                                           |                          |  | D/G                  | B/P                                           | R/O                                                                                                                                                                                                                                                                                                                                                                                    | S             | Saturated Fat: 1.58g |
|                                                                                                                                                                                                                               |                          |  |                      |                                               |                                                                                                                                                                                                                                                                                                                                                                                        |               | ¾ c                  |
| Fruits                                                                                                                                                                                                                        |                          |  | ¼ c                  |                                               |                                                                                                                                                                                                                                                                                                                                                                                        |               |                      |
| Grains                                                                                                                                                                                                                        |                          |  |                      |                                               |                                                                                                                                                                                                                                                                                                                                                                                        |               |                      |



**RECIPE NAME: Harvest Apple Muffin**

File No: WITN-23  
Source: *Chef Monique Hooker*

|                              |                                                                                                                                                                                   |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grade Group:K-12             | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 24       |                                                                                                                                                                                   |
| Portion Size: 1 muffin       |                                                                                                                                                                                   |
| Serving Utensil: gloved hand |                                                                                                                                                                                   |
| Servings Per Pan: 24         |                                                                                                                                                                                   |

| Ingredients                   | Weight (AP) | Measure (EP) | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------|-------------|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Zucchini, grated              | ¾ lb        |              | <b>Apple Bottom</b><br>1. Peel, core, and slice apples.<br>2. Mix sugar, lemon juice, flour, and cinnamon in bowl.<br>3. Add apples, mix well, and set aside.<br><br><b>Muffin</b><br>4. Preheat oven to 350° F.<br>5. Drain the grated zucchini and mix with the grated carrots.<br>6. In large bowl, combine all dry ingredients.<br>7. In a separate bowl, combine all wet ingredients.<br>8. Gradually fold the wet ingredients and vegetables into the dry ingredients by alternating the ingredients being added. Batter will appear lumpy.<br>9. Line muffin pan with paper cups.<br>10. Using a #8 scoop, place apple mixture at bottom of muffin liner.<br>11. Top apples with muffin mix to fill muffins 2/3 full.<br>12. Bake in oven until done, approximately 35 minutes.<br>13. Remove from oven pan and allow to cool. Muffins can be served warm or at room temperature.<br><br>Note: Recipe can be done using sheet pans and cut into squares. Muffins also freeze well and can be removed from the freezer the day before service. |
| Carrots, grated               | ½ lb        |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b><u>Dry ingredients</u></b> |             |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Sugar                         | ½ lb        |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Unbleached All Purpose Flour  | ¼ lb        |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Whole Wheat Flour             | ½ lb        |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Baking Powder                 |             | 1 ½ Tbsp     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Baking Soda                   |             | 1Tbsp        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Nutmeg (or Cinnamon)          |             | ¼ tsp        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Salt                          |             | ¼ tsp        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b><u>Wet Ingredients</u></b> |             |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Whole Large Eggs              | ¼ lb        |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Canola Oil                    |             | ¼ cup        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Apple Sauce                   |             | ½ cup        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b><u>Apple Bottom</u></b>    |             |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Apple                         | 5 lbs       | ½ cup        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Sugar                         |             | 2 Tbsp       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Lemon Juice                   |             | ½ cup        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Whole Wheat Flour             |             | 1 tsp        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Cinnamon                      |             |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

| Meal Component Contribution Based on Portion Size |          |     |     |   |       | Nutrient Analysis Based on Portion Size |
|---------------------------------------------------|----------|-----|-----|---|-------|-----------------------------------------|
| Meat/Meat Alternate                               |          |     |     |   |       | Calories: 192                           |
| Vegetable Subgroups                               | D/G      | B/P | R/O | S | O     | Saturated Fat: 0.59 g                   |
|                                                   |          |     |     |   | 1/8 c | Sodium: 289mg                           |
| Fruits                                            | 3/8 cup  |     |     |   |       |                                         |
| Grains                                            | 1 oz eq. |     |     |   |       |                                         |

File No: WITN-46

Source: Team Wellness, James Madison Middle School, Appleton Area School District (2014 WI Whipping Up Wellness Student Chef Competition Participant)

**RECIPE NAME: Mediterranean Breakfast Quinoa**

|                        |                                                                                                                                                                            |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grade Group:           | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 50 |                                                                                                                                                                            |
| Portion Size: 1 cup    |                                                                                                                                                                            |
| Serving Utensil:       |                                                                                                                                                                            |
| Servings Per Pan: 50   |                                                                                                                                                                            |

