

Vegetable Frittata

Meat Alternate-Vegetable

Main Dishes

D-01

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed OR Fresh large eggs	1 lb 13 oz	3 ⅓ cups 2 Tbsp	3 lb 10 oz	1 qt 3 cups	1. Combine eggs, milk, salt, pepper, potatoes, vegetables, and cheese in a mixing bowl. Mix using paddle attachment on low speed for 2 minutes.
		OR 17 each		OR 33 each	
Lowfat 1% milk		2 cups		1 qt	
Salt		1 tsp		2 tsp	
Ground black or white pepper		½ tsp		1 tsp	
*Fresh potatoes, peeled, grated	1 lb 3 oz	2 ½ cups	2 lb 6 oz	1 qt 1 cup	
Frozen mixed vegetables, thawed	2 lb	1 qt ½ cup	4 lb	2 qt 1 cup	
Reduced fat Cheddar cheese, shredded	4 oz	1 cup	8 oz	2 cups	
Vegetable oil		1 Tbsp		2 Tbsp	2. Oil each pan (9" x 13" x 2") with 1 ½ tsp oil. For 24 servings, use 2 pans. For 48 servings, use 4 pans
Reduced fat Cheddar cheese, shredded	4 oz	1 cup	8 oz	2 cups	3. Into each pan (9" x 13" x 2"), which has been oiled, pour 3 lb 8 oz (1 qt 2 ½ cups) of egg mixture.
					4. Bake until a knife inserted in the center will come out clean. Conventional oven: 375° F for 30 minutes Convection oven: 350° F for 25 minutes CCP: Heat to 155° F or higher for at least 15 seconds.
					5. Sprinkle 2 oz (½ cup) of cheese over each pan. Bake until cheese is melted, about 5 minutes.
					6. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

Vegetable Frittata

Meat Alternate-Vegetable

Main Dishes

D-01

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
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Potatoes	1 lb 8 oz	3 lb
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SERVING:

1 piece provides the equivalent of 1 ½ oz of cooked lean meat and ¼ cup of vegetable.

YIELD:

24 Servings: 6 lb 5 oz
48 Servings: 12 lb 10 oz

VOLUME:

24 Servings: 2 pans
48 Servings: 4 pans

Tested 2004

Nutrients Per Serving

Calories	131	Saturated Fat	2.39 g	Iron	0.90 mg
Protein	8.95 g	Cholesterol	152 mg	Calcium	139 mg
Carbohydrate	10.64 g	Vitamin A	1945 IU	Sodium	233 mg
Total Fat	6.02 g	Vitamin C	2.9 mg	Dietary Fiber	2.0 g

Deviled Eggs

Meat Alternate

Main Dishes

D-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs		25 each		50 each	1. Place eggs in a large pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate until cool. 2. Peel eggs and cut in half. Remove yolks and place in a separate bowl.
Reduced calorie salad dressing OR Lowfat mayonnaise	7 oz OR 7 oz	$\frac{3}{4}$ cup 2 Tbsp OR $\frac{3}{4}$ cup 2 Tbsp	14 oz OR 14 oz	1 $\frac{3}{4}$ cups OR 1 $\frac{3}{4}$ cups	
White vinegar		1 tsp		2 tsp	5. Cover. Refrigerate until ready to serve. Portion is 2 half eggs.
Dry mustard		1 tsp		2 tsp	
Prepared yellow mustard		1 $\frac{1}{2}$ tsp		1 Tbsp	
Sugar		2 Tbsp		$\frac{1}{4}$ cup	
Salt		1 tsp		2 tsp	

SERVING:	YIELD:	VOLUME:
2 halves provide 1 large egg or the equivalent of 2 oz of cooked lean meat.	25 Servings: 3 lb 2 oz	25 Servings: 50 half eggs
	50 Servings: 6 lb 4 oz	50 Servings: 100 half eggs

Edited 2004

Deviled Eggs

Meat Alternate

Main Dishes

D-02

Nutrients Per Serving

Calories	100	Saturated Fat	1.89 g	Iron	0.78 mg
Protein	6.34 g	Cholesterol	216 mg	Calcium	26 mg
Carbohydrate	3.46 g	Vitamin A	322 IU	Sodium	230 mg
Total Fat	6.53 g	Vitamin C	0 mg	Dietary Fiber	0.1 g

Beef and Spaghetti Casserole

Meat-Vegetable-Grains/Breads

Main Dishes

D-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 4 oz		6 lb 8 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 3 Tbsp	12 oz OR 2 ¼ oz	2 cups OR ¼ cup 2 Tbsp	2. Add onions to ground beef and sauté for 5 minutes or until onions are translucent.
Canned tomato paste	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	3. In a heavy pot, combine beef, onions, tomato paste, water, sugar, basil, oregano, salt, granulated garlic, and pepper. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally. CCP: Heat to 155° F or higher for at least 15 seconds.
Water		1 qt ½ cup		2 qt 1 cup	
Sugar		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dried basil		¾ tsp		1 ½ tsp	
Dried oregano		¾ tsp		1 ½ tsp	
Salt		¾ tsp		1 ½ tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Cooked macaroni, noodles, or spaghetti (A-19)		1 qt 2 ¼ cups		3 qt ½ cup	4. Stir cooked macaroni, noodles, or spaghetti into meat sauce. Spread mixture into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. CCP: Hold for hot service at 135° F or higher. Portion with No. 10 scoop (¾ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	7 oz	14 oz

Beef and Spaghetti Casserole

Meat-Vegetable-Grains/Breads

Main Dishes

D-03

SERVING:

$\frac{3}{8}$ cup (No. 10 scoop) provides 1 $\frac{1}{2}$ oz of cooked lean meat, $\frac{1}{4}$ cup of vegetable, and the equivalent of $\frac{1}{2}$ slice of bread.

YIELD:

25 Servings: 2 pans
50 Servings: 4 pans

VOLUME:

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

Edited 2004, Edited 2007

Nutrients Per Serving

Calories	193	Saturated Fat	3.31 g	Iron	2.23 mg
Protein	14.34 g	Cholesterol	39 mg	Calcium	26 mg
Carbohydrate	15.84 g	Vitamin A	513 IU	Sodium	154 mg
Total Fat	7.90 g	Vitamin C	12.1 mg	Dietary Fiber	1.7 g

Beef-Turkey Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 4 oz		2 lb 8 oz		1. In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended. 2. Press 5 lb 4 oz of meat mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 Servings, use 2 pans. 3. Bake: Conventional oven: 350° F for 60 minutes Convection oven: 325° F for 50 minutes CCP: Heat to 165° F or higher for at least 15 seconds. 4. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Raw ground turkey	1 lb 4 oz		2 lb 8 oz		
*Fresh onions, chopped OR Dehydrated onions	2 oz	½ cup OR 3 Tbsp	4 oz	¾ cup OR ¼ cup 2 Tbsp	
*Fresh celery, ¼" diced	8 oz	2 cups	1 lb	1 qt	
Rolled oats	7 oz	2 ⅔ cups	14 oz	1 qt 1 ⅓ cups	
Enriched dry bread crumbs	5 oz	1 cup	10 oz	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	10 oz	1 cup 3 Tbsp OR 6 each	1 lb 4 oz	2 ¼ cups 2 Tbsp OR 12 each	
Canned tomato sauce	12 oz	1 ¼ cups	1 lb 8 oz	2 ½ cups	
Canned tomato paste		2 Tbsp	2 oz	¼ cup (⅛ 12 oz can plus 2 Tbsp)	
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	

Beef-Turkey Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

SERVING:

1 piece provides the equivalent of 1 ½ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of ½ slice of bread.

