



Let's cook **HEALTHY** SCHOOL MEALS

Recipes for school nutrition directors
that meet USDA requirements

**PROJECT
BREAD**
A FRESH APPROACH
TO ENDING HUNGERSM

This cookbook is dedicated to the children of Massachusetts—the students who are at the heart of the good work you do, and who inspire our mission to create healthier and tastier meals.

Here's to their hopes, dreams, and opportunities—and the huge role you have in making all of that possible.

THANK YOU

We would like to acknowledge our funding partners who made this cookbook a reality. Thank you for having the vision to support Project Bread's work to improve the quality of meals for schoolchildren.



The Arbella Insurance Foundation has been the cornerstone supporter of Project Bread's Chefs in Schools initiative since 2011. With a four-year, \$1 million grant, Arbella has been a leader in its commitment to ensuring children have the healthy food they need to thrive in school.



Bay State Milling
Where change cultivates opportunity.

Bay State Milling's support of the "Let's Cook Healthy School Meals" cookbook is a natural complement to the company's commitment to innovation and high quality ingredients for grain-based foods.

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INTRODUCTION

Project Bread believes that every schoolchild in the Commonwealth should have regular access to healthy, great-tasting school meals. We've seen time and time again that the food on the plates in our cafeterias has a profound impact on children's ability to learn and grow.

We improve each child's prospects when the easy choice in a school cafeteria is also the nutritious one. It's a win all around: better focus, clearer thinking, improved health, and greater resilience. It's easy to observe in daily life, and it's backed up by solid scientific evidence.

That's why we work with school food service professionals to help them make the most of the resources they have—and to provide our kids with the level of nutrition they need to do and be their very best.

The challenge is clear: we spend billions of dollars each year on education in the US, with student performance as the primary measure of our return on that investment. If we aren't empowering our students to get the most out of their education, that investment loses impact, dollar by dollar. And the problem of hunger is one that compromises that investment every day.

Scientific research has proven that hungry children have a harder time concentrating and learning. They perform poorly on standardized tests, miss school more often, earn lower grades, drop out more often, and are more likely to have behavioral problems. They are at a disadvantage relative to their peers. What these children miss out on in their early years will be hard to make up—if at all.

When hungry kids have access to healthy, appealing meals at school, we make it possible for them to focus, engage, and perform to their full potential. For a specific group of schoolchildren, those who are at high risk of hunger, consistent and predictable access to healthy school meals can literally re-cast their future.

In 2007, at the request of US Department of Agriculture (USDA), the Institute of Medicine (IOM) through its Committee on Child Nutrition Standards issued a set of recommendations to bring school meals in line with the latest dietary guideline for Americans. They called for big changes: an increase in fruits and vegetables, more whole grains, and a reduction in salt and dairy fat. These changes hold the promise to decrease the national

epidemic of diet-related diseases—including obesity and type II diabetes.

Now, with the USDA's blessing, school meals are held to these new standards, and they've been incorporated into federal requirements for reimbursement. This cookbook is designed to give you the tools and resources you need to meet these new standards.

As early and passionate advocates for healthy school meals, Project Bread recognized that the opposite of hungry is not simply *full*, but *healthy*. That's our framework for anti-hunger work, and it's the driving force that brought Project Bread into in school cafeterias to work for change.

Seven years ago, we introduced a demonstration project called *Chefs in Schools* into three Boston public schools. We set three simple goals: to cook with the kitchen staff to produce healthy meals together; to stay on budget in preparing those meals; and most importantly, to serve meals that the kids would want to eat.

Our professionally trained chefs have worked side-by-side with school kitchen teams to come up with fresh ways to put fresh food on plates. In the process, we've learned a lot about the challenges of cooking from scratch with limited equipment, funding, and time—the hurdles you jump every day. But we've also managed to develop menus that kids love... and that schools can actually afford to serve.

The recipes in this cookbook come from those hours by the stove, the oven, and at the cafeteria tables. They reflect the creativity and ingenuity of great cooks—who just happen to work in school kitchens.

These recipes provide the nutrition our children need to become healthy, functional, productive people—people with bright futures ahead of them.

But we couldn't have done any of this without you, and that's why we're excited to share this collaborative labor of love. Dig in, give the recipes a try, share them with your students. And thank you again for all of your hard work.



Ellen Parker, Executive Director

HOW TO

use this book

GETTING STARTED

The first thing we always hear from our friends who work in school kitchens is how challenging it is to make healthy, tasty meals that kids will eat—and meet your school district’s budget. On top of that, your kitchens struggle with a lack of equipment, a lack of training support, limited inventory, the new USDA requirements...and of course, time.

The fact that you manage to get it all done is an inspiration, and we’re thankful for all the effort you put in each day—but we also believe that, by providing you with more of the resources you deserve, we could empower and free you up to do even more.

Like you, we are passionate about creating healthy meals, because they are essential to the wellbeing of our students—especially kids who depend on school meals for most of their daily calories and nutrition.

That’s why we’ve created this cookbook; we want you to have the support and information you need to continue the amazing work you do.

The recipes in this book were developed by Project Bread chefs and school food service directors from across Massachusetts. Chef Didi Emmons and our staff tested each recipe with students (for good taste, of course!), and then put them through Nutrikids for nutrient analysis and cost. The recipes are designed to serve 100 elementary (K–grade 5) students and will meet one requirement (e.g. meat or meat alternative, green-leaf vegetable, etc.) of the new USDA regulations. Where we could, we maximized the use of USDA commodity products, and based many of our calculations on the USDA Buying Guide.

In addition to the recipes, we’ve also included some tips around getting the most out of your ordering, using herbs and spices to amp up flavor, the types of equipment needed to prepare these recipes, USDA requirements, and scaling recipes for bigger or smaller crowds—tricks our chefs (all of you!) have taught us along the way.

Because this book was designed to support your efforts, your feedback is truly important to us. Please send us your comments or new recipes or tips to us at info@projectbread.org.

Thank you for your dedication to giving our students, high-quality, great-tasting meals in the place they do so much of their learning and growing. You have a role in every success they achieve once they walk out those school doors—and that’s why we’re excited to help you out.

HERBS AND SPICES

To start, be sure to have salt, pepper, thyme, cumin, coriander, and cayenne pepper on hand, always. We would suggest that you avoid using dried basil, parsley, cilantro, and dill, as they lose most of their flavor in the drying process, and have a dramatic flavor impact when they’re used fresh. Herbs with woody stems and thicker leaves retain much more of their flavor in the drying process, so oregano, rosemary, and bay leaves are fine to buy in dry form. Finally, most schools keep granulated garlic, garlic powder, and onion powder on their shelves. To make your own supply of taco seasoning—a versatile mix that kids love—check out recipe 4.13: “Scott’s Taco Seasoning”.

There will be times when you don’t have every ingredient listed, and you’ll need to improvise on a recipe. Some substitutions are easier: for example, for every tablespoon of fresh chopped herbs, you can substitute one teaspoon of that same herb in dried form.

Keep the “raw” vs. “canned” flavor profiles in mind, too: if you are using raw ingredients instead of prepared ones, you may need to add extra spices—they absorb flavors like sponges. On the other hand, if you are using canned ingredients instead of fresh, you may need to reduce your spices, or other flavor agents.

NOTE: *Project Bread does not endorse specific brands.*

EQUIPMENT NEEDED

The type and quantity of equipment required for your kitchen will vary based on the size of your school, and the number of meals prepared each day. For schools making more than 500 lunches a day who wish to introduce more scratch cooking, we strongly recommend stocking your kitchen with the following crucial pieces of equipment:

- **Tilt skillet:** Tilting skillets, also called braising pans, are just large frying pans with an attached lid and deep sides that can be used to cook a wide variety of foods.
- **Kettle:** A steam kettle produces even heat throughout, and is perfect for soups and sauces.
- **Double-stacked convection oven**
- **Warming box:** A warming box keeps your prepared foods at the right temperature until you're ready to serve them. We generally recommend making foods in batches to avoid using a warming box, but they can be useful in ensuring the integrity of the flavor and texture of your food on kids' plates.
- **Food processor, buffalo chopper, or VCM** (vertical chopping machine): With scratch cooking, chopping fresh ingredients quickly is crucial. These tools will help!
- **Commercial steamer**
- **Stove top:** For smaller schools especially, a stove top is essential to preparing school meals.

HOW TO SCALE RECIPES

All of the recipes in this cookbook are for 100 servings for elementary school children. To help scale these recipes, keep in mind these conversions:

3 teaspoons = 1 tablespoon
48 teaspoons = 1 cup
16 tablespoons = 1 cup
16 cups = 1 gallon

As you scale recipes up, be mindful of salt and acidic ingredients. You will usually not need as much salt or lemon juice as you increase numbers, so be sure to taste as you go.

USDA REQUIREMENTS

The recipes in this cookbook were written to meet the new USDA guidelines for healthier school lunches. Here are all the guidelines, by grade:

Grains:

Grades K–5: 8 to 9 servings / week

Grades 6–8: 8 to 10 servings / week

Grades 9–12: 10 to 12 servings / week

Students should have at least one serving of grains each day, and one-half of offerings must be rich in whole grain.

Meat/Meat Alternates:

Grades K–5: 8 to 10 ounces / week

Grades 6–8: 9 to 10 ounces / week

Grades 9–12: 10 to 12 ounces / week

Nuts, tofu, cheese, and eggs can be substituted for meat in some cases.

Fluid Milk:

Grades K–12: 1 cup / day

Fat-free, low-fat and lactose-free milk options are allowable.

Fruits:

Grades K–8: One-half cup / day

Grades 9–12: One cup / day

Only half of the weekly fruit requirement can come from juice.

Vegetables:

Grades K–8: Three-quarters cup / day

Grades 9–12: One cup / day

Weekly requirements for vegetable subgroups, including dark green, red/orange, beans/peas, starchy and others.

Sodium:

By July 2014, weekly average sodium levels for lunches should not exceed:

Grades K–5: 1,230 milligrams

Grades 6–8: 1,360 milligrams

Grades 9–12: 1,420 milligrams

A timetable sets a phased reduction of sodium levels through 2022.

Fat:

No trans-fat is allowed, except for those naturally occurring in meat and dairy products. No more than a weekly average of 10 percent of total calories may come from saturated fat.

Total calories:

Grades K–5: 550 to 650 / day

Grades 6–8: 600 to 700 / day

Grades 9–12: 750 to 850 / day

The information in this book was calculated using the USDA Buying Guide, which is a useful resource for all Food Service Directors to have. Visit <http://fbg.nfsmi.org/> to use this calculator for child nutrition programs.

Component Credit Disclaimer:

Due to rounding of vegetable subgroup requirements, the sum of individual creditable components may not equal the total creditable vegetable amount in all recipes.

Nutrient Analysis Disclaimer:

Nutritional information was derived using widely available school nutrition analysis software and reflects common ingredients found in this database. Slight variations may occur due to ingredient substitutions, so please always double-check your calculations to ensure compliance with USDA guidelines.



MEAT & MEAT ALTERNATES

Good things from the farm, the sea, and beyond

Awesome Sloppy Joe Epiphany

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE
AND **CHEF SUE BIELAMOWICZ**, SCHOOL CHEF, EPIPHANY SCHOOL

Adults and kids will clamor for more, and some may even have their own epiphany that the Sloppy Joe is indeed one of America's finest contributions to the culinary world.

- ½ cup vegetable oil
- 6 large onions, finely chopped (about 2 pounds)
- 16 large red peppers, seeds removed and finely chopped (about 5¾ pounds)
- ¾ cup minced fresh garlic
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 5 teaspoons dried oregano
- 16 pounds raw beef, crumbled
- 1 tablespoon black pepper
- 3 cups tomato paste
- 4 cups salsa
- ¼ cup hot sauce (or more, to taste)
- 1½ #10 cans diced tomatoes or tomato sauce
- 1½ cups ketchup or sweet barbeque sauce
- ½ cup apple cider vinegar
- 2 cups water
- 100 whole-grain hamburger buns

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

In a large (3-gallon), heavy two-handled pan (or a tilt skillet or steam-jacketed kettle), heat the oil and add the onions and pepper.

Sauté for 15 minutes over low heat.

Add the garlic, chili powder, cumin, and oregano. Continue cooking for 5 more minutes, stirring often.

Add the beef crumbles, black pepper, tomato paste, salsa, hot sauce, and the diced tomatoes or tomato sauce.

Add the water and stir well. Bring to a simmer over low heat, stirring often. Taste for seasoning, adding the ketchup and the vinegar and then salt and pepper. Add a bit more tomato sauce if it needs enriching. Keep at 140°F until service.

NUTRITIONAL INFORMATION

CALORIES: 392; SODIUM: 700.32 MG; SATURATED FAT: 12.98%

USDA REQUIREMENTS MET

1¾ OUNCES M/MA

¼ CUP RED OR ORANGE VEGETABLE

1½ OUNCE EQUIVALENTS WHOLE GRAIN

Beef and Broccoli

BY **CHEF SUE BIELAMOWICZ**, SCHOOL CHEF, EPIPHANY SCHOOL

Sue likes to serve these on Chinese wheat noodles. Brown rice is also excellent.

- 7½ pounds beef chuck roast, practically free of fat
- 10¼ pounds broccoli crowns, cut into bite-size pieces
- 1 cup cornstarch
- 1 cup minced garlic (about 5 heads of garlic)
- 1 cup minced ginger
- 2⅓ cups oil
- ¾ cup soy sauce
- ½ cup white wine or cider vinegar
- 1 tablespoon garam masala or 2 teaspoons cinnamon
- 15¾ cups dry brown rice (6¼ pounds)

Sauce

- 2 teaspoons garam masala
- 2 cups soy sauce
- 1½ cups brown sugar
- 1½ cups cider vinegar
- 7 cups chopped scallions, including green part (about 7 bunches)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP MEAT AND BROCCOLI, ⅔ CUP RICE

Trim the meat, and slice it into ½-inch slices.

In a processor or in a buffalo chopper, mince garlic and ginger.

Toss meat with the garlic, ginger, soy sauce, and vinegar in a large bowl and let sit for 30 minutes. Then add the cornstarch to the meat, tossing well.

Start cooking the rice.

Cut the broccoli into bite-size pieces using as much of the stem as possible (it is nutritious and should not go to waste).

In a tilt skillet, heat the oil over medium heat. Add the meat and cook, letting a crust form on meat, and then stirring with a big spatula. Remove meat from skillet and return to the bowl.

Cook the broccoli, adding it to the unclean tilt skillet and slowly adding 1 gallon of water to let the broccoli steam. Broccoli will become tender in 10 to 15 minutes, stirring from time to time.

Add the meat back in. Taste for seasoning.

Meanwhile whisk the sauce ingredients together in a bowl. Stir this and scallions into the hot rice.

NUTRITIONAL INFORMATION

CALORIES: 225; SODIUM: 267.28 MG; SATURATED FAT: 6.2%

USDA REQUIREMENTS MET

- ½ OUNCE M/MA
- 1 OUNCE EQUIVALENT WHOLE GRAIN
- ⅓ CUP DARK GREEN VEGETABLE

Beef Taco

BY **BOSTON PUBLIC SCHOOLS**

A no-fail lunch that thousands of Boston kids love.

14 pounds beef crumbles
2 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon dried oregano
4 tablespoons tomato paste or
thick tomato puree ($\frac{1}{8}$ pound)
1 cup water
100 whole-grain taco shells (each
shell is 0.9 ounce)
 $4\frac{1}{2}$ heads romaine lettuce, shredded
($6\frac{1}{3}$ pounds)
 $5\frac{3}{4}$ pounds fresh tomatoes, diced
3 pounds (48 ounces) white
cheddar cheese, shredded

salt and pepper, to taste

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 TACO

Cook beef in tilt skillet with spices.

Dissolve tomato paste in the water and stir well.

Place beef in preheated steam well on steam table.

To warm taco shells, place on sheet pan and warm for 5 minutes in a 350°F oven right before service.

Dice lettuce and wash in a cold water bath.

Wash tomatoes and dice.

Place $\frac{1}{4}$ cup of lettuce and $\frac{1}{8}$ cup of tomato into a 4-ounce cup, top with $\frac{1}{2}$ ounce of shredded cheese, and place on a sheet pan for students.

Note: Serve with a side of rice or a second taco shell to meet your grain requirement.

NUTRITIONAL INFORMATION

CALORIES: 284; SODIUM: 274.40 MG; SATURATED FAT: 22.46%

USDA REQUIREMENTS MET

$2\frac{3}{4}$ OUNCES M/MA

1 OUNCE EQUIVALENT WHOLE GRAIN

$\frac{3}{8}$ CUP TOTAL VEGETABLES

($\frac{1}{4}$ CUP DARK GREEN VEGETABLE, $\frac{1}{8}$ CUP RED OR ORANGE VEGETABLE)

Cachupa

BY **ANTONIA DEBAROIS**, EPIPHANY SCHOOL

This Cape Verdean dish is sure to please students because hominy, the main ingredient, appears in many cuisines and has the same delicious flavor of lime-treated corn or maize that is found in tortilla chips or tacos. Cachupa varies from island to island (there are ten islands in Cape Verde) and from household to household. Other vegetables are often used in cachupa including cabbage, sweet potatoes, and tomatoes.

- 2 gallons water
- 43 cups hominy, drained (about 15½ pounds, 3⅔ #10 cans)
- 20½ pounds raw stew beef
- 1 tablespoon salt
- 1 tablespoon pepper
- 2½ pounds dry white fava beans
- 2 large onions (about ⅔ pound)
- 20 cloves garlic, minced
- 2 bay leaves
- 9 cups yuccas or cassavas, peeled and dark parts trimmed, and cut into 1-inch pieces
- 8 pounds collard greens, stems trimmed and leaves sliced (about 4½ pounds or about 5 large)
- 50 large carrots, peeled and sliced into thin coins (about 8 pounds)
- 3 medium red peppers, chopped (about ¾ pound)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1½ CUPS

Place the hominy and the fava beans in a 3 to 5 gallon plastic bucket. Add 2 gallons of water and set it in the walk-in refrigerator to soak overnight. In the morning, transfer this (including the soaking liquid) to a tilt skillet or large pot, adding the garlic, onions, and bay leaves. Simmer for 2 hours or until both are tender.

Season the beef with salt and pepper in a large roasting pan. Cover halfway with water. Place foil over it and cook in the oven for 2 hours or until the stew meat is tender.

Add the beef to the hominy as well as all the vegetables including the yucca. Cover and cook another hour, adding more water if necessary for the mixture to remain somewhat “soupy.” Antonia adds more raw garlic and onion if she adds more water.

Season the cachupa with salt and pepper if necessary. Let sit for 30 minutes for the flavors to meld.

NOTE: *This recipe takes an overnight soaking of hominy and 3½ hours of cooking, so if desired it can be started 2 days before. In that case, soak the hominy 2 days ahead and cook the cachupa a day ahead.*

NUTRITIONAL INFORMATION

CALORIES: 231; SODIUM: 296.11 MG; SATURATED FAT: 6.99%

USDA REQUIREMENTS MET

- 2 OUNCES M/MA
- ¼ CUP TOTAL VEGETABLE
(⅛ CUP DARK GREEN VEGETABLE, ⅛ CUP RED OR ORANGE VEGETABLE)

Diane's Teriyaki Steak Bomb

BY **CHEF NICK SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE
AND **DIANE DIFRUSCIA**, HENNESSY ELEMENTARY SCHOOL, LAWRENCE PUBLIC SCHOOLS

"This is a great way to incorporate the combination of fresh and canned veggies into a familiar sandwich. Serve this on a soft roll with a fresh garden salad. It's 'da' bomb!"

—*Chef Nick, Project Bread's School Food Chef*

- 15 pounds shaved steak
- ½ #10 can roasted pepper strips, drained and rinsed
- 2 pounds white button mushrooms, rinsed and cleaned of all debris
- 3 onions, sliced into thin strips
- 1½ cups prepared low-sodium teriyaki sauce
- 1½ cups water
- 3 pounds cheddar cheese, shredded
- 100 8-inch whole-wheat sub rolls

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

In the food chopper, process half the peppers and all the mushrooms until finely chopped.

Combine the teriyaki sauce and the water.

In a tilt skillet or steam kettle, add the meat and the vegetables and cook for 20 minutes.

Add the diluted teriyaki sauce. Cook until thickened and the meat is coated with the reduced sauce, about 20 minutes or more.

Stir in the cheese to make it melty and gooey; reserve warm for service.

NOTE: *You may choose to hold off on adding the cheese to the steak and instead top the sandwiches with cheese. Load the sandwiches onto a sheet pan and pop them in the oven for a nice toasty Greek pizza shop "grinder."*

NUTRITIONAL INFORMATION

CALORIES: 336, SODIUM: 524.40 MG; SATURATED FAT: 15.22%

USDA REQUIREMENTS MET

- 2 OUNCES M/MA
- 2 OUNCE EQUIVALENTS WHOLE GRAIN

Meatballs

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

Serve these excellent meatballs with recipe 4.6 Kirk's Marinara Sauce in a hoagie roll or on spaghetti.

17 pounds raw ground beef
6¾ cups panko breadcrumbs
6¾ cups buttermilk
¾ cup vegetable oil
¾ cup chopped garlic
2½ cups peeled and diced onions
(1 pound or 3 large)
3⅓ cups finely chopped flat-leaf
parsley (5 ounces or
2½ bunches)
5 cups grated Parmesan or
Romano cheese (¾ pound)
3½ cups beaten eggs (15 large)
3 tablespoons salt
5 teaspoons black pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 2-OUNCE MEATBALLS

Heat the oven to 350°F.

Place the beef in a large roasting pan and set aside.

Heat the oil in a pot over medium heat. Add the onions, reduce the heat, and cook until very soft, stirring often. Remove the pot from the heat and stir in the parsley.

Combine the breadcrumbs and buttermilk and add to the beef. Add the cheese and eggs. Mix to combine the ingredients.

Add onion mixture, salt, and black pepper and mix.

Line six sheet pans with parchment paper. Using a 2½-ounce scoop, form balls. Place the balls on the sheet pans and roast until cooked through, approximately 15 minutes.

NUTRITIONAL INFORMATION

CALORIES: 183; SODIUM: 592.61 MG; SATURATED FAT: 17.01%

USDA REQUIREMENTS MET

2 OUNCES M/MA

My Aunt's Famous Meatloaf

BY **LAUREN ADLER**, PROJECT BREAD'S COOKBOOK INTERN

"We can comment from our testing that Lauren Adler's aunt knows how to make a mean meatloaf. Serve with Smashed Potatoes or Creamy Pumpkin Brown Rice or Quinoa for something simpler. Lemon-Roasted Carrots would be an apt side veggie."

—*Chef Didi, Project Bread's Cookbook Consultant*

7 pounds raw ground beef
7 pounds raw ground turkey
7 cups rolled oats
½ teaspoon salt
1¾ cups ketchup
7 teaspoons Dijon mustard
7 large eggs
4 tablespoons dried oregano
1½ cups fresh chopped parsley
5 tablespoons garlic paste
2 Spanish onions
2 cups finely chopped or grated carrot (½ pound carrots)

dash of fresh ground pepper
dash of tamari

YIELD: 100 SERVINGS (K-5) ✳ SERVING SIZE: ½ CUP

Mix beef, turkey, and oats. Add the remaining ingredients.