| Ingredients               | Weight (AP) | Measure (EP) | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|---------------------------|-------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Quinoa                    |             | 9 cups       | <ol style="list-style-type: none"> <li>1. Rinse quinoa under running water thoroughly.</li> <li>2. In a pot, pour quinoa, chicken broth, minced garlic, chopped green onions, and black pepper over high heat and bring to a rolling boil.</li> <li>3. Turn heat down to the lowest setting. Cover and cook for 15 minutes. Remove from the heat and let stand for 5 more minutes, covered.</li> <li>4. In a saucepan, heat olive oil over medium-high heat and sauté bell pepper and onion, until softened. Add zucchini, cook until tender, and set aside.</li> <li>5. Scramble 27 eggs in a separate pan, breaking into small crumbles.</li> <li>6. Mix all ingredients quinoa, eggs, vegetables, and basil and place in sheet pan. Sprinkle lemon juice and feta cheese on top and serve hot.</li> </ol> <p>CCP: Hold at 140° F or higher for hot service.</p> |
| Chicken Broth, low sodium |             | 18 cups      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Garlic, minced            | 4.5 oz      |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Onions, green, chopped    | 5 oz        | 1 cup        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Ground Black Pepper       |             | 2 Tbsp       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Bell Peppers, sliced      | 2 lbs 6 oz  | 5 ¾ cup      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Onion, red, sliced        | 2 lbs 3 oz  | 5 cups       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Zucchini, sliced          | 2lbs 8 oz   | 8 cups       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Oil, olive                |             | ¼ cup        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Tomatoes, diced           | 4 lbs 12 oz | 9 cups       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Basil, fresh, chopped     |             | 1 ½ cups     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Spinach, fresh            |             | 9 cups       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Eggs, whole               |             | 27 each      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Lemon Juice               |             | 1 ½ cups     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Feta Cheese, crumbled     | 13 oz       | 3 ¼ cups     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

|                                                          |                      |                 |             |   |       |
|----------------------------------------------------------|----------------------|-----------------|-------------|---|-------|
| <b>Total Yield</b>                                       |                      | Number of Pans: |             |   |       |
| Weight:                                                  | Measure (volume):    | Weight:         |             |   |       |
| <b>Meal Component Contribution Based on Portion Size</b> |                      |                 |             |   |       |
| Meat/Meat Alternate                                      | 1.25 oz              |                 |             |   |       |
| Vegetable Subgroups                                      | D/G                  | B/P             | R/O         | S | O     |
|                                                          | 1/8 cup              |                 | 1/8 cup     |   | ¼ cup |
| Fruits                                                   |                      |                 |             |   |       |
| Grains                                                   | 0.5 oz               |                 |             |   |       |
| <b>Nutrient Analysis Based on Portion Size</b>           |                      |                 |             |   |       |
| Calories: 191                                            | Saturated Fat: 2.53g |                 | Sodium: 170 |   |       |

File No: WITN-47  
 Source: Team HAMS, Kromrey Middle School, Middleton-Cross Plains School District (2014 WI Whipping Up Wellness Student Chef Competition Participant)

**RECIPE NAME: Quinoa and Vegetable “Stuffed” Peppers**

| Grade Group:                                             |                      | HACCP Process:                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|----------------------------------------------------------|----------------------|--------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Number of Portions: 50                                   |                      | <input type="checkbox"/> #1 No Cook                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Portion Size: ½ c roasted peppers and ¾ c quinoa filling |                      | <input checked="" type="checkbox"/> #2 Cook & Serve Same Day |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Serving Utensil:                                         |                      | <input type="checkbox"/> #3 Includes Cooling Step            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Servings Per Pan: 50                                     |                      |                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Ingredients                                              | Weight (AP)          | Measure (EP)                                                 | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Bell Peppers, green                                      | 10 lbs 4 oz          |                                                              | <ol style="list-style-type: none"> <li>Preheat oven to 450° F.</li> <li>Rinse quinoa under running water thoroughly.</li> <li>In a pot, bring the vegetable stock, water and quinoa to a boil. Then cover and simmer while stirring occasionally until all of the liquid is absorbed (about 12 - 15 minutes).</li> <li>Cut the tops off of the bell peppers and cut into strips, drizzle with ½ c olive oil, and season with salt and pepper.*</li> <li>Roast the peppers cut-side down for about 20 minutes until the skin starts to char.</li> <li>While the peppers are roasting, heat about ¼ c of olive oil in a skillet over medium- high heat. Add the spices, zucchini, and onion and sauté.</li> <li>Add the black beans to the vegetable mixture and then combine with the quinoa.</li> <li>Serve ½ c roasted peppers and top with ¾ c of quinoa mixture.</li> </ol> <p>CCP: Hold at 140° F or higher for hot service.</p> <p>* Recipe alternative: Purchase 50 whole green peppers, cut of tops of peppers, and roast. Roasted peppers may then be stuffed with quinoa filling and served.</p> <p>Optional: May sprinkle 4 cups (1 lb) of shredded cheddar cheese on top of quinoa mixture. This would provide 0.25 oz M/MA per serving.</p> |
| Quinoa                                                   |                      | 8 ½ cups                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Vegetable Stock                                          |                      | 9 cups                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Water                                                    |                      | 9 cups                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Zucchini, diced                                          | 4 lbs 12 oz          | 15 cups                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Onion, diced                                             | 1 lb 8 oz            | 3 cups                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Chili Powder                                             |                      | 3 Tbsp                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Cumin                                                    |                      | 3 Tbsp                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Garlic Powder                                            |                      | 2 tsp                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Black Beans, canned                                      | 70 oz                | 4 ½ - #300 cans                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Olive Oil                                                |                      | ¾ cup olive oil                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Salt                                                     |                      | 2 tsp                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Pepper                                                   |                      | 2 tsp                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Total Yield</b>                                       |                      | Number of Pans:                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Weight:                                                  | Measure (volume):    | Weight:                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Meal Component Contribution Based on Portion Size</b> |                      |                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Meat/Meat Alternate                                      |                      |                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Vegetable Subgroups                                      | D/G                  | B/P                                                          | R/O                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|                                                          |                      | 1/8 cup                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Fruits                                                   |                      |                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Grains                                                   | 0.5 oz               |                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Nutrient Analysis Based on Portion Size</b>           |                      |                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Calories: 227                                            | Saturated Fat: 0.57g |                                                              | Sodium:300 mg                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