YIELD:

25 Servings: 4 lb 12 oz
50 Servings: 9 lb 8 oz

VOLUME:

25 Servings: 1 pan
50 Servings: 2 pans

Edited 2004

Nutrients Per Serving

Calories	161	Saturated Fat	2.32 g	Iron	1.85 mg
Protein	12.66 g	Cholesterol	79 mg	Calcium	38 mg
Carbohydrate	11.30 g	Vitamin A	244 IU	Sodium	384 mg
Total Fat	7.04 g	Vitamin C	3.0 mg	Dietary Fiber	1.4 g

Glazed Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 4 oz		2 lb 8 oz		1. In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended. 2. Press 5 lb 4 oz of meat mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 3. Glaze: In a saucepan over low heat, dissolve brown sugar, dry mustard, and catsup until smooth.
Raw ground turkey	1 lb 4 oz		2 lb 8 oz		
*Fresh onions, chopped OR Dehydrated onions	2 oz	½ cup OR 3 Tbsp	4 oz	¾ cup OR ¼ cup 2 Tbsp	
*Fresh celery, ¼" diced	8 oz	2 cups	1 lb	1 qt	
Rolled oats	7 oz	2 ⅔ cups	14 oz	1 qt 1 ⅓ cups	
Enriched dry bread crumbs	5 oz	1 cup	10 oz	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	10 oz	1 cup 3 Tbsp OR 6 each	1 lb 4 oz	2 ¼ cups 2 Tbsp OR 12 each	
Canned tomato sauce	12 oz	1 ¼ cups	1 lb 8 oz	2 ½ cups	
Canned tomato paste		2 Tbsp	2 oz	¼ cup (⅛ 12 oz can plus 2 Tbsp)	
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Brown sugar	4 oz	½ cup	8 oz	1 cup	
Dry mustard		1 ½ tsp		1 Tbsp	
Catsup	12 oz	1 ⅓ cups	1 lb 8 oz	2 ⅔ cups	

Glazed Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04A

	<p>4. Baste each 5 lb 4 oz meat loaf evenly with 1 cup of glaze.</p> <p>Bake: Conventional oven: 350° F for 60 minutes Convection oven: 325° F for 50 minutes</p> <p>Bake for half of directed time. Remove from oven and baste each meat loaf with ½ cup of glaze. Bake for remainder of directed time.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	<p>5. CCP: Hold for hot service at 135° F or higher.</p> <p>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p>

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 ½ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of ½ slice of bread.	<p>25 Servings: 5 lb 10 oz</p> <p>50 Servings: 11 lb 4 oz</p>	<p>25 Servings: 1 pan</p> <p>50 Servings: 2 pans</p>

Edited 2004

Glazed Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04A

Nutrients Per Serving

Calories	193	Saturated Fat	2.32 g	Iron	2.03 mg
Protein	12.91 g	Cholesterol	79 mg	Calcium	44 mg
Carbohydrate	19.48 g	Vitamin A	382 IU	Sodium	547 mg
Total Fat	7.09 g	Vitamin C	5.1 mg	Dietary Fiber	1.6 g

Mexican Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 4 oz		2 lb 8 oz		1. In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended. 2. Press 5 lb 4 oz of meat mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 3. Prepare Salsa (C-03). Baste each pan evenly with $\frac{2}{3}$ cup of salsa. Bake: Conventional oven: 350° F for 15 minutes Convection oven: 325° F for 15 minutes
Raw ground turkey	1 lb 4 oz		2 lb 8 oz		
*Fresh onions, chopped OR Dehydrated onions	2 oz	$\frac{1}{3}$ cup OR 3 Tbsp	4 oz	$\frac{2}{3}$ cup OR $\frac{1}{4}$ cup 2 Tbsp	
*Fresh celery, $\frac{1}{4}$ " diced	8 oz	2 cups	1 lb	1 qt	
Rolled oats	7 oz	2 $\frac{2}{3}$ cups	14 oz	1 qt 1 $\frac{1}{3}$ cups	
Enriched dry bread crumbs	5 oz	1 cup	10 oz	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	10 oz	1 cup 3 Tbsp OR 6 each	1 lb 4 oz	2 $\frac{1}{4}$ cups 2 Tbsp OR 12 each	
Canned tomato sauce	12 oz	1 $\frac{1}{4}$ cups	1 lb 8 oz	2 $\frac{1}{2}$ cups	
Canned tomato paste		2 Tbsp	2 oz	$\frac{1}{4}$ cup ($\frac{1}{8}$ 12 oz can plus 2 Tbsp)	
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Salsa (C-03)	11 oz	1 $\frac{1}{3}$ cups	1 lb 6 oz	2 $\frac{2}{3}$ cups	

Tiny Meat Loaves

Meat-Vegetable-Grains/Breads

Main Dishes

D-04C

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 4 oz		2 lb 8 oz		1. In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended. 2. Using a No. 12 scoop ($\frac{1}{3}$ cup), portion meat mixture and shape into meat loaves. Place meat loaves (3 x 4) onto pans (9" x 13" x 2"). For 24 servings, use 2 pans. For 48 servings, use 4 pans.
Raw ground turkey	1 lb 4 oz		2 lb 8 oz		
*Fresh onions, chopped OR Dehydrated onions	2 oz	$\frac{1}{3}$ cup OR 3 Tbsp	4 oz	$\frac{2}{3}$ cup OR $\frac{1}{4}$ cup 2 Tbsp	
*Fresh celery, $\frac{1}{4}$ " diced	8 oz	2 cups	1 lb	1 qt	
Rolled oats	7 oz	2 $\frac{2}{3}$ cups	14 oz	1 qt $1 \frac{1}{3}$ cups	
Enriched dry bread crumbs	5 oz	1 cup	10 oz	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	10 oz	1 cup 3 Tbsp OR 6 each	1 lb 4 oz	2 $\frac{1}{4}$ cups 2 Tbsp OR 12 each	
Canned tomato sauce	12 oz	1 $\frac{1}{4}$ cups	1 lb 8 oz	2 $\frac{1}{2}$ cups	
Canned tomato paste		2 Tbsp	2 oz	$\frac{1}{4}$ cup ($\frac{1}{8}$ 12 oz can plus 2 Tbsp)	
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	

Mexican Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04B

	<p>4. Remove from oven and baste each pan evenly with $\frac{2}{3}$ cup of salsa.</p> <p>Bake: Conventional oven: 350° F for 45 minutes Convection oven: 325° F for 35 minutes.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	<p>5. CCP: Hold for hot service at 135° F or higher.</p> <p>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p>

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 $\frac{1}{2}$ oz of cooked lean meat, $\frac{1}{8}$ cup of vegetable, and the equivalent of $\frac{1}{2}$ slice of bread.	<p>25 Servings: 5 lb 1 oz</p> <p>50 Servings: 10 lb 2 oz</p>	<p>25 Servings: 1 pan</p> <p>50 Servings: 2 pans</p>

Edited 2004

Nutrients Per Serving			
Calories	165	Saturated Fat	2.32 g
Protein	12.79 g	Cholesterol	79 mg
Carbohydrate	12.14 g	Vitamin A	252 IU
Total Fat	7.06 g	Vitamin C	4.8 mg
		Iron	1.93 mg
		Calcium	41 mg
		Sodium	416 mg
		Dietary Fiber	1.5 g

Tiny Meat Loaves

Meat-Vegetable-Grains/Breads

Main Dishes

D-04C

	<p>3. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes If desired, baste tiny meat loaves with meat glaze (D-04A) or Salsa (C-03) before baking. Bake for 15 minutes as directed. Remove from oven and baste again and continue baking for 15 minutes.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	<p>4. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion is 1 loaf.</p>

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 loaf provides the equivalent of 1 ½ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of ½ slice of bread.	<p>24 Servings: 4 lb 12 oz</p> <p>48 Servings: 9 lb 8 oz</p>	<p>24 Servings: 24 loaves</p> <p>48 Servings: 48 loaves</p>

Edited 2004

Nutrients Per Serving			
Calories	168	Saturated Fat	2.41 g
Protein	13.19 g	Cholesterol	83 mg
Carbohydrate	11.77 g	Vitamin A	254 IU
Total Fat	7.33 g	Vitamin C	3.2 mg
		Iron	1.93 mg
		Calcium	40 mg
		Sodium	400 mg
		Dietary Fiber	1.5 g

Beef Patties

Meat-Vegetable-Grains/Breads

Main Dishes

D-04D

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	2 lb 8 oz		5 lb		1. In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended. 2. Using a No. 12 scoop (1/3 cup), portion meat mixture and shape into patties. Place patties in rows 3 across and 2 down onto pans (9" x 13" x 2"). For 24 servings, use 4 pans. For 48 servings, use 8 pans.
*Fresh onions, chopped OR Dehydrated onions	2 oz	1/3 cup OR 3 Tbsp	4 oz	2/3 cup OR 1/4 cup 2 Tbsp	
*Fresh celery, 1/4" diced	8 oz	2 cups	1 lb	1 qt	
Rolled oats	7 oz	2 2/3 cups	14 oz	1 qt 1 1/3 cups	
Enriched dry bread crumbs	5 oz	1 cup	10 oz	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	10 oz	1 cup 3 Tbsp OR 6 each	1 lb 4 oz	2 1/4 cups 2 Tbsp OR 12 each	
Canned tomato sauce	12 oz	1 1/4 cups	1 lb 8 oz	2 1/2 cups	
Canned tomato paste		2 Tbsp	2 oz	1/4 cup (1/8 12 oz can plus 2 Tbsp)	
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	

Beef Patties

Meat-Vegetable-Grains/Breads

Main Dishes

D-04D

	<p>3. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes If desired, baste beef patties with meat glaze (D-04A) or Salsa (C-03) before baking. Bake for 15 minutes as directed. Remove from oven and baste again and continue baking for 15 minutes.</p> <p>CCP: Heat to 155° F or higher for at least 15 seconds.</p>
	<p>4. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion is 1 patty.</p>