Bake at 350°F until cooked through and browned on top.

NUTRITIONAL INFORMATION

CALORIES: 160; SODIUM: 69.13 MG; SATURATED FAT: 14.43%

USDA REQUIREMENTS MET

1¾ OUNCES M/MA

Rena and Maria's Beef Tip Stew

BY **RENA SANTILLAN AND MARIA TORRES**, FOOD COOKS, MARY CURLEY ELEMENTARY SCHOOL,
BOSTON PUBLIC SCHOOLS

Rena and Maria have taken a typical school beef stew and added a Salvadoran twist with great success. Although a flour tortilla on the side is all you need to complete the meal, you can also add corn, peas, sweet potatoes, or any vegetables you like.

- 6 heads cauliflower, cut into bite-size pieces (7 pounds)
- 15 whole russet potatoes, cleaned and cut into cubes (5¼ pounds)
- 12½ pounds raw beef tips
- 2 cups unbleached white flour (½ pound)
- 2 teaspoons black pepper
- ½ cup vegetable oil
- 1 cup chopped carrots (½ pound)
- ¾ cup chopped celery (⅓ pound)
- 1 large onion, chopped (⅓ pound)
- 2 whole green bell peppers, chopped (¾ pound)
- ½ cup minced fresh garlic
- 2 teaspoons cumin or cumin seed
- 1 cup tomato paste
- 1 cup salsa
- 20 cups low-sodium beef broth
- 1 bunch cilantro, chopped
- 100 8-inch whole-wheat tortillas, warmed in the oven (10 pounds)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 6 OUNCES STEW

Cut cauliflower into bite-size pieces. Steam until tender, about 5 minutes.

Scrub the potatoes and cut into cubes. Steam until tender. About 7 minutes.

In a large bowl, toss the beef in the flour and black pepper.

In a tilt skillet or large round heavy pan, heat the oil over medium-high heat. Add the beef. Let it sit and form a crust for 5 minutes or so. Then with a spatula, turn the beef and let it sit another 5 minutes. You may need to do this in batches if you are using a large pan.

Transfer the beef to a large bowl.

Add the carrots, celery, onion, green pepper, and garlic to the skillet. Sauté for at least 5 minutes, stirring often. Add back the beef and any liquid from the bowl.

Add the beef broth, salsa, and tomato paste. Bring to a boil, stirring until the sauce is smooth. Turn heat down.

Simmer for 45 minutes over low heat. Place in hotel pans and transfer to steam tables, topping the stew with chopped cilantro.

Serve in bowls, with tortillas, which have been warmed in the oven, on the side.

NUTRITIONAL INFORMATION

CALORIES: 159; SODIUM: 248.7 MG; SATURATED FAT: 10.77%

USDA REQUIREMENTS MET

- 1¼ OUNCES M/MA
- 2 OUNCE EQUIVALENTS WHOLE GRAIN
- ¼ CUP TOTAL VEGETABLES
 - (⅛ CUP OTHER VEGETABLE,
 - ⅛ CUP STARCHY VEGETABLE)

Shepherd's Pie

BY **UXBRIDGE PUBLIC SCHOOLS** (MEAT MIXTURE)
AND **WESTFIELD PUBLIC SCHOOLS** (GARLIC MASHED POTATOES)

Shepherd's Pie, also known as Cottage Pie, is a meat pie with a crust of mashed potato that was created in England in the 18th century when frugal housewives were looking for creative means to serve leftover meat to their families. This recipe is a combination of two recipes that taste great together.

- ¼ cup minced garlic
- 3 Spanish onions, chopped
(about ¾ pound onions)
- 6 cups chopped carrots—¼-inch
dice, buffalo chopper is fine
(about 2 pounds shredded
carrots)
- 1 cup vegetable oil
- 1 cup flour
- 17¾ pounds raw ground beef 20% fat,
cooked and drained
(about 13 pounds cooked)
- 1 gallon beef broth
(or 1 gallon water with
16 teaspoons beef base)
- 2 #10 cans corn, drained

Garlic Mashed Potatoes

- 24 pounds red potatoes
- 3 ounces granulated garlic
- 2 quarts nonfat milk
- 1 cup butter
- 1 tablespoon salt
- 1 tablespoon black pepper
- ¼ cup chopped parsley

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 CUP

Cook and drain ground beef. Set aside.

Sauté chopped onions, garlic, and carrots in oil for 15 minutes, or until the onions begin to brown.

Add the flour and stir over medium heat for five minutes. Do not burn the flour, but it should brown.

Add broth gradually. Add seasonings and beef, and simmer for 30 minutes.

Divide meat mixture between three 2-inch hotel pans.

Drain corn. Divide corn evenly between the three pans and spread out over meat mixture.

Meanwhile, simmer potatoes in a steam kettle or large pot until the largest potatoes are fork-tender, about 30 minutes.

Heat milk to a near boil, being careful not to allow the milk to boil over.

Add butter, garlic, salt, and black pepper.

Drain potatoes and place into mixing bowl.

Whisk in hot milk, butter, and garlic at the slowest speed, gradually increasing the speed until smooth. (Do not mix too long or the potatoes will cool.)

Spread mashed potatoes over corn and meat.

Bake in 350°F oven until the shepherd's pie reaches 160°F.

NUTRITIONAL INFORMATION

CALORIES: 391; SODIUM: 342.14 MG; SATURATED FAT: 14.32%

USDA REQUIREMENTS MET

- 2 OUNCES M/MA
- ½ CUP STARCHY VEGETABLE

Taco Salad

BY **JEANNE IRWIN**, FORMER FOOD SERVICE DIRECTOR, SOMERVILLE PUBLIC SCHOOLS

You can use a large taco shell in this recipe but Jeanne Irwin says the chips are the reason that kids eat this salad.

9¾ pounds romaine lettuce, shredded
3½ pounds fresh spinach
12½ cups diced fresh tomatoes (5¾ pounds)
25 cups red kidney beans, drained and rinsed (2½ #10 cans)
13 cups shredded cheddar cheese (3¼ pounds)
6¾ pounds corn tortilla chips (about 1300 whole chips)
4¼ pounds raw ground beef, 80% lean
¼ pound recipe 4.13 Scott's Taco Seasoning
8 cups water
12 cups recipe 4.10 Nick's Homemade Salsa or prepared salsa (about 106 ounces)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¼ CUP BEANS, ½ OUNCE CHEESE, ½ OUNCE BEEF, 1 CUP LETTUCE AND SPINACH MIX, ¼ CUP TOMATOES AND SALSA, 1 OUNCE OR 13 WHOLE CORN TORTILLA CHIPS

Wash and prepare the lettuce, spinach, and tomatoes.

Combine the lettuce and spinach. Toss and array 1 cup of the mixture on each plate.

Sprinkle ⅛ cup tomato, ¼ cup kidney beans, and ⅛ cup shredded cheddar cheese on each plate.

Frame each plate with 13 tortilla chips.

Sauté the ground beef and drain excess fat. Add water and taco seasoning to the ground beef and bring to a boil. Reduce heat, and simmer for 20 to 30 minutes.

Spoon prepared ¼ cup taco meat over vegetables and serve with ⅛ cup salsa on the side.

NUTRITIONAL INFORMATION

CALORIES: 326; SODIUM: 452.36 MG; SATURATED FAT: 10.43%

USDA REQUIREMENTS MET

2 OUNCES M/MA

¾ CUP TOTAL VEGETABLE

(½ CUP DARK GREEN VEGETABLE, ¼ CUP RED OR ORANGE VEGETABLE)

Chicken and Spinach Quesadillas

BY **NICK SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"I called them 'tacos' when I served them to some of the kids in Lawrence. Funny thing was that they ate them more readily than when I called them quesadillas. Gotta love 'em."

—*Chef Nick, Project Bread's School Food Chef*

9¹/₃ pounds seasoned and cooked chicken, diced
2³/₄ medium onions (¾ pound)
3 tablespoons chopped garlic
4¹/₂ tablespoons olive oil
1¹/₂ teaspoons salt
26¹/₂ pounds raw spinach, partly trimmed
½ cup grated Parmesan cheese (⅓ pound)
11¹/₂ cups shredded mozzarella cheese, low fat and low sodium (about 3 pounds)
100 8-inch whole-wheat tortillas (10 pounds)
2 #10 cans salsa (about 1½ gallons)

pan-release spray

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1¹/₈ CUPS

Preheat oven to 350°F.

Carefully warm the chicken in the steamer or oven until it reaches an internal temperature of 145°F.

In the meantime, sauté the onions and garlic in the oil until soft and translucent; add salt.

In batches, sauté the spinach in the onion and garlic mixture, just until warm. The spinach should be just beginning to steam and should be releasing some liquid. Dump the spinach into a perforated hotel pan to cool and drain.

Once the spinach has cooled enough to touch, squeeze out as much juice as possible.

Combine the spinach with the warm chicken, and add the two cheeses; mix until the ingredients are evenly dispersed. Taste for seasoning; adjust if necessary.

Using a 3-ounce scoop, put the mixture into the tortilla and spread to distribute. Fold the tortilla in half and place on a sheet pan covered in a piece of sprayed parchment paper.

Copiously spray the top of the quesadillas with pan release spray and cook for 8 minutes, until golden brown.

Allow to sit for 5 minutes before cutting into three wedges.

Serve with corn and black bean salad, sour cream, and homemade salsa.

NUTRITIONAL INFORMATION

CALORIES: 269; SODIUM: 676.61 MG; SATURATED FAT: 10.04%

USDA REQUIREMENTS MET

2 OUNCES MMA
2 OUNCE EQUIVALENTS WHOLE GRAIN
¾ CUP TOTAL VEGETABLES
(½ CUP DARK GREEN VEGETABLE,
¼ CUP RED OR ORANGE VEGETABLE)

Chicken and Black Bean Chili

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

- 1 cup vegetable oil
- ½ cup chopped garlic
- 4 cups peeled and diced Spanish onions (5 large or about 1¾ pounds)
- 5¼ cups cored and diced red bell peppers (6 large or about 2 pounds)
- 7½ cups peeled and diced butternut squash (about 4 pounds)
- 2 tablespoons kosher salt
- ¾ cup chili powder
- ½ cup cumin
- 12 cups water
- 25 cups crushed tomatoes (8 #2½ cans or 2¼ #10 cans)
- 2 #10 cans low-sodium black beans, drained and rinsed (14 cups)
- 13 pounds raw chicken tenders (about 9½ pounds cooked)
- 1 tablespoon black pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 CUP

Heat oil in a large pot over medium heat. When oil is hot, add garlic and cook for 30 seconds.

Add onions, peppers, and squash. Sprinkle with salt. Cover pot and sauté for 15 minutes, stirring occasionally.

Stir in chili powder and cumin.

Raise heat to high. Add water. Bring mixture to a boil. Reduce heat and simmer for 15 minutes.

Stir in tomatoes and black beans. Raise heat to high, and bring chili to a boil.

Add cooked chicken and reduce heat. Simmer for 15 minutes. Season with salt and black pepper.

NUTRITIONAL INFORMATION

CALORIES: 145; SODIUM: 273.46 MG; SATURATED FAT: 5.56%

USDA REQUIREMENTS MET

1½ OUNCES M/MA

⅜ CUP TOTAL VEGETABLES

(¼ CUP RED OR ORANGE VEGETABLE, ⅛ CUP LEGUME VEGETABLE)

Chicken Cacciatore

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

"There is nothing quite as comforting as a good cacciatore, and using fresh garlic is paramount. Buy peeled garlic by the gallon; buffalo chop or process the cloves. Freeze the whole cloves you don't use if you can't go through the garlic fast enough."

—Chef Vin, Kitchen Manager, Cambridge

12½ pounds cooked chicken tenders
(17¼ pounds raw)
1½ cups chopped onions
(2 large or ⅔ pound)
⅓ cup chopped garlic
2½ cups chopped green bell peppers
(3 large or about
1 pound)
24 cups crushed tomatoes
(2 #10 cans)
⅓ pound Parmesan cheese, grated
1 quart water
¾ cup vegetable oil
13 pounds dry whole-wheat
macaroni

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 2-OUNCE PIECE OF CHICKEN, 1 CUP MACARONI, ¼ CUP SAUCE

Preheat oven to 375°F.

Heat oil in a large pot.

Add garlic and sauté for 1 minute.

Add onions and sauté for 5 minutes, or until translucent.

Add green peppers and cook for 5 minutes, stirring occasionally.

Add water, and bring to a boil.

Add tomatoes.

Reduce heat, and simmer for 30 minutes, then adding the cooked chicken until the sauce reaches 165°F.

NOTE: *If using raw chicken: Cut chicken into 2¾-ounce pieces (slightly smaller than a deck of cards), and divide them between four sheet pans while the sauce is simmering. Place trays in oven and cook at 375°F for 20 minutes. Transfer the now-cooked chicken to the sauce and simmer for 15 more minutes, or until the sauce reaches 165°F.*

Cook pasta in boiling salted water until done.

Drain pasta, and divide between six deep wells.

Spoon equal amounts of sauce and chicken into each well and stir.

Serve, topped with grated cheese.

NUTRITIONAL INFORMATION

CALORIES: 250; SODIUM: 217.38 MG; SATURATED FAT: 3.68%

USDA REQUIREMENTS MET

2 OUNCES M/MA
2 OUNCE EQUIVALENTS WHOLE GRAIN
⅛ CUP RED OR ORANGE VEGETABLE

Chicken Corn Chowder

BY **CHEF VANESSA LABRANCHE**, CHEF EDUCATOR, PROJECT BREAD'S CHEFS IN HEAD START

"This comforting soup goes great with a Caesar salad. You can add a bunch of chopped cilantro at the end for a southwestern twist."

—*Chef Didi, Project Bread's Cookbook Consultant*

8 large red onions, chopped (about 2½ pounds)
⅔ head of celery, chopped (1 pound or 8 stalks)
5 cups chopped carrots
1⅓ cups butter (¾ pound)
3⅛ cups chicken base (⅔ pound)
4¼ cups flour
2½ gallons 1% milk
25 cups whole-kernel corn (2½ #10 cans)
6 large potatoes, sliced (5 pounds)
9 pounds chicken, cooked and diced
2½ pounds cheddar cheese, grated

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1½ CUPS

Sauté onions, celery, carrots, and butter until the veggies begin to soften. Add chicken base and flour, and mix to incorporate.

Over medium heat, add the milk slowly using a whisk and stirring constantly. Heat soup so that it thickens. Be sure to stir during this process and do not heat too fast (you don't want the roux to burn). Also, do not let the soup boil as it will curdle if heated too much (165°F is fine).

Puree the soup in batches in a blender.

Add the corn and its juice, sliced potatoes, and chicken and heat to 165°F.

Sprinkle with cheese as soup is being served.

NUTRITIONAL INFORMATION

CALORIES: 240; SODIUM: 626.09 MG; SATURATED FAT: 16.33%

USDA REQUIREMENTS MET

1¾ OUNCES M/MA

½ CUP STARCHY VEGETABLE

Chicken Curry

BY **CHEF LISA ROUTSON**, RANDOLPH PUBLIC SCHOOLS

This dynamic curry has its roots in Jamaica because of the plentiful use of thyme.

- 8 cups all-purpose flour
- 3 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon paprika
- ½ teaspoon powdered ginger
- 100 cooked chicken drumsticks with meat and skin (about 23¼ pounds raw)
- 33 large red peppers (about 12 pounds)
- 4 cloves minced fresh garlic
- 6 pounds white onions, diced
- 1½ cups curry powder
- ¾ cup thyme (dried leaves)
- 3 cups vegetable oil
- 5 #10 cans diced tomatoes, drained
- 2 pounds raisins (optional)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 DRUMSTICK (ABOUT 1¾ OUNCES MEAT)

Wash fresh produce thoroughly under running water to remove dirt and other contaminants.

Mix flour, salt, pepper, paprika, and ginger. Dredge chicken drumsticks in flour mixture and bake at 350°F. Drain fat.

Sauté garlic, onions, and peppers in oil until soft. Add tomatoes, curry, thyme, and cooked chicken. Bring to a boil, and simmer for 30 minutes.

Remove from heat, and transfer to serving pans. If desired, add raisins to mixture before serving.

NUTRITIONAL INFORMATION

CALORIES: 295; SODIUM: 318.8 MG; SATURATED FAT: 8.43%

USDA REQUIREMENTS MET

1¾ OUNCES M/MA

1 CUP TOTAL VEGETABLE

(½ CUP RED OR ORANGE VEGETABLE, ¼ CUP OTHER VEGETABLE)

Chicken Fajita with Peppers and Onions

BY **BOSTON PUBLIC SCHOOLS**

A fajita is grilled meat Tex-Mex style served in a taco.

13¾ pounds chicken, cooked and cut into strips
9 fresh Spanish onions, sliced thin (about 6½ pounds)
9 large green peppers, sliced thin (about 3¼ pounds)
2 cups vegetable oil
2½ tablespoons ground cumin
1 tablespoon salt
2¼ pounds reduced-fat mozzarella, shredded (cheddar cheese can be substituted)
100 8-inch whole-wheat wraps
4½ pounds fresh tomatoes, diced
6 quarts prepared salsa

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 FAJITA WITH 1 OUNCE ONION, ⅔ OUNCE PEPPERS, ⅓ OUNCE SHREDDED CHEESE, ⅔ OUNCE TOMATOES, AND 1½ OUNCES CHICKEN

Place the chicken strips in a large bowl and the onions and peppers in another large bowl.

Add 1 cup oil, half the cumin, and half the salt to each bowl and toss well to coat the chicken and veggies.

Place chicken and veggies on separate sheet pans. Cook the chicken and vegetables (except tomatoes) in a 350°F oven until the chicken reaches a temperature of 165°F or for about 20 minutes.

Remove any excess liquid from the pans and construct wraps with 1 ounce onion, ⅔ ounce peppers, ⅓ ounce shredded cheese, ⅔ ounce tomatoes, and 1½ ounces chicken per wrap.

Place 2 ounces of salsa into 2-ounce soufflé cups and place on a sheet pan for students.

NUTRITIONAL INFORMATION

CALORIES: 319; SODIUM: 586.40 MG; SATURATED FAT: 7.27%

USDA REQUIREMENTS MET

⅛ CUP OTHER VEGETABLE
2 OUNCES M/MA
2 OUNCE EQUIVALENTS WHOLE GRAIN

Chicken Fingers

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

Here are chicken fingers, baked from scratch. This recipe doesn't work with precooked chicken, so Chef Vin makes this potentially complicated dish very simple to make. Serve these with recipe 4.10 Nick's Homemade Salsa for dipping.

17 pounds raw chicken tenders,
medium size
6¾ cups buttermilk
10¼ cups all-purpose flour
6¾ cups yellow cornmeal
5 teaspoons salt

oil for the sheet pans

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 2 OUNCES

Preheat the oven to 425°F. Line seven sheet pans with parchment paper. Have a large colander ready.

Combine the chicken and buttermilk in a large roasting pan, and set aside.

In another large roasting pan, whisk together the flour, cornmeal, and kosher salt. Drizzle oil onto one of the prepared sheet pans.

Working in batches, transfer several pounds of the chicken to the strainer and allow to drain for a moment. Place the drained tenders into the flour-and-cornmeal mixture and toss well using your fingers. Shake off the excess coating and line the tenders on the sheet pan, turning each over to very lightly coat in oil. Repeat this procedure until you have coated all of the chicken.

Transfer the sheet pans to the oven. Roast the chicken until golden and crisp, approximately 30 minutes.

NUTRITIONAL INFORMATION

CALORIES: 139; SODIUM: 225.46 MG; SATURATED FAT: 3.57%

USDA REQUIREMENTS MET

2 OUNCES M/MA

Chicken Noodle Soup

BY **CHEF VINCENT “VIN” CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

One of the simpler soup recipes in this collection—if you have time, chop a bunch of parsley and add at the very end for color and flavor.

3 onions, chopped
(about 1 pound)
1/3 cup chopped fresh garlic
4 teaspoons black pepper
4 teaspoons kosher salt
1 1/3 cups of vegetable oil
5 large carrots, chopped
5 celery stalks, chopped
6 2/3 pounds cooked chicken strips,
chopped
2 2/3 gallons low-sodium chicken stock
(follow instructions on
the jar)
2 3/4 pounds uncooked
whole-wheat pasta

YIELD: 100 SERVINGS (K–5) * SERVING SIZE: 1/2 CUP

Heat oil in a large pot over medium heat. Add the garlic, and cook until golden, stirring often.

Add the onions and sprinkle them with salt. Cook the onions until they begin to soften, stirring often, approximately 5 minutes.

Add the carrots and celery. Cover the pot and sauté the vegetables for 10 minutes, stirring often. Raise the heat to high, and add 1 gallon of chicken stock. Bring to a boil. Reduce the heat and simmer 10 minutes.

Cook the pasta by boiling for 8 minutes.

Add the cooked chicken and remaining chicken stock. Stir in the black pepper. Bring the soup to a boil. Simmer the soup for 15 minutes.

VERY IMPORTANT: *Add the cooked pasta only 5 minutes before service. If you add it earlier, the soup will turn to mush!*

NUTRITIONAL INFORMATION

CALORIES: 96; SODIUM: 711.75 MG; SATURATED FAT: 7.02%

USDA REQUIREMENTS MET

1 OUNCE M/MA

Chicken Piccata

BY **JILL LUCIUS**, FITCHBURG PUBLIC SCHOOLS

"We prefer frozen lemon juice (it comes in quarts from your produce wholesaler) or, of course, the real deal if you can manage. Bottled (artificial) lemon juice doesn't possess the splendid flavor of fresh lemons. A recipe, like this, whose flavor really relies on the taste of lemons will suffer with bottled juice. Serve this on brown rice or alongside pasta."

—*Chef Didi, Project Bread's Cookbook Consultant*

17¼ pounds raw, skinless
chicken breast

Chicken gravy

2 gallons low-sodium
chicken gravy
3¾ cups (about 1¾ pounds)
butter or margarine
5 cups flour
½ cup chicken base
5 teaspoons onion powder
2½ teaspoons garlic powder
1¾ cups onions chopped
(about 2 large)
1½ cups carrots chopped
(about 3 6-inch carrots)
1½ cups celery, chopped
(about 4 stalks)
2½ teaspoon paprika
2½ teaspoon white pepper
5 cups whole milk
7½ cups lemon juice
5 cups fresh chopped parsley

Caesar salad dressing

6¾ cups low-fat mayonnaise
⅓ cup yellow mustard
(10 teaspoons)
2½ teaspoons fresh minced garlic
or powdered garlic (2-3 cloves)
2½ teaspoons Worcestershire sauce
2½ teaspoons onion powder
2½ teaspoons lemon juice
(or cider vinegar)
6⅔ tablespoons low-fat
white milk
6⅔ tablespoons low-fat
Parmesan cheese
⅓ teaspoon salt
⅓ teaspoon pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Mix chicken breast with Caesar salad dressing and let marinate for at least an hour and up to overnight.

