

Blueberry Coffee Cake

Yield: 45 servings

Bake at 350 °F

<i>Ingredients:</i>	<i>Amount</i>
Flour, all purpose	4 cups
Flour, Whole Wheat white flour/pastry flour	3 cups
Oat Bran	1 cup
Baking Soda	1 Tbsp
Salt	1 tsp
Sugar	¾ cup
Cinnamon ground	2 tsp
Walnuts, chopped	2 cups
Sugar, brown	2 cups
Butter or Margarine	½ cup
Oil	½ cup
Eggs	8
Vanilla extract	1 Tbsp
Non-fat yogurt	1 quart
Blueberries, fresh or frozen	1 quart

Procedures:

Preheat oven to 350 °F. Prepare 3 9x13” baking pans with cooking spray/lightly floured.

Stir together all-purpose and whole wheat flours, baking soda and salt and set aside.

In another bowl combine granulated sugar, cinnamon, and nuts. Set aside

In large mixing bowl cream brown sugar, butter, and oil until fluffy. Beat in eggs, vanilla, and yogurt. Add the dry ingredients to this mixture and blend until slightly lumpy.

Spread batter in prepared pans. Sprinkle with the nut mixture over batter and top with fruit filling. Add the remaining batter and spread evenly in pan. Sprinkle the remaining nut mixture over top. Bake at 350 °F for 30-35 minutes until brown and toothpick inserted into cakes come out clean. Cut into 2 inch squares when cool.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
207	4.8	29.4	8.4	167	7%	5%

Banana Wheat Germ Muffins

Yield: 48

Oven: 400 °F

Bake: 15-20 min.

<i>Ingredient</i>	<i>Amount</i>
Whole Wheat Pastry Flour	3 c
Wheat Germ	3 c
White Sugar	¾ c
Brown Sugar	3 tsp
Baking soda	3 tsp
Sour milk*	1 c
Vegetable Oil	1 c
Eggs	3
Vanilla	1 tsp
Mashed ripe banana	3 c

*To make milk sour, mix with 1 Tbsp vinegar.

Procedures:

In a large bowl, mix dry ingredients together. Put the milk and bananas in a blender until the combination of the two equal three cups. Add the remainder of the liquid ingredients, blend until smooth. If a blender is not available, mash bananas well with a fork or potato masher, then combine liquid ingredients.

Pour liquid into dry ingredients, mix carefully 20-25 strokes, until just mixed. Spoon into well greased muffin tins OR tins lined with muffin papers. Fill ¾ full.

Bake in preheated 400° oven for 15-20 minutes.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
141	5.0	15.3	7.0	103	7%	2%

Streusel Muffins

48 Servings

<i>Ingredient</i>	<i>Amount</i>
Whole wheat pastry flour	7 cups
Sugar	1 1/3 cup
Baking powder	2 2/3 Tbsp
Beaten eggs	4
Milk (low fat)	3 cups
Oil	1 cup
Vanilla	2 tsp

Procedures:

Preheat oven to 400°

Combine flour, sugar, baking powder and salt. Set aside.

In another bowl combine remaining ingredients and add to dry ingredients. Stir to moisten. Batter will be lumpy. Spoon batter into muffin cups that have been sprayed with cooking spray or dusted with flour or lined with paper baking cups.

Streusel topping:

Whole wheat pastry flour	¾ cup
Brown sugar	¾ cup
Cinnamon	¾ tsp
Butter or margarine	½ cup

Combine until mixture resembles coarse crumbs. Spread topping over muffins.

Bake at 400° oven for 20 minutes or until golden brown and toothpick inserted comes out clean. Cool 5-10 minutes before removing from pan.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
174	3.0	24.19	7.19	26	3%	4%

Cranberry Whole Wheat Muffins

50 servings

<i>Ingredient</i>	<i>Amount</i>
Whole Wheat Pastry Flour	10 ½ cups
White Sugar	¾ cup
Baking Powder	4 2/3 Tbsp
Salt	1 Tbsp
Eggs	4
Milk (Skim)	1 ½ Quart
Oil	1 cup
Cranberries	1 lb (washed and chopped = 1 ¾ cup)
Walnuts, chopped	1 cup

Procedures:

Combine dry ingredients in mixer bowl. Combine eggs, milk, and oil. Add to dry ingredients only mixing enough to moisten the batter. Batter should be lumpy. Fold in cranberries and nuts.

Fill greased muffin tines (or lined with paper) until 2/3 full.

Bake in preheated 400° oven for 20-25 minutes or until golden brown. Remove from pan before cooling.

Variation: Fresh or frozen blueberries (1 lb) can be added in place of cranberries

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
184	4.7	25.89	7.09	158	8%	10%

French Toast

Yield: 50 slices Portion: 1 slice

<i>Ingredient</i>	<i>Amount</i>
Eggs	24
Milk	1 ½ qt
Salt	1 Tbsp
Whole wheat Bread slices, day old	50
Cinnamon	1 tsp

Procedure:

Beat eggs, Add milk, salt and sugar to eggs. Mix well

Dip bread into egg mixture. Do not let bread soak.

Fry on a griddle coated with cooking spray or in deep fat (360°F) until golden brown.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Fiber (mg)</i>
114	7.3	13.1	3.69	313	1	39

Whole-Wheat Pancakes

Yield: 48 Portion: 3 4' pancakes

<i>Ingredient</i>	<i>Amount</i>
Flour, whole wheat	9c
Flour, all-purpose	9 c
Baking powder	6 Tbsp
Baking soda	2 Tbsp
Eggs	24
Buttermilk	3 quarts
Milk, skim	2 quarts, 1 cup
Honey	¾ cup
Vanilla	1 Tbsp
Cooking spray	

Procedure:

Wisk together dry ingredients in mixer bowl.

In a separate bowl, combine eggs, milk, honey and vanilla.

Combine flour mixture and milk mixtures. Mix just until moistened. Batter should remain lumpy. Coat skillet or grill with cooking spray and heat to medium temperature. Ladle batter in ¼ cup measure onto griddle. Turn pancakes when golden brown on bottom and edges begin to dry (about 1 ½ minutes)

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
261	11.2	46.4	3.2	276	16%	23%

Strawberry Compote

Yield: 48 Portion: ¼ cup

<i>Ingredient</i>	<i>Amount</i>
Frozen Strawberries, Unsweetened	6 Quarts
Lemon juice, thawed	½ c.
Maple syrup	1 c.

Procedure:

Process strawberries in food processor and process until mixture is a chunky puree.

Transfer mixture into saucepan and add lemon juice and maple syrup. Warm through. Pour ¼ cup over pancakes.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
41	0.5	10.2	0.2	1	2%	2%

Cheese and Broccoli Strata

Yield: 56 portions or 2 pans 12 x 20 x 2 inches

Portion: 8 oz

Oven: 325°F

Bake: 1- ½ hours

<i>Ingredient</i>	<i>Amount</i>
Whole wheat Bread slices, dry	2 lb
Broccoli cuts, frozen	5 lb
Reduced fat Cheddar cheese, shredded	2 lb
Eggs, beaten	9 doz
Milk	1 gal
Salt	1 tsp
Prepared mustard	3 oz (6 Tbsp)
Hot pepper sauce	1 ½ tsp
Paprika	½ tsp

Procedure:

Cut bread into 1 ½ inch cubes. Set aside

Cook broccoli until tender.

Layer as follows in each pan:

- 8 oz bread cubes
- 2 lb 8 oz broccoli
- 1 lb cheese
- 8 oz bread cubes

Combine eggs, milk and seasonings. Pour 1 ¼ gal into each pan, smooth down evenly.

Sprinkle with paprika, ¼ tsp per pan.

Set each pan in another counter pan containing 3 cups hot water.

Bake uncovered at 325 °F until custard sets, 1-1 ½ hours. Cut 4 x 7

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
260	20.8	13.8	14.2	377	13%	31%

Scrambled Eggs

Yield: 50 portions

Portion: 3 oz

<u>Ingredient</u>	<u>Amount</u>
Eggs	75
Milk	1 ½ qt
Salt	2 Tbsp
Margarine	8 oz

Procedure:

Break eggs into mixer bowl. If using frozen eggs, defrost. Beat slightly on medium speed, using wire whip. Add milk and salt to eggs. Beat until blended. Melt margarine in fry pan, griddle, or steam-jacketed kettle. Pour in egg mixture. Cook over low heat, stirring occasionally, until of desired consistency. Eggs should be glossy. Serve with No. 10 dipper.