|                                                          |                           |                    |                                      |                                                                                                                                                                                                       |                                                                                           |                       |
|----------------------------------------------------------|---------------------------|--------------------|--------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------|
| <b>RECIPE NAME: Ranch Pasta Salad</b>                    |                           |                    |                                      | File No: WITN-48<br>Source: Carla Marr, Gibraltar School District                                                                                                                                     |                                                                                           |                       |
| Grade Group:                                             |                           |                    |                                      | HACCP Process:<br><input type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input checked="" type="checkbox"/> #3 Includes Cooling Step                            |                                                                                           |                       |
| Number of Portions: 50                                   |                           |                    |                                      |                                                                                                                                                                                                       |                                                                                           |                       |
| Portion Size: 2/3 cup                                    |                           |                    |                                      |                                                                                                                                                                                                       |                                                                                           |                       |
| Serving Utensil: #6 scoop                                |                           |                    |                                      |                                                                                                                                                                                                       |                                                                                           |                       |
| Servings Per Pan: 50                                     |                           |                    |                                      |                                                                                                                                                                                                       |                                                                                           |                       |
| <b>Ingredients</b>                                       |                           | <b>Weight (AP)</b> | <b>Measure (EP)</b>                  | <b>Procedure:</b>                                                                                                                                                                                     |                                                                                           |                       |
| Whole Grain Rotini                                       |                           | 2 lb 4 oz, dry     | 12 cups cooked                       | 1. Cook pasta as directed on package until al dente.                                                                                                                                                  |                                                                                           |                       |
| Oil, olive                                               |                           |                    | ½ cup                                | 2. Drain the pasta. Run cold water over the pasta for about 5 minutes while stirring so all of it cools and toss with oil.                                                                            |                                                                                           |                       |
| Celery, raw                                              |                           | 12 oz              | 2 cups chopped                       | 3. Place the frozen corn and peas in a quart of warm water for 10 minutes until thawed.                                                                                                               |                                                                                           |                       |
| Broccoli, raw                                            |                           | 1 lb 5 oz          | 3 cups chopped                       | 4. Clean and chop broccoli, celery, carrots, and bell pepper into small bite-size pieces.                                                                                                             |                                                                                           |                       |
| Peas, frozen, unprepared                                 |                           | 10 oz              | 2 cups                               | 5. Cube the cheese into bite-size pieces.                                                                                                                                                             |                                                                                           |                       |
| Carrots, raw                                             |                           | 14 oz              | 3 cups chopped                       | 6. Drain olives.                                                                                                                                                                                      |                                                                                           |                       |
| Red Bell Peppers, raw                                    |                           | 1 lb 8 oz          | 2.5 cups chopped                     | 7. Combine pasta, vegetables, and cheese in a large bowl. Spread garlic powder, onion powder, and dried parsley over the mixture. Add ranch dressing and mix well so that all pasta is evenly coated. |                                                                                           |                       |
| Corn, frozen kernels                                     |                           | 8 oz               | 1 cup                                | 8. Pour pasta into a full size pan.                                                                                                                                                                   |                                                                                           |                       |
| Black Olives, sliced                                     |                           | 8 oz               | 1 cup                                | 9. Refrigerate to serve that day or the next.                                                                                                                                                         |                                                                                           |                       |
| Cheddar Cheese, cubed                                    |                           | 1 lb               | 2 cups                               | CCP: Cool to 70° F within two hours and from 70° F to 40° F within four more hours. Hold for cold service at 41° F or lower.                                                                          |                                                                                           |                       |
| Onion Powder                                             |                           |                    | 2 Tbsp                               |                                                                                                                                                                                                       |                                                                                           |                       |
| Garlic Powder                                            |                           |                    | 2 Tbsp                               |                                                                                                                                                                                                       |                                                                                           |                       |
| Dried Parsley                                            |                           |                    | 2 Tbsp                               |                                                                                                                                                                                                       |                                                                                           |                       |
| Reduced Fat Ranch Dressing                               |                           | 48 oz              | 6 cups                               |                                                                                                                                                                                                       |                                                                                           |                       |
| <b>Total Yield</b>                                       |                           |                    | Number of Pans: 1                    |                                                                                                                                                                                                       | Equipment (if not specified in procedures above):<br>Colander, large spoon, full size pan |                       |
| Weight: 10 lbs                                           | Measure (volume): 32 cups |                    | Pan Size: 20"x12"x4" (full size) pan |                                                                                                                                                                                                       |                                                                                           |                       |
| <b>Meal Component Contribution Based on Portion Size</b> |                           |                    |                                      |                                                                                                                                                                                                       | <b>Nutrient Analysis Based on Portion Size</b>                                            |                       |
| Meat/Meat Alternate                                      |                           | 0.25 oz eq.        |                                      |                                                                                                                                                                                                       | Calories: 160                                                                             |                       |
| Vegetable Subgroups                                      |                           | D/G                | B/P                                  | R/O                                                                                                                                                                                                   | S                                                                                         | Saturated Fat: 1.98g  |
|                                                          |                           |                    |                                      |                                                                                                                                                                                                       |                                                                                           | ¼ c<br>Sodium: 394 mg |
| Fruits                                                   |                           |                    |                                      |                                                                                                                                                                                                       |                                                                                           |                       |
| Grains                                                   |                           | 0.5 oz eq.         |                                      |                                                                                                                                                                                                       |                                                                                           |                       |