Make a velouté—first make a roux by melting the margarine in a rondeau (large shallow and heavy-bottomed stew pot) over low heat, add the flour, and continue to stir until light brown, but not dark brown. Chef Kirk says that it should look like "sand at high tide."

Add the chicken base, and then slowly whisk in 12 cups cold water, a little bit at a time. When all the water has been added, add the vegetables, herbs, and spices, and bring the sauce to a simmer.

Stir occasionally and keep at a simmer for 40 minutes. Remove the vegetables with a slotted spoon. Add the milk, lemon juice, and parsley, and taste for seasoning.

Remove chicken from marinade, allowing whatever marinade that sticks to the chicken to stay and arrange on sheet pans. Cook in a 350°F oven until the chicken reaches an internal temperature of 165°F for 15 seconds.

Cut chicken into 1½-inch by ½-inch strips. Mix the cut-up chicken with the lemon-parsley sauce. Bring the mixture up to 165°F for 15 seconds if needed.

Serve 3½ ounces chicken and sauce with spinach or kale and a side of brown rice.

NUTRITIONAL INFORMATION

CALORIES: 192; SODIUM: 280.13 MG; SATURATED FAT: 11.28%

USDA REQUIREMENTS MET

2 OUNCES M/MA

Chicken Pot Pie

BY **CHEF GUY S. KOPPE**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

This recipe, retooled by Chef Guy, is simple to prepare and very tasty. The use of frozen pre-made biscuits makes for a quick pie top.

Kirk's Velouté

- 1 cup margarine (½ pound)
- 1¾ cups flour
- 3 tablespoons chicken base
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 onion
- 1 celery stalk
- 1 teaspoon paprika
- 1 teaspoon thyme
- 1 teaspoon parsley
- 2 bay leaves
- 1 teaspoon white pepper
- 4 cups low-fat milk

Pot Pie

- 19 large carrots, chopped (3 pounds)
- 38 large stalks celery, chopped (4 pounds)
- 10⅛ cups frozen peas (3 pounds)
- 5 large potatoes, skin scrubbed and cut into ½-inch pieces (about 4 pounds)
- 12½ pounds chicken, diced and cooked
- 1 cup finely chopped parsley (4 ounces or 2 bunches)
- 100 2-ounce frozen biscuits

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 8 OUNCES CHICKEN MIXTURE ON 1 BISCUIT

Melt the margarine in a rondeau (large shallow and heavy-bottomed stew pot) over low heat. Add the flour and continue to stir until light brown, but not dark brown. Kirk says it should look like “sand at high tide.”

Add the chicken base and then whisk in the milk slowly, a bit at a time. When all the stock is added, add the whole onion and the celery stalk and the herbs and spices and bring the velouté to a simmer.

Stir occasionally and simmer for 40 minutes. Remove the vegetables with a slotted spoon.

In a tilt skillet or large pan, steam the potatoes, chopped carrots, and chopped celery in a small amount of water to par-cook them.

When the potatoes, carrots, and celery are tender, remove them from the heat, and cool on sheet pans in the refrigerator.

Combine the velouté, chicken, the cooled potatoes, carrots, and celery, and the peas. Mix thoroughly.

Transfer to 2-inch hotel pans and hold hot for service or cool. On day of service, reheat, covered, to an internal temperature of 165°F.

For the biscuits: Place frozen biscuits on sheet pans. Warm in a 350°F oven.

Top with parsley and serve a portion of pot pie filling topped with a biscuit.

NUTRITIONAL INFORMATION

CALORIES: 402; SODIUM: 805.94 MG; SATURATED FAT: 6.63%

USDA REQUIREMENTS MET

- 2 OUNCES MMA
- 2 OUNCE EQUIVALENTS GRAIN

Chicken Salad

BY **BOSTON PUBLIC SCHOOLS**

A creamy chicken salad that is studded with celery, apples, and raisins. Great on lettuce or in a hoagie.

- 10 cups mayonnaise
- ½ cup honey or sugar
- 4 tablespoons garlic powder
- 1 cup cider or red wine vinegar
- 4 teaspoons black pepper
- 20 pounds chicken (or turkey) meat, cooked and diced
- 18¾ cups finely chopped celery (6 pounds or 4 heads)
- 6 cups chopped apples, keep skin on (1⅓ pounds)
- 2 cups raisins

YIELD: 100 SERVINGS (K-5) ✱ SERVING SIZE: 1 CUP

Make the dressing by combining the mayonnaise, honey, garlic powder, vinegar, and pepper. Stir well.

Add the diced chicken, celery, apples, and raisins. Stir well.

NUTRITIONAL INFORMATION

CALORIES: 233; SODIUM: 268.62 MG; SATURATED FAT: 7.23%

USDA REQUIREMENTS MET

3 OUNCES M/MA

Chicken Soft Tacos

BY **BOSTON PUBLIC SCHOOLS**

A very comforting, easy, and popular meal. If you can't find corn tortillas, then by all means use flour tortillas.

- 11 pounds raw chicken breasts
(8 pounds cooked) and diced
- 5 teaspoons garlic powder
- 2½ tablespoons chili powder
- 1 tablespoon black pepper
- 3 large red onions, finely chopped
fine (about 1 pound)
- 4 pounds white cheddar cheese,
shredded
- 3¼ cups canned corn (1⅓ #10 can)
- 18½ cups salsa (about 1½ #10 cans)
- 100 8-inch corn tortillas
- ½ cup hot sauce (optional)
- 6¼ cups fat-free plain Greek yogurt
(48 ounces)

**YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 SOFT TACO SHELL,
¾ CUP FILL AND TOPPINGS**

Combine the chicken, garlic powder, chili powder, pepper, and onion in a bowl and toss well.

Spoon ¼ cup chicken mixture onto each tortilla and fold over like a taco. Place it standing up into a greased hotel pan.

Once the hotel pan is full, sprinkle 2½ tablespoons of cheddar cheese over each taco.

Cover and cook the tortillas at 350°F for 30 minutes.

Meanwhile, in a large bowl, combine the tomatoes, corn, and salsa.

When tortillas are done, top each one with 3½ tablespoons of the salsa mixture and one tablespoon of yogurt.

NUTRITIONAL INFORMATION

CALORIES: 196; SODIUM: 230.48 MG; SATURATED FAT: 12.13%

USDA REQUIREMENTS MET

- 2 OUNCES M/MA
- 2 OUNCE EQUIVALENTS WHOLE GRAIN
- 1⅛ CUP RED OR ORANGE VEGETABLE

Chicken Tortilla Soup

BY **CHEF GUY S. KOPPE**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

This is a soup that is based on the tantalizing flavors of salsa and masa (in the tortillas).

- 1/3 cup vegetable oil
- 2 1/2 cups diced onions (1 1/4 pounds)
- 3 3/4 cups diced celery (1 3/4 pounds)
- 3/4 pound carrots, peeled and sliced
- 4 tablespoons garlic powder
- 3 cups chicken base
- 1/2 cup taco seasoning
- 1 #10 can whole kernel corn (including liquid)
- 1 #10 can kidney beans, rinsed
- 1 #10 can plus 6 cups salsa
- 1 #10 can plus 4 cups diced tomatoes
- 2 1/2 gallons water
- 5 pounds chicken meat, cooked and diced
- 6 3/4 pounds tortilla chips or taco shells
- 3 1/4 pounds cheddar or mozzarella cheese, grated

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 8 OUNCES

Sauté onions, celery, and carrots. Then add garlic powder and taco seasoning.

Add beans, corn, diced tomatoes, salsa, and chicken base.

Add water and diced chicken.

Crush tortilla shells.

Sprinkle about 2 tablespoons cheese on each cup of soup as it is being served. Serve 2/3 cup broken chips or shells with each serving of soup.

NUTRITIONAL INFORMATION

CALORIES: 275; SODIUM: 750.81 MG; SATURATED FAT: 9.43%

USDA REQUIREMENTS MET

1 1/3 OUNCES M/MA

1 OUNCE EQUIVALENT GRAIN

1/3 CUP RED OR ORANGE VEGETABLE

Orange-Ginger Chicken

BY **CHEF NICK J. SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

If there is extra ginger and whole oranges, display them on the serving line, and refer to them throughout the service to give the kids an understanding of the flavors at play.

- 2 cups grated ginger
(6¾ ounces)
- 1⅓ cups chopped garlic
(about 58 cloves)
- 2 large oranges, skin washed
and peeled into strips
(juice the fruit)
- 1⅓ cups vegetable oil
- 1⅓ cups sesame oil
- 2½ gallons orange juice
- 2 cups low-sodium soy sauce
- 2⅓ cups cornstarch
(about ⅔ pound)
- 13½ pounds chicken,
cooked and diced
- 3 pounds water chestnuts
- 4 pounds broccoli
- 3 pounds carrots, sliced
- 3 pounds snow peas

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1¼ CUPS

In a tilt skillet or large pot, sauté the ginger, garlic, and orange skin in both oils until fragrant and soft, about 5 minutes.

Add the 2½ gallons of orange juice to the mix and bring to a simmer. Hold at that temperature for 15 minutes.

While that is simmering, combine the juice from the two peeled oranges and the soy sauce in a large bowl; vigorously whisk in the cornstarch to make a slurry.

Whisk the slurry into the simmering orange juice mixture and turn the heat to high. Whisk continuously until the liquid thickens. Turn the heat down to medium low and simmer until the cornstarch flavor dissipates, about 10 minutes, stirring occasionally.

Add the chicken and warm through, stirring occasionally. Hold until service.

Place the vegetables (water chestnuts, broccoli, carrots, and snow peas) in three shallow (2-inch) hotel pans. Cover with plastic wrap, then foil, steam as needed in batches throughout lunch service only until they are warm, not cooked through. Add each pan of the warmed vegetables to one-fourth of the chicken and sauce as needed for lunch service.

Serve over a bed of steamed brown rice that has been cooked with a splash of soy sauce.

NOTE: *If a tilt skillet or large pot is not available, evenly distribute the oils and aromatics in 6-inch hotel pans and continue as needed using a convection oven. This method will require up to an hour more time so be sure to plan accordingly.*

NUTRITIONAL INFORMATION

CALORIES: 239; SODIUM: 217.58 MG; SATURATED FAT: 5.79%

USDA REQUIREMENTS MET

2 OUNCES M/MA

Pasta with Chicken, Broccoli, and Garlic Sauce

BY **CHEF GUY S. KOPPE**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"This is a healthier version of Chicken Broccoli Alfredo. There is plenty of garlic, cheese, broccoli, and chicken in this pasta dish, without the added cream."

- ½ cup chicken soup base
(2 ounces)
- 1 gallon water
- 1½ cups minced garlic (7¼ ounces)
- 1 cup vegetable oil
- 2 bay leaves
- 1 head celery, finely sliced
(1 pound)
- ¾ onions, finely sliced (1 pound)
- 1½ teaspoons dried oregano
- 1 tablespoon salt
- 1 tablespoon pepper
- 10½ pounds chicken,
cooked and diced
- 6½ pounds uncooked whole-wheat
pasta—fusilli, elbow macaroni or
penne (50 cups cooked)
- 9 cups grated Parmesan cheese
(2 pounds)
- 8 pounds fresh or frozen broccoli—
cleaned, prepped, and steamed if
fresh

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 4½ OUNCES

Cook pasta in a large pot. Drain and set aside.

Bring water to a boil in another stock pot. Whisk together chicken soup base and water.

Sauté garlic until golden brown in vegetable oil in a tilt skillet. Add bay leaves, celery, onion, oregano, salt, and pepper. Sauté until the vegetables soften.

Add chicken base and water mixture to skillet. Add cooked chicken meat and bring mixture up to a boil. When hot, add cooked pasta and Parmesan cheese. When this boils, add broccoli and heat through. (If broccoli is frozen, this will take a couple of minutes.)

Place food in 4-inch hotel pans and hold hot for service.

NUTRITIONAL INFORMATION

CALORIES: 254; SODIUM: 328.93 MG; SATURATED FAT: 9.23%

USDA REQUIREMENTS MET

- 2 OUNCES M/MA
- 1 OUNCE EQUIVALENT WHOLE GRAIN
- ⅛ CUP DARK GREEN VEGETABLE

Pollo Guisado

BY **CHEF GUY S. KOPPE, SCHOOL FOOD CHEF**, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE
AND **YANIRA RIVERA**, CAFETERIA MANAGER, LAWRENCE PUBLIC SCHOOLS

Pollo Guisado is a classic Puerto Rican recipe—here, chicken drumsticks are baked, sofrito is added, and then tomato sauce is added to the mix of chicken and sofrito. Potatoes are cut into cubes and added to the pan and cooked until tender. Serve with recipe 3.5 Rena's Brown Rice.

- 1½ cups recipe 4.1
Amarilis's Sofrito
- 100 chicken drumsticks,
with bone and skin
(about 23¼ pounds raw)
- 1½ gallons of water
- ½ cup vegetable oil
- ⅓ cup chicken base
- 1 cup chopped garlic
- ⅓ cup dried oregano
- 2¾ cups pitted green olives
(¾ pound)
- ½ cup adobo seasoning
- 7 cups recipe 4.6 Kirk's Marinara
Sauce or about ½ #10 can
marinara sauce
- 12 large potatoes
(about 10 pounds)

**YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 DRUMSTICK,
⅓ CUP POTATOES AND SAUCE**

Prepare the sofrito first. Place all ingredients for the sofrito into a food processor, and puree. Reserve sofrito in a container, and refrigerate. There should be enough sofrito for two full recipes of chicken.

Peel potatoes and cut into 1-inch cubes. Mix all ingredients, except chicken, together. Place in 4- or 6-inch hotel pans, and bake at 350°F until potatoes are cooked. Hotel pans should only be half-full so that chicken can be added when cooked.

At the same time, bake chicken on hotel pans in oven until chicken reaches an internal temperature of 165°F.

Add cooked chicken to potatoes and sauce.

NUTRITIONAL INFORMATION

CALORIES: 325; SODIUM: 671.01 MG; SATURATED FAT: 11.43%

USDA REQUIREMENTS MET

1¾ OUNCES M/MA

¼ CUP STARCHY VEGETABLE

Simple Curry Chicken with Potatoes and Tomatoes

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

There are many variations of this dish. You can add okra, fresh pineapple, mango, or green cabbage. You can switch the chicken with some other meat such as pork, beef, or seafood, like salmon or shrimp. For a healthier dish, you could switch the coconut milk with whole milk or whole milk with plain yogurt.

- 13 large yellow potatoes, cut into quarters (about 10½ pounds)
- $\frac{3}{8}$ cup vegetable oil
- 8 large red onions, sliced (2½ pounds)
- $\frac{1}{2}$ cup curry powder (or more to taste)
- 6 cups sliced carrots (25 large or 3 pounds)
- 22 tomatoes, cut into halves (2½ pounds)
- 17 pounds raw boneless chicken breast (12½ pounds cooked)
- $1\frac{1}{2}$ cups water
- 12 cups coconut milk (130 ounces)
- $4\frac{1}{2}$ cups chopped cilantro, include stems (about $1\frac{1}{3}$ bunches)
- 1 tablespoon salt
- $15\frac{2}{3}$ cups dry brown rice (6¼ pounds dry or 50 cups cooked)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: $\frac{2}{3}$ CUP

Peel the potatoes and cut into quarters. Place the potatoes in a pot of boiling water. Let them boil for about 12 minutes or until a knife enters a potato easily. Drain the potatoes.

Peel the carrots and cut into $\frac{1}{2}$ -inch slices—enough for 6 cups. Set aside.

Sauté the red onions in the vegetable oil and curry powder in a tilt skillet, steam-jacketed kettle, or large stock pot.

Add the cooked potatoes, carrots, and tomatoes into the mixture.

Add the chicken, water, and the coconut milk. Let the curry simmer in medium to low heat, until the potatoes are tender, adding a bit of water if it is dry. Add the cilantro, stirring. The chicken must reach 165°F.

Add salt to taste.

Serve over $\frac{1}{2}$ cup of rice.

NOTE: *Because there is coconut milk in this recipe, your school cannot be nut free. It is a really popular recipe with young and old alike. You can cut down on coconut milk if necessary, just use water instead.*

NUTRITIONAL INFORMATION

CALORIES: 317; SODIUM: 46.92 MG; SATURATED FAT: 19.17%

USDA REQUIREMENTS MET

- 2 OUNCES MMA
- 1 OUNCE EQUIVALENT WHOLE GRAIN
- $\frac{1}{4}$ CUP STARCHY VEGETABLE

Sweet-and-Sour Chicken, Rice, and Vegetables

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

"This recipe couldn't be simpler. The chicken is placed with rice and vegetables, and the sauce is stirred in."

—*Chef Vin, Kitchen Manager, Cambridge*

- 14 cups dry brown rice
- 13 pounds raw boneless chicken
- 1¾ cups low-sodium chicken stock
- 25 pounds Asian vegetable mix
- 1¾ cups sweet-and-sour sauce

Asian Vegetable Mix

- 3½ pounds bok choy
- 6 pounds broccoli
- 6 pounds carrots
- 6 pounds onions
- 1¾ pounds cauliflower
- 1¾ pounds celery

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1½ CUPS

To prepare rice: Bring 1¾ gallons (or 28 cups) of water to a boil in a pot. Stir in rice. Cover the pot and return to a boil. Reduce the heat to a simmer, and cook rice until all the water has been absorbed and rice is tender, approximately 40 minutes. It is not necessary to stir rice during cooking.

To prepare chicken: While rice is cooking, spread chicken on sheet pans in a single layer. Cook chicken in a 375°F oven until it is cooked through and no longer pink in the middle (if using precooked strips, cook 20 minutes). Remove chicken from the oven and transfer to wells, putting an equal amount of chicken in each well.

To prepare the Asian Vegetable Mix: Bring 1½ gallons of water to a boil in a pot. Add vegetables. Cover the pot and steam vegetables until just tender, approximately 7 minutes. Drain, and run under cold water. Transfer steamed vegetables to the wells containing the chicken, dividing vegetables equally among the wells.

When the rice is cooked, divide it equally among the wells. Stir a moderate amount of sauce into each well (enough sauce to add flavor but not enough to drip from a slotted spoon).

NUTRITIONAL INFORMATION

CALORIES: 227; SODIUM: 111.93 MG; SATURATED FAT: 3.49%

USDA REQUIREMENTS MET

- 2 OUNCES M/MA
- ½ CUP TOTAL VEGETABLE
(¼ CUP DARK GREEN VEGETABLE, 1/8 CUP RED OR ORANGE VEGETABLE,
1/8 CUP OTHER VEGETABLE)

Baked Beans with Cilantro

BY **CHEF BETTY ANN PEA**, ANDOVER MIDDLE SCHOOL, ANDOVER PUBLIC SCHOOLS

Cilantro really lifts baked beans out of the doldrums in this simple recipe.

- 5 #10 cans vegetarian beans, rinsed
- 10 large Spanish onions, diced (3¾ pounds)
- 1¾ cups molasses
- 3½ tablespoons dry mustard
- 1¾ cups brown sugar
- 3¾ cups water
- 1¾ cups tomato paste
- 1¼ cups chopped fresh cilantro—stems only are fine (⅔ bunch)

YIELD: 100 SERVINGS (K-5) ✱ SERVING SIZE: ¾ CUP

Without draining the beans, pour the beans into 2 hotel pans.

Combine onions, molasses, dry mustard, brown sugar, water, and tomato paste. Blend.

Pour the blended mixture over the beans, and stir to combine.

Cover pans and bake in a conventional oven at 350°F for 2¼ hours (or in a convection oven at 325°F for 1¼ hours).

Remove the cover during the last 30 minutes of baking to brown the beans and stir in the cilantro.

Hold for service.

NUTRITIONAL INFORMATION

CALORIES: 199; SODIUM: 578.07 MG; SATURATED FAT: 0.61%

USDA REQUIREMENTS MET

½ CUP LEGUME VEGETABLE

OR

1 OUNCE M/MA

Bean Taco

BY **JEANNE IRWIN**, FORMER FOOD SERVICE DIRECTOR, SOMERVILLE PUBLIC SCHOOLS

Chef Didi says to try putting all ingredients in the taco before service. The lettuce will wilt, but that's okay. That way, kids will eat it all!

3 tablespoons garlic powder
2 teaspoons black pepper
¼ cup chili powder
5 teaspoons cumin
5 teaspoons paprika
4 teaspoons onion powder
2 teaspoons salt
2 cups chopped onions
(about 2 pounds)
28 cups refried beans
(2½ #10 cans)
2½ cups tomato paste
4½ cups kidney beans, drained
(about ½ #10 can)
10 cups water
50 cups shredded iceberg lettuce (9
pounds or 5½ heads)
12½ cups chopped tomatoes
(about 6½ pounds or 16
large tomatoes)
6½ pounds shredded mozzarella or
cheddar cheese
12½ cups salsa (1 #10 can)
200 1-ounce whole-grain corn
taco shells

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 2 TACOS PER STUDENT, EACH TACO CONSISTING OF 1½ OUNCES TACO SHELL, ⅓ CUP TACO MIX, AND TOPPED WITH 2 TABLESPOONS CHEESE, 1 TABLESPOON SALSA, AND ¼ CUP LETTUCE

Mix spices, onions, refried beans, tomato paste, kidney beans, and water in kettle. Bring to a boil over low heat, stirring often. Reduce heat and simmer for 5 to 10 minutes.

Serve in taco shells or tortillas with a side of lettuce, tomato, shredded cheese, and salsa.

NUTRITIONAL INFORMATION

CALORIES: 270; SODIUM: 785.19 MG; SATURATED FAT: 12.4%

USDA REQUIREMENTS MET

1 OUNCE M/MA
2 OUNCE EQUIVALENTS WHOLE GRAIN
¾ CUP TOTAL VEGETABLES
(¼ CUP RED OR ORANGE VEGETABLE, ¼ CUP LEGUME VEGETABLE,
¼ CUP OTHER VEGETABLE)

Black Bean and Corn Salad

BY **CHEF GUY S. KOPPE**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

This is a simple delicious salad that works well with any Mexican-style entrée, like tacos. Try not to resort to bottled lime juice here. Frozen or fresh is the way to go.

- 9 pounds frozen or low-sodium
canned corn kernels
- 1 red onion, chopped fine
(about $\frac{3}{4}$ pound)
- 8 large red peppers, diced
(about 2½ pounds)
- 1 cup rice wine vinegar or
white vinegar
- $\frac{1}{2}$ cup olive oil
- 2 cups lime juice
- 2½ teaspoons salt
- 3½ teaspoons ground pepper
- 2½ #10 cans black beans, drained
- 2¼ cups chopped cilantro

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

If corn is frozen, steam corn till defrosted.

Chop the onion, dice the peppers, and hold both aside.

In a large bowl, whisk together vinegar, olive oil, lime juice, salt, and pepper to make a dressing.

Add beans, corn, onion, red pepper, and cilantro and mix well.