- The type of equipment used will determine batch size. Eggs should be cooked in small batches and held for a minimum amount of time before serving.
- **Steamer method.** Melt 4 oz margarine in each of two steamer or counter pans. Pour egg mixture into pans. Steam for 6-8 minutes at 5 lb pressure until desired degree of hardness is reached.
- **Oven method.** Melt 4 oz margarine in each of two counter or baking pans. Pour egg mixture into pans. Bake approximately 20 minutes at 350°F, stirring once after 10 minutes of baking.
- **For lower cholesterol,** egg whites may be substituted for half of the whole eggs.
- **Scrambled Eggs and Cheese.** Add 1 lb grated cheddar cheese.
- **Scrambled Eggs and Chipped Beef.** Add 1 lb chopped chipped beef. Reduce salt to 1 Tbsp or less.
- **Scrambled Eggs and Ham.** Add 1 lb 4 oz chopped ham. Reduce salt to 1 Tbsp or less.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
162	10.3	2.3	12.1	407	1.1	75

Spaghetti with Meat Sauce

Yield: 50 portions Portion: 6 oz sauce + 4 oz spaghetti

<i>Ingredient</i>	<i>Amount</i>
Ground beef	8 lb AP
Tomato puree (or tomatoes)	5 qt
Water	1 qt
Tomato sauce	1 ¾ qt
Onions, chopped	1 lb
Bay leaves	2
Thyme, ground	1 tsp
Garlic, minced	1 clove
Oregano, dried, crumbled	1 Tbsp
Basil, dried, Crumbled	1 Tbsp
Sugar, granulated	1 oz (2 Tbsp)
Worcestershire sauce	¼ cup
Pepper, cayenne	1 tsp
Salt	1 oz (1 ½ Tbsp)
Spaghetti, (whole wheat)	5 lb
Water, boiling	5 gal
Salt	5 oz
Vegetable oil	3 Tbsp

Procedure:

Brown beef. Drain off fat. Add remaining sauce ingredients to cooked beef. Cook slowly, stirring frequently, until thickened, approximately ½ hour. Remove bay leaves before serving.

Cook spaghetti according to directions

Serve 6 oz sauce over 4 oz spaghetti

- Grated Parmesan cheese may be sprinkled over top of each serving.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1 ½ cups water, may be substituted for fresh onions.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
249	26.6	23.9	5.8	1578	28%	4%

Lasagna

Yield: 48 portions or 2 pans 12 x 20 x 2 inches Portion: 6 oz

Oven: 350°F Bake: 40-45 minutes

<i>Ingredient</i>	<i>Amount</i>
Ground beef, extra lean	5 lb AP
Onions, fine chopped	2 cups
Garlic, minced	2 cloves
Tomato sauce	3 qt
Tomato paste	1 qt
Pepper, black	1 tsp
Basil, dried, crumbled	1 tsp
Oregano, dried, crumbled	1 Tbsp
Noodles, lasagna Whole wheat	2 lb 8 oz
Water, boiling	2 gal
Salt	2 oz
Vegetable oil	2 Tbsp
Mozzarella cheese, shredded	2 lb 8 oz
Parmesan cheese,	6 oz grated
Low fat Ricotta cheese or low fat cottage cheese, dry or drained	2 lb 8 oz

Procedure:

Cook beef, onion, and garlic until meat has lost pink color. Drain off fat. Add tomato and seasonings to meat. Continue cooking for about 30 minutes, stirring occasionally. Cook noodles according to directions. Store in cold water to keep noodles from sticking, drain when ready to use.

Combine cheeses.

Arrange in two greased 12 x 20 x 2 inch counter pans in layers in the following order: Meat sauce, 1 qt, noodles overlapping (1 lb 12 oz), cheeses (1 lb 4 oz), repeat: sauce, noodles, and cheeses. Spoon remainder of meat sauce on top.

Bake at 350°F for 40-45 minutes Cut 4 x 6

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
224	21.0	19.8	6.7	980	20%	12%

Variations: Store bought marinara sauce (4 quarts) can be used for the tomato sauce and seasoning.

Vegetarian version: 2 lbs fresh or frozen (1 ½) spinach could be combined with the cheese mixture. Omit ground beef and layer, sauce, noodles and cheeses.

Easy Baked Beef, Bean, and Corn Quesadillas

<i>Ingredient</i>	<i>Amount</i>
Lean ground beef/or ground turkey	10 lb.
Salsa	2 ½ quarts
Black beans-drained/rinsed	5 cans
Flour Tortillas – small (6-7 inch)	80
Frozen Corn	5 cups
Shredded reduced fat cheddar cheese/ or Mexican cheese blend	7 cups

Procedure:

Heat oven to 400 F, brown ground meat in large skillet or roasting pan over medium heat 8-10 minutes until meat reaches 165 F and no pink remains. Season as desired with salt and pepper.

Stir in salsa, beans, and corn, cook 5 minutes or until thickened and heated through.

Spray baking sheet with cooking spray. Arrange 4 tortillas on sheet overlapping slightly. Sprinkle ¼ cup of cheese on each tortilla. Spoon beef mixture evenly over cheese, top with remaining cheese (1/3 to ½ cup each) add second tortilla. Brush top of tortilla with cooking oil or spray top with cooking spray.

Bake in 400 F oven up to 13 minutes or until quesadillas are lightly browned and edges are crisp. Cut into quarters and serve.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
452	38	46	13	115.1	24%	17%

Tacos

Yield: 50 Servings

Serving Size: 2 tacos

<i>Ingredient</i>	<i>Amount</i>
Extra lean ground beef	13 lb AD 9 lb Cooked
Onion, chopped	2 cups
Taco Shells	100
Package Taco Seasoning	4-5 packages
Or	
Cornstarch	3Tbsp
Chili powder	½ cup
Garlic powder	1 Tbsp
Salt	2 Tbsp
Oregano, ground	1 tsp
Cumin, ground	2 Tbsp
Pepper, cayenne	1 Tbsp

Procedure:

Brown ground beef until temperature reaches 165 F. Drain off any fat that remains. Add onions and cook until soft. Combine seasonings with corn starch (or use commercial seasoning) Add ground beef and onion. Mix well. Add 1 ½ quarts water (or the amount recommended in packages of mix) simmer 45 minutes.

Heat taco shells in oven until warm and crisp. To serve, fill each shell with 1 ½ oz taco meat mixture.

Add Toppings:

Lettuce, chopped	4 lb
Tomatoes, fresh, diced	3 lb or 6 ½ cups
Shredded cheese	8 cups (2lb)
Light sour cream	4 cups

Variations:

Nacho-tacos: Place taco meat and trimmings on broken nacho chips on plate or purchase individual bags of nacho chops for taco-in-a-bag.

Taco bar: Have youth create their own tacos and include additional toppings such as guacamole, chopped onions, olives, chili, salsa and refried beans.

Taco in Bread Roll-up

Yield: 50 servings

Serving size: 1 roll

<i>Ingredient</i>	<i>Amount</i>
Lean ground beef	2 ½ lb.
Taco seasoning	1 package
Water	1 ¾ cup
Frozen whole wheat bread dough	2 ½ lbs
Cheddar Cheese, grated	5 cups

Procedure:

Thaw dough in refrigerator. In large skillet, brown ground meat until temperature reaches 165 F. Add seasoning package and water. Cook to heat through. Divide dough in half and roll into two rectangles, approximately 20 inches long and 8-10 inches wide. Spread taco meat mixture over dough leaving 1 inch free of filling on long edge. Top with grated cheese. Roll up as a cinnamon roll starting, with a long edge. Seal seam with a little water if necessary. Slice the roll into 1" thick slices. Place on lightly sprayed cookie sheet. Proof for 15-20 minutes. Bake in 350 oven for 25 minutes or until golden brown. Serve with salsa or low fat sour cream for dipping.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
145	12.7	9.6	6.0	195	8%	11%

Chicken Salad Sandwich

Yield: 50 sandwiches

Serving size: 2 oz of
meat filling

<i>Ingredient</i>	<i>Amount</i>
Cooked chicken	5 lb
Salt	2 tsp
Pepper	1/2tsp
Celery, finely chopped	1 cup
Rice wine vinegar (or lemon juice)	1/4 cup
Reduced fat mayonnaise	2 1/2 cups
Pecans, chopped	1/2 cup
Sesame seeds, no oil added	1/2 cup
Craisens, or other dried fruit	3/4 cup
Lettuce	2-3 heads
Whole wheat hamburger buns	50

Procedure:

Chop up chicken. Add remaining ingredients to blend except lettuce and buns. Assemble filling, lettuce leaf and buns. Portion approximately 2 oz. meat per bun.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
236	16.9	23.9	8.5	337	9%	6%

Sandwich Wraps

Sandwich wraps are a fun way to add variety to your menu and give the youth a chance to be creative and customize their sandwich to their personal taste. Have a variety of ingredients available and let diners assemble them as they move through a line of ingredients.