File No: WITN-49

Source: *Healthy Plymouth Planters, Plymouth High School (2014 WI Whipping Up Wellness Student Chef Competition Participant)*

**RECIPE NAME: Southwest Stuffed Peppers**

|                                                          |  |                       |                 |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
|----------------------------------------------------------|--|-----------------------|-----------------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|--|--|--|--|
| Grade Group:                                             |  |                       |                 |                     | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Number of Portions: 50                                   |  |                       |                 |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Portion Size: ½ stuffed pepper                           |  |                       |                 |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Serving Utensil:                                         |  |                       |                 |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Servings Per Pan: 50                                     |  |                       |                 |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| <b>Ingredients</b>                                       |  | <b>Weight (AP)</b>    |                 | <b>Measure (EP)</b> |                                                                                                                                                                                   | <b>Procedure</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  |  |  |  |  |  |  |  |  |
| Bell Pepper, green                                       |  |                       |                 | 25 medium           |                                                                                                                                                                                   | <ol style="list-style-type: none"> <li>1. Wash and cut green peppers in half length wise. Clean out core.</li> <li>2. Place on baking sheet and bake for 15 minutes or just until soft.</li> <li>3. Rinse pinto beans and place in a food processor with fire roasted tomatoes. Pulse until blended and creamy.</li> <li>4. Wash and peel potato. Dice potato into small pieces</li> <li>5. Mince garlic.</li> <li>6. Heat oil in a steam jacket kettle or tilt skillet over medium-high heat and cook potatoes and garlic in oil until the potatoes are tender.</li> <li>7. Add pinto bean and tomato mixture to potatoes and heat until reaches minimum of 145°F.</li> <li>8. Reduce oven temperature to 350°F.</li> <li>9. Prepare rice according to the direction on the package.</li> <li>10. Add Mozzarella cheese, chili powder and rice to the hot vegetable mixture. Fold gently until cheese melts.</li> <li>11. Evenly portion the hot mixture into the peppers and top with shredded Pepper Jack cheese.</li> <li>12. Put stuffed Peppers into oven for an additional 5 to 10 minutes to melt the cheese.</li> </ol> <p style="text-align: right;">CCP: Hold stuffed peppers at 140°F or higher for service</p> |  |  |  |  |  |  |  |  |  |
| Beans, pinto, low sodium                                 |  | 108 oz                |                 | 1 - #10 can         |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Tomatoes, canned, diced, fire roasted                    |  | 87 oz                 |                 | 6 – 14.5 oz cans    |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Potato, whole                                            |  | 2 lb 6 oz             |                 | 5 medium            |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Garlic, raw                                              |  |                       |                 | 18 cloves           |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Oil, vegetable                                           |  |                       |                 | 6 Tbsp              |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Brown Rice, instant, dry                                 |  | 1 lb 6 oz             |                 |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Chili Powder                                             |  |                       |                 | 2 tsp               |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Cheese, mozzarella, part skim                            |  | 13 oz                 |                 |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Cheese, pepper jack, reduced fat                         |  | 12 oz                 |                 |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| <b>Total Yield</b>                                       |  |                       | Number of Pans: |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Weight:                                                  |  | Measure (volume):     |                 | Weight:             |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| <b>Meal Component Contribution Based on Portion Size</b> |  |                       |                 |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Meat/Meat Alternate                                      |  | 0.5 oz                |                 |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Vegetable Subgroups                                      |  | D/G                   | B/P             | R/O                 | S                                                                                                                                                                                 | O                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |  |  |  |  |  |  |  |  |
|                                                          |  |                       | 1/8 c           | 1/8 c               |                                                                                                                                                                                   | 1/8 c                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |  |  |  |  |  |  |  |  |
| Fruits                                                   |  |                       |                 |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Grains                                                   |  | 0.25 oz               |                 |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| <b>Nutrient Analysis Based on Portion Size</b>           |  |                       |                 |                     |                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |
| Calories: 193                                            |  | Saturated Fat: 2.04 g |                 |                     | Sodium: 304 mg                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |  |  |  |  |  |  |  |  |