NUTRITIONAL INFORMATION

CALORIES: 120; SODIUM: 221.51 MG; SATURATED FAT: 2.12%

USDA REQUIREMENTS MET

$\frac{1}{4}$ CUP STARCHY VEGETABLE

Cajun Red Beans and Rice

BY **BOSTON PUBLIC SCHOOLS**

This easy rice dish works great next to tacos or quesadillas.

- ¾ cup vegetable oil
- 2 tablespoons peeled and minced garlic
- 3 large Spanish onions, diced (about 1 pound)
- 5 large green peppers, diced or buffalo chopped (about 2 pounds)
- ¾ head celery, diced (1 pound)
- 2 tablespoons dried oregano
- 5 teaspoons salt
- 1 tablespoon black pepper
- 8½ cups dry rice (3¼ pounds dry rice or 26 cups cooked)
- 1 #10 can diced tomatoes, drained (reserve liquid and if necessary, add water to make 12 cups)
- 1 #10 can kidney beans, drained and rinsed (9¾ cups)
- 4 quarts water

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

Heat oil in a roasting pan. Sauté onions, garlic, green pepper, and celery until softened.

Add the oregano, salt, pepper, tomatoes, and rice. Mix well.

Add water and beans, and bring to a boil, stirring occasionally.

Cover tightly and bake in a 350°F oven for 30 to 45 minutes or until rice is tender.

NUTRITIONAL INFORMATION

CALORIES: 109; SODIUM: 190.95 MG; SATURATED FAT: 2.75%

USDA REQUIREMENTS MET

⅝ OUNCE M/MA

½ OUNCE EQUIVALENT GRAIN

⅛ CUP RED OR ORANGE VEGETABLE

Curried Chickpeas

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

1¼ cups vegetable oil
⅔ cup chopped garlic
5 large Spanish onions, peeled and diced (about 1¾ pounds)
7 medium red bell peppers, cored and diced (2 pounds)
2½ teaspoons kosher salt
12 tablespoons curry powder
4 teaspoons black pepper
10 cups water
15 cups crushed tomatoes (almost 5 #2½ cans)
5 #10 cans chickpeas, drained and rinsed (50 cups)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ⅝ CUP

Heat oil in a large pot over medium heat.

When oil is hot, add garlic and cook for 30 seconds.

Add onions and bell peppers. Sprinkle ingredients with salt.

Cook until the vegetables begin to soften, stirring occasionally.

Stir in curry powder and black pepper.

Add water and bring mixture to a boil over high heat.

Reduce heat and simmer for 5 minutes.

Stir in crushed tomatoes and chickpeas. Bring to a boil over high heat once again.

Reduce heat and simmer for 20 minutes.

Season chickpeas with salt and black pepper.

NUTRITIONAL INFORMATION

CALORIES: 190; SODIUM: 312.70 MG; SATURATED FAT: 2.58%

USDA REQUIREMENTS MET

⅝ CUP TOTAL VEGETABLES
(½ CUP LEGUME VEGETABLE, ⅛ CUP RED OR ORANGE VEGETABLE)

Jeanne's Lentil Soup

BY **JEANNE IRWIN**, FORMER FOOD SERVICE DIRECTOR, SOMERVILLE PUBLIC SCHOOLS

Serve with a nice salad and whole-grain roll with a piece of fruit and you have the perfect lunch, complete with all components.

11¼ cups dry lentil beans,
rinsed and checked for stones
(4¾ pounds)
24 cups chicken stock
12 cups water
9 stalks of celery, sliced ½-inch
thick (about 1¼ pounds)
10 carrots, sliced
(about 1½ pounds)
4 onions, diced
(about 1⅓ pounds)
9 teaspoons minced garlic
(about 9 cloves)
12 bay leaves
6¼ pounds ham

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Bring water to a boil.

Cool the lentils in 1½ gallons of water. Strain.

Sauté celery, onions, and carrots until tender.

Add ham and garlic and sauté for a minute.

Add remaining ingredients to stew pot and cook for 2 hours.
(You can cook it for less time if necessary, but the beans may not break down all the way.)

NUTRITIONAL INFORMATION

CALORIES: 119; SODIUM: 674.8 MG; SATURATED FAT: 2.43%

USDA REQUIREMENTS MET

⅓ CUP LEGUME VEGETABLE
1 OUNCE M/MA

Mexican Seven-Layer Dip

BY **WESTFORD SCHOOL DISTRICT**

Kids who like tacos will enjoy this fun meal that comes complete with tortilla chips for loading the different layers of refried beans, guacamole, sour cream, chicken, cheese, and salsa.

- 6¼ cups USDA refried beans
(about ½ #10 can)
- 12½ cups Green Pea Guacamole
(see below; makes half of
recipe 4.4)
- 3 cups plain Greek yogurt
(¾ of a 32-ounce container)
- ½ cup taco seasoning
- 3 cups pitted and chopped
black olives
- 6 cups chopped fresh tomatoes
(about 3¼ pounds or 8 large
tomatoes)
- 18¾ cups shredded mozzarella cheese
(about 4⅔ pounds)
- 8⅔ pounds diced chicken
(yields 6⅓ pounds cooked)
- 6¾ pounds tortilla chips
(about 67 cups)

Green Pea Guacamole

- 6 cups frozen green peas
- 3⅓ tablespoons lemon juice
- 2½ teaspoons salt
- 1 tablespoon pepper
- 1 tablespoon cumin
- 5 teaspoons minced garlic
(5 cloves)
- 1 cup vegetable oil
- 2⅓ cups minced red onion
- 1½ cups diced tomato
- 1¼ cups chopped cilantro

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Mix yogurt and taco seasoning together.

Layer the following in 8-inch hinged salad containers:

First Layer: spread 1 tablespoon refried beans over one-third of the bottom of the container.

Second Layer: 2 tablespoons Green Pea Guacamole

Third Layer: ½ tablespoon seasoned yogurt

Fourth Layer: ½ tablespoon chopped black olives

Fifth Layer: 1 tablespoon chopped tomatoes

Sixth Layer: ¼ cup diced and grilled chicken (1 ounce)

Seventh Layer: 3 tablespoons shredded mozzarella cheese
(¾ ounce)

Serve cold, with ⅔ cup chips sticking up from the dip or chips on the side, which isn't as inviting. Serve with salsa on top layer if desired.

NUTRITIONAL INFORMATION

CALORIES: 322; SODIUM: 527.01 MG; SATURATED FAT: 10.63%

USDA REQUIREMENTS MET

- 2 OUNCES M/MA
(1 OUNCE CHICKEN, ¾ OUNCE CHEESE, ¼ OUNCE LEGUMES)
- 1 OUNCE EQUIVALENT GRAIN

Mexican White Bean and Corn Soup

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"‘This is the bomb!’ exclaimed one student upon tasting this inexpensive but nutritious soup. The corn tortillas dissolve in the soup imparting a taco-like flavor. You could add six or seven peeled and cubed sweet potatoes halfway through the cooking process if you have them on hand."

—*Chef Didi, Project Bread's Cookbook Consultant*

- 15 cups dry white beans
- 2½ cups olive oil
- 4 large onions, chopped (1¼ pounds)
- 5 tablespoons paprika
- 10 tablespoons chili powder
- 4 tablespoons ground cumin
- 3 tablespoons chopped garlic cloves (1 ounce or 10 cloves)
- 1½ large heads green cabbage, chopped (4⅛ pounds)
- 8 large green peppers, chopped (2¾ pounds)
- 2 gallons water
- 12½ cups frozen corn (3¾ pounds)
- 2 cups chopped cilantro
- 25 8-inch corn tortillas
- 6¼ cups grated cheddar cheese (1⅔ pounds)
- 2 tablespoons salt

hot sauce, to taste (optional)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 CUP

Boil the dry white beans in water for 5 minutes. Let sit 1 hour and then strain through a colander.

Separately chop the onions, garlic, cabbage, green peppers, and cilantro in a buffalo chopper.

Heat the oil in a large stockpot over medium heat, add the onions, and cook for 10 minutes, stirring occasionally until the onions are light brown on the edges.

Add the spices and garlic and cook another 2 to 3 minutes.

Add the cabbage, peppers, white beans, and water.

Bring to a boil and simmer the chili for at least 1½ hours, until the beans are tender.

Add hot sauce and cilantro, to taste.

Cut tortillas into quarters. Crisp tortillas in 350°F oven on sheet pan until brittle.

Serve with cheese sprinkled on top, sticking a corn tortilla into soup as a garnish.

NUTRITIONAL INFORMATION

CALORIES: 217; SODIUM: 209.67 MG; SATURATED FAT: 10.08%

USDA REQUIREMENTS MET

½ CUP LEGUME VEGETABLE

½ OUNCE EQUIVALENT GRAIN

North African Gumbo

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"A recipe that celebrates sweet potatoes, collard greens, and the warming spices of Morocco and Tangiers and translates into a successful vegetarian entrée. Serve over brown rice."

—*Chef Didi, Project Bread's Cookbook Consultant*

- $\frac{3}{8}$ cup olive or vegetable oil
- 2 large yellow onions, diced ($\frac{2}{3}$ pound)
- 45 cups garbanzo beans, drained (about 4 $\frac{1}{3}$ #10 cans)
- 12 $\frac{1}{2}$ cups frozen collard greens—defrosted, drained, and finely chopped stems (about 5 $\frac{1}{2}$ pounds)
- 18 $\frac{3}{4}$ cups peeled sweet potatoes—cut into $\frac{1}{2}$ inch cubes (8 $\frac{1}{4}$ pounds)
- 10 $\frac{3}{4}$ cups recipe 4.10 Nick's Homemade Salsa or canned salsa (about 1 #10 can)
- 2 teaspoons paprika
- 1 $\frac{1}{2}$ teaspoons cinnamon
- 1 $\frac{1}{2}$ teaspoons ginger powder
- 2 teaspoons cumin
- 2 teaspoons dried thyme
- 2 tablespoons salt
- 1 $\frac{1}{2}$ teaspoons black pepper
- 13 $\frac{1}{2}$ cups water

Rice

- 15 $\frac{2}{3}$ cups dry brown rice (6 $\frac{1}{4}$ pounds dry or 50 cups cooked)
- 35 $\frac{1}{2}$ cups water

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 CUP GUMBO OVER $\frac{1}{2}$ CUP RICE

Sauté onions until soft. Do not brown.

Add garbanzo beans, collard greens, sweet potatoes, salsa, dried spices, and water. Combine well.

Cover and simmer over medium heat for 30 minutes or until gumbo has thickened.

Check frequently to make sure stew is not sticking to the bottom.

Adjust seasoning.

NOTE: *Suggested garnish of chopped scallion, chopped tomato, or cilantro (or even all three if desired).*

NUTRITIONAL INFORMATION

CALORIES: 295; SODIUM: 334.98 MG; SATURATED FAT: 1.37%

USDA REQUIREMENTS MET

- 1 OUNCE M/MA ($\frac{1}{4}$ CUP LEGUMES)
- 1 OUNCE EQUIVALENT WHOLE GRAIN
- $\frac{1}{2}$ CUP TOTAL VEGETABLES ($\frac{1}{8}$ CUP LEGUME VEGETABLE, $\frac{1}{8}$ CUP DARK GREEN VEGETABLE, $\frac{1}{8}$ CUP RED OR ORANGE VEGETABLE)

Tomato and Cannellini Bean Soup

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

"This soup is very similar to minestrone, although quite a bit simpler."

—*Chef Vin, Kitchen Manager, Cambridge*

- 1½ cups vegetable oil
- ½ cup chopped fresh garlic
- 2 cups chopped onions (1 pound)
- 1½ tablespoons kosher salt
- 2 cups chopped carrots (about ¾ pound)
- 3 cups chopped celery (about 1 pound)
- 38 cups (2⅓ gallons) water
- 13 cups low-sodium canned diced tomatoes (1 #10 can)
- 1½ tablespoon black pepper
- 13 cups low-sodium canned cannellini or kidney beans, drained and rinsed (1 #10 can)
- 4 cups grated Parmesan cheese

YIELD: 100 SERVINGS (K-5) ✱ SERVING SIZE: ¾ CUP

Heat oil in a large pot over medium heat. Add garlic, and cook until golden, stirring often.

Add the onions and sprinkle with salt. Cook the onions until they begin to soften, stirring often, approximately 5 minutes.

Add carrots and celery. Cover the pot and sauté the vegetables for 10 minutes, stirring often. Raise the heat to high and add 1 gallon of water. Bring to a boil. Reduce the heat, and simmer 10 minutes.

Raise the heat to high. Add the diced tomatoes and remaining water. Stir in the black pepper and beans. Bring the soup to a boil.

Reduce the heat and simmer the soup until the vegetables are tender, approximately 30 minutes.

Sprinkle 2 teaspoons of grated cheese over each bowl as served.

NUTRITIONAL INFORMATION

CALORIES: 78; SODIUM: 247.17 MG; SATURATED FAT: 11.31%

USDA REQUIREMENTS MET

¼ CUP TOTAL VEGETABLES
(⅛ CUP RED OR ORANGE VEGETABLE, ⅛ CUP LEGUME VEGETABLE)

Two Bean Salad

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

- 3 #10 cans chickpeas, drained and rinsed (31½ cups)
- 2 #10 cans kidney beans, drained and rinsed (18¾ cups)
- 5 dozen scallions, trimmed and sliced very thin (about 2 pounds)
- 6½ large red bell peppers, cored and diced fine (2¼ pounds)
- 1⅔ cups lemon juice (about 17 lemons)
- 1⅔ cups olive oil
- 6 bunches flat-leaf parsley, chopped fine
- 1½ tablespoons salt
- 1½ teaspoons black pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ⅔ CUP

Combine chickpeas, kidney beans, scallions, and bell peppers in a large bowl and toss.

Whisk together lemon juice and oil. Pour onto salad and toss well. Stir in parsley.

Season salad with salt and black pepper. Chill until serving.

NUTRITIONAL INFORMATION

CALORIES: 159; SODIUM: 251.33 MG; SATURATED FAT: 3.16%

USDA REQUIREMENTS MET

½ CUP LEGUME VEGETABLE

OR

2 OUNCES M/MA

Vin's Vegetarian Chili

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

"A great entrée for fall or winter."

—*Chef Vin, Kitchen Manager, Cambridge*

3 cups vegetable oil
2/3 cup chopped garlic
5½ cups chopped onions
(6 large or about 2 pounds)
3 tablespoons salt
4 cups chopped green bell peppers
(5 large or about
1¾ pounds)
13 cups diced butternut squash
(about 7 pounds)
1 cup chili powder
½ cup cumin
13 cups corn kernels
5 cups water
25 cups low-sodium kidney beans
(about 2½ #10 cans, drained and
rinsed)
19 cups diced tomatoes and juice
(about 1½ #10 cans)
12½ cups tomato sauce (1 #10 can)
28 cups shredded cheddar cheese
(about 7 pounds)
6¾ pounds tortilla chips
(about 67 cups)

black pepper to taste

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1¼ CUPS CHILI, 1 OUNCE TORTILLA CHIPS (ABOUT 16 CHIPS)

Heat oil in a large pot

Add garlic and sauté for 1 minute.

Add onions and sauté for 6 minutes or until translucent.

Add green peppers and squash, cover and sauté for 10 minutes, stirring occasionally.

Add chili powder and cumin.

Add water and bring to a boil, reduce heat and simmer for 15 minutes.

Raise heat and add corn, tomatoes, tomato sauce, kidney beans, and black pepper. Bring to a boil.

Reduce heat and simmer for 30 minutes.

Transfer to hotel pans and cover with shredded cheddar cheese.

Serve with 2/3 cup of tortilla chips.

NUTRITIONAL INFORMATION

CALORIES: 453; SODIUM: 741.01 MG; SATURATED FAT: 12.77%

USDA REQUIREMENTS MET

1 OUNCE M/MA
1 OUNCE EQUIVALENT GRAIN
¾ CUP TOTAL VEGETABLE
(¼ CUP RED OR ORANGE VEGETABLE, ¼ CUP LEGUME VEGETABLE,
1/8 CUP STARCHY VEGETABLE)

Yellow Pea Soup

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

Yellow split peas are milder in flavor than green peas, making it more popular with students.

- 1 cup vegetable oil
- 1 cup minced garlic
- 4¾ cups peeled and diced Spanish onions (about 2 pounds or 6 large)
- 4 cups peeled and diced carrots (1½ pounds or 12 medium)
- 10½ cups diced celery—be sure to include the leaves (about 3⅓ pounds or 2 bunches)
- 6 tablespoons curry powder, more to taste
- 2 tablespoons cumin
- 5 gallons of water
- 10 pounds yellow split peas
- 1 tablespoon black pepper
- 1 tablespoons kosher salt, to taste

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1½ CUPS

Heat the oil in a large pot over medium heat. Add the garlic and cook for 30 seconds.

Add the onions, carrots, and celery. Sprinkle the ingredients with kosher salt. Cover the pot and sauté the vegetables for 15 minutes, stirring occasionally.

Stir in the curry powder and cumin. Cook for 2 minutes. Raise the heat to high. Add 2 gallons of the water and bring to a boil.

Reduce the heat and simmer for 15 minutes.

Raise the heat to high and stir in the peas and the remaining 3 gallons of water. Cover the pot, and bring the soup to a boil.

Reduce the heat and simmer the soup until the peas are tender, approximately 1 hour and stirring occasionally. If the soup seems too thick, add water.

Season the soup with kosher salt and black pepper.

NUTRITIONAL INFORMATION

CALORIES: 186; SODIUM: 98.09 MG; SATURATED FAT: 1.86%

USDA REQUIREMENTS MET

½ CUP LEGUME VEGETABLE

OR

2 OUNCES M/MA

Korean BBQ Turkey

BY **LAWRENCE SCHOOL DISTRICT**

"I developed this recipe with cafeteria workers at Alexander Bruce Elementary School after receiving a commodity order of netted turkey roasts. The assortment of seasonings included in this recipe makes for a tasty, low-sodium dish."

—*Amarilis Rivera, Lawrence School District*

12½ pounds cooked turkey roast
(19 pounds raw)
4½ cups prepared low-sodium
teriyaki sauce
2¾ cups water
2½ tablespoons fresh lime juice
(about 2 limes)
½ cup sesame oil
2½ teaspoons tablespoons
ground cumin
2½ teaspoons garlic powder
2½ teaspoons onion powder
1 tablespoon black pepper
3 tablespoons finely chopped fresh
garlic
3 tablespoons scrubbed and
finely chopped fresh ginger
(peeling unnecessary)
2¾ cups low-sodium ketchup
7 tablespoons brown sugar

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

Clean the turkey of all fat and sinew. Cut turkey into 1-inch pieces.

Combine the teriyaki sauce, water, and lime juice to dilute.

Mix all ingredients together and let stand for at least 1 hour, but up to overnight.

Split the meat evenly into four 4-inch hotel pans, filling only halfway to allow for stirring during cooking. Cover and cook, stirring often, for 45 minutes.

Cook uncovered for 30 minutes more, allowing the meat to gain some color and some of the juice to evaporate. Stir occasionally to keep the meat from burning.

Garnish with sesame seeds, if desired.

NOTE: *This works well in a tilt skillet if your school has one in its equipment repertoire. Serve with sautéed kale and brown rice.*

NUTRITIONAL INFORMATION

CALORIES: 130; SODIUM: 233.12 MG; SATURATED FAT: 7.52%

USDA REQUIREMENTS MET

2 OUNCES M/MA

Turkey Carnitas Burrito

BY **CHEF KIRK H. CONRAD**, CHEF IN RESIDENCE, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

Try lightly sprinkling grated cheese on top of the burritos for a more appetizing appearance.

- 1 cup vegetable oil
- 4 large onions, finely chopped (1¼ pound)
- ¼ cup minced fresh garlic (1 ounce)
- ¼ cup chili powder
- 2 tablespoons ground cumin
- 6 cups salsa (½ #10 can)
- 25 cups cooked diced chicken or turkey (6¼ pounds)
- 1 tablespoon salt, if needed
- 6¼ pounds cheddar cheese—cut into thin blocks about the size of a pocket lighter
- 100 8-inch whole-wheat tortillas (11 pounds total)

hot sauce (optional)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 BURRITO

In a tilt skillet or large stockpot, sauté the onions and garlic in oil over medium heat until wilted, about 10 minutes.

Add the chili powder and cumin, and cook another 2 minutes.

Take off the heat and place it all in a large bowl. Add the salsa and chicken, and stir well. Add salt if needed.

Fill the tortillas with approximately 1 ounce of cheese, ¼ cup rice, and 2 tablespoons chicken (or turkey) mixture.

Fold the sides inward, and then roll up the tortilla, and place in an oiled hotel or sheet pan seam-side down. Continue until done.

Cover with foil and bake at 325°F for 45 minutes or until hot all the way through.

Optional: Serve with hot sauce, if desired, or with a side of recipe 3.5 Rena's Brown Rice.

NUTRITIONAL INFORMATION

CALORIES: 331; SODIUM: 661.44 MG; SATURATED FAT: 12.63%

USDA REQUIREMENTS MET

2 OUNCES M/MA

2 OUNCE EQUIVALENTS WHOLE GRAIN

Turkey Pineapple Stir Fry

BY **BOSTON PUBLIC SCHOOLS**

The idea of serving this dish on brown rice or on a mixture of brown and white rice was inspired by Annie Wong at Brighton.

- 2 cups vegetable oil
- 12 cloves fresh garlic, minced (1¼ ounces)
- 4 tablespoons peeled and chopped fresh ginger
- 19 pounds uncooked turkey roast—cut into ½-inch wide strips
- 8 large green peppers, chopped (3 pounds)
- 3 heads celery, chopped (4½ pounds)
- 5 large yellow onions, sliced (1½ pounds)
- 12½ cups pineapple chunks—reserve the juice for the sauce (1 #10 can)
- 1 cup low-sodium soy sauce
- 1 quart low-sodium chicken stock
- 4 teaspoons black pepper
- ⅓ cup cornstarch
- 1 cup cider vinegar
- 1 tablespoon sesame oil (optional)
- 15⅔ cups dry rice (6¼ pounds) or recipe 3.5 Rena's Brown Rice

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP STIR FRY OVER ½ CUP BROWN RICE

Heat 1 cup oil over medium heat in a large sauté pan or stock pot. Add the turkey, half of the garlic (6 cloves), and half of the ginger (2 tablespoons).

Cook the turkey for about 10 to 15 minutes, until no signs of pink remain.

Remove the turkey from the pan and set aside. Do not clean the pan.

Add the remaining cup of oil and the remaining garlic and ginger to the pan.

Add the green peppers, celery, onion, and pineapple chunks. Stir fry for 3 to 5 minutes, or until vegetables are tender.

In a separate bowl, mix the pineapple juice, soy sauce, and cornstarch. Add to the pan.

Add the chicken stock to the pan for 1 to 2 minutes, or until it boils and the sauce thickens.

Add the cooked turkey, black pepper, and vegetables back into the pan and mix until hot.

Remove from pan and serve with brown rice.