<i>Ingredient</i>	<i>Amount</i>
Flour or corn tortillas	1 per person

Choose 3-4 spreads:

Hummus

Cream Cheese

Cream cheese blended with green chilies

Cheese spread

Ranch dressing

Peanut butter

Avocado spread

Pinto bean spread

Example filling:

Lean deli meats- ham, turkey, roast beef, sliced cheeses, cheddar, mozzarella, provolone

Shredded cheeses

Craisens

Chopped nuts

Grated carrots

Sliced cucumbers

Chopped/sliced onions

Sesame seeds

Chopped olives

Chopped tomatoes

Sliced zucchini

Chopped up broccoli

Greens:

Mixed salad greens

Shredded romaine leaves

Lettuce leaves

Spinach leaves

Dressing:

Bottled ranch, French or Italian dressings

Salsa

Avocado dip

Lay tortilla flat on plate, Have a variety of spreads, fillings, greens, and dressing for diners to select. After the ingredients have been placed on tortilla, roll burrito style (start at one end and begin rolling wrap making sure to fold in sides as you go) slice in half on bias.

Macaroni and Cheese Casserole

Yield = 48 servings Serving Size = 2 cups

<i>Ingredient</i>	<i>Amount</i>
Cooking spray	
Whole wheat elbow macaroni	6 lbs. dry
Winter squash, frozen puree	12 10oz packages
Skim milk	3 quarts
Cheddar cheese Extra sharp, grated	8 cups
Ricotta cheese, part skim	3 cups
Monterey Jack, cheese, grated	4 cups
Salt	1 Tbsp
Dry Mustard	1 Tbsp
Cayenne pepper	¾ tsp
Bread Crumbs	1 ½ cups
Parmesan cheese, grated	1 ½ cups
Olive oil	3 Tbsp

Procedure:

Preheat oven to 375 F. Spray 9 x 13 pans (6) with cooking spray. Cook macaroni according to package directions. Drain and divide among prepared baking dishes. Place frozen squash and milk in large stock pot. Cook over low heat, stirring occasionally to defrost, Turn up heat to medium and continue cooking until heated through. Remove from heat and add Cheddar, Ricotta and Monterey Jack cheeses. Stir to combine. Add seasoning. Divide mixture evenly over pasta in baking dishes. Combine bread crumbs, parmesan cheese and oil in bowl. Sprinkle over top of cheese mixture. Bake about 20 minutes then broil for 3 minutes so the top is crispy and nicely browned.

Variation: Fresh squash may be substituted for frozen. Squash can be baked whole and pureed before mixing with milk.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat (grams)</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
390	19.5	45	14.0	352	16%	39%

Sloppy Joe Sandwich with Pinto Beans

Yield: 50 portions Portion: 4 oz

<i>Ingredient</i>	<i>Amount</i>
Extra Lean	
Ground beef	10 lb
Onion, chopped	4 medium
Jalapeno Peppers	4
Garlic, Minced	12 cloves
Pepper, black	1 tsp
Red peppers, seeded	
And diced	4
Canned Pinto	
Beans- rinsed	4
Tomato Sauce	9 cups
Tomato Paste	¾ cup
Red Wine Vinegar	1/3 cup
Molasses	¼ cup
Worshire Sauce	¼ cup
Dry Mustard	2Tbsp
50 Whole Wheat Hamburger Buns	

Procedure:

Brown ground beef and onions on medium heat for 5 minutes, until the pink color no longer remains. Discard drippings. Add garlic, jalapeno, red peppers, and cook 5 minutes more.

Stir remaining ingredients except buns. Reduce heat to low and simmer together 10 to 15 minutes then serve on buns using 4 oz scoop.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
395	35.3	45.4	8.3	457	33%	10%

Barbecued Chicken Sandwiches

Yield: 1 Sandwich Portion: 48 serving

- Easily adopted to be made in crockpot or counter top roaster

<i>Ingredient</i>	<i>Amount</i>
Whole wheat hamburger buns	48
Chicken breasts, skinned and boneless	9 lbs
Bottled BBQ sauce	3 quarts
Bottled Italian dressing	2 16oz bottles
Ketchup	2 cups
Onion soup mix, dry	3 packages

Notes:

Place chicken breasts in oven safe dish or roasting pan. In large bowl mix barbeque sauce dressing, ketchup and soup mix. Add 4 cups water, mix to blend evenly. Divide oven chicken and bake 2 hours at 325 or 4 hours in Crock pot/roaster. Chicken should easily fall apart. Remove from pan and shred. Place chicken in Sauce and stir to combine. Serve on buns.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
296	26	30.4	8.5	902	4%	9%

BBQ Sauce

<i>Ingredient</i>	<i>Amount</i>
Ketchup	1 # 10 can or 3 quarts
Vinegar	3 cups
Sugar, brown	1 ½ cups
Garlic powder	1 tsp
Onion, chopped finely	½ cup

- Mix all ingredients together

<i>Calorie (48 serv.)</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
80	1.1	20	.2	671	2%	2%

Chicken Casserole

Yield: 48 Oven: 350°F

Bake: 20-25 minutes

<i>Ingredient</i>	<i>Amount</i>
Cooked, diced chicken	5 qts
Chopped celery	2 qts
Sliced green onions with tops	4 bunches
Chopped green chilies	16 oz
Sliced, pitted ripe olives	11 oz
Slivered almonds	4 cups
Shredded cheddar cheese	40 oz
Mayonnaise, light	4 cups
Sour cream, nonfat	4 cups
Crushed potato chips	10 cups

Procedures:

Combine first six ingredients. Add 2 cups of cheese to mixture. Mix mayonnaise and sour cream add to chicken mixture and toss. Spoon into four greased 13 x 9 x 1" baking dishes. Sprinkle with chips. Top with remaining cheese. Bake, uncovered at 350°F for 20-25 minutes or until hot.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
299	25.2	10.0	18.1	264	10%	23%

Chicken Tetrazzini

Yield: 50 portions of 2 pans 12 x 20 x 2 inch. Portion: 8 oz

Oven: 350°F Bake: 30-40 minutes

<i>Ingredient</i>	<i>Amount</i>
Cooked chicken	6 lb
Pimiento, chopped	4 oz
Parsley, chopped	2 Tbsp
Spaghetti (Whole Wheat Blend)	3 lb AP (9 lb cooked)
Water, boiling	3 gal
Salt	1 oz (1 ½ Tbsp)
Vegetable oil (optional)	2 Tbsp
Margarine	6 oz
Onions, finely chopped	1 lb
Green peppers, chopped	4 oz
Flour, all purpose	9 oz
Salt	1 tsp
Pepper, black	1 tsp
Chicken base	3 oz
Water	1 gal
Reduced fat cheddar cheese (Shredded)	1 lb

Procedure:

Dice chicken, add pimiento and parsley.

Cook spaghetti according to directions. Drain

Sauté vegetables in margarine, Blend flour and seasonings into sautéed vegetables. Stir in chicken base. Cook 5 minutes

Add water, stirring constantly. Cook until thickened. Combine cooked spaghetti, chicken, and sauce.

Scale into 2 greased 12 x 20 x 2 inch baking pans, 10 lb per pan.

Sprinkle 8 oz cheese over top of each pan.