|                                                                       |                   |                                      |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |                                                   |
|-----------------------------------------------------------------------|-------------------|--------------------------------------|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------|
| <b>RECIPE NAME: Sweet Cinnamon Squash</b>                             |                   |                                      |                                       | File No: WITN-35<br>Source: <i>New School Cuisine – Fresh from Vermont (modified)</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |                                                   |
| Grade Group: K-12                                                     |                   |                                      |                                       | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |                                                   |
| Number of Portions:50                                                 |                   |                                      |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |                                                   |
| Portion Size:1/2 cup                                                  |                   |                                      |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |                                                   |
| Serving Utensil: #8 scoop                                             |                   |                                      |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |                                                   |
| Servings Per Pan: 25                                                  |                   |                                      |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |                                                   |
| <b>Ingredients</b>                                                    |                   | <b>Weight (AP)</b>                   | <b>Measure (EP)</b>                   | <b>Procedure</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |                                                   |
| Butternut Squash<br>Oil, vegetable<br>Brown Sugar, packed<br>Cinnamon |                   | 16 lbs                               | 25 cups<br>1 cup<br>2 ¼ cup<br>2 Tbsp | <ol style="list-style-type: none"> <li>1. Peel butternut squash and cut into 2-inch cubes. Alternatively, schools may use 25 cups (approximately 13 ½ lbs) of frozen, cubed butternut squash.</li> <li>2. Place squash in two roasting pans sprayed with non-stick spray.</li> <li>3. Mix oil, brown sugar, and cinnamon until combined thoroughly.</li> <li>4. Divide mixture evenly among pans and pour over squash.</li> <li>5. Stir until squash is well coated.</li> <li>6. Roast, uncovered until cooked through and lightly browned.</li> </ol> <p style="text-align: center;">Convection oven: 350° F about 20-30 minutes<br/>Conventional oven: 375° F about 30-35 minutes</p> <p style="text-align: center;">CCP: Hold for hot service at 140° F or higher.</p> |  |                                                   |
| <b>Total Yield</b>                                                    |                   | <b>Portion determined on volume.</b> |                                       | Number of Pans:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  | Equipment (if not specified in procedures above): |
| Weight:                                                               | Measure (volume): |                                      | Pan Size:                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |                                                   |
| <b>Meal Component Contribution Based on Portion Size</b>              |                   |                                      |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  | <b>Nutrient Analysis Based on Portion Size</b>    |
| Meat/Meat Alternate                                                   |                   |                                      |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  | Calories : 118                                    |
| Vegetable Subgroups                                                   |                   |                                      |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  | Saturated Fat: 0.7g                               |
|                                                                       |                   |                                      |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  | D/G                                               |
| Fruits                                                                |                   |                                      |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |                                                   |
| Grains                                                                |                   |                                      |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |                                                   |

File No: WITN-24

Source: *Katie Delaney, University of WI - Madison (modified from recipe submitted by Kerry Johnson, Onalaska)*

**RECIPE NAME: Sweet Potato Muffins**

|                        |
|------------------------|
| Grade Group: K-12      |
| Number of Portions: 50 |
| Portion Size: 1 muffin |
| Serving Utensil: tongs |
| Servings Per Pan: 50   |

HACCP Process:

- #1 No Cook
- #2 Cook & Serve Same Day
- #3 Includes cooling step

| Ingredients                                                    | Weight (AP) | Measure (EP)     | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|----------------------------------------------------------------|-------------|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| All-Purpose Flour                                              |             | 3 cups           | <b>Sweet Potatoes:</b><br>1. Scrub sweet potatoes to remove dirt and cut into quarters.<br>2. Roast on a baking sheet in a convection oven at 400° F for 35 minutes.<br>3. Freeze full sheet for 15 minutes and then remove from the freezer.<br>4. Peel and discard the skin and place the potatoes in a large bowl and mash with a potato masher until a smooth but slightly chunky.<br><br><b>Muffins:</b><br>1. Preheat a convection oven to 375° F. Grease muffin pans or line with muffin liners.<br>2. In a medium bowl, combine flour, baking powder, salt, nutmeg, and cinnamon.<br>3. In mixing bowl, combine milk, eggs, oil, vanilla extract and brown sugar. Mix at a low speed until all combined.<br>4. Add mashed sweet potatoes to the wet ingredients and mix at a low speed.<br>5. Gradually add the dry ingredients to the mixing bowl.<br>6. Mix at a low speed until batter is all combined.<br>7. Scoop batter into muffin pan with a #16 scoop or ¼ cup measuring cup.<br>8. Bake for 30 minutes.<br>9. Let cool and serve in a 20x12x4 pan. |
| Whole Wheat Flour                                              |             | 5 cups           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Baking Powder                                                  |             | ¼ cup            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Salt                                                           |             | 2 tsp            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Nutmeg                                                         |             | 2 tsp            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Cinnamon                                                       |             | 1 Tbsp           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Brown Sugar                                                    |             | 3 cups           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Milk, skim                                                     |             | 4 cups           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Eggs                                                           | 8 eggs      | 2 cups           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Canola Oil                                                     |             | 1 cup            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Vanilla Extract                                                |             | 4 tsp            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Sweet Potatoes*                                                | 6 lbs       | 6 ½ cups, mashed |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| *Canned sweet potatoes may be used in place of raw if desired. |             |                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

|                      |                          |                                                               |
|----------------------|--------------------------|---------------------------------------------------------------|
| <b>Total Yield</b>   | Number of Pans: 1        | Equipment (if not specified in procedures above): cake tester |
| Weight: 7.5 lbs      | Measure (volume): 100 oz |                                                               |
| Pan Size: 20"x12"x4" |                          |                                                               |

| Meal Component Contribution Based on Portion Size |            |     |     |   |   | Nutrient Analysis Based on Portion Size |  |
|---------------------------------------------------|------------|-----|-----|---|---|-----------------------------------------|--|
| Meat/Meat Alternate                               |            |     |     |   |   | Calories                                |  |
| Vegetable Subgroups                               | D/G        | B/P | R/O | S | O | Saturated Fat: 1.04g                    |  |
|                                                   |            |     |     |   |   | Sodium: 132 mg                          |  |
| Fruits                                            |            |     |     |   |   |                                         |  |
| Grains                                            | 1.5 oz eq. |     |     |   |   |                                         |  |