NUTRITIONAL INFORMATION

CALORIES: 349; SODIUM: 220.66 MG; SATURATED FAT: 10.19%

USDA REQUIREMENTS MET

3½ OUNCES M/MA

1 OUNCE EQUIVALENT WHOLE GRAIN

⅛ CUP FRUITS

Turkey Stew

BY **HARVARD SCHOOL DISTRICT**

AND **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

- 14 pounds boneless turkey, roasted and cut into 1-inch pieces
- 4 teaspoons thyme
- 2 teaspoons Cajun seasoning or paprika
- 2 teaspoons poultry seasoning
- 2 teaspoons pepper, to taste
- 8 pounds potatoes, cut into 1-inch pieces
- 6 pounds frozen carrot rounds, thawed
- 4 pounds frozen peas, thawed

Gravy

- 2 pounds butter or margarine
- 1 cup minced garlic
- 4 large onions, minced (about 1 $\frac{1}{3}$ pounds)
- 6 cups flour
- 3 tablespoons salt
- 3 gallons water

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 CUP STEW

On the day of service, make turkey gravy in a large tilt skillet. Add the herbs and spices and the cut-up turkey meat so it can heat through.

While this is heating, steam the potatoes until just tender. Add to the hot turkey and gravy mix, and then add the thawed carrots and peas. If the mixture needs thinning, add some water slowly.

Stir gently until heated through, add seasonings, and then serve over cornbread.

Directions for Gravy:

Make the roux. Melt the butter or margarine in a rondeau (large shallow and heavy-bottomed stew pot) over low heat. Add the flour and continue to stir until light brown, but not dark brown.

Add the water slowly, a bit at a time. When all the water is added, add the salt, and bring to a simmer.

NOTE: *This dish is perfect served over rice.*

NUTRITIONAL INFORMATION

CALORIES: 498; SODIUM: 764.51 MG, SATURATED FAT: 6.63%

USDA REQUIREMENTS MET

- 1 OUNCE M/MA
- $\frac{3}{8}$ CUP TOTAL VEGETABLES
 - ($\frac{1}{8}$ CUP RED OR ORANGE VEGETABLE, $\frac{1}{8}$ CUP LEGUME VEGETABLE, $\frac{1}{8}$ CUP STARCHY VEGETABLE)

Asian Tofu Wrap

BY **CHEF GUY S. KOPPE**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

While tofu is a staple in many Asian cultures and is popular with vegetarians in the United States, we've found that many students are unfamiliar with it. Perhaps this wrap is a bit ahead of the public school curve. If you feel that your school won't take to tofu easily, try mixing half of the tofu with 12 pounds of cooked diced chicken or serving this as a side or as a second entrée choice so students can get used to it.

Marinade

- 1½ cups cider vinegar
- 1½ cups soy sauce
- 2 cups honey
- 2 cups vegetable oil
- ½ cup granulated garlic
- 1 cup minced ginger (about 3 inches)

Wrap

- 25 pounds firm tofu—drained and kept cold
- 6 large red onions—sliced thin (2 pounds)
- 2 large heads red cabbage—shredded (3 pounds)
- 2 large heads iceberg lettuce—washed and shredded (3½ pounds)
- 20 large carrots—washed, peeled, and shredded (3¼ pounds)
- 6 large red peppers—washed, remove seeds, julienned (2 pounds)
- 2 pounds mung bean sprouts
- 100 8-inch whole-wheat tortillas

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 WRAP, 1 CUP WRAP MIX

Combine marinade ingredients in a bowl and stir well.

Place drained tofu into a large bowl and squeeze the tofu with gloved hands until it is crumbled. Once crumbled, pour the marinade over the tofu and mix well. Marinate in the refrigerator for at least 1 hour. Stir the tofu after about 30 minutes to redistribute the sauce.

Shred iceberg and carrots separately in food processor and combine with shredded cabbage, red peppers, and sprouts in a large bowl.

Drain tofu well in a colander that sits in a large bowl, so that you can save the marinade. Add the marinade to the vegetables and toss well.

Assemble wraps with ½ cup tofu and 1½ ounces shredded vegetable mix. Roll up, cut, and wrap.

NUTRITIONAL INFORMATION

CALORIES: 306; SODIUM: 370.41 MG; SATURATED FAT: 31.10%

USDA REQUIREMENTS MET

- 1¾ CUPS M/MA
- 2 OUNCE EQUIVALENTS WHOLE GRAIN
- ¼ CUP TOTAL VEGETABLE
(⅛ CUP OTHER VEGETABLE, ⅛ CUP RED OR ORANGE VEGETABLE)

Crunchy Pollock Burger

BY **CHEF GUY S. KOPPE**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

Here's a creative fun way to eat Alaskan pollock.

100 pollock fish portions
(about 16¼ pounds or
1⅔ 10-pound cases)
17⅔ cups whole-wheat breadcrumbs
(about 4¼ pounds)
5¾ tablespoons garlic powder
¾ cup dried parsley
4⅓ cups Parmesan cheese
100 1-ounce slices American cheese
2 heads romaine lettuce, shredded
13½ cups diced tomatoes
(6¼ pounds)
6¾ cups mayonnaise
1⅔ cups pickle relish
¾ cup lemon juice
¾ cup finely chopped red onion (½
large)
100 1½-ounce whole-wheat
hamburger rolls

pan-release spray

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 BURGER

To make tartar sauce: Mix mayonnaise, pickle relish, lemon juice, and onion together and set aside.

Mix breadcrumbs, garlic powder, dried parsley, and Parmesan cheese together.

Fish portions should be defrosted. Dip each fish portion into water and then into the bread crumb mixture.

Spray sheet pan with pan-release spray and place parchment paper onto pans. Spray parchment paper with spray and place fish onto pan. Spray more over the top of the fish and bake in a convection oven at 350°F until done. Place fish into a hot holding box and top with American cheese.

Mix shredded lettuce and diced tomato together in a bowl.

Spread a little tartar sauce on each side of the roll. Place ¼ cup of the lettuce and tomato mixture on the bun. Buns can be prepared like this and placed on sheet pans, which then can be placed on a sheet pan rack until service.

During service, place a fish portion in bun and serve.

NUTRITIONAL INFORMATION

CALORIES: 360; SODIUM: 757.7 MG; SATURATED FAT: 9.6%

USDA REQUIREMENTS MET

¾ OUNCES M/MA

1½ OUNCE EQUIVALENTS WHOLE GRAIN

¼ CUP TOTAL VEGETABLE

(⅛ CUP DARK GREEN VEGETABLE, ⅛ CUP RED OR ORANGE VEGETABLE)

Mac and Cheese with Broccoli

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

Certain dishes work well with whole-wheat pasta—red sauces, in particular, work well because the whole-wheat flavor doesn't overpower the sauce. The whole-wheat flavor will be more obvious in cheese or cream sauces like this recipe. You can try combining whole-wheat elbows with conventional elbows—half of each—so kids can make a slower and easier transition to whole wheat.

- 1 cup butter or margarine (½ pound)
- 3 tablespoons mashed garlic (8 cloves or ¾ ounce)
- ½ cup flour (⅛ pound)
- 10 cups 1% milk
- 32 cups cubed or grated cheddar cheese (about 8 pounds)
- 3 cups grated Parmesan cheese (⅔ pound)
- 22 cups frozen chopped broccoli, including stems (7½ pounds)
- 10½ pounds whole-wheat macaroni
- 20 large whole eggs or 6½ cups liquid eggs
- 4 cups sweet potato puree or cooked mash (⅓ #10 can)
- 10 cups breadcrumbs (2⅓ pounds)
- 2 teaspoons salt
- 2 teaspoons pepper to taste

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1¾ CUPS

In a saucepan, melt the butter over medium heat. Add garlic and cook for 1 minute. Add the flour, whisk well and continue to cook, stirring, for 2 minutes.

Slowly add the milk and continue to whisk until thick and smooth. Continue to whisk.

Add the cheddar cheese in three batches. Whisk well. Add Parmesan cheese.

Add salt and pepper to taste. Turn heat off and set aside.

Bring a large pot of water to a boil. Add the broccoli to the boiling water. Cook for approximately 2 minutes and drain.

Bring another large pot of water to a boil. Add pasta, cook, and drain.

Add eggs and sweet potato to cheese sauce, and then mix pasta with cheese sauce.

Transfer to casserole dish, cover with breadcrumbs, and bake for 15 to 20 minutes at 375°F.

NUTRITIONAL INFORMATION

CALORIES: 385; SODIUM: 478.58 MG; SATURATED FAT: 15.53%

USDA REQUIREMENTS MET

- 2 OUNCES M/MA
- 1½ OUNCE EQUIVALENTS WHOLE GRAIN
- ⅛ CUP DARK GREEN VEGETABLE

Potato Cheddar Soup

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

A perfect soup to take off the chill of winter.

- 1½ cups Smart Balance or
0 g trans fat vegetable oil spread
(¾ pound)
- 3¾ cups peeled and diced Spanish
onions (about 1⅔ pounds or
5 large)
- 3½ cups peeled and diced carrots
(about 1⅓ pounds)
- 25 cups trimmed and diced celery
(about 1⅔ pounds or 1 bunch)
- 1 tablespoon salt
- 25 cups cubed russet potatoes
(about 14¾ pounds or
32 medium)
- 15 cups water (3¾ quarts)
- 26 cups grated or sliced cheddar
cheese (6½ pounds)
- 30 cups low-fat milk (7½ quarts)
- 1 tablespoon black pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 CUP

Melt the butter in a large pot over medium heat.

Add the onions, carrots, and celery. Sprinkle the ingredients with the kosher salt. Cover the pot and sauté the vegetables for 15 minutes, stirring occasionally.

Raise the heat to high and add the potatoes and water. Bring the mixture to a boil. Reduce the heat and simmer until the potatoes are tender, approximately 30 minutes.

With a hand-held immersion blender, puree the mixture until smooth.

Raise the heat to medium and add the milk. When the soup is hot, whisk in the cheese, approximately one pound at a time. Add more cheese when the previous amount has melted.

When all of the cheese has melted, season the soup with kosher salt and black pepper.

NUTRITIONAL INFORMATION

CALORIES: 172; SODIUM: 334.17 MG; SATURATED FAT: 31.6%

USDA REQUIREMENTS MET

1 OUNCE M/MA

¼ CUP STARCHY VEGETABLE

Sausage Cacciatore

BY **CHEF GUY S. KOPPE**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

- ½ cup vegetable oil
- 5 large yellow onions, chopped (1½ pounds)
- 14 large green peppers, chopped (5 pounds)
- 12½ heads celery, chopped (2½ pounds)
- 16 large carrots, chopped (2½ pounds)
- 1⅓ cup peeled and chopped garlic (5 heads)
- 19 cups tomato sauce (1½ #10 cans)
- 18 cups spaghetti sauce (1½ #10 cans)
- 18½ cups diced tomatoes (1½ #10 cans)
- 15 pounds raw sweet Italian sausage
- 1 bunch basil, chopped—not too fine (optional)
- 2 cups grated Parmesan cheese (⅓ pound)
- 8 pounds dry whole-wheat pasta
- 7 gallons water

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP PASTA, 7⁄8 CUP CACCIATORE

Start the water boiling for the pasta.

Place the pasta in the boiling water, ensuring that it is submerged. Stir occasionally and do not cover.

In a tilt skillet over medium heat, sauté the onions, green peppers, celery, carrots, and garlic in oil for about 20 minutes, stirring occasionally, until the vegetables have softened.

Add the canned tomato products and sausage, and heat to 165°F.

NOTE: *If using pots on the stove, heat the sausage on sheet pans in the oven and then mix the vegetables and sausage in 4-inch hotel pans for service.*

Drain, rinse, and pan the pasta to ready it for serving.

During service, garnish with fresh basil or Parmesan cheese.

NUTRITIONAL INFORMATION

CALORIES: 445; SODIUM: 847.32 MG; SATURATED FAT: 16.73%

USDA REQUIREMENTS MET

1½ OUNCES M/MA

1¼ OUNCE EQUIVALENTS WHOLE GRAIN

½ CUP RED OR ORANGE VEGETABLE

Tilapia Vera Cruz

BY **TRACEY BURG, R.D.**, DIETICIAN, JOHN C. STALKER INSTITUTE OF FOOD AND NUTRITION

Here is an excellent way to enliven tilapia, which can otherwise be bland.

- 2 #10 cans diced tomatoes
(about 13 cups)
- 6 cups diced onions
(about 2½ pounds)
- 1½ cups lime juice (about 8 limes)
- 2 cups canola or olive oil
- ¼ cup chili powder
- ¼ cup garlic powder
- 2 tablespoons salt
- 2 tablespoons ground pepper
- 17¾ pounds tilapia or other fish
(fresh, or frozen and thawed)
- 2 cups chopped fresh cilantro

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 2 OUNCES FISH AND ¾ CUP TOPPING

In a large mixing bowl, combine tomato, onion, lime juice, oil, and seasonings. Mix until well combined.

Place fish into three 2-inch steam table pans.

Pour the tomato mixture evenly over each pan.

Bake uncovered in a convection oven at 350°F for 15 to 20 minutes or in a conventional oven for 20 to 25 minutes, until fish reaches an internal temperature of 145°F.

Top with cilantro and serve immediately.

NUTRITIONAL INFORMATION

CALORIES: 163; SODIUM: 259.26 MG; SATURATED FAT: 5.95%

USDA REQUIREMENTS MET

2 OUNCES M/MA

¼ CUP RED OR ORANGE VEGETABLE

Tofu and Broccoli “Fried” Rice

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD’S CHEFS IN SCHOOLS INITIATIVE

“A great way to get kids eating tofu. If you feel that your school just won’t take to tofu easily, you can try mixing half of the tofu with 12 pounds of cooked, diced chicken. For the best results, cook the rice a day early and place it in the oven without a cover. If you’re using fresh broccoli, cut into tinier pieces so it will cook fast, and don’t forget to include the stems—chop them up. It’s delicious!”
—*Chef Didi, Project Bread’s Cookbook Consultant*

15²/₃ cups dry brown rice (6¹/₄ pounds dry rice or 50 cups cooked)

34¹/₂ cups water

1 teaspoon salt

Stir Fry:

1 cup vegetable oil

4 large Spanish onions, minced (1¹/₄ pounds)

1 cup peeled and minced whole garlic (1/3 pound)

1 cup minced fresh ginger, skin scrubbed with warm water (1/4 pound)

4 large carrots, chopped into 1/2-inch pieces (about 2/3 pound)

30¹/₃ cups frozen broccoli, thawed in a colander, and chopped into bite-size pieces (about 10¹/₂ pounds)

11 cups frozen corn kernels (4 pounds)

27 cups firm tofu or cooked chicken (about 15 pounds)

1¹/₂ cups soy sauce or 3 tablespoons salt

1/2 cup cider vinegar

YIELD: 100 SERVINGS (K–5) * SERVING SIZE: 1¹/₃ CUPS

Stir rice, water, and salt together into two 4-inch deep hotel pans. Spray top edges with pan release spray. Cover with plastic, then foil, and bake at 350°F for 1¹/₂ hours. Remove the plastic wrap and foil. Turn the oven to 400°F, and bake another 45 minutes so that the rice develops some “crunch” on top. Chill overnight in fridge with foil still covering it.

Pulverize the onion, garlic, and ginger in a buffalo chopper and transfer to a bowl or pan. Then pulverize the carrots, but not too fine.

Heat the oil in a tilt skillet or steam-jacketed kettle over medium high heat. Sauté the carrots and broccoli, stirring for 5 minutes. Add the onion, garlic, ginger mixture and cook for a few more minutes. Add the rice and corn. Stir well with a big spatula, until heated through.

Add the tofu, soy sauce, and vinegar and heat through to temperature, adding some water if necessary to loosen any bits that are stuck to the pan. Transfer the rice mixture into hotel pans.

NUTRITIONAL INFORMATION

CALORIES: 348; SODIUM: 299.16 MG; SATURATED FAT: 3.07%

USDA REQUIREMENTS MET

2¹/₄ OUNCES M/MA

1 OUNCE EQUIVALENT WHOLE GRAIN

1/4 CUP DARK GREEN VEGETABLE

Tofu Puttanesca Sauté

BY **HARVARD SCHOOL DISTRICT**

- $\frac{2}{3}$ cup olive oil, more if needed
- 15 pounds organic tofu, cut into $\frac{1}{2}$ -inch cubes
- $6\frac{1}{3}$ pounds onions, rough chopped
- $6\frac{1}{4}$ pounds green and red peppers, cut into $\frac{1}{2}$ -inch strips
- $6\frac{1}{4}$ pounds zucchini or summer squash, diced
- $\frac{1}{4}$ cup minced garlic
- 8 cups diced tomatoes
- $\frac{2}{3}$ cup capers
- 1 cup minced flat-leaf parsley ($\frac{1}{2}$ large bunch)
- 2 cups minced basil (1 large bunch)
- $\frac{1}{2}$ tablespoon salt
- $\frac{3}{4}$ teaspoon pepper
- $15\frac{2}{3}$ cups dry brown rice for recipe 3.5 Rena's Brown Rice ($6\frac{1}{4}$ pounds dry or 50 cups cooked)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: $\frac{1}{2}$ CUP RICE, $\frac{3}{4}$ CUP TOFU MIXTURE

In a large tilt skillet, sauté the tofu in olive oil until slightly browned. Remove from skillet, using a wide metal spatula.

Add more oil to the skillet if needed, and fry onions, peppers, and squash until just soft.

Add garlic, tomatoes, and capers, and heat through.

Add cooked tofu, parsley, and basil. Adjust seasonings. Toss and serve.

NUTRITIONAL INFORMATION

CALORIES: 197; SODIUM: 107.11 MG; SATURATED FAT: 4.51%

USDA REQUIREMENTS MET

- 1 OUNCE M/MA
- 1 OUNCE EQUIVALENT WHOLE GRAIN
- $\frac{3}{8}$ CUP TOTAL VEGETABLES
($\frac{1}{3}$ CUP RED OR ORANGE VEGETABLE, $\frac{1}{8}$ CUP OTHER VEGETABLE)

Tuna Salad with Lemon and Cilantro

BY **CHEF GUY S. KOPPE**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"Rather than chopped basil, which can darken and lose flavor quickly, I use cilantro and add a playful and original ingredient, green peas."

—*Chef Guy, Project Bread's School Food Chef*

- 12½ pounds canned tuna fish, drained
- 14 tomatoes, diced
(about 5½ pounds)
- 4 red onions, minced (3 pounds)
- 13 cups green peas, frozen is fine
(3¾ pounds)
- 3 cups chopped cilantro, include stems and leaves
- 25 cups shredded romaine lettuce
(3½ pounds)
- 100 whole-wheat hamburger buns
(each bun is 1½-ounce)

Dressing

- 3¼ cups olive oil or vegetable oil
- 2 cups lemon juice—add the grated rind of three lemons for additional flavor
(about 11 lemons)
- 1 tablespoon ground black pepper
- 2 tablespoons salt

YIELD: 100 SERVINGS (K–5) * SERVING SIZE: 1 CUP TUNA SALAD, ¼ CUP SHREDDED ROMAINE, 1 WHOLE-WHEAT ROLL

Drain the tuna. Chill overnight in the refrigerator.

Make the dressing, combining all the remaining ingredients in a big bowl.

Combine the dressing with the drained tuna.

Serve on a whole-wheat bun topped with ½ cup of romaine lettuce.

NUTRITIONAL INFORMATION

CALORIES: 269; SODIUM: 373.86 MG; SATURATED FAT: 3.54%

USDA REQUIREMENTS MET

- ¼ CUP TOTAL VEGETABLE
(1/8 CUP DARK GREEN VEGETABLES, 1/8 CUP STARCHY VEGETABLE)
- 2 OUNCES M/MA
- 1½ OUNCE EQUIVALENTS WHOLE GRAIN



VEGETABLES

Fresh from the garden, the field, and the vine

Cream of Broccoli Soup

BY **CHEF GUY S. KOPPE**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

1¾ pounds onions, chopped
¾ pound celery, chopped
1 cup butter or margarine
(½ pound)
3 cups flour
2⅓ cups chicken base
(½ pound or ½ tub)
2 gallons 1% milk
24 cups frozen chopped broccoli (10
pounds)
1 tablespoon salt
2 teaspoons pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Sauté onions and celery in butter or margarine.

Add chicken base and flour, and stir to incorporate.

Add cold milk and heat soup up so it thickens (do not boil—
boiling will cause it to curdle; 165°F is enough).

Add broccoli and reheat the soup to 165°F.

Puree soup in batches in a blender. An immersion blender would
be a great thing to use if available.

Add salt and pepper to taste.

NUTRITIONAL INFORMATION

CALORIES: 87; SODIUM: 388.76 MG; SATURATED FAT: 18.29%

USDA REQUIREMENTS MET

¼ CUP DARK GREEN VEGETABLE

Cumin-Roasted Broccoli

BY **CHEF NICK SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"This is a perfect side to serve with any meat. It is a great thing to cook and stay warm atop the ovens while getting the rest of lunch cooked. For best results, serve the broccoli immediately out of the oven; do not refrigerate, keep warm. Ideally, the crunch from the roasting will be the first sensation the kids get when they eat it."

—*Chef Nick, Project Bread's School Food Chef*

- 21 pounds frozen broccoli florets, thawed and cut into 2-inch pieces
- 1 cup vegetable oil
- 1 tablespoon salt
- 2 tablespoons ground cumin
- 2 oranges, grated zest and juiced

YIELD: 100 SERVINGS (K-5) ✱ SERVING SIZE: ½ CUP

Preheat oven to 400°F.

Working in batches, toss the ingredients together in a large bowl until combined.

Spread the broccoli out onto sheet pans that are lined with sprayed parchment paper. Be sure that the broccoli is not crowded together, as you want it to gain some color, not to steam.

Roast the broccoli for about 15 to 20 minutes, or until a nice golden brown color and it is somewhat soft. Keep in mind that the broccoli will continue to cook when it comes out of the oven.

Serve immediately or warm at room temperature.

NOTE: *This dish works wonderfully with farm-fresh broccoli, but frozen is a good substitute in large food-service facilities.*

NUTRITIONAL INFORMATION

CALORIES: 54; SODIUM: 102.38 MG; SATURATED FAT: 3.42%

USDA REQUIREMENTS MET

½ CUP DARK GREEN VEGETABLE

Raw Kale Salad

BY **CHEF SARAH ICKLAN**, NEW HINGHAM REGIONAL ELEMENTARY SCHOOL, CHESTERFIELD, MASSACHUSETTS

The students absolutely love this recipe! The lemon juice makes the kale very tender, and the nutty flavor of the tahini helps make the bitterness of the kale more palatable to young children. It's also really simple and fun to make with the kids, a great way to get them involved in the kitchen! If you have a nut-free kitchen and you can't use tahini or peanut butter, try roasting some extra chickpeas and pureeing them with the olive oil. It creates a similar texture to tahini and adds a nice nutty flavor without using any nut products.

- 7 bunches kale—any kind, though lacinato or dinosaur kale is especially tender (4½ pounds)
- 1½ cups lemon juice (7 lemons)
- ⅛ cup minced garlic (7 cloves)
- 1¾ cups olive oil
- 1¾ cups tahini or peanut butter
- 12½ cups chickpeas—drained and rinsed (1 #10 can)
- ½ teaspoon cayenne pepper
- 1 teaspoon salt
- 1 teaspoon pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Wash kale and chop into bite-sized pieces, discarding tough center stem.