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 patty provides the equivalent of 1 ½ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of ½ slice of bread.	<p>24 Servings: 4 lb 12 oz</p> <p>48 Servings: 9 lb 8 oz</p>	<p>24 Servings: 24 patties</p> <p>48 Servings: 48 patties</p>

Edited 2004

Nutrients Per Serving

Calories	177	Saturated Fat	3.16 g	Iron	2.10 mg
Protein	13.39 g	Cholesterol	81 mg	Calcium	40 mg
Carbohydrate	11.77 g	Vitamin A	254 IU	Sodium	398 mg
Total Fat	8.19 g	Vitamin C	3.2 mg	Dietary Fiber	1.5 g

Oven-Baked Parmesan Chicken

Meat

Main Dishes

D-05

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Reduced calorie salad dressing OR Lowfat mayonnaise	4 oz OR 4 oz	½ cup OR ½ cup	8 oz OR 8 oz	1 cup OR 1 cup	1. Combine salad dressing or mayonnaise and mustard in a bowl.	
Prepared yellow mustard		1 tsp		2 tsp		
Parmesan cheese, grated	4 oz	½ cup	8 oz	1 cup	2. In another bowl, combine Parmesan cheese, bread crumbs and pepper.	
Enriched dry bread crumbs	2 oz	¼ cup 2 Tbsp	4 oz	¾ cup		
Ground black or white pepper		½ tsp		1 tsp	3. Using a pastry brush, coat chicken with the mayonnaise mixture.	
Raw chicken drumsticks, with bone, without skin (at least 3.2 oz each) OR Raw chicken drumsticks, with bone, with skin (at least 3.7 oz each) OR Raw chicken thighs, with bone, without skin (at least 2.9 oz each) OR Raw chicken thighs, with bone, with skin (at least 3.6 oz each)	5 lb OR 5 lb 12 ½ oz OR 4 lb 8 ½ oz OR 5 lb 10 oz	25 servings OR 25 servings OR 25 servings OR 25 servings	10 lb OR 11 lb 9 oz OR 9 lb 1 oz OR 11 lb 4 oz	50 servings OR 50 servings OR 50 servings OR 50 servings		
						4. Dredge chicken in the crumb mixture. Place 12-13 pieces of chicken on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
						5. To Bake: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes CCP: Heat to 165° F or higher for at least 15 seconds. Remove chicken from bone.

Oven-Baked Parmesan Chicken

Meat

Main Dishes

D-05

6. CCP: Hold for hot service at 135° F or higher.

Portion with No. 12 scoop (1/3 cup).

Note: The weights given provide an average of 25 and 50 servings based on the minimum raw chicken weight listed with the description. When purchasing chicken, ensure that the average weight of the raw chicken pieces meets the minimum individual piece weight listed.

SERVING:

1/3 cup (No. 12 scoop) provides 1 1/2 oz of cooked poultry.

YIELD:

25 Servings: 2 lb 15 oz
50 Servings: 5 lb 14 oz

VOLUME:

25 Servings: 2 quarts 2/3 cup
50 Servings: 1 gallon 1 1/3 cups

Tested 2004

Nutrients Per Serving

Calories	115	Saturated Fat	1.66 g	Iron	0.78 mg
Protein	14.28 g	Cholesterol	45 mg	Calcium	73 mg
Carbohydrate	2.87 g	Vitamin A	60 IU	Sodium	187 mg
Total Fat	4.77 g	Vitamin C	0 mg	Dietary Fiber	0.1 g

Nutrients are based on 1 drumstick without skin.

Sweet-and-Sour Chicken

Meat

Main Dishes

D-06

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Raw chicken drumsticks, with bone, without skin (at least 3.2 oz each) OR Raw chicken drumsticks, with bone, with skin (at least 3.7 oz each) OR Raw chicken thighs, with bone, without skin (at least 2.9 oz each) OR Raw chicken thighs, with bone, with skin (at least 3.6 oz each)	5 lb OR 5 lb 12 ½ oz OR 4 lb 8 ½ oz OR 5 lb 10 oz	25 servings OR 25 servings OR 25 servings OR 25 servings	10 lb OR 11 lb 9 oz OR 9 lb 1 oz OR 11 lb 4 oz	50 servings OR 50 servings OR 50 servings OR 50 servings	<p>1. Place 12-13 chicken thighs or drumsticks in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.</p> <p>2. Bake until lightly browned.: Conventional oven: 425° F for 30 minutes Convection oven: 375° F for 30 minutes Drain and discard liquid and fat.</p> <p>3. Remove chicken from bone. Place 1 lb 2 oz chicken in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.</p>	
Sweet-and-Sour Sauce:						<p>4. In a sauce pan, combine soy sauce, oil, lemon juice, vinegar, sugar, dry mustard, granulated garlic, pineapple juice, and peach puree. OR Use bottled sweet-and-sour sauce. Simmer for 15 minutes.</p>
Soy sauce		2 Tbsp		¼ cup		
Vegetable oil		2 Tbsp		¼ cup		
Lemon juice		1 Tbsp		2 Tbsp		
White vinegar		¾ cup		1 ½ cups		
Sugar	6 oz	¾ cup	12 oz	1 ½ cups		
Dry mustard		1 tsp		2 tsp		
Granulated garlic		1 tsp		2 tsp		
Pineapple juice		1 cup		2 cups		
Canned peaches, drained and pureed	4 oz	½ cup	8 oz	1 cup		
OR Bottled sweet-and-sour sauce	OR 1 lb 4 oz	OR 2 cups	OR 2 lb 8 oz	OR 1 qt		
Pineapple juice		1 cup		2 cups	5. Add pineapple juice.	

Sweet-and-Sour Chicken

Meat

Main Dishes

D-06

Cornstarch	2 Tbsp	¼ cup	6. Dissolve cornstarch in cold water. Add to simmering liquid and stir until thickened.
Water, cold	¾ cup	1 ½ cups	
			7. Pour 1 ½ cups of sauce over each casserole dish of chicken.
			8. Bake until golden brown: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes Baste every 15 minutes for a glazed appearance. CCP: Heat to 165° F or higher for at least 15 seconds.
			9. CCP: Hold for hot service at 135° F or higher. Portion with No. 10 scoop (⅔ cup).

Note: The weights given provide an average of 25 and 50 servings based on the minimum raw chicken weight listed with the description. When purchasing chicken, ensure that the average weight of the raw chicken pieces meets the minimum individual piece weight listed.

SERVING:	YIELD:	VOLUME:
⅔ cup (No. 10 scoop) provides 1 ½ oz cooked poultry.	25 Servings: 4 lb 1 oz	25 Servings: 2 quarts 2 cups
	50 Servings: 8 lb 2 oz	50 Servings: 1 gallon 1 quart

Tested 2004

Special Tip:
The Sweet-and-Sour Sauce from Step 4 may be used on baked fish or baked pork.

Sweet-and-Sour Chicken

Meat

Main Dishes

D-06

Nutrients Per Serving					
Calories	128	Saturated Fat	0.78 g	Iron	0.66 mg
Protein	12.18 g	Cholesterol	40 mg	Calcium	9 mg
Carbohydrate	11.30 g	Vitamin A	53 IU	Sodium	124 mg
Total Fat	3.53 g	Vitamin C	2.5 mg	Dietary Fiber	0.2 g

Nutrients are based on 1 drumstick without skin.

Mexican Chicken with Rice

Meat-Grains/Breads

Main Dishes

D-06A

Ingredients	24 Servings		48 Servings		Directions	
	Weight	Measure	Weight	Measure		
Raw chicken drumsticks, with bone, without skin (at least 3.2 oz each) OR Raw chicken drumsticks, with bone, with skin (at least 3.7 oz each) OR Raw chicken thighs, with bone, without skin (at least 2.9 oz each) OR Raw chicken thighs, with bone, with skin (at least 3.6 oz each)	4 lb 13 oz OR 5 lb 9 oz OR 4 lb 6 oz OR 5 lb 7 oz	24 servings OR 24 servings OR 24 servings OR 24 servings	9 lb 10 oz OR 11 lb 2 oz OR 8 lb 12 oz OR 10 lb 14 oz	48 servings OR 48 servings OR 48 servings OR 48 servings	1. Place 12-13 chicken thighs or drumsticks in each pan (9" x 13" x 2"), which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.	
Garlic salt		1 Tbsp		2 Tbsp		2. Combine garlic salt, paprika, and celery salt. Sprinkle 1 ½ Tbsp evenly over each pan.
Paprika		1 Tbsp		2 Tbsp		
Celery salt		1 Tbsp		2 Tbsp		3. Bake: Conventional oven: 375° F for 30 minutes Convection oven: 350° F for 25 minutes CCP: Heat to 165° F or higher for at least 15 seconds. Reserve for step 6.
*Fresh onions, minced OR Dehydrated onion	5 oz	⅔ cup OR ¼ cup 2 Tbsp	10 oz	1 ⅓ cups OR ¾ cup	4. In a separate bowl, combine onions, green peppers, parsley, tomatoes, chili powder, white rice, and chicken stock. Place 1 lb 7 oz into each pan (9" x 13" x 2"). For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover pans.	
*Fresh green peppers, diced	3 oz	½ cup	6 oz	1 cup		
Dried parsley		1 Tbsp		2 Tbsp		
Canned diced tomatoes, drained	7 oz	1 cup	14 oz	2 cups		
Chili powder		1 Tbsp		2 Tbsp		

Mexican Chicken with Rice

Meat-Grains/Breads

Main Dishes

D-06A

Enriched white rice, medium grain	15 oz	2 cups	1 lb 14 oz	1 qt	
Chicken stock, non-MSG		1 qt		2 qt	
					5. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					6. Remove chicken from bone. Evenly distribute 1 lb 1 ¼ oz of chicken into each pan of rice.
					7. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

Note: The weights given provide an average of 24 and 48 servings based on the minimum raw chicken weight listed with the description. When purchasing chicken, ensure that the average weight of the raw chicken pieces meets the minimum individual piece weight listed.