|                                                                                                                                                |                   |                 |                                                                        |                                                                                                                                                                                                                        |                                                                                                                                                                                   |   |                     |
|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---------------------|
| <b>RECIPE NAME: Tomato and Corn Salad</b>                                                                                                      |                   |                 |                                                                        |                                                                                                                                                                                                                        | File No: WITN-36<br>Source: <i>Fresh from Vermont: New School Cuisine</i>                                                                                                         |   |                     |
| Grade Group: K-12                                                                                                                              |                   |                 |                                                                        |                                                                                                                                                                                                                        | <b>HACCP Process:</b><br><input checked="" type="checkbox"/> #1 No Cook<br><input type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes cooling step |   |                     |
| Number of Portions: 32                                                                                                                         |                   |                 |                                                                        |                                                                                                                                                                                                                        |                                                                                                                                                                                   |   |                     |
| Portion Size: ¾ cup                                                                                                                            |                   |                 |                                                                        |                                                                                                                                                                                                                        |                                                                                                                                                                                   |   |                     |
| Serving Utensil: ¾ cup spoodle                                                                                                                 |                   |                 |                                                                        |                                                                                                                                                                                                                        |                                                                                                                                                                                   |   |                     |
| Servings Per Pan:                                                                                                                              |                   |                 |                                                                        |                                                                                                                                                                                                                        |                                                                                                                                                                                   |   |                     |
| <b>Ingredients</b>                                                                                                                             |                   | <b>Weight</b>   | <b>Measure</b>                                                         | <b>Procedure</b>                                                                                                                                                                                                       |                                                                                                                                                                                   |   |                     |
| Corn, frozen, thawed<br>Basil, fresh<br>Cherry or Grape Tomatoes<br>Mozzarella Cheese, part-skim, shredded<br>Olive Oil<br>Lemon Juice<br>Salt |                   | 8 oz            | 10 cups<br><br>6 pints<br>3 cups<br>¼ cup<br>Juice of 1 lemon<br>1 tsp | 1. Thaw frozen corn.<br>2. Finely chop basil leaves.<br>3. Mix frozen corn, basil, tomatoes, cheese, oil, lemon juice, and salt in a large bowl. Toss to combine.<br><br>CCP: Hold for cold service at 41° F or lower. |                                                                                                                                                                                   |   |                     |
| <b>Total Yield</b>                                                                                                                             |                   | Number of Pans: |                                                                        | Equipment (if not specified in procedures above):                                                                                                                                                                      |                                                                                                                                                                                   |   |                     |
| Weight:                                                                                                                                        | Measure (volume): | Pan Size:       |                                                                        |                                                                                                                                                                                                                        |                                                                                                                                                                                   |   |                     |
| <b>Meal Component Contribution Based on Portion Size</b>                                                                                       |                   |                 |                                                                        |                                                                                                                                                                                                                        | <b>Nutrient Analysis Based on Portion Size</b>                                                                                                                                    |   |                     |
| Meat/Meat Alternate                                                                                                                            |                   |                 |                                                                        |                                                                                                                                                                                                                        | Calories: 101                                                                                                                                                                     |   |                     |
| Vegetable Subgroups                                                                                                                            |                   | D/G             | B/P                                                                    | R/O                                                                                                                                                                                                                    | S                                                                                                                                                                                 | O | Saturated Fat: 1.4g |
|                                                                                                                                                |                   |                 |                                                                        | 3/8 c                                                                                                                                                                                                                  | ¼ c                                                                                                                                                                               |   | Sodium: 131mg       |
| Fruits                                                                                                                                         |                   |                 |                                                                        |                                                                                                                                                                                                                        |                                                                                                                                                                                   |   |                     |
| Grains                                                                                                                                         |                   |                 |                                                                        |                                                                                                                                                                                                                        |                                                                                                                                                                                   |   |                     |



**RECIPE NAME: Two Zucchini Linguine with Chicken**

File No: WITN-16

Source: *Cindy Kacmarcik, Greendale School District*

|                                |
|--------------------------------|
| Grade Group:                   |
| Number of Portions: 50         |
| Portion Size: 8 oz (by weight) |
| Serving Utensil:               |
| Servings Per Pan: 50           |

- HACCP Process:
- #1 No Cook
  - #2 Cook & Serve Same Day
  - #3 Includes Cooling Step

| Ingredients                              | Weight (AP) | Measure (EP)    |
|------------------------------------------|-------------|-----------------|
| Linguine Pasta                           | 6 lbs       | 48 cups cooked  |
| Parsley, chopped                         | 5 oz        | 3 cups          |
| Garlic, minced                           | 5 oz        | ¾ cup           |
| Canned Diced Tomatoes                    | 101.5 oz    | 12.75 cups      |
| Green Zucchini                           | 2 lbs 8 oz  | 7 cups, chopped |
| Yellow Zucchini Squash                   | 2 lbs 8 oz  | 7 cups, chopped |
| Olive Oil                                | 4 oz        | ½ cup           |
| Ground Black Pepper                      | 0.5 oz      | 3 tsp           |
| Salt                                     | 0.25 oz     | 1.5 tsp         |
| Lemon Rind, grated                       | 3 lemons    | ½ cup           |
| Lemon Juice                              | 6 oz        | ¾ cup           |
| Chicken, frozen pre-cooked chunks/strips | 4 lbs       | 8 cups          |

