

# Peanut Butter Dip

Meat Alternate

Snacks

G-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Peanut butter, creamy	1 lb 7 oz	2 ½ cups	2 lb 14 oz	1 qt 1 cup	1. In a mixing bowl, use the paddle attachment on medium speed to cream peanut butter, honey, and cinnamon. Mix for 5 minutes until smooth.
Honey	14 oz	1 cup 2 Tbsp	1 lb 12 oz	2 ¼ cups	
Ground cinnamon		1 tsp		2 tsp	
					2. Portion with No. 30 scoop (2 Tbsp).

SERVING:	YIELD:	VOLUME:
2 Tbsp (No. 30 scoop) provide 1 ½ Tbsp of peanut butter or the equivalent of ¾ oz of cooked lean meat.	<b>25 Servings:</b> 2 lb 5 oz <b>50 Servings:</b> 4 lb 10 oz	<b>25 Servings:</b> 3 cups 2 Tbsp <b>50 Servings:</b> 1 quart 2 ¼ cups

Edited 2004

Special Tip:  
This dip may be served with fruit, vegetables, or pretzels, or spread on graham crackers.

Nutrients Per Serving			
<b>Calories</b>	206	<b>Saturated Fat</b>	2.57 g
<b>Protein</b>	6.60 g	<b>Cholesterol</b>	0 mg
<b>Carbohydrate</b>	18.71 g	<b>Vitamin A</b>	0 IU
<b>Total Fat</b>	13.35 g	<b>Vitamin C</b>	0.1 mg
		<b>Iron</b>	0.55 mg
		<b>Calcium</b>	11 mg
		<b>Sodium</b>	128 mg
		<b>Dietary Fiber</b>	1.7 g

# Bean Dip

Meat Alternate or Vegetable

Snacks

G-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned garbanzo beans, drained	1 lb 6 oz	3 ½ cups	2 lb 12 oz	1 qt 3 cups	1. Mash or blend all ingredients, either by hand or by using a food processor.  2. Refrigerate until ready to serve. 3. Portion with No. 30 scoop (2 Tbsp).
Lemon juice		1 ½ tsp		1 Tbsp	
Granulated garlic		1 tsp		2 tsp	
Vegetable oil		2 Tbsp		¼ cup	
Low-sodium soy sauce		½ tsp		1 tsp	
Ground black or white pepper		⅛ tsp		¼ tsp	
Dried parsley		2 Tbsp		¼ cup	
Water		¼ cup		½ cup	

SERVING:	YIELD:	VOLUME:
2 Tbsp (No. 30 scoop) provides 1 Tbsp of beans or the equivalent of ¼ oz cooked lean meat.	<b>25 Servings:</b> 1 lb 9 oz <b>50 Servings:</b> 3 lb 2 oz	<b>25 Servings:</b> 3 ⅓ cups <b>50 Servings:</b> 1 qt 2 ⅔ cups

Edited 2004

Special Tip:  
For a tasty snack, serve this dip with whole wheat pita wedges.

# Bean Dip

Meat Alternate or Vegetable

Snacks

G-02

Nutrients Per Serving					
<b>Calories</b>	55	<b>Saturated Fat</b>	0.20 g	<b>Iron</b>	0.53 mg
<b>Protein</b>	1.88 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	13 mg
<b>Carbohydrate</b>	8.56 g	<b>Vitamin A</b>	25 IU	<b>Sodium</b>	115 mg
<b>Total Fat</b>	1.52 g	<b>Vitamin C</b>	2.0 mg	<b>Dietary Fiber</b>	1.7 g

# Nachos

Meat Alternate-Grains/Breads

Snacks

G-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched taco shell pieces	6 oz		12 oz		1. Spread 6 oz of taco pieces on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 Servings, use 2 pans.
Salsa (C-03)	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Reduced fat Cheddar cheese, shredded	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	2. Top each pan with 12 oz (1 ½ cups) of salsa and 13 oz (3 ¼ cups) of cheese.
					3. Bake until cheese melts: Conventional oven: 375° F for 7 minutes Convection oven: 350° F for 5 minutes  For best results, serve immediately.
					4. Score each pan 5 x 5 (25 pieces).  Portion is 1 piece.

## SERVING:

1 piece provides the equivalent of ½ oz of cheese and the equivalent of ¼ slice of bread.

## YIELD:

**25 Servings:** 2 lb 2 oz

**50 Servings:** 4 lb 4 oz

## VOLUME:

**25 Servings:** 25 pieces

**50 Servings:** 50 pieces

Tested 2004

## Special Tip:

For an attractive garnish, use 1 Tbsp of lowfat sour cream or plain lowfat yogurt and 1 Tbsp of Salsa (C-03).

# Nachos

Meat Alternate-Grains/Breads

Snacks

G-03

## Nutrients Per Serving

<b>Calories</b>	77	<b>Saturated Fat</b>	1.93 g	<b>Iron</b>	0.28 mg
<b>Protein</b>	4.64 g	<b>Cholesterol</b>	8 mg	<b>Calcium</b>	148 mg
<b>Carbohydrate</b>	5.46 g	<b>Vitamin A</b>	115 IU	<b>Sodium</b>	166 mg
<b>Total Fat</b>	4.26 g	<b>Vitamin C</b>	1.9 mg	<b>Dietary Fiber</b>	0.7 g

# Yogurt Fruit Dip

Meat Alternate-Fruit

Snacks

G-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat vanilla yogurt	3 lb 4 oz	1 qt 2 ¼ cups	6 lb 8 oz	3 qt ½ cup	1. In a bowl, combine yogurt and peaches. Stir to blend.
Canned diced peaches, drained	3 lb 1 oz	1 qt 2 ¼ cups (2 ¾ No. 2-½ cans)	6 lb 2 oz	3 qt ½ cup (5 ½ No. 2-½ cans)	
					2. Refrigerate until ready to serve.
					3. Portion with No. 10 scoop (¾ cup).

SERVING:	YIELD:	VOLUME:
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¾ cup (No. 10 scoop) provides ¼ cup of yogurt or the equivalent of ½ oz cooked lean meat and ¼ cup of fruit.

**25 Servings:** 6 lb 5 oz  
**50 Servings:** 12 lb 10 oz

**25 Servings:** 2 quarts 2 cups  
**50 Servings:** 1 gallon 1 quart

Tested 2004

Special Tip:  
 This makes a good snack for dipping fruit and crackers.

Nutrients Per Serving					
<b>Calories</b>	62	<b>Saturated Fat</b>	0.59 g	<b>Iron</b>	0.20 mg
<b>Protein</b>	3.52 g	<b>Cholesterol</b>	4 mg	<b>Calcium</b>	112 mg
<b>Carbohydrate</b>	10.50 g	<b>Vitamin A</b>	365 IU	<b>Sodium</b>	43 mg
<b>Total Fat</b>	0.94 g	<b>Vitamin C</b>	2.5 mg	<b>Dietary Fiber</b>	1.2 g