

# Wisconsin Team Nutrition MyPlate Recipe Cards

The Wisconsin Team Nutrition MyPlate Recipe Cards are easy and delicious recipes that feature vegetables from the dark-green, red/orange, and bean/pea (legume) subgroups. Wisconsin Team Nutrition collaborated with school nutrition staff at Plymouth School District to develop three standardized recipes: Rainbow Carrot Crunch, Sweet and Sour Broccoli Salad, and Cowboy Baked Beans. The recipe for Tropical Bean Salsa was developed as part of the U.S. Department of Agriculture – Team Nutrition’s efforts to create culturally-inspired recipes for school and home use and modified by Wisconsin Team Nutrition. The recipes are designed to encourage school nutrition programs to increase their scratch cooking and incorporate vegetable subgroups into their menus in fun and easy ways that appeal to students of all ages.



# Rainbow Carrot Crunch

Yield: 50 | ½ cup serving

## Nutrient Analysis Based on Portion Size

Calories: 54

Sodium: 33mg

Saturated Fat: 0.3g

## Meal Component Contribution Based on Portion Size

*Vegetable:* ⅔ cup (¼ cup red/orange; ⅛ cup other)



## Ingredients

4 lb carrots, rainbow variety

1 lb spinach, raw

2 c raisins

### *Dressing*

1 ¼ c juice, orange

¼ c vinegar, cider

2 Tbsp sugar, granulated

¼ c + 2 Tbsp oil, vegetable

## Directions

1. Wash carrots. Peel and shred.
2. Wash and dry spinach. Trim stems.
3. Mix carrots and spinach with raisins in a bowl.
4. Make dressing by whisking together orange juice, cider vinegar, sugar, and oil.
5. Pour dressing over salad mixture.
6. Chill to 41° F. Hold and serve at 41° F.

# Sweet and Sour Broccoli Salad

Yield: 50 | ½ cup serving

## Nutrient Analysis Based on Portion Size

Calories: 38

Sodium: 37mg

Saturated Fat: 0.2g

## Meal Component Contribution Based on Portion Size

*Vegetable:* ¼ cup (¼ cup dark green)

*Fruit:* ⅛ cup



## Ingredients

2 lb 4 oz broccoli, raw, trimmed

2 lb 4 oz apples, fresh, unpeeled

### *Dressing*

1 ½ c juice, lemon

¾ c vinegar, cider

¼ c + 2 Tbsp oil, olive

1 ¼ Tbsp mustard, Dijon

3 ½ Tbsp sugar, granulated

½ tsp salt, table

## Directions

1. Wash broccoli. Chop into bite size pieces.
2. Wash apples and core. Slice paper thin. If available, use food processor.
3. Mix broccoli and apples in a large bowl.
4. Make dressing by whisking together lemon juice, cider vinegar, olive oil, Dijon mustard, sugar, and salt.
5. Pour over broccoli-apple mixture.
6. Chill to 41° F. Hold and serve at 41° F.

# Cowboy Baked Beans

Yield: 50 |  $\frac{3}{4}$  cup serving

## Nutrient Analysis Based on Portion Size

Calories: 216

Sodium: 343mg

Saturated Fat: 1.6g

## Meal Component Contribution Based on Portion Size

*Meat/meat alternate:* 0.5 oz

*Vegetable:*  $\frac{5}{8}$  cup ( $\frac{1}{2}$  cup bean/pea;  $\frac{1}{8}$  other)



## Ingredients

2 #10 cans beans, pinto, canned  
3 c onion, chopped  
2  $\frac{1}{4}$  lb beef, ground, raw, 80/20 mix  
1 c sugar, brown, light, packed  
1 c ketchup  
 $\frac{1}{2}$  c BBQ sauce  
4 c tomatoes, canned, diced, no-salt added  
1 #10 can baked beans, vegetarian, canned, low-sodium  
 $\frac{1}{2}$  c tomato paste, canned, no-salt added  
2 Tbsp chili powder  
1 tsp garlic powder  
2 tsp salt, table

## Directions

1. Rinse and drain pinto beans. Set aside. Note: Do not rinse and drain the vegetarian baked beans.
2. Dice onions or purchase already diced onions.
3. CCP: Thaw ground beef in cooler at 41° F. Keep on bottom shelf.
4. Cook the ground beef with onions. Drain mixture.
5. CCP: Cook raw ground beef to 165° F.
6. Combine all ingredients with ground beef and onions.
7. Bake covered at 400° F for 25-30 minutes.

# Tropical Bean Salsa

Yield: 50 | ½ cup serving

## Nutrient Analysis Based on Portion Size

Calories: 54

Sodium: 159mg

Saturated Fat: 0g

## Meal Component Contribution Based on Portion Size

*Vegetable:* ⅔ cup (¼ cup bean/pea; ⅛ cup other)

*Fruit:* ⅛ cup



## Ingredients

6 lb beans, black, canned

1 qt + 2 ¼ c mango, frozen, thawed, diced\*

1 lb 7 oz bell pepper, red, diced

¾ c juice, lime

2 Tbsp cilantro, fresh, chopped

## Directions

1. Drain and rinse black beans.
2. In a large bowl, mix together black beans, mango, and red pepper.
3. Add lime juice and cilantro. Toss.
4. Chill to 41° F. Hold and serve at 41° F.
5. Serve with tortilla chips or on tacos.

\*Mango can be replaced with fresh or frozen cantaloupe, peaches, pineapple, or papaya.

# Taste Test Events

Children may be unwilling to select a new food offered as part of the school meal if they are not sure they will like it. Hosting fun taste tests can be used to introduce students to the smell, texture, and flavor of food in a non-intimidating way. Observing peers and teachers try new foods can motivate students to try new foods. One taste of a new food can change a student's perception and lead to the development of a healthy eating habit. Wisconsin Team Nutrition recommends taste testing new foods prior to adding them to a menu as a way to increase selection of the food and reduce food waste.

When developing these recipes, Plymouth school nutrition staff taste tested the new dishes in their elementary, middle, and high schools before serving them as part of the National School Lunch Program. Staff heard students saying things like, **"I love my beans!"** and **"Really pretty, fun to eat, and a sweet treat!"**. These comments and results of student taste test surveys allowed staff to feel confident about placing the items on their menu.



This institution is an equal opportunity provider.  
The project was funded using U.S. Department of Agriculture grant funds.