- Procedure**
1. Bring 10 quarts of water to a boil in a large pot with ½ cup of salt.
  2. Add pasta to boiling water and cook for 12 minutes until al dente.
  3. Heat chicken in a 400°F convection oven on baking sheets for 10 minutes.
  4. Finely chop the parsley and garlic
  5. Cut the green and yellow zucchini into matchsticks.
  6. In a large pot, heat olive oil and add the minced garlic. Sautee for about one minute.
  7. Add the zucchini to the pot and stir.
  8. Add salt, pepper, lemon rind and lemon juice and stir.
  9. Pour all of the diced tomatoes into the pot and stir. Simmer for 30 minutes.
  10. Stir the parsley into the pot and simmer for 5 more minutes.
  11. Pour the pasta, chicken, and sauce into a 20x12x6 pan and stir to completely combine.
- CCP: Hold for hot service at 140° F or higher.

|                                            |                      |
|--------------------------------------------|----------------------|
| <b>Total Yield</b>                         | Number of Pans: 1    |
| Weight: 23 lbs    Measure (volume): 400 oz | Pan Size: 20"x12"x6" |

Equipment (if not specified in procedures above):

| Meal Component Contribution Based on Portion Size |         |     |     |   |     | Nutrient Analysis Based on Portion Size |  |
|---------------------------------------------------|---------|-----|-----|---|-----|-----------------------------------------|--|
| Meat/Meat Alternate                               | 1.25 oz |     |     |   |     | Calories:295                            |  |
| Vegetable Subgroups                               | D/G     | B/P | R/O | S | O   | Saturated Fat:0.7g                      |  |
|                                                   |         |     | ¼ c |   | ¼ c | Sodium: 222mg                           |  |
| Fruits                                            |         |     |     |   |     |                                         |  |
| Grains                                            | 1.75 oz |     |     |   |     |                                         |  |

|                                                          |  |                         |                              |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
|----------------------------------------------------------|--|-------------------------|------------------------------|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| <b>RECIPE NAME: Vegetable Penne with Pesto</b>           |  |                         |                              |                | File No: WITN-50                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |       |
|                                                          |  |                         |                              |                | Source: <i>Monique Hooker</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |       |
| Grade Group:                                             |  |                         |                              |                | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |       |
| Number of Portions: 50                                   |  |                         |                              |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Portion Size: 2/3 cup                                    |  |                         |                              |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Serving Utensil: #6 scoop                                |  |                         |                              |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Servings Per Pan: 50                                     |  |                         |                              |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| <b>Ingredients</b>                                       |  | <b>Weight (AP)</b>      | <b>Measure (EP)</b>          |                | <b>Procedure</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |       |
| Whole Grain Penne pasta                                  |  | 2 lbs                   | 19 cups                      |                | <b>Pesto:</b><br>1. Make sure that basil and parsley have been rinsed and patted dry.<br>2. Place garlic into a large food processor and pulse to mince.<br>3. Add basil, parsley, almonds, parmesan, lemon juice, and olive oil to the food processor.<br>4. Blend until thick, green paste is formed.<br><br><b>Pasta Dish:</b><br>5. Cook pasta for 10 minutes until al dente.<br>6. Chop the green and yellow zucchini into half-moon slices by slicing the zucchini in half length-wise, then slicing into ¼ inch slices.<br>7. Slice the turnip (white portion) into matchsticks and chop the greens into large. 1 inch slices.<br>8. In a large skillet, heat the olive oil and sauté the zucchini and white turnip for 8 minutes.<br>9. Add the turnip greens to the skillet, stir and cover. Let the greens wilt for 4 minutes.<br>10. Add the vegetable broth to the skillet and stir in salt and pepper.<br>11. Let the vegetables simmer for 10 minutes.<br>12. Add the pasta to the vegetables and toss with pesto into. Make sure all pasta and vegetables are evenly coated with the pesto.<br><br>CCP: Hold for hot service at 135° F or higher. |       |
| Green Zucchini                                           |  | 1 lb 8 oz               | 5 cups, half moon slices     |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Yellow Zucchini Squash                                   |  | 1 lb 3 oz               | 4 cups, half moon slices     |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Baby Turnips with Greens                                 |  | 2 lbs                   | 4 cups turnip, 6 cups greens |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Olive Oil                                                |  | 8 oz                    | 1 cup                        |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Vegetable Broth                                          |  | 28 oz                   | 3 ½ cups                     |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Salt                                                     |  |                         | 2 tsp                        |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Ground Black Pepper                                      |  |                         | 2 tsp                        |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| <b>Pesto:</b>                                            |  |                         |                              |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Basil Leaves                                             |  | 3 oz                    | 4 cups                       |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Italian Parsley                                          |  | 2 oz                    | 1 ½ cups                     |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Slivered Almonds                                         |  | 16 oz                   | 2 cups                       |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Garlic Cloves                                            |  | 3 oz lb                 | 12 cloves                    |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Parmesan Cheese, grated                                  |  | 8 oz                    | 2 cups                       |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Lemon Juice                                              |  | 4 oz                    | ½ cup                        |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Olive Oil                                                |  | 8 oz                    | 1 cup                        |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| <b>Total Yield</b>                                       |  |                         | Number of Pans: 1            |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Weight: 9.5 lbs                                          |  | Measure (volume):256 oz |                              | Pan Size:      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| <b>Meal Component Contribution Based on Portion Size</b> |  |                         |                              |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Meat/Meat Alternate                                      |  | 0.25 oz                 |                              |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Vegetable Subgroups                                      |  | D/G                     | B/P                          | R/O            | S                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | O     |
|                                                          |  |                         |                              |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 3/8 c |
| Fruits                                                   |  |                         |                              |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Grains                                                   |  | 0.75 oz                 |                              |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| <b>Nutrient Analysis Based on Portion Size</b>           |  |                         |                              |                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| Calories: 192                                            |  | Saturated Fat: 2.05 g   |                              | Sodium: 173 mg |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |