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	6 oz	12 oz
Green peppers	4 oz	8 oz

SERVING:

1 piece provides 1 ½ oz of cooked poultry and the equivalent of ½ slice of bread.

YIELD:

24 Servings: 24 pieces

48 Servings: 48 pieces

VOLUME:

24 Servings: 2 pans

48 Servings: 4 pans

Edited 2004

Mexican Chicken with Rice

Meat-Grains/Breads

Main Dishes

D-06A

Nutrients Per Serving					
Calories	146	Saturated Fat	0.69 g	Iron	1.52 mg
Protein	13.58 g	Cholesterol	40 mg	Calcium	13 mg
Carbohydrate	15.84 g	Vitamin A	410 IU	Sodium	329 mg
Total Fat	2.68 g	Vitamin C	4.3 mg	Dietary Fiber	0.6 g

Nutrients are based on 1 drumstick without skin.

Beef and Rice Casserole

Meat-Vegetable-Grains/Breads

Main Dishes

D-07

Ingredients	24 servings		48 servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain, regular	15 oz	1 ½ cups	1 lb 14 oz	3 cups	1. Add 7 ½ oz (¾ cup) rice and 1 ½ cups water to each half-steamtable pan (12" x 10" x 2"). For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover.
Water		3 cups		1 qt 2 cups	
Raw ground beef (no more than 20% fat)	3 lb 3 oz		6 lb 6 oz		2. Bake: Conventional oven: 350° F for 25-30 minutes
*Fresh onions, chopped OR Dehydrated onions	7 oz	1 ¼ cups OR ½ cup 2 Tbsp	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	3. Brown ground beef. Drain. Continue immediately. 4. Add onions, peppers, and celery to ground beef and sauté for 5 minutes or until onions are translucent.
*Fresh green peppers, ¼" diced	5 oz	1 cup	10 oz	2 cups	
*Fresh celery, ¼" diced	7 oz	2 cups	14 oz	1 qt	5. Add water, catsup, tomato puree, honey, chili powder, oregano, salt, pepper, Worcestershire sauce, and vinegar to meat mixture. Stir to blend. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 15 minutes.
Water		1 qt 1 cup		2 qt 2 cups	
Catsup	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Canned tomato puree	1 lb	2 cups	2 lb	1 qt	
Honey		3 Tbsp		¼ cup 2 Tbsp	
Chili powder		1 Tbsp		2 Tbsp	
Dried oregano		¾ tsp		1 ½ tsp	
Salt		¾ tsp		1 ½ tsp	
Ground black or white pepper		¼ tsp		½ tsp	
Worcestershire sauce		¼ cup		½ cup	
White vinegar		¼ cup		½ cup	
Frozen mixed vegetables, thawed (optional)	1 lb	3 ½ cups	2 lb	1 qt 3 cups	6. Distribute 8 oz (1 ¾ cups) of mixed vegetables (optional) over each pan of rice.
					7. Top each pan with 3 lb 3 oz (1 qt 2 cups) of meat mixture. Cover.

Beef and Rice Casserole

Meat-Vegetable-Grains/Breads

Main Dishes

D-07

	<p>8. Bake: Conventional oven: 375° F for 20 minutes Convection oven: 350° F for 20 minutes</p> <p>CCP: Heat to 155° F or higher for at least 15 seconds.</p>
	<p>9. CCP: Hold for hot service at 135° F or higher.</p> <p>Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.</p>

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Mature onions	8 oz	1 lb
Green peppers	7 oz	14 oz
Celery	9 oz	1 lb 2 oz

SERVING:	YIELD:	VOLUME:
1 portion provides 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of ½ slice of bread.	<p>24 Servings: 10 lb 1 oz</p> <p>48 Servings: 20 lb 2 oz</p>	<p>24 Servings: 2 pans</p> <p>48 Servings: 4 pans</p>

Tested 2004

Nutrients Per Serving			
Calories	225	Saturated Fat	3.39 g
Protein	14.01 g	Cholesterol	40 mg
Carbohydrate	23.60 g	Vitamin A	543 IU
Total Fat	8.02 g	Vitamin C	9.2 mg
		Iron	2.47 mg
		Calcium	28 mg
		Sodium	387 mg
		Dietary Fiber	1.1 g

Broccoli Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched 9-inch pie shell, unbaked (B-23)	3 lb 6 oz	4 each	6 lb 12 oz	8 each	1. For pie crust use recipe Bottom Pastry Crust (see recipe B-23). Prick the bottom and sides of pie shells. For 24 servings, use 4 shells. For 48 servings, use 8 shells. 2. Bake pie shells until lightly browned: Conventional oven: 425° F for 5-7 minutes Convection oven: 400° F for 5 minutes Reserve for step 7.
*Fresh broccoli, chopped	2 lb 2 oz	3 qt 2 cups	4 lb 4 oz	1 gal 3 qt	
*Fresh onions, chopped OR Dehydrated onions	4 oz	¾ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	3. Steam or boil broccoli until tender, about 10 minutes. 4. In a small pan, sauté onions in margarine or butter until tender, about 3-5 minutes. Set aside to cool.
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Lowfat 1% milk		1 qt		2 qt	5. In a bowl, combine milk, eggs, salt, and pepper. Add onion and stir to blend. Reserve for step 8.
Frozen whole eggs, thawed OR Fresh large eggs	12 oz	1 ½ cups OR 7 each	1 lb 8 oz	3 cups OR 14 each	
Salt		½ tsp		1 tsp	6. Combine bread crumbs and shredded cheese. Sprinkle 1 cup 1 Tbsp of this crumb mixture in the bottom of each baked crust.
Ground black or white pepper		½ tsp		1 tsp	
Enriched dry bread crumbs	4 oz	¾ cup	8 oz	1 ½ cups	7. Add 11 oz (2 ½ cups) of cooked broccoli to each crust. 8. Pour 15 oz (2 ⅓ cups) of egg mixture over the broccoli in each crust.
Reduced fat Cheddar cheese, shredded	14 oz	3 ½ cups	1 lb 12 oz	1 qt 3 cups	

Broccoli Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08

					9. First bake: Conventional oven: 375° F for 30-35 minutes Convection oven: 350° F for 30-35 minutes
Reduced fat Cheddar cheese, shredded	12 ½ oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 ¼ cups	10. Top each quiche with 3 ⅛ oz (¾ cup) of cheese. Cover with foil.
					11. Second bake: Conventional oven: 375° F for 15 minutes Convection oven: 350° F for 15 minutes Bake until knife inserted in center comes out clean. CCP: Heat to 155° F or higher for at least 15 seconds.
					12. CCP: Hold for hot service at 135° F or higher. Cut each pie into 6 slices. Portion is 1 slice.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Broccoli	2 lb 10 oz	5 lb 4 oz
Mature onions	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
1 slice provides the equivalent of 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 2 slices of bread.	24 Servings: 9 lb 8 oz 48 Servings: 18 lb 8 oz	24 Servings: 4 pans 48 Servings: 8 pans

Tested 2004

Broccoli Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08

Nutrients Per Serving

Calories	333	Saturated Fat	7.38 g	Iron	1.66 mg
Protein	15.07 g	Cholesterol	79 mg	Calcium	372 mg
Carbohydrate	22.90 g	Vitamin A	1315 IU	Sodium	482 mg
Total Fat	20.41 g	Vitamin C	26.7 mg	Dietary Fiber	2.0 g