Coat kale with lemon juice and let sit for 10 minutes, until leaves begin to tenderize.

Peel and mince garlic. Add to kale.

Add olive oil and tahini and toss to coat.

Add chickpeas, cayenne, salt, and pepper.

NUTRITIONAL INFORMATION

CALORIES: 123; SODIUM: 118.16 MG; SATURATED FAT: 10.12%

USDA REQUIREMENTS MET

⅔ CUP TOTAL VEGETABLE

(¼ CUP DARK GREEN VEGETABLES, ⅓ CUP LEGUME VEGETABLE)

Roasted Cauliflower and Broccoli

BY **SOMERVILLE SCHOOL DISTRICT**

In this recipe, Somerville School roasts the cauliflower and steams the broccoli. When broccoli is roasted, the florets become crunchy and dark before they achieve tenderness on the inside. Some kids don't mind the broccoli a bit dark and actually love the crunchy dark florets (and so do we!). So feel free to roast both—just increase the oil to 2 cups.

- 14 heads cauliflower, chopped, using florets and some tender stem pieces (16 pounds)
- 8 bunches broccoli, chopped (10 pounds)
- 1 cup olive oil
- 1½ cups grated Parmesan cheese (¼ pound)
- 1 tablespoon granulated garlic
- 1 tablespoon salt
- 4 teaspoons black pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Cut cauliflower into florets, discarding the core. Use some tender stem pieces.

Cut broccoli crowns into florets. To use the stems, cut the bottom 2 to 3 inches from the stems and discard. Trim the outer fibrous part of the remaining stem with a large knife and slice thinly.

Toss cauliflower with half the oil and spread one-layer deep on lined sheet pans.

Roast cauliflower at 350°F, until tender and golden, about 15 minutes.

Steam broccoli in perforated hotel pans (about 5 to 7 minutes) and then rinse under cold water to stop the cooking process. It should be *bright green*!

Combine broccoli and cauliflower with the remaining oil, spices, and cheese.

Use a ½-cup scoop to serve on the line.

NUTRITIONAL INFORMATION

CALORIES: 57; SODIUM: 130.49 MG; SATURATED FAT: 8.88%

USDA REQUIREMENTS MET

⁵/₈ CUP TOTAL VEGETABLE

(³/₈ CUP OTHER VEGETABLE, ¹/₄ CUP DARK GREEN VEGETABLE)

Sautéed Collard Greens with Sweet Tomato

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

Raisins are a nice addition to this side dish. Add about 4 cups when you add the vinegar.

- 1 cup vegetable oil
- 14 pounds collard greens, chop and include most of the stems
- 4 large onions, sliced (1¼ pound)
- 1 cup minced garlic or 2 cups whole cloves
- ½ cup minced fresh ginger (1⅔ ounces) or 2½ tablespoons dried ground ginger
- 2 tablespoons cinnamon
- 2 tablespoons ground cumin
- 1 cup cider or white vinegar
- 4 cups raisins (optional)
- ½ cup honey
- 17 cups chopped or diced tomatoes (142¾ ounces)
- 1 tablespoon salt
- 2 teaspoons ground pepper, to taste

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 4 OUNCES

In a large pot or tilt skillet over medium heat, add the oil. Add the onions and sauté until they begin to brown. Add the collard greens, minced garlic, ginger, cinnamon, and cumin and cook, stirring for 5 minutes. Add the vinegar and 1 cup water.

Turn the heat to low and cook the collards for 10 minutes, stirring occasionally.

Add the honey, tomato, salt, and pepper. Taste for seasoning.

NUTRITIONAL INFORMATION

CALORIES: 81; SODIUM: 133.1 MG; SATURATED FAT: 3.8%

USDA REQUIREMENTS MET

⅓ CUP DARK GREEN VEGETABLE

Sautéed Kale with Ginger and Soy

BY **CHEF NICK J. SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"Early in the school year, our focus was on getting the kids to eat their greens—kale and spinach in particular. I came up with this idea for a Chinese-style lunch, serving this as a side to orange-flavored chicken. This recipe is just delightful even without the sesame oil or seeds, so don't let that stop you."

—Chef Nick, *Project Bread's School Food Chef*

17 pounds fresh kale, untrimmed
¼ cup sesame oil or canola oil
⅔ cup finely chopped fresh garlic
(about ¼ pound)
⅔ cup finely chopped fresh ginger
⅔ cup soy sauce
¼ cup lime juice (2 limes)
¼ cup toasted sesame seeds,
optional (1⅛ ounces)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

Strip the green leafy parts from the stems of the kale and cut ½ inch off of the end; thinly slice the remaining stems. Chop the leafy part into ½-inch strips. Wash stems and leaves in cold water, drain, and spin dry.

In a tilt skillet, combine oil, garlic, and ginger. Sauté until fragrant, stirring often, about 5 minutes.

Add the greens and stems and sauté, stirring often, until the greens wilt and become a deep green color, about 10 minutes.

Add the soy sauce. Cook until the greens and stems are soft and the soy is reduced to a glaze, about 10 minutes more.

Stir in lime juice and sesame seeds (if using).

NOTE: *If there is no tilt skillet available in your school, separate the ingredients and cook the kale in small batches in large braising pans or smaller sauté pans. In conjunction with this method, simmer the soy sauce in a pot; doing this will reduce the amount of liquid and intensify the flavor more rapidly.*

NUTRITIONAL INFORMATION

CALORIES: 48; SODIUM: 143.23 MG; SATURATED FAT: 3.23%

USDA REQUIREMENTS MET

½ CUP DARK GREEN VEGETABLE

Brown Rice Pilaf with Carrots and Fresh Dill

BY **CHEF AMY COTLER**, ADAPTED FROM THE MASSACHUSETTS FARM TO SCHOOL COOKBOOK

Dill is an herb that is inexpensive, keeps well (about 2 weeks in a plastic bag in the fridge), and is a flavor that most youth readily enjoy.

12 cups diced onion
(3½ pounds or 10 large)
½ cup vegetable oil
3½ tablespoons minced fresh garlic
(10 cloves)
3½ teaspoons powdered ginger
15⅔ cups dry rice for recipe 3.5 Rena's
Brown Rice (6¼ pounds dry or
50 cups cooked)
1¾ teaspoon black pepper
3 gallons chicken broth
2½ cups sliced carrots
(10½ pounds or 65 large)
2¼ cups chopped fresh dill

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Add the onion, oil, garlic, and ginger to 2½-inch-deep hotel pans (one full hotel pan will serve 50). Roast, stirring once or twice, until the onions are translucent but not brown.

Remove from oven, stir in rice and black pepper.

Bring the broth to a boil, and then divide it equally among hotel pans if you are using more than one pan. Cover tightly.

Bake until all liquid is absorbed and rice is tender, about 40 to 50 minutes.

Steam the carrots until tender but not mushy, about 5 to 7 minutes, depending on the intensity of your steamer. (Check after 5 minutes.)

Stir carrots and dill into cooked rice, reserving a little dill for garnish, using forks to mix gently. (Add salt to taste. The amount added will depend on the amount of sodium in the chicken broth.)

Serve immediately, sprinkle with remaining oil.

NOTE: *The amount of salt you add will depend on the kind of chicken broth used, as broth varies greatly in sodium, so salt to taste. Kathy Seibert, manager at Westfield South Middle School, tested this recipe to rave reviews.*

NUTRITIONAL INFORMATION

CALORIES: 140; SODIUM: 421.03 MG; SATURATED FAT: 2.55%

USDA REQUIREMENTS MET

1 OUNCE EQUIVALENT WHOLE GRAIN

⅛ CUP RED OR ORANGE VEGETABLE

Butternut Squash Bisque

BY **CHEF KIRK H. CONRAD**, CHEF IN RESIDENCE, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

This is one of Chef Kirk's signature recipes. You can either mash this soup by hand or use a processor or immersion blender. Either way, it has been proven to win kids over.

37 pounds butternut squash, peeled and diced
(about 30 quarts)
24½ cups low-fat milk
⅓ cup brown sugar
2 teaspoons of granulated garlic
2 teaspoons of onion powder
2 teaspoons of cinnamon
1 tablespoon salt
3 tablespoons margarine
7⅓ cups chicken stock and more if necessary (or 6 teaspoons chicken base plus 6 cups water)
2½ cups chopped chives
⅓ cup low-fat sour cream

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ⅞ CUP

Cook the squash in a large pot of boiling salted water until very soft, about 20 minutes.

Drain well and mash thoroughly by hand with a whisk or a food processor.

Whisk or process in the milk, until smooth.

Add the brown sugar, pinches of garlic and onion powder, and salt and pepper. Finish with a teaspoon of margarine.

Adjust consistency with a small amount of chicken stock if necessary and return to heat briefly.

Serve hot with garnish of snipped chives, a small teaspoon of sour cream, and fresh crusty bread.

NUTRITIONAL INFORMATION

CALORIES: 91; SODIUM: 211.56 MG; SATURATED FAT: 5.48%

USDA REQUIREMENTS MET

½ CUP RED OR ORANGE VEGETABLE

Carrot Fries

BY **MILTON PUBLIC SCHOOLS**

These are simply roasted carrots but a twist in the name can make all the difference!

20 pounds carrots, peeled and cut into thin sticks
½ cup vegetable oil
4 teaspoons salt
3 teaspoons ground oregano
2 teaspoons black pepper
4 teaspoons chopped raw garlic

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

Toss carrots with all a combination of the other ingredients: oil, butter, salt, oregano, pepper, and garlic.

Roast on a parchment-covered baking sheet, not more than 10 pounds to a sheet (two layers or so), stirring twice during cooking, until tender but not mushy.

Convection oven: 350°F about 15 minutes

Conventional oven: 400°F about 20 minutes

NUTRITIONAL INFORMATION

CALORIES: 47; SODIUM: 156.94 MG; SATURATED FAT: 3.46%

USDA REQUIREMENTS MET

½ CUP RED OR ORANGE VEGETABLE

Cider-Glazed Squash

BY **CHEF NICK SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"Sure to win students over, this apple-sweetened, roasted butternut squash recipe can sit next to many an entrée such as Sloppy Joe, meatloaf, chicken pot pie, or Chicken Piccata."

—*Chef Nick, Project Bread's School Food Chef*

2½ gallons apple cider
1 cup apple cider vinegar
1½ cups brown sugar
23 quarts butternut squash
(28 pounds)
¼ cup salt
2 tablespoons ground
white pepper
¾ cup vegetable oil

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

In a large pot, bring the apple cider, vinegar and brown sugar to a boil. Reduce the heat to simmer the liquid until it thickens to a maple syrup consistency.

Peel squash and cut into ¾-inch cubes. Mix squash with the salt, pepper, and vegetable oil.

Divide the squash onto four sheet pans and roast it in a 400°F oven. Roast until the squash caramelizes lightly, about 15 minutes. Toss the syrup with the roasted squash and pop back into the oven for 5 minutes more in order to get an evenly browned color.

NOTE: Reducing the cider will take an hour or more, depending on the size of the pan. The wider the pot, the faster this will happen. You may choose to do this a day in advance, and reheat it as needed. This can also be made in larger batches, reserved, and used as needed. It will have the consistency of jelly when cold and will hold for a month under refrigeration.

NUTRITIONAL INFORMATION

CALORIES: 117; SODIUM: 293.05 MG; SATURATED FAT: 2.11%

USDA REQUIREMENTS MET

½ CUP RED OR ORANGE VEGETABLE

Creamy Pumpkin Brown Rice

BY **CHEF BRIDGET COLLINS**, PROFESSIONAL CHEF AND NUTRITIONAL CONSULTANT

Roasting the pumpkin (or squash) first will help to develop an earthy, sweeter depth of flavor from the vegetable. Pureeing it will yield a creamy consistency to the dish, once you've added it to the rice, almost like a risotto. Serve this with Raw Kale Salad or Roasted Rosemary Vegetables.

- 1½ cups olive or vegetable oil
- 12 pounds fresh pumpkin or winter squash
- 2 tablespoons and 1 teaspoon salt
- 1 tablespoon ground black pepper
- 5 teaspoons ground cinnamon
- 5 teaspoons ground ginger
- 12 bay leaves
- 6 cups apple cider or apple juice

Rice

- 3 pounds finely chopped white onions
- 1½ cups olive or vegetable oil
- 10 cups dry brown rice (4 pounds)
- 32 cups chicken broth

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

Preheat the oven to 450°F.

The roasted pumpkin or squash puree must be made first. Peel and seed the pumpkin or squash and then cut into ½-inch cubes. In a large bowl, combine the salt, pepper, cinnamon, ginger, bay leaves, and oil. Whisk to combine. Add in the cubes of pumpkin or winter squash. Toss to coat and spread the cubes out on to a cookie sheet or sheet pans lined with pan-liner paper or aluminum foil.

Bake the pumpkin for approximately 20 to 25 minutes or until the vegetables are slightly browned and soft. Allow the pumpkin to cool briefly. Remove all the bay leaves and discard.

Add the cooked pumpkin to a bowl of a food processor or blender along with the apple cider.

Blend this mixture until creamy. If it is too thick, add hot water a little at a time to make it smooth.

In a large stockpot, add the olive or vegetable oil and the onions. Cook over medium heat, stirring frequently until soft and translucent—do not brown them. Add the chicken broth and bring the mixture to a boil.

Add the brown rice and stir well. Reduce the heat to medium low, cover the pot, and allow the rice to cook for approximately 45 minutes. Stir frequently.

When the rice is tender and has absorbed the chicken stock, remove from heat, and add the warm pumpkin puree. Combine completely. Transfer to a serving dish or steam table pans.

NUTRITIONAL INFORMATION

CALORIES: 156; SODIUM: 617.93 MG; SATURATED FAT: 5.83%

USDA REQUIREMENTS MET

- 1/8 CUP RED OR ORANGE VEGETABLE
- 1/2 OUNCE EQUIVALENT WHOLE GRAIN

Lemon-Roasted Carrots

BY **CHEF KIRK H. CONRAD**, CHEF IN RESIDENCE, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"Who would think that adding a little lemon juice to carrots could make such a refreshing difference? But it does!"

—*Chef Kirk, Project Bread's Chef in Residence*

108 cups frozen sliced carrots
(30 pounds)
2½ cups vegetable oil
2½ cups lemon juice
2 tablespoons salt
5 teaspoons black pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Toss frozen carrots with oil, lemon juice, salt, and pepper.

Place on sheet pan in a single layer and roast at 400°F for 20 minutes, until tender and golden brown.

Transfer to half hotel pans, and serve.

NUTRITIONAL INFORMATION

CALORIES: 99; SODIUM: 235.3 MG; SATURATED FAT: 7.17%

USDA REQUIREMENTS MET

¾ CUP RED OR ORANGE VEGETABLE

Mashed Sweet Potatoes

BY **CHEF KIRK H. CONRAD**, CHEF IN RESIDENCE, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"With a hint of cinnamon and maple syrup or honey, Chef Kirk has once again created a recipe that satisfies the students without taxing the staff."

—*Chef Didi, Project Bread's Cookbook Consultant*

36½ pounds sweet potatoes
(or butternut squash), peeled and
diced
2 cups margarine or butter
1⅓ cups maple syrup (or honey or
brown sugar)
5 teaspoons cinnamon
(or ground nutmeg)
5 teaspoons salt
2 teaspoons white pepper
1 cup chopped parsley, optional (2
ounces or 1 bunch)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

In boiling salted water, cook the sweet potatoes until fork tender, about 12 minutes.

Drain well and allow the potatoes to steam slightly in the colander to remove all the moisture.

Using a whisk or hand mixer, puree the potatoes with the margarine, maple syrup, cinnamon, salt, and pepper. Do not over mix.

Taste and season with salt and pepper if necessary.

Garnish with chopped fresh parsley, if desired.

NUTRITIONAL INFORMATION

CALORIES: 187; SODIUM: 210.29 MG; SATURATED FAT: 11.4%

USDA REQUIREMENTS MET

½ CUP RED OR ORANGE VEGETABLE

Moroccan Carrot Salad

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

Chopped pineapple can be added here in lieu of, or in addition to, the apples or raisins. Great for salad bars or next to entrées such as Kirk's Grilled Turkey Panini.

- 6 $\frac{3}{4}$ cups grated carrots, peeled (about 13 pounds)
- 13 large crispy apples, such as honey crisp, cut into strips
- 5 $\frac{1}{2}$ cups raisins

Dressing

- 2 $\frac{1}{2}$ cups orange juice (20 fluid ounces)
- 3 $\frac{1}{4}$ cups apple cider vinegar
- 3 tablespoons or 8 cloves minced garlic ($\frac{3}{4}$ ounce) or 1 tablespoon garlic powder
- $\frac{1}{3}$ cup chopped ginger, optional (1 $\frac{1}{8}$ ounce)
- 4 teaspoons cumin
- 4 teaspoons cinnamon
- 1 $\frac{1}{2}$ cups brown sugar
- 3 $\frac{1}{4}$ cups vegetable oil
- 4 teaspoons salt
- 1 tablespoon pepper
- 8 cups chopped fresh cilantro—include the stems because they are tender and have just as much flavor ($\frac{1}{4}$ pound)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 $\frac{1}{2}$ CUPS

In a large bowl, combine carrots, apples, and raisins for the salad.

In a smaller bowl, combine ingredients for the dressing.

Add the dressing into the salad mixture, and season with salt and pepper. Add the chopped cilantro at the last minute.

Toss and serve.

NOTE: *The salad can be made up to 3 hours ahead. Dressing can be made the day before. Do not add the cilantro until serving.*

NUTRITIONAL INFORMATION

CALORIES: 144; SODIUM: 138.4 MG; SATURATED FAT: 6.10%

USDA REQUIREMENTS MET

- $\frac{5}{8}$ CUP RED OR ORANGE VEGETABLE
- $\frac{1}{2}$ CUP FRUIT

Roasted Sweet Potato Salad

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

- 60 sweet potatoes, peeled and cut into 1-inch pieces (17 pounds)
- 24 red bell peppers, cored and sliced into 1-inch pieces (8½ pounds)
- 15 large Spanish onions, peeled and sliced (5 pounds)
- 5¾ cups vegetable oil
- 1½ tablespoons salt

Dressing:

- 36 ounces orange juice
- 6 tablespoons ground coriander
- 6 tablespoons cumin
- 3 tablespoons cinnamon
- 1½ cups brown sugar
- 12 bunches cilantro, finely chopped

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Preheat a convection oven to 450°F and line three sheet pans with parchment paper.

Combine the peppers and onions on one of the sheet pans.

Place the potatoes on the other two sheet pans, dividing them in half.

Divide the oil evenly among the three sheet pans. Sprinkle the vegetables with salt and toss well. Be sure that all the vegetables are in a single layer so they will roast and not steam.

Place the sheet pans in the oven, and roast the vegetables until they are soft and begin to take on color, approximately 30 minutes.

Meanwhile, combine the orange juice, coriander, cumin, cinnamon, and brown sugar in a small sauce pan over low heat. Heat until the mixture comes to a boil.

Transfer the roasted vegetables to a large pan. Pour the dressing onto the potatoes. Add the chopped cilantro and toss. Cover the pan and chill until serving.

NUTRITIONAL INFORMATION

CALORIES: 214; SODIUM: 155.37 MG; SATURATED FAT: 7.18%

USDA REQUIREMENTS MET

½ CUP TOTAL VEGETABLE
(¼ CUP RED OR ORANGE VEGETABLE, ¼ CUP OTHER VEGETABLE)

Southwest Veggie Soup

BY **BOSTON PUBLIC SCHOOLS**

"This is a simple soup recipe that uses locally grown butternut squash. Thinly sliced or crumbled taco shells can be served on the side or used to garnish this soup. Serve alongside a toasted cheese sandwich!"

—*Chef Didi, Project Bread's Cookbook Consultant*

- ¼ cup canola oil
- 6 small or 3 large onions, diced (1 pound)
- 12 cloves garlic, minced (1¼ ounces)
- 12²/₃ cups diced butternut squash (6¾ pounds)
- 2 cups chicken base (½ pound)
- 9½ quarts water
- 1 #10 can diced tomatoes
- 4 tablespoons chili powder
- 2 tablespoons ground pepper
- 12²/₃ cups frozen green beans (4¾ pounds)
- 2 #10 cans black beans, drained and rinsed well under cold water
- 12²/₃ cups frozen whole-kernel corn (4²/₃ pounds)
- 36 whole corn taco shells, sliced thin or crumbled to garnish, optional (2 pounds)

YIELD: 100 SERVINGS (K–5) * SERVING SIZE: 1 CUP

Heat the canola oil in a large soup pot over medium heat. Add the onion and sauté until translucent.

Add the butternut squash, garlic, chicken base, water, tomatoes, chili powder, salt, and pepper.

Bring to a boil and cook until the squash is tender, about 30 minutes. At this point, use a potato masher to break down the squash a bit.

Add the green beans, black beans, and corn. Simmer an additional 10 minutes, until the beans are cooked.

Taste for seasoning and adjust as needed. Garnish with taco shells (if using).

NUTRITIONAL INFORMATION

CALORIES: 114; SODIUM: 384.31 MG; SATURATED FAT: 2.05%

USDA REQUIREMENTS MET

½ CUP TOTAL VEGETABLE

(⅛ CUP RED OR ORANGE VEGETABLE, ⅛ CUP OTHER VEGETABLE, ⅛ CUP LEGUMES, ⅛ CUP STARCHY VEGETABLE)

Tomato, Cucumber, and Parsley Salad

BY **CHEF VINCENT “VIN” CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

- 19 cucumbers—peel and slice 1-inch wide (about 13 pounds)
- 10½ quarts grape tomatoes, halved (about 15 pounds)
- 2 large red onions, sliced thin (about $\frac{2}{3}$ pound)
- 1¾ cups olive oil
- 5½ cups chopped flat-leaf parsley (5½ bunches or $\frac{3}{4}$ pound)
- 1½ tablespoons kosher salt
- 1½ teaspoons black pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: $\frac{3}{4}$ CUP

Combine the tomatoes, cucumbers, onions, olive oil, and parsley in a large bowl.

Season the salad with the salt and pepper.

Chill before serving.

NUTRITIONAL INFORMATION

CALORIES: 63; SODIUM: 109.39 MG; SATURATED FAT: 7.65%

USDA REQUIREMENTS MET

$\frac{3}{4}$ CUP TOTAL VEGETABLE

($\frac{3}{8}$ CUP RED OR ORANGE VEGETABLE, $\frac{1}{3}$ CUP OTHER VEGETABLE)

Tomato Soup

BY **ELLIE SOWICK**

AND **BONNIE KITSAKOS**, PENTUCKET REGIONAL SCHOOL DISTRICT, WEST NEWBURY

You'll need an immersion blender or blender to puree this soup so it's smooth. The flavor comes from the tomatoes, garlic, herbs, and other veggies, so there's no need for milk or cream here. Serve this with a grilled cheese sandwich.