Bake at 350°F for 30-40 minutes or until heated through and cheese is bubbly.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
261	23.3	26.8	7.2	397	9%	10%

Oven-Baked Hamburgers

Yield: 50 portions Portion: 4 oz

Oven: 400°F Bake: 15-20 minutes

<u>Ingredient</u>	<u>Amount</u>
Lean ground beef	12 lb AP
Eggs, beaten	3 (5 oz)
Milk, skim	2 cups
Bread crumbs, soft	4 oz
Onion, chopped	4 oz
Salt	2 Tbsp
Pepper, black	2 tsp
Whole wheat hamburger buns	50

Procedure:

Place meat in mixer bowl, Combine eggs and milk and add to meat.

Add crumbs and seasonings. Blend on low speed for approximately 1 minute, using flat beater.

Portion meat mixture with No. 10 dipper onto lightly greased baking sheets. Flatten into patties. Bake at : 400°F for 15-20 minutes.

Serve patties on warm buns.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
313	37.1	20.3	8.8	503	26%	7%

Note:

- ½ oz (1/4 cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.

Variations:

- **Barbecued Hamburgers.** Place browned hamburgers in baking pans. Pour Barbecue Sauce over patties. Cover with aluminum foil and bake at 325 °F until hot, about 10-20 minutes.
- **Grilled Hamburgers and Accompaniments.** Cook 4-oz hamburger patties on the grill only until they are no longer pink. Place on bun and serve with accompaniments: mayonnaise, mustard, catsup, sliced dill pickles, sliced or chopped onions, sliced tomato, and leaf lettuce.

Vegetarian Chili

Yield = 75 servings

Serving Size = 8 oz

<i>Ingredient</i>	<i>Amount</i>
Bulgur, cracked wheat	5 cups
Water	5 cups
Tomatoes, canned crushed	10 28oz cans
Olive oil	1/3 cup
Onion, chopped	3
Garlic, minced	2 Tbsp
Cumin, ground	2 Tbsp
Oregano, dried	2 tsp.
Chili powder	2 Tbsp
Salt	1 ½ Tbsp
Pepper	1 Tbsp
Hot pepper sauce, (like Tabasco)	2 Tbsp
Celery, chopped	12 stalks
Green chili pepper, chopped	2 lbs (4 medium)
Jalapeño peppers, chopped	4 (1/4 lb)
Kidney beans	6 15oz cans
Garbanzo beans	6 15oz cans
Black beans	6 15oz cans
Corn, canned or frozen	6 cups

Procedure:

Place bulgur, hot water and 3 cups of juice from canned tomatoes in a sauce pan. Cover and bring to a boil on med-high heat. Then lower heat and simmer gently until bulgur is soft but still somewhat chewy. While the bulgur cooks, heat the olive oil in a large stock pot. Sauté the onion, garlic, cumin, chili powder, oregano, salt pepper and hot sauce. When onion is tender add celery, bell peppers and jalapenos. Add crushed tomatoes and additional water as needed. Stir in beans and corn. Heat thoroughly in medium heat. Add bulgur mixture with its liquid. Cover and simmer for 10-15 minutes. Can be top with a grated cheddar cheese and fresh chopped cilantro or parsley.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat (grams)</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
397	23.1	70.1	4.3	195	37%	12%

Winter White Bean Chili

Yield = 50 servings

Serving Size = 8 oz

<i>Ingredient</i>	<i>Amount</i>
Olive oil	½ cup
Onion, chopped	4 cups (2 lbs)
Celery, chopped	6 cups (2lbs)
Garlic, minced	1/3 cup
Carrots, chopped	4 cups
Chicken or turkey white meat, cooked and cut or shredded	3 lbs
Zucchini, chopped	6 cups
Brown rice	2 cups
Chicken stock	2 gallons
Green Chili, canned	4 cans
Cumin, ground	2 Tbsp
Oregano, dried	1 ½ Tbsp
Great Northern Beans	10 (15 ½ oz cans)

Procedure:

Heat olive oil in large stock pot. Add onions, celery and garlic. Cook approximately 5 minutes until onion is tender. Add carrots, chicken, zucchini, rice, stock, green chili and seasonings. Cook through until rice is tender. Add beans and simmer 30 minutes, adding additional water if soup is too thick. Serve with parsley or cheese if desired.

Variation: Dried beans can be used instead of canned. Use 3 lbs, cover with water and soak overnight. Drain. Add water to cover and cook 2 hours until softened. Add remaining ingredients for soup.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
437	30.8	68.0	5.6	537	33%	14%

Pasta Fagioli Soup

Yield: 50 servings

Serving size: 8 oz

<i>Ingredient</i>	<i>Amount</i>
Olive Oil	1 Tablespoon
Onions, Chopped	1 lb. 5oz
Celery, Chopped	10 oz.
Garlic, minced	5 ½ Tablespoons
Italian Seasoning	2 ½ Tablespoons
Red pepper, crushed	¾ tsp.
Diced Tomatoes, Canned	4 quarts
Great Northern, pinto +/- or black beans, canned, drained, and rinsed	6 lbs
Water	5 ½ quarts
Vegetable or chicken base	4oz
Black pepper	2 tsp
Salt (can add to taste also)	2 tsp
Small pasta, (like penne, shells, elbow macaroni or rotini)	1 ½ lb
Parsley, Chopped	1 oz.

Procedures:

Heat oil in large stockpot. Add onions and celery and cook until softened, 5 to 10 mins. Add garlic and seasoning to onion/celery mixture and continue stirring until cooked through. Add canned tomatoes, beans, water, vegetable base, and seasoning. Simmer 10-15 minutes. Add pasta and cook until done but slightly firm. Stir parsley into soup prior to stirring. Can also be topped with parmesan cheese.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
244	14.2	45.3	1.3	113	21%	11%

Confetti Chili

Yield: 48 Serving Size: 8 oz

<i>Ingredient</i>	<i>Amount</i>	<i>Procedure</i>
Olive oil	¼ c & 2 Tbsp	
Medium onion, diced	3	
Red bell peppers, diced	2	
Carrots, diced	4	
Cumin, ground	¼ c.	
Coriander, ground	2 Tbsp	
Ground beef, lean	6 lbs.	
Crushed tomatoes, canned 28oz	6	
Water	3 quarts	
Chili powder	2 Tbsp	
Oregano, dried	1 Tbsp	
Black beans, drained and rinsed	6 (15.5oz cans)	
Kidney beans, drained and rinsed	6 (15.5 oz cans)	
Whole Corn, fresh or frozen	8 c	

- Heat oil in large pot on medium heat. Add onion, bell pepper and carrot. Cover and cook for 10 minutes. Add cumin and coriander and simmer an additional 3 minutes. Add ground beef, cook on med- high heat until meat is no longer pink and reaches 165 degrees F. Stir in canned tomatoes, water, chili powder and oregano. Bring to boil, reduce heat to med-low and cook partially covered for 30 mins. Stir in beans and corn and continue cooking partially covered until heated through. Chili will be thick so additional water or broth maybe added to make thin as needed.

Serving

Chili and cheese: sprinkle grated cheddar or Colby cheese over chili to serve.

Chili buffet: Serve chili with accompaniments such as: chopped onion, chopped peppers, sour cream, sliced black olives, shredded cheeses, or Frito style chips.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
522	42.6	75.9	6.5	59	48%	13%

Pasta Salad

Yield: 50 portions Serving size: 4 oz

<i>Ingredient</i>	<i>Amount</i>
Pasta- wheels, rotini, elbow macaroni, pasta shells	3 ½ lb. dry
Dressing- thousand island, green goddess Vinaigrette, Italian	1 ½ to 1 ¾ quarts
Vegetables/other ingredients -Cook/blanch until tender broccoli, cauliflower, snow peas	1/ ½ to 2lb

Other Vegetables that need no cooking

Zucchini, cucumber, radishes, celery, onions, avocados, water chestnuts, jicama

Other Ingredients

Sliced olive, mushrooms, chopped meat, cubed cheese, sliced pickles

Procedure:

Cook Pasta in boiling water according to package directions. Do not overcook pasta. Should be “firm to the bite”. Add selected dressing and other ingredients. Toss to mix. Chill in refrigerator, covered. Yield on recipe will vary depending on pasta type used and other ingredients added.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
210	4.3	22.7	11.5	276	9%	2%