Spanish Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched 9-inch pie shells, unbaked (B-23)	3 lb 6 oz	4 each	6 lb 12 oz	8 each	1. For pie crust use recipe Bottom Pastry Crust (see recipe B-23). Prick the bottom and sides of pie shells. 2. Bake pie shells until lightly browned: Conventional oven: 425° F for 5-7 minutes Convection oven: 400° F for 5 minutes Reserve for step 5.
*Fresh onions, chopped OR Dehydrated onions	4 oz	¾ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	
*Fresh green peppers, diced	9 oz	1 ¾ cups	1 lb 2 oz	3 ½ cups	3. In a small pan, sauté onions and green pepper in margarine or butter until tender, about 3-5 minutes. Set aside to cool. 4. In a bowl, combine milk, eggs, salt, pepper, oregano, paprika, parsley, and basil. Add onion and green pepper. Stir to blend.
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Lowfat 1% milk		1 qt		2 qt	
Frozen whole eggs, thawed OR Fresh large eggs	12 oz	1 ½ cups OR 7 each	1 lb 8 oz	3 cups OR 14 each	
Salt		½ tsp		1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Dried oregano		⅛ tsp		¼ tsp	
Paprika		⅛ tsp		¼ tsp	
Dried parsley		½ tsp		1 tsp	
Dried basil		⅛ tsp		¼ tsp	
Enriched dry bread crumbs	5 ½ oz	1 cup	11 oz	2 cups	5. Combine bread crumbs and shredded cheese. Sprinkle 1 cup 3 Tbsp of this crumb mixture in the bottom of each baked crust.
Reduced fat Cheddar cheese, shredded	15 oz	3 ¾ cups	1 lb 14 oz	1 qt 3 ½ cups	
Canned diced tomatoes, with juice	1 lb 2 oz	2 cups 3 Tbsp	2 lb 4 oz	1 qt 1 ⅓ cups	6. Pour 4 ½ oz (½ cup 2 ¼ tsp) of tomatoes over the bread crumbs and cheese in each crust.

Spanish Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08A

					7. Pour 15 oz (2 ¼ cups) of egg mixture over the tomatoes in each crust.
Reduced fat Cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	8. Top each quiche with 2 oz (½ cup) Cheddar cheese and 1 oz (3 Tbsp) green peppers.
*Fresh green peppers, diced	4 oz	¾ cup	8 oz	1 ½ cups	
Canned corn, whole kernel liquid packed, drained	1 lb 1 oz	¾ cup	2 lb 2 oz	1 ½ cups	9. Pour 4 ¼ oz (3 Tbsp) corn over egg and tomato mixture in each pie crust.
					10. Bake: Conventional oven: 375° F for 40 minutes Convection oven: 350° F for 35 minutes Bake until knife inserted in center comes out clean. CCP: Heat to 155° F or higher for at least 15 seconds.
					11. CCP: Hold for hot service at 135° F or higher. Cut each pie into 6 slices. Portion is 1 slice.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	5 oz	10 oz
Green peppers	1 lb 1 oz	2 lb 2 oz

SERVING:

1 slice provides the equivalent of 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 2 slices of bread.

YIELD:

24 Servings: 9 lb 5 oz
48 Servings: 18 lb 10 oz

VOLUME:

24 Servings: 4 pans
48 Servings: 8 pans

Tested 2004

Spanish Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08A

Nutrients Per Serving

Calories	343	Saturated Fat	6.93 g	Iron	1.96 mg
Protein	14.42 g	Cholesterol	77 mg	Calcium	329 mg
Carbohydrate	27.72 g	Vitamin A	746 IU	Sodium	560 mg
Total Fat	19.88 g	Vitamin C	16.2 mg	Dietary Fiber	1.5 g

Oven-Baked Fish

Meat

Main Dishes

D-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched dry bread crumbs	4 oz	¾ cup	8 oz	1 ½ cups	1. In a small bowl, combine bread crumbs, salt, and pepper. Reserve for step 3.
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Frozen fish portions, thawed (at least 2 oz each) OR Fresh or frozen fish fillet, thawed (at least 2.2 oz each)	3 lb 2 oz OR 3 lb 7 oz	25 each OR 25 each	6 lb 4 oz OR 6 lb 14 oz	50 each OR 50 each	2. Pat fish portions dry with paper towels. In a separate bowl, coat fish with yogurt or salad dressing or mayonnaise.
Lowfat plain yogurt OR Reduced calorie salad dressing OR Lowfat mayonnaise	3 oz 3 oz 3 oz	⅓ cup OR ⅓ cup OR ⅓ cup	6 oz 6 oz 6 oz	⅔ cup OR ⅔ cup OR ⅔ cup	
					3. Roll fish portions in bread crumbs to coat.
					4. Place 12-13 pieces of fish in a single layer on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. Bake until fish flakes easily with a fork: Conventional oven: 500° F for 17 minutes Convection oven: 450° F for 15 minutes CCP: Heat to 145° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 1 piece (1 ½ oz).

Oven-Baked Fish

Meat

Main Dishes

D-09

SERVING:

1 piece provides 1 ½ oz of cooked fish.

YIELD:

25 Servings: 2 lb 5 oz

50 Servings: 4 lb 10 oz

VOLUME:

25 Servings: 2 pans

50 Servings: 4 pans

Tested 2004

Special Tip:

This may be served with Fruity Dip (C-02).

Nutrients Per Serving

Calories	72	Saturated Fat	0.16 g	Iron	0.55 mg
Protein	11.76 g	Cholesterol	40 mg	Calcium	51 mg
Carbohydrate	3.56 g	Vitamin A	20 IU	Sodium	230 mg
Total Fat	0.86 g	Vitamin C	0 mg	Dietary Fiber	0.1 g

Fish Nuggets

Meat

Main Dishes

D-09A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched dry bread crumbs	4 oz	¾ cup	8 oz	1 ½ cups	1. In a small bowl, combine bread crumbs, salt, and pepper. Reserve for step 3.
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Frozen fish portions, thawed (at least 2 oz each) OR Fresh or frozen fish fillet, thawed (at least 2.2 oz each)	3 lb 2 oz OR 3 lb 7 oz	25 each OR 25 each	6 lb 4 oz OR 6 lb 14 oz	50 each OR 50 each	2. Cut fish portions in half and pat dry with paper towels. In a separate bowl, coat fish with yogurt or salad dressing or mayonnaise.
Lowfat plain yogurt OR Reduced calorie salad dressing OR Lowfat mayonnaise	3 oz OR 3 oz OR 3 oz	⅓ cup OR ⅓ cup OR ⅓ cup	6 oz OR 6 oz OR 6 oz	⅔ cup OR ⅔ cup OR ⅔ cup	
					3. Roll fish pieces in bread crumbs to coat.
					4. Place 25 pieces of fish in a single layer on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. Bake : Conventional oven: 500° F for 13-17 minutes Convection oven: 450° F for 12-15 minutes CCP: Heat to 145° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 2 pieces (1½ oz).

Fish Nuggets

Meat

Main Dishes

D-09A

SERVING:

2 pieces provide 1 ½ oz of cooked fish.

YIELD:

25 Servings: 2 lb 5 oz

50 Servings: 4 lb 10 oz

VOLUME:

25 Servings: 2 pans

50 Servings: 4 pans

Edited 2004

Special Tip:

This may be served with Fruity Dip (C-02).

Nutrients Per Serving

Calories	72	Saturated Fat	0.16 g	Iron	0.55 mg
Protein	11.76 g	Cholesterol	40 mg	Calcium	51 mg
Carbohydrate	3.56 g	Vitamin A	20 IU	Sodium	230 mg
Total Fat	0.86 g	Vitamin C	0 mg	Dietary Fiber	0.1 g

Chicken Nuggets

Meat

Main Dishes

D-09B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched dry bread crumbs	4 oz	¾ cup	8 oz	1 ½ cups	1. In a small bowl, combine bread crumbs, salt, and pepper. Reserve for step 3.
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Raw boneless, skinless chicken (at least 1.1 oz each)	3 lb 7 oz	50 each	6 lb 14 oz	100 each	2. In another bowl, coat chicken with yogurt or salad dressing or mayonnaise.
Lowfat plain yogurt OR Reduced calorie salad dressing OR Lowfat mayonnaise	3 oz OR 3 oz OR 3 oz	⅓ cup OR ⅓ cup OR ⅓ cup	6 oz OR 6 oz OR 6 oz	⅔ cup OR ⅔ cup OR ⅔ cup	
					3. Roll chicken pieces in bread crumbs to coat.
					4. Place 25 pieces of chicken in a single layer on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. Bake: Conventional oven: 500° F for 13-17 minutes Convection oven: 450° F for 12-15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 2 pieces (1½ oz).

SERVING:	YIELD:	VOLUME:
2 pieces provide 1 ½ oz of cooked poultry.	25 Servings: 2 lb 6 oz	25 Servings: 2 pans
	50 Servings: 4 lb 11 oz	50 Servings: 4 pans

Chicken Nuggets

Meat

Main Dishes

D-09B

Edited 2004

Special Tip:
This may be served with Fruity Dip (C-02).