- 1 cup vegetable oil
- 4 large onions, diced
- 4½ cups diced celery (1 bunch or 1¼ pounds)
- 10 cups diced carrots (3¼ pounds)
- 1½ cups minced garlic
- ¾ cup Worcestershire sauce
- ½ cup white sugar
- 15 tablespoons chicken base
- 3¼ gallons water (52 cups)
- 2 #10 cans low-sodium diced tomato
- 3 tablespoons dried basil
- 1 tablespoon dried thyme
- 1 tablespoon salt
- 1 tablespoon pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 CUP

Sauté the veggies and garlic in oil until tender.

Add the stock and the Worcestershire sauce. Let cook 1 to 2 minutes, and then add the tomatoes (including liquid).

When the soup is warm and starting to bubble, add the sugar and spices. Cook until carrots are soft.

Blend by small amounts in an immersion blender.

NUTRITIONAL INFORMATION

CALORIES: 56; SODIUM: 477.01 MG; SATURATED FAT: 6.53%

USDA REQUIREMENTS MET

⅜ CUP RED OR ORANGE VEGETABLE

Vin's Minestrone Soup

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

A trusty minestrone from Chef Vin. Kim Szeto, Farm to School Coordinator for Boston Public Schools adds 5 pounds of thinly sliced collard greens to minestrone, and students love it. Swiss chard or fresh spinach also work.

- 1 cup vegetable oil
- ½ cup minced garlic
- 3 pounds Spanish onions, peeled and diced
- 2 pounds carrots, peeled and diced
- 2 pounds celery, trimmed and diced (including the leaves)
- 1 tablespoon salt, or more to taste
- 3 medium zucchini, trimmed and cut into ½-inch cubes
- 3 summer squash, trimmed and cut into ½-inch cubes
- 2 gallons water
- 1 #10 can plus 1 cup crushed tomatoes
- 1 #10 can plus 2½ cups kidney beans, drained and rinsed
- 1 tablespoon black pepper
- 3½ pounds dry elbow macaroni

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 CUP

Heat the oil in a large pot over medium heat.

When the oil is hot, add the garlic and cook for 30 seconds. Add the onions, carrots, and celery. Sprinkle the vegetables with kosher salt.

Cover the pot and sauté the vegetables for 15 minutes, stirring occasionally. Stir in the zucchini and summer squash.

Raise the heat to high. Pour in the water and bring to a boil. Reduce the heat and simmer for 15 minutes.

Add the crushed tomatoes and kidney beans. Simmer for 10 minutes more. Season the soup with salt and black pepper.

Add the cooked elbows just before service.

NUTRITIONAL INFORMATION

CALORIES: 98; SODIUM: 226.15 MG; SATURATED FAT: 3.28%

USDA REQUIREMENTS MET

½ OUNCE M/MA

⅛ CUP RED OR ORANGE VEGETABLE

OR

¼ CUP TOTAL VEGETABLE

(⅛ CUP RED OR ORANGE VEGETABLE, ⅛ CUP LEGUME VEGETABLE)

Roasted Potato Wedges

BY **DONNA MINER**, KITCHEN MANAGER, CHICOPEE HIGH SCHOOL ADAPTED FROM THE MASSACHUSETTS FARM TO SCHOOL COOKBOOK

A wildly popular fat-free potato dish—crisp, lightly spiced, and hot from the oven. The kids love these potatoes—they want any entrée they accompany—so pair them up with a dish that’s not so easy to sell.

- 35 large well-scrubbed russet baking potatoes (29 pounds)
- 2 tablespoons and 2 teaspoons paprika
- ¼ cup and 2 teaspoons onion powder
- ¼ cup and 2 teaspoons garlic powder
- 2½ teaspoons adobo seasoning
- 2 teaspoons salt (more or less to taste)
- 1 teaspoon black pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP (ABOUT 3 WEDGES)

Stab potatoes with a fork and bake in oven until cooked through.

Conventional oven: 425°F for about 50 minutes

Convection oven: 375°F for about 40 minutes

Cool.

Halve the potatoes lengthwise, and then cut each half into 4 to 5 wedges, depending on the size of the potato. Divide potatoes equally between parchment-covered sheet pans in a single layer, skin-side down (like boats).

Mix the paprika, onion powder, garlic powder, adobo seasoning, salt (if you are using it), and pepper in a small bowl.

Sprinkle spices evenly over the wedges.

Bake right before service until hot, crispy, and lightly browned.

Convection oven: 400°F about 20 minutes

Conventional oven: 425°F about 25 minutes

NUTRITIONAL INFORMATION

CALORIES: 94; SODIUM: 104.84 MG; SATURATED FAT: 0.31%

USDA REQUIREMENTS MET

½ CUP STARCHY VEGETABLE

Smashed Potatoes

BY **CHEF VINCENT “VIN” CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

A wildly popular fat-free potato dish—crisp, lightly spiced, and hot from the oven. The kids love these potatoes—they want any entrée they accompany—so pair them up with a dish that’s not so easy to sell.

3 1 pounds washed red or
yellow potatoes
2½ cups olive oil
6 tablespoons kosher salt
3 tablespoons plus 2 teaspoons
black pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

Preheat oven to 400°F.

Boil the potatoes until very tender. When they begin to float, it is a good indication they are ready.

With a large paddle or in a mixer, roughly “smash” the potatoes.

Add oil, salt, and black pepper. Transfer the potatoes to two 4-inch hotel pans.

Drizzle a bit more oil on top of the potatoes and transfer to the oven.

Roast until a golden crust forms, approximately 15 minutes.

NUTRITIONAL INFORMATION

CALORIES: 173; SODIUM: 441.48 MG; SATURATED FAT: 3.89%

USDA REQUIREMENTS MET

¾ CUP STARCHY VEGETABLE

Braised Cabbage and Apple

BY **CHEF NICK SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

This is a classic French method of handling the abundance of cabbage that farmers produce in the north of France. The onions and apples lend sweetness, while the cider vinegar finishes off the dish with a bit of sharpness. This is a wonderful side for almost any protein or as a fresh enhancement to frozen vegetable medleys. It also makes a great filling in a taco or wrap.

4½ cups thinly sliced Spanish onions
(2⅓ pounds or 7 large)
⅛ cup thinly sliced garlic
(¾ ounce or 7 cloves)
3 tablespoons salt
1 tablespoon black pepper
1½ cups vegetable oil
1½ cups cider vinegar
9 cups apple juice
48⅔ cups thinly sliced red cabbage
(7½ pounds or 3 large heads)
53½ cups thinly sliced green cabbage
(8¼ pounds or 3 large heads)
6 cups sliced apples
(1½ pounds or 3 large)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

In a tilt skillet or a large braising pan, sauté onions and garlic in the oil, salt, and pepper until soft and melted.

Add the juice and vinegar. Mix in the cabbages and apples; stir until coated.

Cook, stirring often, until the cabbage is soft; about 1 hour.

Taste for seasoning.

NUTRITIONAL INFORMATION

CALORIES: 68; SODIUM: 229.69 MG; SATURATED FAT: 6.13%

USDA REQUIREMENTS MET

½ CUP OTHER VEGETABLE

Chilaquiles

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

This is a simple and popular vegetarian casserole that doesn't seem vegetarian. It is adapted from Didi's book *Vegetarian Planet*. Use either a prepared salsa or the recipe below and, if desired, add beef crumbles or fajita chicken meat to this recipe. Save the leftover tomato liquid for a future soup or for the Low-Sodium Hot Sauce.

- 3 #10 cans kidney beans or any other cooked canned bean—drain and rinse 2 cans in a colander, keep 1 can in its liquid (345 ounces or 37¼ cups)
- 6 cups water
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 2 teaspoons onion powder
- 2 #10 cans diced tomatoes, drained (102 ounces or 12¼ cups)
- 75 8-inch corn tortillas, 25 cut into large triangles
- 5½ cups cheddar cheese (1¼ pounds)
- 12 cups canned or frozen corn kernels (4⅓ pounds)
- 9½ cups salsa

Salsa

- 8 cups chopped tomato
- 3 cloves garlic, minced
- 1 cup minced cilantro (stems are fine)
- ½ cup olive oil
- 1 teaspoon salt

hot sauce to taste
juice from 2 limes

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

In a heavy-bottomed pot over low heat, cook the beans with the water and the spices until the mixture thickens. Stir often and use a masher to break the beans down. This will take about 45 minutes until the mixture is quite thick.

Spray four hotel pans (shallow pans are fine). Layer the tomatoes and half the tortillas in an overlapping fashion, dollops of refried beans, the cheddar, and then stick the triangles into the casserole so that they rise up.

Spray the tortilla triangles with oil spray so they will crisp up nicely. Bake in a 350°F oven for 15 to 20 minutes or until piping hot. Cut each pan into 24 servings.

Combine all the salsa ingredients, and taste for seasoning.

Serve each serving of chilaquiles with a generous tablespoon of salsa.

NUTRITIONAL INFORMATION

CALORIES: 180; SODIUM: 346.11 MG; SATURATED FAT: 6.69%

USDA REQUIREMENTS MET

- ½ CUP OTHER VEGETABLE
- 1 OUNCE EQUIVALENT GRAIN

Didi's Healthy Ginger Slaw

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"This recipe is kid-proof. I've given this to hundreds of kids without a hitch. Don't skimp on the ginger—that is the secret to its success. Try this with any sandwich or wrap, even tacos."

—*Chef Didi, Project Bread's Cookbook Consultant*

- 1 pound carrots, peeled and grated or diced small in buffalo chopper (about 6 large)
- 2 medium heads red cabbage, sliced very thin or chopped in buffalo chopper (about 3¾ pounds)
- 2 medium heads green cabbage, sliced thin or chopped in buffalo chopper (about 4 pounds)
- 2 medium red onions, sliced very thin (½ pound)
- ¾ cup sugar
- 3⅔ cups white vinegar
- ¾ cup vegetable oil
- ⅔ cup minced fresh ginger
- 3 tablespoons minced garlic
- 1½ tablespoons salt
- 1½ tablespoons ground black pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

In a large bowl, toss together the carrot, cabbage, and onion. Mix well.

Make dressing by combining the sugar, vinegar, olive oil, ginger, and salt and pepper in a bowl. Add the dressing gradually to the bowl of cabbage, tossing with hands or tongs, until the slaw is well-coated. Season to taste with salt and pepper.

The slaw is best if made right before service, but if made the day ahead, don't add the salt until ready to serve. Also, just before serving, it is important to toss and taste for seasoning.

NOTE: *A bunch of chopped kale can be substituted for the red cabbage.*

NUTRITIONAL INFORMATION

CALORIES: 31; SODIUM: 114.27 MG; SATURATED FAT: 7.49%

USDA REQUIREMENTS MET

⅜ CUP OTHER VEGETABLE

Roasted Rosemary Winter Vegetables

BY **CHEF KIRK H. CONRAD**, CHEF IN RESIDENCE, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

Kirk knows how to make vegetables appeal to students. If you're using fresh rosemary, double the quantity (chopped).

- 37 small red bliss potatoes, cut into 1½-inch wedges (13¾ pounds)
- 50 large carrots (or about 28 sweet potatoes), cut into 1-inch pieces (8 pounds)
- 11 large green peppers, cut in half lengthwise and then each half into 4 pieces (4¼ pounds)
- 2 tablespoons minced fresh garlic
- 2 tablespoons dried rosemary
- 1½ cups canola oil
- 4 teaspoons salt
- 1 teaspoon black pepper

YIELD: 100 SERVINGS (K-5) ✱ SERVING SIZE: 2/3 CUP

Toss the cut red potatoes in a large bowl or hotel pan with the carrots (or sweet potatoes), peppers, oil, garlic, rosemary, salt, and pepper. All the vegetables should be well-coated with oil.

Spread vegetables on sheet pans in a single layer.

Roast at 400°F for 30 to 40 minutes in a convection oven (or at 425°F for 35 to 45 minutes in a conventional oven) until potatoes are cooked through and slightly browned.

Hold for hot service.

NUTRITIONAL INFORMATION

CALORIES: 104; SODIUM: 127.54 MG; SATURATED FAT: 4.01%

USDA REQUIREMENTS MET

½ CUP OTHER VEGETABLE



GRAINS

The heart of great dishes from around the world

Confetti Wheat Berry and Bean Salad

BY **CHEF BRIDGET COLLINS**, PROFESSIONAL CHEF AND SCHOOL NUTRITIONAL CONSULTANT

Jeanne Irwin of Somerville made a deal with Four Star Farms in Northfield, Massachusetts, to deliver a few hundred pounds of wheat berries to her central school commissary. Then Somerville distributed the product to all the other Somerville Schools. Now that's a real dedication to buying local!

- 6½ pounds dry wheat berries
- 5 gallons water
- 4¾ pounds fresh corn, cooked and cut off the cob (thawed frozen corn is an acceptable substitute, do not use canned corn)
- 18½ cups grated carrots (about 4¾ pounds)
- 12 cups diced red bell pepper (about 8 pounds)
- 2½ pounds cherry tomatoes, halved (about 3 pints)
- 4¾ cups chopped scallions (about 1 bunch)
- 1½ cups chopped cilantro or parsley leaves
- 13 cups cooked black beans (rinsed, if canned)
- 13 cups cooked kidney beans (rinsed)

Dressing

- 16 cloves fresh garlic, minced
- 2½ cups orange juice
- 2½ cups fresh lime juice
- 3 tablespoons salt
- 3 tablespoons chili powder
- 2 tablespoons ground cumin
- 4 teaspoons ground black pepper
- 4¾ cups olive oil or vegetable oil

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 CUP

Rinse the wheat berries under cool water. Place them in a large pot with enough water to cover them. Bring to a boil over high heat. Once the water has boiled, reduce the heat to low, and cook the berries until tender. Simmer for approximately one hour.

While the wheat berries are cooking, prepare the dressing. In the bowl of a blender or food processor, add the garlic, juices, salt, chili powder, cumin, and black pepper. Blend briefly. With the motor running, add the oil in a slow steady stream through the top spout. Blend until smooth.

Drain the wheat berries well, and pour the dressing over them while they are still hot. Stir well to coat them evenly. Allow the wheat berries to cool, and hold the mixture at 40°F or lower.

Prepare the vegetables and beans and add them to the cooled wheat berry mixture.

Toss everything to combine, and refrigerate until service.

NUTRITIONAL INFORMATION

CALORIES: 304; SODIUM: 314.67 MG; SATURATED FAT: 4.51%

USDA REQUIREMENTS MET:

¾ OUNCE EQUIVALENTS GRAIN

PLUS

1 OUNCE M/MA

¼ CUP TOTAL VEGETABLES

(⅛ CUP RED OR ORANGE VEGETABLES, ⅛ CUP STARCHY VEGETABLE)

OR

½ CUP TOTAL VEGETABLE

(¼ CUP LEGUME VEGETABLE, ⅛ CUP RED OR ORANGE VEGETABLE,

⅛ CUP STARCHY VEGETABLE)

Quinoa

BY **HARVARD SCHOOL DISTRICT**

Substitute quinoa in any dish that calls for rice. Quinoa is one of the most nutritionally dense foods available. It contains twice the fiber of other grains and is high in protein, and unlike meat, it provides all nine essential amino acids.

19 cups red or white quinoa
(7¾ pounds)
1 tablespoon salt
1 tablespoon pepper, to taste
38 cups cold water

spray oil

YIELD: 100 SERVINGS (K-5) ✱ SERVING SIZE: ½ CUP

Preheat oven to 350°F.

Measure the quinoa and evenly divide it into two 4-inch hotel pans.

Pour 19 cups cold water into each hotel pan.

Divide salt and pepper between pans.

Spray oil on the sides of the pan, and then place plastic wrap over the top. Then place foil over that.

Bake for 30 to 40 minutes or until tender.

NUTRITIONAL INFORMATION

CALORIES: 130; SODIUM: 75.21 MG; SATURATED FAT: 1.73%

MEAL COMPONENT CREDITS

1 OUNCE EQUIVALENT GRAIN

Quinoa and Chick Pea Salad with Dried Cranberries

BY **CHEF PAUL CORRENTY**, HARVARD SCHOOL DISTRICT

- 5 pounds dry red or white quinoa
- 1 #10 can chickpeas,
rinsed and drained
- 4 cucumbers, peeled and
seeds removed and then cut into
small chunks (about
2½ pounds)
- 2 pounds dried cranberries
(or cherries)
- 3 cups chopped fresh mint
- 1 large red onion, diced small

Cider Vinaigrette:

- 2 tablespoons Dijon mustard
- ½ cup cider vinegar
- 1 cup vegetable oil
- 1 tablespoon sugar or honey
- 1 tablespoon salt
- 2 teaspoons ground pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¼ CUP

Cook the quinoa according to directions for recipe 3.2. Add salt to taste.

Preheat oven to 350°F.

Spray oil on the sides of two 4-inch hotel pans.

Measure the quinoa and evenly divide it into the two pans. Place plastic wrap over. Bake.

Remove from oven. Toss all ingredients together with dressing. Chill, and then toss again before service.

NUTRITIONAL INFORMATION

CALORIES: 116; SODIUM: 116.65 MG; SATURATED FAT: 2.54%

USDA REQUIREMENTS MET:

²/₃ OUNCE EQUIVALENT GRAIN

Quinoa Salad

BY **MILTON PUBLIC SCHOOL**

Quinoa is an appealing grain because it is light, moist, and mild in flavor. As a salad, it works a bit like bulgur in a tabouli, absorbing the salad dressing and its flavor.

12½ cups dry quinoa (5 pounds)
25 cups water
¾ cup low-sodium chicken broth
base or paste
1½ cups cider vinegar
3 cups lemon juice,
preferably fresh
6 tablespoons granulated garlic
1½ cups vegetable oil
1 tablespoon ground
white pepper
12½ cups peeled and
sliced cucumbers
(4¾ pounds or 7 large)
3 cups chopped fresh parsley
3 cups chopped scallions
2 cups chopped red onion
(1 pound or 3 large)
1½ pounds feta cheese

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 2/3 CUP

If you can, first place the quinoa into a strainer and rinse under running water.

Put quinoa, water, and chicken base into a saucepan and bring to a boil. Cover and reduce to a simmer. Cook for 10 to 15 minutes or until all liquid is absorbed. Set aside to cool.

Combine lemon juice, vinegar, garlic, oil, and pepper in a bowl and set aside.

Combine cucumber, parsley, scallions, and red onion in a bowl.

When quinoa has cooled, stir in the feta cheese and dressing.

Serve at room temperature or chilled.

NUTRITIONAL INFORMATION

CALORIES: 139; SODIUM: 321.18 MG; SATURATED FAT: 10.91%

USDA REQUIREMENTS MET

¼ OUNCE M/MA

2/3 OUNCE EQUIVALENT GRAIN

1/8 CUP OTHER VEGETABLE

Rena's Brown Rice

BY **RENA SANTILLAN**, CAFETERIA MANAGER, MARY CURLEY SCHOOL, BOSTON PUBLIC SCHOOLS

Rena is from Ecuador, and she knows rice! This is similar to what Rena makes at home but she uses fresh onion and fresh garlic. Feel free to add a large spoonful of recipe 4.1 Amarilis's Sofrito to each pan of rice when mixing the rice with the water at the start.
15²/₃ cups dry long-grain brown rice (6¹/₄ pounds dry)

2 tablespoons garlic powder
(or 6 tablespoons minced
fresh garlic)
2 tablespoons onion powder
1 tablespoon Spanish paprika
1 tablespoon salt
½ cup vegetable oil
34½ cups hot water

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

Preheat a convection oven to 350°F or a conventional oven to 400°F.

Divide the rice into two 4-inch hotel pans—in equal portions, 9 cups for each hotel pan.

Divide spices and oil in half and add one-half to the rice in each hotel pan.

Divide the water in half and add one-half to each hotel pan (13½ cups water in each pan). Spray the edges of the hotel pans with pan-release spray, cover with plastic, and then foil.

Bake at 350°F for 1½ to 2 hours or until the rice is tender.

NUTRITIONAL INFORMATION

CALORIES: 116; SODIUM: 74.77 MG; SATURATED FAT: 2.6%

USDA REQUIREMENTS MET

1 OUNCE EQUIVALENT WHOLE GRAIN

Rosa's Spanish Rice and Veggie Pilaf

BY **ROSA BADILLO**, ENGLISH HIGH SCHOOL, BOSTON PUBLIC SCHOOLS

Rosa is one of the most formidable cooks at Boston Public Schools. We were able to get this recipe, which we greatly appreciate.

- ½ cup vegetable oil
- 2 large Spanish onions,
minced fine (2⅓ pound)
- ⅛ cup finely minced garlic
(2⅓ ounce or 6 cloves)
- 4½ cups finely chopped green bell
peppers (1¾ pound or about
5 large peppers)
- ½ cup paprika
- 2 tablespoons ground cumin
- 1 tablespoon black pepper
- 2 tablespoons salt
- 2 cups dried oregano
- 12½ cups chickpeas or garbanzo
beans (1¼ #10 can)
- 3⅔ cups salsa)
- 35½ cups water
- 15⅔ cups dry brown rice
(6¼ pounds)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ¾ CUP

In a rondeau or stockpot, heat the oil over medium heat.

Add the onions, garlic, and pepper and sauté for 10 minutes, stirring often.

Add the paprika, cumin, black pepper, salt, and oregano. Stir while cooking for 2 minutes.

Add the chickpeas, salsa, water, and rice.

Bring to a boil then turn heat to low and cover for 40 minutes or until the rice is done.

NUTRITIONAL INFORMATION

CALORIES: 165; SODIUM: 192.29 MG; SATURATED FAT: 2.28%

USDA REQUIREMENTS MET

1 OUNCE EQUIVALENT WHOLE GRAIN

½ OUNCE M/MA **OR** ⅛ CUP LEGUME VEGETABLE



SAUCES, DRESSINGS, TOPPINGS & SEASONINGS

A little bit of magic makes every meal better

Amarilis's Sofrito

BY **CHEF NICK SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE,
AND **AMARILIS RIVERA**, LAWRENCE SCHOOL DISTRICT

Sofrito is a highly flavored sauce base used throughout Latin America. Especially popular in Puerto Rico, sofrito makes its way into rice, black bean soup, spaghetti sauce, meatballs, and much more. It will last a couple of months in the fridge. Many people freeze it in ice cube trays so that it becomes a kind of flavor cube to add to soups and stews.

- 1 large red bell pepper (1/3 pound)
- 3 large green bell peppers (1 pound)
- 2/3 cup chopped fresh cilantro, packed (1 bunch)
- 1 bunch of fresh recaito (long cilantro leaves, substitute more cilantro if unavailable)
- 1 1/2 tablespoons chopped garlic
- 1/2 cup roughly chopped onions
- 1 tablespoon dried oregano
- 1 pinch of salt
- 1/2 tablespoon paprika
- 3 tablespoons vegetable oil

YIELD: 1 QUART ✱ SERVING SIZE: 1 TABLESPOON

Blend all ingredients together, in batches, in a food processor until a smooth paste forms. If needed, add a cup of water to puree the ingredients.