Southwestern Slaw

Yield: 48

Serving: ½ cup

<u>Ingredient</u>	<u>Amount</u>
Jicama, peeled and sliced into strips	4 medium
Red Cabbage, covered and thinly sliced	1 head
Red onions, thinly sliced	2 medium
Cilantro, chopped	1 ½ cups
Pineapple tidbits, canned, drained	2 20oz cans

Dressing

Mayonnaise or salad dressing	1 cup
Nonfat butter milk	2 cups
Lime juice	¼ cup

Procedure:

In a large stainless steel bowl, combine jicama, cabbage, onion, pineapple and cilantro. In a separate bowl, mix together dressing ingredients. Pour dressing over cabbage mixture. Mix together. Can be made in advance and stored covered in the refrigerator. Keeps up to three days.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein</i> <i>(grams)</i>	<i>Carbohydrate</i> <i>(grams)</i>	<i>Fat</i> <i>grams</i>	<i>Sodium</i> <i>(mg)</i>	<i>Iron</i> <i>(mg)</i>	<i>Calcium</i> <i>(mg)</i>
62	1.2	11	1.8	51	3%	3%

Broccoli Salad

Yield: 48 serving

Serving Size: ½ cup

<i>Ingredient</i>	<i>Amount</i>
Broccoli, chopped	7 lbs
Dried Craisens	½ lb
Apples, cored and sliced	6
Nuts, chopped (walnuts or pecans)	1 lb.
Salad Dressing	1 quart
Salt	2 tsp
Honey	1 1/3 cups

Procedures:

Place broccoli, fruits and nuts in large stainless steel bowl. In a separate bowl, mix salad dressing, seasoning and honey. Combine dressing with broccoli mixture stir to coat well. Add additional seasoning to taste.

Variation: Peeled or chopped carrots can be substituted for broccoli

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
211	4.4	24.3	12.5	259	5%	4%

Creamy Coleslaw

Yield: 48 servings

Serving Size: ½ cup

<i>Ingredient</i>	<i>Amount</i>
Green Cabbage, sliced thin	12 lbs. AP
Carrots, peeled and shredded	18
Mayonnaise type salad dressing	1 quart
Non-fat Sour Cream	1 ½ cups
Cider Vinegar	¾ cup
Sugar	2 Tbsp.
Salt	2 Tsp.
Pepper	2 Tsp.

Procedures:

Place cabbage and carrots in large stainless steel bowl. In a separate bowl mix salad dressing, sour cream, vinegar, sugar, and seasonings. Toss with cabbage and carrots, Coleslaw can be made in advance and chilled, covered.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
121	2.1	14.8	6.7	281	4%	7%

Honey-Lime Fruit toss

Yield: 48

Serving Size: ½ cup

<i>Ingredient</i>	<i>Amount</i>
Pineapple Chunks, canned, drained	4 20oz cans
Mandarin oranges, canned, drained	4 15oz cans
Green grapes, rinsed & removed from stem	4 cups
Red grapes rinsed & removed from stem	4 cups
Strawberries, rinsed and quartered	4 cups
Kiwi fruit, peeled and sliced	10
Lime peel, grated	1 tsp.
Lime juice	¼ cup
Honey	¼ cup

Procedures:

Combine all ingredients in a large bowl. Serve immediately or refrigerate until ready to serve.

May be made ahead of time and stored covered.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
64	.8	16.5	.2	3	2%	2%

Asian-Style Coleslaw

Yield: 50 servings

<u>Ingredient</u>	<u>Amount</u>
Green Cabbage, thinly sliced	9 lbs. AP
Red Cabbage, thinly sliced	2 lbs. AP
Napa Cabbage, shredded	2 lbs. AP
Snow Peas, stringed	1 lb. AP
Red Bell Peppers, thinly sliced	5
Carrots, julienned	10
Green Onions	2 lbs. AP
Cilantro, chopped	2 cups

Dressing

<u>Ingredient</u>	<u>Amount</u>
Rice Wine Vinegar	1 ¾ cup
Olive Oil	1 ¼ cup
Peanut Butter, creamy	1 cup
Soy Sauce	¾ cup
Brown Sugar	¾ cup
Ginger, ground	1 ½ Tbsp.
Garlic, minced	1/3 cup
Dry Mustard	1 Tbsp.

Notes:

- In a medium bowl combine dressing ingredients until well blended. In a large stainless steel bowl combine cabbages, carrots, snow peas, onions, red pepper, and cilantro. Toss with dressing just before serving.

Variations:

- Bagged coleslaw can be substituted and baby carrots can be used and thinly sliced lengthwise.
- *Approximate nutrient content per portion:*

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
134	4.0	12.9	8.3	275	8%	9%

Salad Bar

Tossed Vegetable Salad

Yield: 50 portions

Portion: 3 oz

<i>Ingredient</i>	<i>Amount</i>
Salad greens (see below)	7 lb
Salad Ingredients (see below)	3 lb
Salad dressing	1 ¼ qt

Procedure:

Wash greens thoroughly and drain. Tear into bite-sized pieces. Wash and cut a variety of salad topping and allow diners to add to their plate. Serve with choice of dressings.

Salad Greens:	Salad Ingredients:	Garnishes	Salad Dressings
Iceberg	diagonally sliced asparagus	Alfalfa sprouts	French
Leaf	sliced Jerusalem artichokes	Crumbled crisp cooked bacon	Italian
Bibb	artichoke hearts	Crumbled blue cheese	Oil and Vinegar
Boston	sliced avocado	Shredded cheddar cheese	Roquefort
Romaine lettuce	bean sprouts	Cheese strips or cubes	Thousand Island
Endive	garbanzo beans	Seasoned croutons	Buttermilk
Spinach	broccoli florets	Sliced or quartered hard-cooked eggs	Horseradish Cream
Escarole	sliced broccoli stems	Sliced olives	Green Peppercorn Cream
Celery	chopped or shredded red cabbage	Onion rings (Fresh or French fried)	Sour Cream Basil
Cabbage	shredded or thinly sliced carrots	Parsley sprig	
Watercress	sliced cauliflower florets	Green pepper rings or strips	
	sliced or diced celery	Sunflower seeds	
	sliced or diced cucumbers	Cherry tomatoes	
	sliced green onions or scallions	Tomato wedges	
	diced green peppers	Toasted wheat germ	
	sliced fresh mushrooms		
	cooked green peas		
	sliced radishes		
	halved cherry tomatoes		
	fresh tomato wedges		
	sliced water chestnuts		
	sliced zucchini		

Vinaigrette Dressing

<i>Ingredient</i>	<i>Amount</i>
Vinegar, rice wine	2 cups
Canola oil	2 cups
Olive oil	1 cup
Garlic, minced	5 cloves
Parsley, fresh chopped	½ cup
Pepper, white	2 tsp
Celery salt	½ tsp.

- Makes approximately 1 ½ quarts dressing

Variation: Lemon juice can be substituted for 1 cup of vinegar and 1/3 cup sugar added for a sweet vinaigrette. Other seasonings such as soy sauce, dry mustard, basil, and dry Italian seasoning can be added to taste.

Potato Salad

Yield: 50 portions (7 qt) Portion: ½ cup (4 oz)

<i>Ingredient</i>	<i>Amount</i>
Potatoes, peeled	10 lb EP (12 lb AP)
Salad oil	½ cup
Vinegar, cider	½ cup
Lemon juice	1 Tbsp
Prepared mustard	2 Tbsp
Sugar, granulated	2 Tbsp
Salt	2 tsp
Hot pepper sauce	Few drops
Eggs, hard-cooked	12
Celery diced	3 cups
Onion, finely chopped	8 oz
Pepper, black	
Mayonnaise (Low Fat)	2 cups

Procedure:

Cook potatoes until tender. Dice while warm.