Nutrients Per Serving					
Calories	89	Saturated Fat	0.48 g	Iron	0.69 mg
Protein	13.95 g	Cholesterol	35 mg	Calcium	23 mg
Carbohydrate	3.56 g	Vitamin A	11 IU	Sodium	210 mg
Total Fat	1.68 g	Vitamin C	0 mg	Dietary Fiber	0.1 g

Tuna Patties

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-10

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
*Fresh celery, minced	4 oz	1 cup	8 oz	2 cups	1. In a pan, sauté celery, carrots, and onions in vegetable oil for 5 minutes until tender. Stir in salt, pepper, oregano, and lemon juice. Set aside to cool slightly.	
*Fresh carrots, shredded	4 oz	1 ¼ cups	8 oz	2 ½ cups		
*Fresh onions, chopped OR Dehydrated onions	2 oz	½ cup OR 3 Tbsp	4 oz	¾ cup OR ¼ cup 2 Tbsp		
Vegetable oil		2 Tbsp		¼ cup		
Salt		1 ½ tsp		1 Tbsp		
Ground black or white pepper		½ tsp		1 tsp		
Dried oregano		1 tsp		2 tsp		
Lemon juice		2 Tbsp		¼ cup		
Canned tuna, water packed, drained	1 lb 15 ½ oz	3 cans (12 oz each)	3 lb 15 oz	6 cans (12 oz each)		2. Mix cooled vegetables with tuna. Reserve for step 5.
Frozen whole eggs, thawed OR Fresh large eggs	8 oz	¾ cup 3 Tbsp OR 5 each	1 lb	1 ¾ cups 2 Tbsp OR 9 each		3. In a bowl, beat eggs with a wire whip until foamy.
Reduced calorie salad dressing OR Lowfat mayonnaise	12 oz OR 12 oz	1 ½ cups OR 1 ½ cups	1 lb 8 oz OR 1 lb 8 oz	3 cups OR 3 cups	4. Fold salad dressing or mayonnaise into eggs.	
Enriched dry bread crumbs	6 oz	1 cup 2 Tbsp	12 oz	2 ¼ cups	5. Combine tuna and egg mixtures. Add bread crumbs. Mix until thoroughly blended. Cover and refrigerate 20 minutes.	
Enriched dry bread crumbs	8 oz	1 ½ cups	1 lb	3 cups	6. Using a No. 16 scoop (¼ cup), portion fish mixture and shape into cakes. Roll cakes in crumbs and place 12 or 13 patties onto each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Spray tops of cakes with pan release spray to aid in the browning process.	

Tuna Patties

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-10

	<p>7. Bake until golden brown: Conventional oven: 375° F for 18 minutes Convection oven: 350° F for 12 minutes</p> <p>CCP: Heat to 155° F or higher for at least 15 seconds.</p>
	<p>8. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion is 1 patty.</p>

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Celery	5 oz	10 oz
Carrots	5 oz	10 oz
Mature onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
1 patty provides the equivalent of 1½ oz of cooked lean meat and the equivalent of ½ slice bread.	<p>25 Servings: 3 lb 4 oz</p> <p>50 Servings: 6 lb 8 oz</p>	<p>25 Servings: 1 quart 2 ¼ cups raw fish mixture 25 patties</p> <p>50 Servings: 3 quarts ½ cup raw fish mixture 50 patties</p>

Tested 2004

Special Tip:

This may also be served in a sandwich with lettuce, tomato, and tartar sauce.

Tuna Patties

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-10

Nutrients Per Serving					
Calories	167	Saturated Fat	1.13 g	Iron	1.82 mg
Protein	12.45 g	Cholesterol	55 mg	Calcium	50 mg
Carbohydrate	15.52 g	Vitamin A	825 IU	Sodium	535 mg
Total Fat	5.76 g	Vitamin C	0.8 mg	Dietary Fiber	0.8 g

Chicken Pot Pie

Meat-Vegetable-Grains/Breads

Main Dishes

D-11

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	1. Combine flour, salt, margarine or butter, and water. Mix with fork for 2-3 minutes until dough is moistened. Cover and hold in refrigerator until step 7.
Salt		¾ tsp		1 ½ tsp	
Margarine or butter	4 ½ oz	½ cup 3 Tbsp	9 oz	1 ¼ cups 2 Tbsp	
Water, cold		½ cup		1 cup	
Margarine or butter	4 oz	½ cup	8 oz	1 cup	2. In a heavy pot, melt margarine or butter. Add celery and onions and cook over medium heat until vegetables are tender, about 5 minutes.
*Fresh celery, ¼" diced	10 oz	2 ¼ cups	1 lb 4 oz	1 qt ½ cup	
*Fresh onions, chopped OR Dehydrated onions	10 oz OR 2 oz	1 ¾ cups OR 1 cup	1 lb 4 oz OR 4 oz	3 ½ cups OR 1 cup	3. Slowly add flour to vegetables, stirring constantly. Cook over medium heat until golden brown, about 5 minutes.
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Chicken stock, non-MSG		2 qt		1 gal	
Ground black or white pepper		¾ tsp		1 ½ tsp	
*Cooked chicken or turkey, chopped	2 lb 6 oz	2 qt 1 cup	4 lb 12 oz	1 gal 2 cups	5. Place 1 lb 3 oz (1 qt ½ cup) of chicken in each half-steamtable pan (12" x 10" x 2 ½"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Add 13 oz (3 cups) of mixed vegetables to the chicken in each pan.
Frozen mixed vegetables	1 lb 10 oz	1 qt 2 cups	3 lb 4 oz	3 qt	
					6. Pour 1 qt 1 ½ cups of gravy evenly over each pan of chicken and mixed vegetables. Stir to combine.

Chicken Pot Pie

Meat-Vegetable-Grains/Breads

Main Dishes

D-11

	7. On a lightly floured surface, roll 12 ¼ oz of dough into a rectangle (12" x 10"). Cover each pan of chicken with one pastry rectangle and seal dough on sides of pan. Brush top of pastry with a pastry brush dipped in milk. Cut slits in pastry.
	8. Bake until crust is golden brown and filling is bubbling. Conventional oven: 400° F for 20 minutes Convection oven: 350° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
	9. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Celery	12 oz	1 lb 8 oz
Mature onions	12 oz	1 lb 8 oz
Chicken, whole, without neck and giblets	6 lb 10 oz	13 lb 4 oz
OR	OR	OR
Turkey, whole, without neck and giblets	5 lb 1 oz	10 lb 2 oz

SERVING:

1 piece provides 1 ½ oz of cooked poultry, ¼ cup of vegetable, and the equivalent of 1 ¾ slices of bread.

YIELD:

24 Servings: 10 lb 11 oz
48 Servings: 21 lb 6 oz

VOLUME:

24 Servings: 2 pans
48 Servings: 4 pans

Edited 2004

Chicken Pot Pie

Meat-Vegetable-Grains/Breads

Main Dishes

D-11

Nutrients Per Serving

Calories	285	Saturated Fat	2.64 g	Iron	2.19 mg
Protein	17.03 g	Cholesterol	40 mg	Calcium	29 mg
Carbohydrate	27.10 g	Vitamin A	1646 IU	Sodium	230 mg
Total Fat	11.88 g	Vitamin C	2.2 mg	Dietary Fiber	2.4 g

Teriyaki Chicken

Meat

Main Dishes

D-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lemon juice		½ cup		1 cup	1. Marinade: In a bowl, whisk together lemon juice, soy sauce, vegetable oil, catsup, pepper, and granulated garlic. Whisk until smooth.
Low-sodium soy sauce		½ cup		1 cup	
Vegetable oil		⅓ cup		⅔ cup	
Catsup		¼ cup		½ cup	
Ground black or white pepper		¼ tsp		½ tsp	
Granulated garlic		¼ tsp		½ tsp	
Raw chicken drumsticks, with bone, without skin (at least 3.2 oz each) OR Raw chicken drumsticks, with bone, with skin (at least 3.7 oz each) OR Raw chicken thighs, with bone, without skin (at least 2.9 oz each) OR Raw chicken thighs, with bone, with skin (at least 3.6 oz each)	5 lb OR 5 lb 12 ½ oz OR 4 lb 8 ½ oz OR 5 lb 10 oz	25 servings OR 25 servings OR 25 servings OR 25 servings	10 lb OR 11 lb 9 oz OR 9 lb 1 oz OR 11 lb 4 oz	50 servings OR 50 servings OR 50 servings OR 50 servings	
					3. Bake until golden brown: Conventional oven: 350° F for 65 minutes Convection oven: 325° F for 60 minutes CCP: Heat to 165° F or higher for at least 15 seconds. Remove chicken from bone.
					4. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup).