NUTRITIONAL INFORMATION

CALORIES: 11; SODIUM: 3.73 MG; SATURATED FAT: 8.33%

USDA REQUIREMENTS MET

N/A

Asian Salad Dressing

BY **NICOLE CABOT**, ISLAND GROWN SCHOOLS COORDINATOR, WEST TISBURY SCHOOL

Use this dressing on a simple salad of greens, shredded carrots, cucumbers, and radishes. Great on a scoop of grain salad like couscous or quinoa. It's even good on rice noodles. The ginger can be spicy; use less if you like. Add a splash of vinegar if you want more pep.

$\frac{2}{3}$ cup mild white miso or
brown miso
 $\frac{1}{3}$ gallon water, room temperature
 $\frac{1}{3}$ cup shredded carrots
2 tablespoons sesame oil
 $\frac{1}{4}$ cup peeled and minced ginger

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 3½ TEASPOONS

Use a microplane or super-fine shred blade to shred carrots.

In a blender or food processor, mix miso with water until blended. Add shredded carrots and ginger. Depending on the strength of the miso, add more water to dilute.

Gently stir in sesame oil. Dressing will separate but simply shake well before serving.

NUTRITIONAL INFORMATION

CALORIES: 6; SODIUM: 69.04 MG; SATURATED FAT: 8.46%

USDA REQUIREMENTS MET

N/A

Didi's Beef Bolognese Sauce with Carrots

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"I see Bolognese as a tomato meat sauce in search of more nutrients and perhaps of more flavor, because that's the end result," says Chef Didi Emmons, Project Bread's cookbook consultant who helped with this cookbook. Carrots are armed with beneficial compounds such as beta-carotenes, vitamin A, minerals and anti-oxidants.

8¾ pounds raw ground beef (or 6½ pounds cooked beef crumbles)
2½ cups grated Parmesan cheese (7 ounces)
2 tablespoons vegetable oil
⅔ cup minced Spanish onion (⅓ pound or 1 large)
6 cups finely chopped carrots (about 3 pounds or 8 large carrots)
1½ tablespoons garlic powder (or 3 cloves garlic, minced)
1 tablespoon onion powder
25 cups tomato sauce (about 2 #10 cans)
1 tablespoon dried oregano
1 teaspoon dried basil
1 cup cider vinegar
1 tablespoon salt
1 tablespoon black pepper
6½ pounds whole-grain penne or spaghetti

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP PENNE OR SPAGHETTI AND ½ CUP BEEF BOLOGNESE SAUCE

Prepare recipe 4.6 Kirk's Marinara Sauce according to the directions.

Stir beef into marinara sauce and keep refrigerated until use.

Cook and cool pasta per pasta cooking recipe—do not overcook; pasta must be al dente!

Mix cold pasta with cold sauce.

Portion sauced pasta into 2½-inch deep hotel pans, about 13½ pounds per pan. The final weight will be 12½ pounds per pan because of evaporation during cooking.

Cover with parchment paper and foil (tightly wrapped) and reheat at 350°F to an internal temperature of 165°F.

Top with 1 teaspoon grated Parmesan on top of each serving.

NUTRITIONAL INFORMATION

CALORIES: 224; SODIUM: 216.07 MG; SATURATED FAT: 8.81%

USDA REQUIREMENTS MET

1 OUNCE M/MA
1 OUNCE EQUIVALENT WHOLE GRAIN
¼ CUP OF RED OR ORANGE VEGETABLE

Green Pea Guacamole

BY **CHEF COLLEEN WALLACE**, CAFETERIA MANAGER, WESTFORD ACADEMY,
AND **SHELLEY BICKFORD**, STAFF MEMBER, WESTFORD ACADEMY

Westford Academy uses this guacamole to make a marvelous California turkey wrap with turkey bacon. In a tortilla, include thin-sliced turkey from the deli, turkey bacon, American or Swiss cheese, lettuce, tomatoes, and a pickle!

- 6 pounds green peas
- ½ cup lemon juice (2 lemons)
- 2 tablespoons salt
- 2 teaspoons pepper
- 2½ teaspoons ground cumin
- 4 tablespoons minced garlic
- 2½ cups vegetable oil
- 6 cups minced red onion
(about 2 pounds)
- 12 small Roma tomatoes, diced

Optional Ingredients:

- ½ cup low-fat sour cream
- 3 cups chopped fresh cilantro,
including stems

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

In a blender, combine peas, lemon juice, salt, pepper, cumin, and garlic and turn the blender on medium speed. Add the oil in a thin stream until all is incorporated.

Transfer to a bowl and add in the optional ingredients if desired.

Keeps for 3 days in fridge.

NUTRITIONAL INFORMATION

CALORIES: 78; SODIUM: 172.86 MG; SATURATED FAT: 9.85%

USDA REQUIREMENTS MET

³/₈ CUP LEGUME VEGETABLE

OR

³/₈ CUP M/MA

Kirk's Caesar Dressing

BY **CHEF KIRK H. CONRAD**, CHEF IN RESIDENCE, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

Here is another of Kirk's low-fuss recipes. If you don't have low-fat Parmesan, you can certainly use the conventional kind. For a change, try making Caesar salad with baby spinach leaves and romaine instead of iceberg lettuce.

10 ²/₃ cups low-fat mayonnaise
1/3 cup yellow mustard
4 teaspoons minced fresh garlic (4 cloves) or 2 teaspoons powdered garlic
4 teaspoons Worcestershire sauce
4 teaspoons onion powder
4 teaspoons lemon juice or cider vinegar
2/3 cup low-fat white milk
1 teaspoon hot sauce
2/3 cup low-fat Parmesan cheese
2/3 teaspoon salt
2/3 teaspoon pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 2 TABLESPOONS

In a large bowl, whisk together the ingredients until smooth—salad dressing consistency.

Chill.

Serve with romaine and iceberg mix, croutons, and other salad fixings. Will last up to 2 weeks in the refrigerator.

NUTRITIONAL INFORMATION

CALORIES: 59; SODIUM: 59.02 MG; SATURATED FAT: 13.64%

USDA REQUIREMENTS MET

N/A

Kirk's Marinara Sauce

BY **CHEF KIRK H. CONRAD**, CHEF IN RESIDENCE, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

A straightforward and easy tomato sauce. Fitting for meatball subs, pasta, or a dipping sauce for chicken fingers.

- 2 tablespoons vegetable oil
- $\frac{1}{3}$ cup minced Spanish onion
($\frac{1}{3}$ pound or 1 large)
- $1\frac{1}{2}$ tablespoons garlic powder
or 3 cloves minced garlic
- 1 tablespoon onion powder
- 24 cups tomato puree or
tomato sauce (2 #10 cans or 212
ounces)
- 1 tablespoon dried oregano
- 1 teaspoon dried basil
- 1 tablespoon cider vinegar
- 1 teaspoon salt
- 1 teaspoon pepper

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: $\frac{1}{4}$ CUP

Heat the oil in a heavy-bottomed saucepot over low heat.

Add the onion and sauté until translucent, about 6 minutes.

Add the garlic and onion powder and the tomato puree or sauce.
Bring to a simmer and add the herbs.

Simmer for 30 minutes, add the vinegar and salt and pepper
to taste.

NUTRITIONAL INFORMATION

CALORIES: 24; SODIUM: 92.76 MG; SATURATED FAT: 1.47%

USDA REQUIREMENTS MET

$\frac{1}{4}$ CUP OF RED OR ORANGE VEGETABLE

Kirk's Two-Second Vinaigrette

BY CHEF KIRK H. CONRAD, CHEF IN RESIDENCE, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

Kirk says he can make this reliable salad dressing in two seconds, but it might take the uninitiated a couple of minutes.

2¹/₃ cups vinegar (cider, balsamic, red wine, or even white)
4¹/₂ cups vegetable or olive oil
1 teaspoon granulated garlic
1 teaspoon onion powder
½ teaspoon salt
½ teaspoon ground pepper

YIELD: 100 SERVINGS (K-5) ✱ SERVING SIZE: 1 TABLESPOON

Mix all ingredients in a large bowl, preferably with a whisk.

Pour the dressing over salads that are assembled in hotel pans.

Store in an airtight container in the refrigerator.
It will keep for up to 3 months.

NUTRITIONAL INFORMATION

CALORIES: 87; SODIUM: 12.26 MG; SATURATED FAT: 15.48%

USDA REQUIREMENTS MET

N/A

Low-Sodium Hot Sauce

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

You do need a food processor, blender, or immersion blender to make this sauce, and it's much healthier than what most of us have been using. Add more jalapeños if your students like a hotter sauce or a bunch of chopped cilantro for more flavor.

- 9 jalapeño peppers (½ pound)
- 12¼ cups low-sodium whole tomatoes in juice
(1 #10 can or 102 ounces)
- 1 small white onion (¼ pound)
- 2 tablespoons chopped garlic
(²/₃ ounce or 6 cloves)
- 1 cup vegetable or olive oil
- 2 teaspoons ground cumin
- 4 teaspoons dried oregano
- 1 tablespoon salt

YIELD: 100 SERVINGS (K-5) ✱ SERVING SIZE: 3 TABLESPOONS

Slice the jalapeños in half lengthwise. Remove the stems and most of the seeds from the jalapeños.

Place jalapeños, tomatoes and their juice, onion, garlic, oil, cumin, oregano, and salt in a food processor, blender, or in a large container for the immersion blender; pulse to desired consistency.

Let sit for 30 minutes and then serve.

This keeps for 3 weeks wrapped well in the refrigerator.

NOTE: *If desired, place the jalapeños directly on an electric stove burner or gas stove grate to put a quick roast on the skins for an extra smokiness. Over low heat, turn peppers as the skin slightly chars. Remove and cool slightly. Then start at step 1 to complete the recipe.*

NUTRITIONAL INFORMATION

CALORIES: 27; SODIUM: 104.36 MG; SATURATED FAT: 9.89%

USDA REQUIREMENTS MET

N/A

Low-Fat Salad Marinade

BY **BOSTON PUBLIC SCHOOLS**

This dressing also makes a terrific marinade for chicken fajita meat. Just marinate the chicken overnight and serve with Spanish-Style Rice.

- 2 tablespoons garlic powder
(or 8 cloves, minced)
- ¼ cup onion powder
- 2 tablespoons Italian seasoning
- ½ tablespoon black pepper
- 1 teaspoon salt
- 1 cup orange juice (two 4-ounce
juice cartons)
- ¼ cup mayonnaise
- 2 cups cider vinegar
- 2½ cups canola oil
- ½ cup grated Parmesan cheese
(optional)

YIELD: 100 SERVINGS (K-5) ✱ SERVING SIZE: ½ FLUID OUNCE

In a large bowl, combine the garlic powder and onion powder with the Italian seasoning, black pepper, and salt.

Whisk in the orange juice, mayonnaise, and vinegar.

Whisk in the oil slowly, until all the oil is added.

Add Parmesan cheese (if desired).

Chill dressing before service.

To serve, fill 1-ounce soufflé cups halfway full and set out on sheet pan for students.

NUTRITIONAL INFORMATION

CALORIES: 56; SODIUM: 37.01 MG; SATURATED FAT: 13.29%

USDA REQUIREMENTS MET

N/A

Nick's Homemade Salsa

BY **CHEF NICK SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"I love this recipe, since it combines fresh ingredients that can be found in many kitchens, specialty spices, and canned tomatoes. It makes a great accompaniment to chips and salsa or jazzes up any protein. I like canned tomatoes for this preparation, since the quality and flavor of fresh tomatoes can be hit or miss. Be aggressive by adding fresh or pickled jalapeños or your favorite hot chili pepper if you are feeding older students."

—Chef Nick, *Project Bread's School Food Chef*

- 24½ cups canned diced tomatoes, drained—reserve liquid (2 #10 cans or 204 ounces)
- 1 cup finely diced red onions (1 large or ⅔ pound)
- 1 cup finely diced red or green bell pepper (1 medium)
- ¼ cup finely chopped garlic (about 1/10 pound)
- 1½ cups chopped fresh cilantro (about 2 bunches)
- ½ cup lime juice (3 limes)
- 1 tablespoon red wine vinegar
- 1 tablespoon ground cumin, toasted
- 1 tablespoon recipe 4.13 Scott's Taco Seasoning or commercial taco seasoning
- ⅓ cup vegetable oil
- 2 tablespoons salt

YIELD: 100 SERVINGS (K–5) * SERVING SIZE: ¼ CUP

In a large pan, heat the reserved tomato juice from the drained cans to a boil. Turn down to medium heat and reduce the liquid until it is thickened and reduced in volume by about half.

Mix the remaining ingredients in a large bowl to combine. Once the reduced tomato liquid is cooled, add it to the salsa.

Reserve for service at room temperature or refrigerate in a tightly sealed container for up to one week.

NOTE: *If your school does not have access to a stovetop to reduce the tomato liquid, substitute 1 to 2 cups of tomato paste, depending on your desired thickness of the salsa. Reserve the tomato water for cooking rice or adding into any dish that you would normally add water to for a more robust flavor.*

NUTRITIONAL INFORMATION

CALORIES: 21; SODIUM: 210.90 MG; SATURATED FAT: 4.31%

USDA REQUIREMENTS MET

¼ CUP RED OR ORANGE VEGETABLE

Peggy's Meat Sauce

BY **PEGGY FANNING**, MANAGER, HINGHAM SCHOOL DISTRICT

"Parsley brightens the flavor of this tomato-based beef sauce. Serve it on spaghetti or ravioli. We recommend using Italian parsley for this recipe—the flavor is brighter and stronger than curly parsley."

—*Chef Didi, Project Bread's Cookbook Consultant*

- 3 large onions, chopped
- ½ cup minced fresh garlic
(or tablespoon garlic powder)
- 12 pounds hamburger crumbles,
cooked
- 2 tablespoons ground oregano
- 1 large green pepper, chopped
- 6 quarts Kirk's Marinara Sauce
or 2 #10 cans plus 1 cup
spaghetti sauce
- 2 cups chopped parsley
(about 1 large bunch)
- 2 teaspoons salt, or more to taste
- 2 teaspoons pepper, or more
to taste

YIELD: 100 SERVINGS (K-5) ✱ SERVING SIZE: ½ CUP

In a large stock pot, sauté the onions and garlic over low heat for 15 minutes.

Combine the remaining ingredients, except parsley, in the pot and bring to a slow boil, stirring from time to time.

Let simmer on low for 30 minutes, and then right before serving, add the parsley. Season to taste with salt and pepper.

NUTRITIONAL INFORMATION

CALORIES: 173; SODIUM: 345.64 MG; SATURATED FAT: 17.02%

USDA REQUIREMENTS MET

- ¼ CUP RED OR ORANGE VEGETABLE
- 1 OUNCE M/MA

Pork Mojo Sauce

BY **JEANNE IRWIN**, FORMER FOOD SERVICE DIRECTOR, SOMERVILLE PUBLIC SCHOOLS

This sauce was created for pork, by Jeanne Irwin when she headed the Somerville schools, but we found that it had many applications. Try it with the Chicken Soft Taco, the Beef Taco, or the Bean Taco or instead of salsa, use this in the Chicken Fajita. And quesadillas, of course, are a perfect pairing, too.

2½ cups olive oil
5 large yellow onions, diced
(2½ pounds)
¾ cup chopped garlic
2½ cups orange juice
2½ cups lime juice
½ tablespoon cumin
½ tablespoon salt
½ tablespoon pepper

YIELD: 1 GALLON ✱ SERVING SIZE: 1 TABLESPOON

Sauté garlic and onion with olive oil.

Add orange juice, lime juice, cumin, salt, and pepper for marinade.

Heat over burner for a couple of minutes.

NUTRITIONAL INFORMATION

CALORIES: 80; SODIUM: 20.83 MG; SATURATED FAT: 3.64%

USDA REQUIREMENTS MET

N/A

Scott's Low-Sodium Taco Seasoning Mix

BY **SCOTT RICHARDSON**, PROJECT BREAD

Simple!

$\frac{7}{8}$ cup (14 tablespoons)
onion powder
 $1\frac{1}{3}$ cups (21 tablespoons)
chili powder
7 tablespoons ground cumin
7 tablespoons garlic powder
7 tablespoons paprika
7 tablespoons dried
ground oregano
 $1\frac{1}{2}$ tablespoons salt

YIELD: 4 CUPS

Mix ingredients in a bowl and then add to meats and salsas!

NUTRITIONAL INFORMATION (PER TEASPOON)

CALORIES: 7; SODIUM: 67.2 MG; SATURATED FAT: 4.27%

USDA REQUIREMENTS MET

N/A

Sun Butter Hummus

BY **JACKIE MORGAN**, FOOD SERVICE DIRECTOR, MILTON SCHOOL DISTRICT

Jackie Morgan, food service director of Milton, serves this hummus in a 4-ounce scoop as a dip for raw veggies. She also uses it for salads and for making a Mediterranean wrap with feta cheese, lettuce, tomato, and cucumbers. She says the wrap is “super great!”

- 1½ #10 cans garbanzo beans
- 1½ cups lemon juice
(fresh, canned, or bottled)
- 2 cups sunflower seed butter,
salt added (16 ounces)
- 2 teaspoons salt, or more to taste
- 2 tablespoons raw garlic,
or more to taste

YIELD: 100 SERVINGS (K-5) ✱ SERVING SIZE: 3 TABLESPOONS

Drain garbanzo beans.

Using a food processor with a steel blade, mix all ingredients together and process until you have a smooth texture.

NOTE: *You need a food processor or immersion blender for this recipe.*

NUTRITIONAL INFORMATION

CALORIES: 83; SODIUM: 125.67 MG; SATURATED FAT: 3.06%

USDA REQUIREMENTS MET

1/8 CUP LEGUME VEGETABLE

White Bean Dip

BY **JACKIE MORGAN**, MILTON SCHOOL DISTRICT

Serve this with carrot and celery sticks or breadsticks.

4 pounds dry great northern beans
1²/₃ cups minced raw garlic
1²/₃ cups soybean oil
1²/₃ cups lemon juice, bottled or fresh squeezed
1¹/₂ teaspoons black ground pepper
1¹/₂ tablespoons salt
2¹/₂ cups chopped fresh parsley or mint

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1/3 CUP

Soak the great northern beans overnight.
The next day, cook the beans for 1¹/₂ hours in boiling water.

Cool completely and put in robot coupe with all of the other ingredients.

Lightly chop the parsley. Remove any stems and process all together.

NUTRITIONAL INFORMATION

CALORIES: 58; SODIUM: 108.58 MG; SATURATED FAT: 8.54%

USDA REQUIREMENTS MET

1/4 CUP LEGUME VEGETABLE

ACKNOWLEDGEMENTS

A project this important takes a number of committed partners to succeed, and we have many supporters and contributors to thank.

First, we want to recognize the chefs who helped develop and test these recipes with children in school districts across Massachusetts.

We also want to recognize the chefs and school nutrition directors who developed these recipes that comply with the USDA requirements, are kid-tested, and can be made within a school's budget. Without the participation of this group of dedicated individuals, this cookbook would not exist.



Chef Didi Emmons (above), Cookbook Consultant, Project Bread's Chefs in Schools Initiative

Chef Didi Emmons is the founding chef of four restaurants in Boston and Cambridge, including Haley House Café, as well as the author of three cookbooks, *Vegetarian Planet*, *Entertaining for a Veggie Planet*, and *Wild Flavors*. She now devotes her creativity and energy to insuring that kids have access to good food.

Chef Kirk H. Conrad, Chef-in-Residence, Project Bread

Since joining Project Bread in 2006, Chef Kirk Conrad has worked to change the food culture and eating habits of elementary, middle, and high school students. He has helped train kitchen staffs to create kid-tested and approved healthy food in a wide variety of schools. Some of his favorite dishes include homemade soup, fresh spaghetti sauce with multi-grain pasta, and fresh roasted turkey roll-ups.

Chef Guy S. Koppe, Administrative Chef, Project Bread

Chef Guy's understanding of food extends well beyond the kitchen, as his professional experience ranges from food policy and obesity prevention, to hunger relief and nutrition education. He now trains kitchen staffs to create delicious, healthy meals that appeal to kids, such as chicken teriyaki stir fry and broccoli with garlic and parmesan.

Chef Vanessa LaBranche, Chef Educator, Project Bread

Taking the best practices developed through the Chefs in Schools Program, Chef Vanessa LaBranche is working with students, their parents, and the Head Start kitchen staff to demonstrate that very young kids will eat healthy food when dishes are prepared properly. With a focus on preparing culturally appropriate foods to a largely Latino population, Chef Vanessa teaches parents to make menu items such as roasted corn and yellow squash quesadillas, braised chicken tacos, and Mexican rice with black beans.

Chef Nick Speros, School Food Chef, Project Bread

As a chef and father of three, Chef Nick Speros has a passion for feeding people that is only surpassed by his love of caring for children. Now working with Project Bread, Chef Nick is adding new colors and flavors to the student lunch trays in Lawrence's elementary and middle schools with dishes such as red cabbage and apple slaw, sautéed kale with ginger and soy sauce, Hawaiian chicken, and homemade salsa.

Chef Vincent "Vin" Connelly, Kitchen Manager, Cambridge Rindge and Latin School

Vincent Connelly is the chef for the Cambridge Rindge and Latin High School—the only public high school in Cambridge, Massachusetts. His goals are to improve child health through school food service programs, while maintaining a child-friendly menu with an emphasis on seasonal local produce.

A big thank you goes to our Chefs in Schools partner districts—the first to welcome our chefs into their kitchens:

Boston Public Schools
Lawrence School District
Salem School District

In addition, we want to recognize the **Epiphany School in Dorchester** for serving as a test kitchen for the recipes in this cookbook.

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Last, but not least, we want to thank the writers, designers, and production specialists at Sametz Blackstone Associates without whom we could not have put together such a sophisticated, yet user-friendly cookbook.

Project Bread takes a fresh approach to ending hunger across Massachusetts. We believe the opposite of hungry is not simply full, but healthy—and we're committed to providing people of all ages, cultures, and walks of life with sustainable, reliable access to nutritious food.

From emergency and community-based meals programs, to early childhood and school nutrition initiatives, to improved access to farm-to-table and local food resources, we approach hunger as a complex problem with multiple solutions—solutions that meet people where they are.

We focus on empowerment, innovation, health, and dignity, and we look beyond stopgaps and temporary help to evolve and maintain effective, sustainable, long-term solutions.

We're a catalyst for change in the Commonwealth—bringing people, funding, programs, and policies together to improve the lives and prospects of people across our state.

But we could not do our work without the support of our diverse community:

Our generous donors who give to our innovative programs, to *The Walk for Hunger*, and to our education and advocacy efforts—all to change lives across our state.

Local farmers and growers who provide food grown in our state to individuals and families who want to eat well, but don't have resources nearby.

Doctors and researchers who conduct and collaborate on groundbreaking studies so that we can continue to develop better solutions to end hunger.

Our volunteers and staff who work hard to connect people in need with programs offering nutritious food—without the stigma of a handout.

Our chefs who work with schools and young families to connect our children with the healthy food they need to grow strong, learn, and reach their full potential.

Learn more about Project Bread, our programs, and how you can help make a real difference for many.

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