Make a marinade of oil, vinegar, lemon juice and seasonings. Add to warm potatoes and mix gently. Marinate until cold

Add eggs, celery, onion, and pepper to marinated potatoes. Mix lightly

Add mayonnaise. Mix carefully to blend. Chill at least 1 hour before serving.
Serve with No. 10 dipper

Variations:

- Chopped carrots can be added for some of the celery
- 2 cups French Dressing may be substituted for the marinade given in the recipe.
- Sour cream or yogurt may be substituted for half of the mayonnaise
- Potatoes may be cooked with skins on, then peeled. Use 12 lb AP.
- 4oz pickle relish, chopped pimiento, or chopped green pepper may be added
- **Sour Cream Potato Salad.** Reduce eggs to 8 and mayonnaise to 1 cup. Add 2 cups sour cream, 1 tsp celery seed, and 12 oz peeled, sliced cucumbers.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
146	3.1	19.2	6.6	234	4%	2%

Rice Pilaf

Yield: 50 portion or 1 pan 12 x 20 x 4 inches Portion: 4 oz
Oven: 350°F Bake: 45 minutes

<i>Ingredient</i>	<i>Amount</i>
Onions, finely chopped	1 lb 8 oz
Margarine	melted 8 oz
Rice, converted	3 lb
Salt	1 tsp
Pepper, white	¼ tsp
Bay leaf	1
Chicken stock	1 gal

Procedure:

Sauté onion in margarine until it begins to soften, do not brown.

Add uncooked rice to onions and stir over heat until completely coated with the margarine. Place rice in a 12 x 20 x 4 inch counter pan, add seasonings and chicken stock, stir to combine.

Cover tightly with aluminum foil

Bake at 350°F for 45 minutes; or steam uncovered for 30 minutes.

Stir before serving.

Variations – include brown rice and wild rice blend. Increase cooking time to 60 minutes

- Suggested additions: chopped green pepper, pimiento, tomato, almonds or cashews; sliced mushrooms or water chestnuts; ground or diced ham, dried fruit.
- 3 oz (1 ½ cups) dehydrated onions, rehydrated in 2 ¼ cups water, may be substituted for fresh onions.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
141	2.4	23.3	4.0	336	7%	2%

Mashed Potatoes

Yield: 50 portions Portion: 5 oz

<i>Ingredient</i>	<i>Amount</i>
Potatoes	15 lb AP
Milk, hot	2-2 ½ qt
Margarine	8 oz
Salt	2 oz (3 Tbsp)

Procedure:

Peel and eye potatoes. Cut into uniform-sized pieces. Steam or boil. When done, drain and place in mixer bowl. Mash, using wire whip attachment, on low speed until there are no lumps. Whip on high speed about 2 minutes.

Add hot milk, margarine, and salt. Whip on high speed until light and creamy.

Notes:

A low-moisture white potato must be used to produce a fluffy product.

Potato water may be substituted for part of the milk.

8 oz nonfat dry milk and 2-2 ½ qt water may be substituted for the liquid milk. Sprinkle dry milk over potatoes before mashing.

Dehydrated potatoes (2-2 ½ lb) may be substituted for the raw potatoes. Follow processor's instructions for preparation.

Seasonings for mashed potatoes: chives, garlic, ground horseradish, nutmeg.

Variations:

Duchess Potatoes. Add 18 eggs (2 lb), beaten, to mashed potatoes. Add additional milk if necessary. Pile lightly into baking pans. Bake at 350°F for 20-30 minutes, or until set.

Mashed Potato Casserole. Add ½ cup chopped chives, ½ cup crisp, cooked, crumbled bacon, 12 oz cream cheese, 1 tsp white pepper and ¼ tsp garlic powder. Mix until blended. Place in baking pans. Sprinkle lightly with grated Parmesan cheese and paprika. Brush lightly with melted margarine. Bake at 375°F for 30 minutes or until light brown.

Whipped Rutabagas and Potatoes. Peel 10 lb (AP) rutabagas and 5 lb potatoes. Cut into uniform size pieces and steam or boil. Mash and season as for potatoes. 1 tsp nutmeg may be added.

Approximate nutrient content per portion:

<i>Calories</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat (grams)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
151	3.9	23.7	4.8	4	509	4%	7%

Baked Potato Bar

Yield: 50 portions

Serving size: 1 potato

<i>Ingredient</i>	<i>Amount</i>
Potatoes (mealy potato such as russet)	50
Shortening	4 oz (1/2 cup)
Various toppings	

Topping Ideas: Cheese sauce

Chili

Nacho sauce

Sour cream

Avocado dip

Cooked chopped broccoli*

Shredded cheese

Chopped green onions

Chopped tomato

Whipped butter

Bacon bits

Slivered almonds

Sliced mushrooms

Chopped lettuce

*frozen mix California vegetables can be used here

Procedure:

Scrub potatoes and remove every blemish. Brush lightly with shortening. Place on baking sheets. Bake at 400 F for 1- 1 ½ hours or until tender. Set up potato toppings and have diners top their own potato from a variety of selections.

Monkey Tails

Serving: 48

<i>Ingredient</i>	<i>Amount</i>
Bananas, ripe but firm	24
Wooden Craft sticks	48
Mixed nuts, finely chopped	½ cups
Chocolate, chopped	36 oz.

Notes:

Peel bananas then cut in half crosswise and insert a craft stick into back half. Place on a wax paper lined tray. Cover with plastic wrap and freeze for approximately 3 hours.

Put nuts in shallow dish. Melt chocolate in microwave oven, stopping frequently to stir. Pour melted chocolate into a tall wide-mouthed glass. Dip each banana into chocolate to coat. Immediately cover with nuts and place on wax paper lined tray. Serve immediately or wrap individually in plastic and freeze.

○ *Approximate nutrient content per whole bottle:*

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat (grams)</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Fiber (mg)</i>
175	2.5	27	7.2	27	1	2.4

Creamy Dip for Fresh Vegetables

Yield: 32

Serving: 1 oz

<i>Ingredient</i>	<i>Amount</i>
Low fat plain yogurt	8 ¾ oz (1 cup)
Reduced Calorie salad dressing OR	1 lb 3 ½ oz (2 ½ cups)
Low fat mayonnaise	1 lb 3 ½ oz (2 ½ cups)
Instant nonfat dry milk reconstituted	½ cup
Dried parsley	2 Tbsp
Granulated garlic	¾ tsp
Onion powder	¾ tsp
Salt	1 ½ tsp
Ground pepper	½ tsp

Combine all ingredients and blend well. Cover. Refrigerate until service. For best results refrigerate overnight.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat (grams)</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
71.5	.7	4.2	5.9	149	1%	2%

Tomato Salsa

<i>Ingredient</i>	<i>Amount</i>
Tomatoes, diced	8 medium
Red onions, diced	2
Green bell peppers, finely chopped	2
Red bell peppers, finely chopped	2
Cilantro, chopped	¼ cup
Lemon juice or lime juice	2 T.
Garlic, crushed	2 cloves
Jalapeño pepper, chopped	2
Salsa mix	2 packages

Mix ingredients together , Serve with chips, pita chips, or topping for baked potatoes.

Fresh Pineapple Salsa

<i>Ingredient</i>	<i>Amount</i>
Pineapple	4 cups
Sweet onion, chopped	1 cup
Red bell pepper, diced	1 cup
Cilantro, chopped	2 Tbsp
Jalapeño Pepper, chopped	2 Tbsp
Lime juice	2 Tbsp

In medium bowl, combine all ingredients stirring until blended. Makes about 5 cups of salsa.

Black Bean Salsa

<i>Ingredient</i>	<i>Amount</i>
Black beans, rinsed and drained	3 cans
Black eyed peas, rinsed and drained	3 cans
Garbanzo beans, rinsed and drained	3 cans
White corn, drained	3 cans
Sweet onion, chopped	3 cups
Garlic cloves, minced	6
Fresh parsley, chopped	3 cups
Basil, finely chopped	2 tsp.
Olive oil	¾ cup
Red wine vinegar	¾ cup
Salt	2 tsp.
Pepper	1 tsp
Dijon mustard	2 Tbsp
Hot pepper sauce	1 tsp

Procedures:

Place beans, corn, onion, garlic, parsley, and basil in bowl together. For dressing, mix olive oil, vinegar, and seasoning. Pour over bean mixture and stir together. This can be made ahead and stored refrigerated (covered).

Variation: Can add 3 chopped avocados right before serving.

DIPS:

Offer a variety of whole grain crackers and cut up fresh vegetables, many dips can be purchased ready to use. Below are some ways to make easy homemade dips more economically.

Tahini Dip

1 cup tahini (sesame paste)
Juice of 4 lemons
3 tsp ground cumin
1 minced garlic
¾ to 1 cup hot water

Puree until smooth

Hummus

Add to Tahini dip, 3 cans (15 oz) chick peas, ¼ cup olive oil and 1 ½ cup hot water, puree until smooth

Red Hummus Dip

Add 1 cup roasted, fine chopped, red peppers to hummus dip and puree

Edamane Hummus

Use ¼ cup Tahini dip and puree with a 1 lb bag of frozen and thawed shelled Edamame and 2-3 Tbsp olive oil. Add water to make a smooth dip.