Teriyaki Chicken

Meat

Main Dishes

D-12

Note: The weights given provide an average of 25 and 50 servings based on the minimum raw chicken weight listed with the description. When purchasing chicken, ensure that the average weight of the raw chicken pieces meets the minimum individual piece weight listed.

SERVING:	YIELD:	VOLUME:
1/3 cup (No. 12 scoop) provides 1 1/2 oz of cooked poultry.	25 Servings: 2 lb 14 oz 50 Servings: 5 lb 12 oz	25 Servings: 2 quarts 1/4 cup 3 pans 50 Servings: 1 gallon 1/2 cup 6 pans

Tested 2004

Nutrients Per Serving					
Calories	106	Saturated Fat	1.04 g	Iron	0.70 mg
Protein	12.42 g	Cholesterol	40 mg	Calcium	7 mg
Carbohydrate	1.49 g	Vitamin A	51 IU	Sodium	262 mg
Total Fat	5.35 g	Vitamin C	1.6 mg	Dietary Fiber	0.1 g

Nutrients are based on 1 drumstick without skin.

Mexican Pizza

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched flour tortillas (at least 0.9 oz each)		12 each		24 each	1. Place 4 tortillas in a single layer on each half-sheet pan (13" x 18" x 1"), which has been lightly coated with pan release spray. For 24 servings, use 3 pans. For 48 servings, use 6 pans.
Canned tomato paste	3 oz	1/3 cup (1/4 12 oz can)	6 oz	2/3 cup (1/2 12 oz can)	
Salsa (C-03)	1 lb 2 oz	2 1/4 cups	2 lb 4 oz	1 qt 1/2 cup	2. In a bowl, combine tomato paste and salsa.
Refried beans (I-13)	3 lb 5 oz	1 qt 2 1/4 cups	6 lb 10 oz	3 qt 1/2 cup	
Reduced fat mozzarella cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	3. Spread each tortilla with: No. 8 scoop (1/2 cup) of refried beans No. 24 scoop (2 2/3 Tbsp) of the salsa mixture No. 16 scoop (1/4 cup) of cheese
					4. Bake until thoroughly heated and cheese is melted: Conventional oven: 375° F for 9 minutes Convection oven: 350° F for 9 minutes
					5. CCP: Hold for hot service at 135° F or higher. Cut each pizza into 4 pieces. Portion is 2 pieces.

SERVING:	YIELD:	VOLUME:
2 pieces (1/2 pizza) provide the equivalent of 1 1/2 oz of cooked lean meat, 1/8 cup of vegetable, and the equivalent of 1/2 slice of bread.	24 Servings: 6 lb 8 oz 48 Servings: 13 lb	24 Servings: 12 pizzas 3 pans 48 Servings: 24 pizzas 6 pans

Tested 2004

Mexican Pizza

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13

Nutrients Per Serving

Calories	175	Saturated Fat	2.28 g	Iron	1.86 mg
Protein	11.01 g	Cholesterol	9 mg	Calcium	217 mg
Carbohydrate	20.27 g	Vitamin A	170 IU	Sodium	504 mg
Total Fat	5.69 g	Vitamin C	4.8 mg	Dietary Fiber	2.9 g

Pasta Toss with Vegetables

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-14

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 1 qt		2 gal 2 qt	1. Boil water and salt in a stock pot.
Salt		1 tsp		2 tsp	
Enriched elbow macaroni	12 oz	1 qt	1 lb 8 oz	2 qt	2. Cook pasta in boiling water until tender but still firm (al dente), about 10 minutes. Drain and toss with vegetable oil in a large bowl. Cool to room temperature, stirring occasionally.
Vegetable oil		¼ cup		½ cup	
*Fresh broccoli florets	1 lb 10 oz	2 qt 2 cups	3 lb 4 oz	1 gal 1 qt	3. Cook broccoli in steamer for 2-3 minutes until just tender. Quickly cool in ice water and drain.
*Fresh carrots, peeled, shredded	7 oz	1 ½ cups	14 oz	3 cups	4. In a bowl, combine cooled pasta, broccoli, carrots, and cheese. Mix thoroughly. Spread 2 lb 15 oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Reduced fat mozzarella cheese, ½" cubes	1 lb 3 oz	1 qt	2 lb 6 oz	2 qt	
Prepared yellow mustard		1 tsp		2 tsp	5. In a bowl, whisk together mustard, vinegar, granulated garlic, chives, basil, sugar, salt, and pepper. Continue to whisk while slowly adding oil.
White vinegar		¼ cup		½ cup	
Granulated garlic		1 tsp		2 tsp	
Dried chives, minced		1 tsp		2 tsp	
Dried basil		1 tsp		2 tsp	
Sugar		2 tsp		1 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Vegetable oil		1 cup		2 cups	
					6. Pour dressing over pasta and vegetables and mix thoroughly.

Pasta Toss with Vegetables

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-14

7. Cool to 41° F within 4 hours.
Refrigerate until ready to serve.
Portion with No. 8 scoop (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Broccoli	2 lb	4 lb
Carrots	9 oz	1 lb 2 oz

SERVING:

½ cup (No. 8 scoop) provides ¾ oz of cheese, ¼ cup of vegetable, and the equivalent of ½ slice of bread.

YIELD:

25 Servings: 5 lb 14 oz
50 Servings: 11 lb 12 oz

VOLUME:

25 Servings: 3 quarts ½ cup
50 Servings: 1 gallon 2 ¼ quarts

Edited 2004

Nutrients Per Serving

Calories	216	Saturated Fat	3.06 g	Iron	0.96 mg
Protein	8.86 g	Cholesterol	7 mg	Calcium	178 mg
Carbohydrate	15.10 g	Vitamin A	2262 IU	Sodium	263 mg
Total Fat	13.63 g	Vitamin C	22.2 mg	Dietary Fiber	1.8 g

Baked Scrambled Eggs

Meat Alternate

Main Dishes

D-15

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed OR Fresh large eggs	2 lb 13 oz	1 qt 1 ³ / ₈ cups	5 lb 10 oz	2 qt 2 ³ / ₄ cups	1. Beat eggs thoroughly.
Instant nonfat dry milk, reconstituted		2 cups		1 qt	2. Add milk and salt. Mix until well blended.
Salt		³ / ₄ tsp		1 ¹ / ₂ tsp	
					3. Into each half-steamtable pan (12" x 10" x 2") which has been lightly coated with pan release spray, pour 3 lb 13 oz (1 qt 3 ³ / ₈ cups) egg mixture. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					4. Bake: Conventional oven: 350° F for 20 minutes Stir once after 15 minutes. Convection oven: 300° F for 10 minutes DO NOT OVERCOOK CCP: Heat to 155° F or higher for at least 15 seconds.
					5. Remove from oven. Stir well. Eggs will be cooked completely but still have a slightly moist appearance.
Margarine or butter (optional)		2 Tbsp 2 tsp		¹ / ₃ cup	6. To each pan, add approximately 2 Tbsp 2 tsp margarine or butter (optional). Stir.
Reduced fat Cheddar cheese, shredded (optional)	8 oz	2 cups	1 lb	1 qt	7. Sprinkle 8 oz (2 cups) cheese (optional) over each pan.
					8. CCP: Hold for hot service at 135° F or higher. For best results, serve within 15 minutes. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

Baked Scrambled Eggs

Meat Alternate

Main Dishes

D-15

SERVING:

1 piece provides 1 large egg or the equivalent of 2 oz of cooked lean meat.

YIELD:

25 Servings: 1 pan

50 Servings: 2 pans

VOLUME:

25 Servings: 1 quart 3 $\frac{3}{8}$ cups (uncooked)

50 Servings: 3 quarts 2 $\frac{3}{4}$ cups (uncooked)

Edited 2004

Nutrients Per Serving

Calories	91	Saturated Fat	1.89 g	Iron	0.62 mg
Protein	6.29 g	Cholesterol	180 mg	Calcium	58 mg
Carbohydrate	2.06 g	Vitamin A	361 IU	Sodium	223 mg
Total Fat	6.24 g	Vitamin C	0.2 mg	Dietary Fiber	0 g

Beef-Vegetable Stew

Meat-Vegetable

Main Dishes

D-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw beef stew meat, practically free of fat, 1" cubes	5 lb 2 oz		10 lb 4 oz		1. Brown beef cubes in oil. Drain. Continue immediately.
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped OR Dehydrated onions	8 oz	1 ⅓ cups OR ¾ cup	1 lb	2 ⅔ cups OR 1 ½ cups	2. Add onions, flour, granulated garlic, paprika, pepper, and thyme.
Enriched all-purpose flour	6 oz	1 ¼ cups 2 Tbsp	12 oz	2 ¾ cups	
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		1 ½ tsp		1 Tbsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Dried thyme		½ tsp		1 tsp	
Water or beef stock, non-MSG		3 qt		1 gal 2 qt	3. Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender. CCP: Heat to 165° F or higher for at least 15 seconds.
Canned sliced carrots, drained	2 lb 3 oz	1 qt 1 cup (½ No. 10 can)	4 lb 6 oz	2 qt 2 cups (1 No. 10 can)	
Canned small whole potatoes, drained	1 lb 12 oz	3 cups (⅓ No. 10 can plus ½ cup)	3 lb 8 oz	1 qt 2 cups (¾ No. 10 can)	4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.
Canned green peas, drained	1 lb 10 oz	1 qt ½ cup (⅓ No. 10 can plus ½ cup)	3 lb 3 oz	1 qt 3 cups (¾ No. 10 can)	
					5. Pour into serving pans.
					6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz

Beef-Vegetable Stew

Meat-Vegetable

Main Dishes

D-16

SERVING:

1 cup (8 oz ladle) provides 2 oz of cooked lean meat and ½ cup of vegetable.