File No: WITN-51

Source: *The Purple Pirates, Grantsburg School District*

(2014 WI Whipping Up Wellness Student Chef Competition Winner)

**RECIPE NAME: Savory Wild Rice Quiche**

|                                                          |                     |                                                                                                                                                                                   |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|----------------------------------------------------------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grade Group:                                             |                     | <b>HACCP Process:</b><br><input type="checkbox"/> #1 No Cook<br><input checked="" type="checkbox"/> #2 Cook & Serve Same Day<br><input type="checkbox"/> #3 Includes Cooling Step |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Number of Portions: 50                                   |                     |                                                                                                                                                                                   |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Portion Size: 2' x 3½" squares                           |                     |                                                                                                                                                                                   |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Serving Utensil: Spatula                                 |                     |                                                                                                                                                                                   |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Servings Per Pan: 25                                     |                     |                                                                                                                                                                                   |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Ingredients</b>                                       |                     | <b>Weight (AP)</b>                                                                                                                                                                | <b>Measure (EP)</b> |   | <b>Procedure</b><br><ol style="list-style-type: none"> <li>Preheat oven to 400° F.</li> <li>In large stock pot, bring 12 cups water to a rapid boil. Add wild rice and cook about 40 minutes or until rice is tender. Drain.</li> <li>In a large bowl combine half the flour and margarine using a pastry blender until crumbly. Add half the cold water, a little at a time, until the mixture forms a dough. Repeat the process making a second batch of dough.</li> <li>Press one patch of the crust mixture into pan. Repeat process with second batch of dough.</li> <li>Bake crust 5-8 minutes, remove from oven, and set aside.</li> <li>In a large fry pan sauté the pepper and onion in a small amount of water until onion is slightly caramelized. Add to cooked wild rice.</li> <li>In a bowl, whisk eggs, egg whites, and milk.</li> <li>Sprinkle 1 c of the cheddar cheese into each crust. Top each half with wild rice and vegetable mixture (divide evenly). Sprinkle tomatoes on top.</li> <li>Divide egg mixture evenly and pour on top of tomatoes.</li> <li>Top evenly with remaining cheese and back for 45-50 minutes or until a knife inserted in center comes out clean. CCP: Heat to internal temp of 155° F.</li> <li>Let sit about 10 minutes before servings before cutting each pan into 25 servings. CCP: Hold for hot service at 135° F or higher.</li> <li>Serve with shredded asparagus.</li> </ol> |
| Wild Rice                                                |                     | 1 lb                                                                                                                                                                              |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Whole Wheat Flour                                        |                     |                                                                                                                                                                                   | 8 1/3 cups          |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Light Margarine                                          |                     |                                                                                                                                                                                   | 2 ¾ cups            |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Ice Water                                                |                     |                                                                                                                                                                                   | 2 1/8 cups          |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Red Bell Pepper, finely chopped                          |                     |                                                                                                                                                                                   | 2 1/8 cups          |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Yellow Onion, finely chopped                             |                     |                                                                                                                                                                                   | 2 1/8 cups          |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Eggs, whole                                              |                     |                                                                                                                                                                                   | 17 each             |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Egg Whites                                               |                     |                                                                                                                                                                                   | 17 each             |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Milk, low-fat (1%)                                       |                     |                                                                                                                                                                                   | 2 1/8 cups          |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Cheese, medium cheddar, shredded                         |                     |                                                                                                                                                                                   | 4 ¼ cups            |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Tomato, red, finely chopped                              |                     |                                                                                                                                                                                   | 2 1/8 cups          |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Asparagus, shredded (optional)                           |                     |                                                                                                                                                                                   | 2 1/8 cups          |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Total Yield</b>                                       |                     | Number of Pans: 2                                                                                                                                                                 |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Weight:                                                  | Measure (volume):   | Pan Size: 18.5"x10.5"x2"                                                                                                                                                          |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Meal Component Contribution Based on Portion Size</b> |                     |                                                                                                                                                                                   |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Meat/Meat Alternate                                      | 1 oz                |                                                                                                                                                                                   |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Vegetable Subgroups                                      | D/G                 | B/P                                                                                                                                                                               | R/O                 | S | O                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|                                                          |                     |                                                                                                                                                                                   |                     |   | 1/8 c                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Fruits                                                   |                     |                                                                                                                                                                                   |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Grains                                                   | 1.5 oz              |                                                                                                                                                                                   |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Nutrient Analysis Based on Portion Size</b>           |                     |                                                                                                                                                                                   |                     |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Calories: 268                                            | Saturated Fat: 4.6g |                                                                                                                                                                                   | Sodium: 110mg       |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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