Spicy Cheese Dip

Mix ½ lb cheddar cheese, grated, and pepper jack, grated. ¼ cup light mayonnaise or salad dressing and ¼ cup low fat sour cream. Season with diced pimentos, hot sauce, onion, cumin and garlic

Seven Layer Dip

In a large baking dish, layer guacamole, refried beans, low fat sour cream, shredded cheddar cheese, crushed tostada chips and shredded lettuce and chopped tomatoes.

Guacamole Dip

Take 3 peeled & seeded avocados, ½ cup minced red onion, 1-2 minced hot peppers, puree until smooth, stir in 1 diced tomato, ½ cup chopped cilantro and 1 Tbsp lime juice.

Cooking Pasta

Yield: 50 portions

Portion: 4 oz

<u>Ingredient</u>	<u>Amount</u>
Pasta	5 lb
Water	5 gal
Salt	5 oz

Procedure:

Bring water to a rapid boil. Add salt and oil. Add pasta gradually while stirring. Return to boiling. Cook uncovered at a fast boil until tender but firm 5-10 minutes. Drain.

- Weight of cooked pasta will vary, depending on length of time cooked
- Addition of oil is optional. It helps prevent foaming and sticking.
- If pasta is to be used as an ingredient in a recipe requiring further cooking, undercook slightly.
- If product is not to be served immediately, drain and rinse quickly with cold water. To keep pasta from becoming sticky or drying out, toss lightly with a little vegetable oil. Cover tightly and store in the refrigerator. To reheat, put pasta in a colander and immerse in rapidly boiling water just long enough to heat through. *Do not continue to cook. Or, reheat in a microwave oven.*
- Pasta can be covered tightly and refrigerated or frozen. Reheat to serving temperature.

Carrot Cake

Yield: 60 portions 12x18x2' (2pans) Portion: 2 ½ x 3 inches

Oven: 325

Bake: 40-45 minutes

<i>Ingredient</i>	<i>Amount</i>
Sugar, granulated	2 lb 6 oz
Vegetable oil	2 ½ cups
Eggs	1 lb (9)
Flour, whole wheat	1lb 12 oz
Salt	1 oz (1 ½ Tbsp)
Baking soda	2/3 oz (5 tsp)
Cinnamon, ground	2/3 oz (3 Tbsp)
Carrots, raw, grated	2 lb 8 oz
Walnuts, chopped	1 lb

Procedure:

Combine sugar, oil, and eggs. Beat 2 minutes on medium speed, using flat beater. Combine dry ingredients. Add to oil mixture and beat 1 minute. Add carrots and nuts. Mix until blended. Scale batter into 2 greased 12 x 18 x 2-inch pans, 5 lb per pan. Bake at 325 for 40-45 minutes. Ice with Cream Cheese Icing. Cut 5x6.

Note: May be baked in one 18 x 26 x 2-inch pan cut 6x to for 60 portions

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
263	4.2	30.9	14.4	309	6%	2%

Banana Cake

Yield: 48 portions or 3 2-layer cakes (9 inch)

Portion: 1/16th of a cake

Oven: 350° F

Bake: 25-30 minutes

<u>Ingredient</u>	<u>Amount</u>
Shortening, hydrogenated	2 ¼ cups
Sugar, granulated	4 ½ cups
Vanilla	1 Tbsp
Eggs	8
Bananas, mashed	2 lbs (4 cups)
Flour, cake	7 ½ cups
Salt	1 ¼ tsp
Baking powder	3 1/3 Tbsp
Baking soda	2 tsp
Buttermilk	1 cup

Procedures:

Cream shortening, sugar, and vanilla on medium speed for 10 minutes, using a flat beater. Add eggs to creamed mixture and mix on medium speed for 3 minutes, then add bananas and mix for an additional 2 minutes.

Combine dry ingredients then add dry ingredients alternately with Buttermilk on low speed. Mix on medium Speed 2-3 minutes.

Scale batter into 6 greased 9- inch layer cake pans, 1 lb 6 oz per pan. Bake at 350° F for 25-30 minutes. Cool. Remove from pans and ice with a vanilla icing or cream cheese icing.

<i>Calories</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat (grams)</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
253	3.2	36.9	10.6	78	6%	2%

Cream Cheese Icing:

<u>Ingredients:</u>	<u>Amount</u>
Cream cheese, softened 8 oz packages	1 ½ pkgs
Margarine, softened	2 Tbsp
Milk	¼ cup
Powdered sugar By weight, 2lb 12 oz	9 cups
Vanilla	1 Tbsp

Procedure:

Cream cream cheese, margarine and milk in mixer until smooth. Add sugar to creamed mixture. Add vanilla and continue beating until smooth.

Chocolate Chip Cookies

Yield: 10 dozen cookies
Bake: 8-10 mins.

Portion: $\frac{3}{4}$ oz per cookie

Oven: 375

<u>Ingredient</u>	<u>Amount</u>
Margarine	12 oz
Sugar, granulated	8 oz
Sugar, brown	8 oz
Eggs	4 (7oz)
Vanilla	2 tsp
Flour, whole wheat pastry flour	1 lb 4 oz
Salt	1 tsp
Baking soda	2 tsp
Walnuts, coarsely Chopped	1 lb
Chocolate chips	1 lb

Procedure:

Cream margarine and sugars on medium speed for 5 minutes, using flat beater. Add eggs and vanilla to creamed mixture and beat until light and fluffy. Combine dry ingredients. Add on low speed to cream mixture. Add nuts and chocolate chips. Mix until blended. Portion with No. 40 dipper 3x 5 onto lightly greased or parchment paper- lined 18x 26- inch baking sheets. Bake at 375 F for 8-10 minutes.

Note:

For jumbo cookies, use No. 20 dipper. Bake at 365 F for 12-15 minutes

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
98	1.9	10.0	5.8	74	3%	1%

Chocolate-Chocolate Cookies

Yield: 48 cookies

<i>Ingredient</i>	<i>Amount</i>
Margarine	1 stick
Brown sugar, packed	1 cup
Granulated Sugar	½ cup
Canola oil	½ cup
Eggs	2
Vanilla	2 tsp.
Baking powder	1 tsp.
Baking soda	¼ tsp.
Flour, all purpose	1 cup
Flour, whole wheat	1 cup
Cocoa powder, unsweetened	½ cup
Chocolate, dark, chopped	4 oz
Pecans, chopped (optional)	1 cup

Procedure:

Preheat oven to 350 F. In a large bowl, cream margarine, sugars and oil. Add egg and vanilla. Beat until creamy. In a separate bowl mix flours and cocoa and baking powder and soda. Add flour to margarine mixture and mix well. Stir in chopped chocolate and pecans. Drop mixture by tablespoon onto ungreased cooking sheets. Bake for 12 minutes.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
109	1.3	11.3	6.8	33	3%	2%

Peanut Butter Cookies

Yield: 9 dozen cookies Portion: ¾ oz per cookie
 Oven 375 °F Bake: 8 minutes

<u>Ingredient</u>	<u>Amount</u>
Margarine	2 cups (4 sticks)
Sugar, granulated	2 ¼ cups
Sugar, brown	2 cups
Eggs	4
Vanilla	2 tsp
Peanut butter	2 ¼ cups
Whole Wheat Pastry Flour	4 cups
Baking soda	2 tsp
Salt	1 tsp

Procedures:

Cream margarine and sugars on medium speed for 5 minutes, using flat beater. Add eggs and vanilla. Continue beating until blended. Add peanut butter to creamed mixture, blend on low speed. Combine dry ingredients. Add to creamed mixture and mix on low speed until well blended.

Portion dough with No. 40 dipper 3x5 onto lightly greased or parchment-paper-lined 18x26 inch baking sheets.

Flatten with tines of a fork. Bake at 375 °F for 8 minutes.

Variations:

- Chocolate Chip Peanut Butter Cookies: Add 1 lb chocolate chips
- Chunky Peanut Butter Cookies: Use chunky peanut butter or add 12 oz chopped peanuts.

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
107	2.0	11.2	6.3	7	115	1%	0%

Snickerdoodles

Yield: 8 dozen cookies Portion: ¾ oz per cookie

Oven: 375 °F Bake: 8-10 minutes

<u>Ingredient</u>	<u>Amount</u>
Margarine	2 cups (4 sticks)
Sugar, granulated	3 ¼ cups
Eggs	4
Whole wheat white flour	4 ¼ cups
Cream of tartar	4 tsp
Baking Soda	2 tsp
Salt	½ tsp
Sugar, Granulated	1 cup
Cinnamon	5 Tbsp

Procedures:

Cream margarine and sugar on medium speed for 5 minutes using flat beater Add eggs to creamed mixture. Mix thoroughly. Mix dry ingredients. Add to creamed mixture. Mix on low speed until well-blended.

Combine sugar and cinnamon. Portion dough with No. 40 dipper. Roll in sugar-cinnamon mixture. Place 3x5 onto lightly greased or parchment-paper-lined 18 x 26 inch baking sheets.

Bake at 375 °F for 8-10 minutes or until lightly browned but still soft. These cookies puff up at first, then flatten out with crinkled tops.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein</i> <i>(grams)</i>	<i>Carbohydrate</i> <i>(grams)</i>	<i>Fat</i> <i>grams</i>	<i>Cholesterol</i> <i>(mg)</i>	<i>Sodium</i> <i>(mg)</i>	<i>Iron</i> <i>(mg)</i>	<i>Calcium</i> <i>(mg)</i>
90	.8	13.2	3.9	8	82	2%	1%

Oatmeal Crispies

Yield: 8 dozen
Bake: 12-15 minutes

Oven: 350 °F

<u>Ingredients:</u>	<u>Amount</u>
Whole Wheat White Flour	3 cups
Salt	2 tsp
Baking Soda	2 tsp
Shortening	2 ¼ cups
Sugar/Granulated	2 ¼ cups
Sugar, brown	3 cups
Eggs	4
Vanilla	2 tsp
Rolled oats, quick/uncooked	5 cups
Walnut, chopped	1 cup

Procedure:

Combine flour, salt, and soda in mixer bowl. Add shortening, sugars, eggs, and vanilla to flour mixture. Mix on low speed about 5 minutes using flat beater.

Add rolled oats and nuts, mix on low speed to blend. Shape dough into three 2-lb rolls, 2 inches in diameter. Wrap in waxed paper and chill.

Cut dough into slices ¼ inch thick. Place 2 inches apart on ungreased baking sheets.

Bake at 350°F for 12-15 minutes.

Note: For smaller cookies form into four 1 ½ inch rolls and slice 1/8 inch thick. Yield: approximately 25 dozen.

<i>Calorie</i>	<i>Protein</i> <i>(grams)</i>	<i>Carbohydrate</i> <i>(grams)</i>	<i>Fat</i> <i>grams</i>	<i>Cholesterol</i> <i>(mg)</i>	<i>Sodium</i> <i>(mg)</i>	<i>Iron</i> <i>(mg)</i>	<i>Calcium</i> <i>(mg)</i>
119	1.5	15.1	6.1	8	82	3%	1%

Marshmallow Krispie Squares

Yield: 60 portions or 2 pans 12 x 18 x 1 inches

Portion: 2 ½ x 3 inches

<u>Ingredient</u>	<u>Amount</u>
Margarine	1 lb
Marshmallows	4 lb
Vanilla	1 Tbsp
Rice Krispies	2 lb 8 oz

Procedures:

Melt margarine. Add marshmallows and vanilla. Stir until completely melted. Cook over low heat 3 minutes longer, stirring constantly. Remove from heat.

Stir Rice Krispies into marshmallow mixture until well-coated. Using buttered spatula, press mixture evenly into 2 lightly greased 12 x 18 x 1 – inch pans, 3 lb per pan.

Cut while warm.

Note: May be made in an 18 x 26 x 1 inch baking sheet. Cut 5 x 6

Variations:

- Chocolate Marshmallow Squares – Cover squares with a thin, rich chocolate icing.
- Peanut Butter Squares – Add 1 lb 2 oz peanut butter to marshmallow mixture. Proceed as above. Frost with chocolate glaze.

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
212	1.8	38.7	6.5	0	211	2%	1%

Apple Crisp

64 Servings (32 per pan)

<u>Ingredient</u>	<u>Amount</u>
Tart apples	15 lbs (cored and sliced)
Sugar	1 2/3 cup
Lemon juice	1/3 cup
Margarine	1 lb 4 oz
Whole wheat flour	2 3/4 cup
Rolled oats	4 cups
Brown sugar	2 lbs (2 cups)
Chopped pecans or walnuts	2 cups chopped
Cinnamon	1 tsp

Procedures:

Mix sugar and lemon juice with sliced apples. Divide between two 12x20x2 inch pans.

Combine remaining ingredients in bowl and mix until crumbly and margarine is distributed throughout mix. Spread over apples.

Bake at 350° oven for 45-50 minutes or until golden brown. Serve warm with vanilla ice cream.

Variation: 1 cup raisins can be added to flour/sugar mixture.

Approximate nutrient content per portion:

<i>Calorie</i>	<i>Protein (grams)</i>	<i>Carbohydrate (grams)</i>	<i>Fat grams</i>	<i>Sodium (mg)</i>	<i>Iron (mg)</i>	<i>Calcium (mg)</i>
200	1.4	28.59	10.19	86	3%	2%

BEVERAGES

Coffee Yield: 50 portions or 2 ½ gal Portion: 6 oz (¾ cup)

<i>Ingredient</i>	<i>Amount</i>	<i>Procedure</i>
Coffee	1 lb	Use proper blend and grind for the coffee maker
Water, Cold	2 ½ gal	Use method recommended by the manufacturer
		<ul style="list-style-type: none">○ The amount of water will vary with the brand of coffee and the strength preferred.○ Iced Coffee. Increase coffee to 2 lb. Pour over ice in glasses. Coffee may be cooled to room temperature but should not be refrigerated. Flavorings may be added for variety; i.e. vanilla, almond.○ Instant Coffee. Use 3 oz instant coffee or 2 oz freeze-dried to 2 ½ gal boiling water. Dissolve the coffee in a small amount of boiling water and add to the remaining hot water. Keep hot just below the boiling point.○ Steeped Coffee. Tie regular grind coffee loosely in a cloth bag. Immerse bag in cold water, which has been measured into a stainless steel kettle or stock pot. Heat to boiling point. Boil 3 minutes or until of desired strength. Remove coffee bag. Cover container and hold over low heat to keep at serving temperature.

Iced Tea Yield: 48 portions or 3 gal Portion: 8 oz (1 cup)

<i>Ingredient</i>	<i>Amount</i>	<i>Procedure</i>
Tea bags, 1 oz	6	Place tea bags in enamel, stainless steel or earthenware.
Water, boiling	1 gal	Pour boiling water over tea bags. Steep 4-6 minutes Remove bags
Water, cold	2 gal	Pour hot tea into cold water
Ice, chipped or cubed	10-15 lb	Fill 12 oz glasses with ice Pour tea over ice just before serving
		<ul style="list-style-type: none">○ Always pour the hot tea concentrate into the cold water. Do not refrigerate or ice the tea prior to service. Cloudiness develops in tea that has been refrigerated.○ Instant tea (1 to 1 ½ oz) may be used in place of the tea bags○ Six to seven lemons, cut in eighths, may be served with the tea○ Iced tea may be garnished with lemon or orange slices or mint leaves.

Lemonade Yield: 48 portions or 3 gal Portion: 8 oz (1 cup)

<i>Ingredient</i>	<i>Amount</i>	<i>Procedure</i>
Lemon juice	1 ¼ qt (30 lemons)	Mix lemon juice and sugar
Sugar, granulated	2 lb 8 oz	
Water, cold	2 ¼ gal	Add water. Stir until sugar is dissolved. Chill
		<ul style="list-style-type: none">○ Three 6-oz cans undiluted frozen lemon juice may be substituted for fresh lemon juice. Increase water to 2 ½ gal○ Three 32 oz cans frozen lemonade concentrate, diluted 1:4 parts water, will yield 60 1 cup portions.○ Lemonade makes a good base for fruit punch