YIELD:

25 Servings: 1 gallon 2 ¼ quarts
50 Servings: 3 gallons 2 cups

VOLUME:

25 Servings: 1 gallon 2 ¼ quarts
50 Servings: 3 gallons 2 cups

Edited 2004

Nutrients Per Serving

Calories	218	Saturated Fat	2.38 g	Iron	3.06 mg
Protein	19.80 g	Cholesterol	49 mg	Calcium	28 mg
Carbohydrate	16.48 g	Vitamin A	5767 IU	Sodium	270 mg
Total Fat	7.80 g	Vitamin C	5.9 mg	Dietary Fiber	2.9 g

Chicken and Noodles

Meat-Grains/Breads

Main Dishes

D-17

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		1 gal		2 gal	1. Heat chicken stock to a boil. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered for 6 minutes. DO NOT DRAIN.
Enriched noodles	1 lb 4 oz	3 qt 3 cups	2 lb 8 oz	1 gal 3 ½ qt	
*Fresh onions, chopped OR Dehydrated onions	7 oz	1 ¼ cups OR ½ cup 2 Tbsp	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	2. Melt margarine or butter. Add flour and stir until smooth. 3. Add flour mixture, milk, pepper, marjoram (optional), parsley (optional), and chicken or turkey to noodles. Stir gently to combine. 4. Cook over medium heat, stirring occasionally until thickened, 6-8 minutes. CCP: Heat to 165° F or higher for at least 15 seconds. 5. Pour 2 qt of chicken mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 3 pans. For 50 servings use 6 pans. 6. Bake: Conventional oven: 190° F for 30 minutes Convection oven: 180° F for 30 minutes
*Fresh carrots, shredded (optional)	4 oz	1 cup	8 oz	2 cups	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Enriched all-purpose flour	2 oz	½ cup	4 oz	1 cup	
Instant nonfat dry milk, reconstituted		3 cups		1 qt 2 cups	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Dried marjoram (optional)		¾ tsp		1 ½ tsp	
Dried parsley (optional)		¼ cup		½ cup	
*Cooked chicken or turkey, chopped	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt	

Chicken and Noodles

Meat-Grains/Breads

Main Dishes

D-17

7. CCP: Hold for hot service at 135° F or higher.

Portion with 8 oz ladle (1 cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	8 oz	1 lb
Carrots (optional)	5 oz	10 oz
Chicken, whole, without neck and giblets	8 lb 14 oz	17 lb 12 oz
OR	OR	OR
Turkey, whole, without neck and giblets	6 lb 13 oz	13 lb 10 oz

SERVING:

1 cup (8 oz ladle) provides 2 oz of cooked poultry and the equivalent of 1 slice of bread.

YIELD:

25 Servings: 3 pans

50 Servings: 6 pans

VOLUME:

25 Servings: 1 gallon 2 ¼ quarts

50 Servings: 3 gallons 2 cups

Edited 2004

Nutrients Per Serving

Calories	263	Saturated Fat	1.92 g	Iron	2.14 mg
Protein	22.37 g	Cholesterol	79 mg	Calcium	61 mg
Carbohydrate	24.83 g	Vitamin A	148 IU	Sodium	187 mg
Total Fat	7.73 g	Vitamin C	0.6 mg	Dietary Fiber	1.1 g

Stir-Fry Chicken

Meat-Vegetable

Main Dishes

D-18

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	2 oz	¼ cup 3 Tbsp	4 oz	¾ cup 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Chicken stock, non-MSG		1 qt		2 qt	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2 lb 13 oz OR 3 lb 6 oz	2 qt 1 cup OR 3 qt	5 lb 10 oz OR 6 lb 12 oz	1 gal 2 cups OR 1 gal 2 qt	4. Sauté sliced carrots in oil for 4 minutes.
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	5. Add onions, cook for 1 minute.
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	2 lb 13 oz OR 3 lb 7 oz	1 gal 1 ¼ qt OR 2 qt 3 ½ cups	5 lb 10 oz OR 6 lb 14 oz	2 gal 2 ¼ qt OR 1 gal 1 ⅔ qt	6. Add broccoli and cook for 2 minutes. Place in serving pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Keep warm.
Raw chicken skinless, boneless, ½" cubes	4 lb 8 oz		9 lb		
Vegetable oil		½ cup		1 cup	7. Sauté chicken in oil for 2-3 minutes. Add chicken to vegetables in pans. Add sauce and mix to coat chicken and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

Stir-Fry Chicken

Meat-Vegetable

Main Dishes

D-18

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	3 lb 7 oz	6 lb 14 oz
Mature Onions	12 oz	1 lb 8 oz
Broccoli	3 lb 8 oz	7 lb

SERVING:

$\frac{3}{4}$ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and $\frac{5}{8}$ cup of vegetable.

YIELD:

25 Servings: 11 lb 10 oz
50 Servings: 23 lb 4 oz

VOLUME:

25 Servings: 1 gallon 1 quart
50 Servings: 2 gallons 2 quarts

Edited 2004

Special Tip:

For an authentic Oriental flavor, when sauteing chicken in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Nutrients Per Serving

Calories	223	Saturated Fat	1.73 g	Iron	1.59 mg
Protein	22.53 g	Cholesterol	54 mg	Calcium	52 mg
Carbohydrate	11.82 g	Vitamin A	12105 IU	Sodium	290 mg
Total Fat	9.66 g	Vitamin C	39.8 mg	Dietary Fiber	3.3 g

Beef Stir-Fry

Meat-Vegetable

Main Dishes

D-18A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		¼ cup 3 Tbsp		¾ cup 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Beef stock, non-MSG		1 qt		2 qt	
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2 lb 13 oz OR 3 lb 6 oz	2 qt 1 cup OR 3 qt	5 lb 10 oz OR 6 lb 12 oz	1 gal 2 cups OR 1 gal 2 qt	4. Sauté sliced carrots in oil for 4 minutes.
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	2 lb 13 oz OR 3 lb 7 oz	1 gal 1 ¼ qt OR 2 qt 3 ½ cups	5 lb 10 oz OR 6 lb 14 oz	2 gal 2 ¼ qt OR 1 gal 1 ¾ qt	
Raw skinless, boneless beef top round, ½" cubes	5 lb 2 oz		10 lb 4 oz		
Vegetable oil		½ cup		1 cup	7. Sauté beef in oil for 2-3 minutes. Add beef to vegetables in pans. Add sauce and mix to coat beef and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

Beef Stir-Fry

Meat-Vegetable

Main Dishes

D-18A

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	3 lb 7 oz	6 lb 14 oz
Mature onions	12 oz	1 lb 8 oz
Broccoli	3 lb 8 oz	7 lb

SERVING:

$\frac{3}{4}$ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and $\frac{5}{8}$ cup of vegetable.

YIELD:

25 Servings: 11 lb 10 oz
50 Servings: 23 lb 4 oz

VOLUME:

25 Servings: 1 gallon 1 quart
50 Servings: 2 gallons 2 quarts

Edited 2004

Special Tip:

For an authentic Oriental flavor, when sauteing beef in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Nutrients Per Serving

Calories	244	Saturated Fat	2.10 g	Iron	2.96 mg
Protein	24.89 g	Cholesterol	56 mg	Calcium	46 mg
Carbohydrate	11.68 g	Vitamin A	12095 IU	Sodium	288 mg
Total Fat	10.88 g	Vitamin C	39.8 mg	Dietary Fiber	3.3 g

Pork Stir-Fry

Meat-Vegetable

Main Dishes

D-18B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		¼ cup 3 Tbsp		¾ cup 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Chicken stock, non-MSG		1 qt		2 qt	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2 lb 13 oz OR 3 lb 6 oz	2 qt 1 cup OR 3 qt	5 lb 10 oz OR 6 lb 12 oz	1 gal 2 cups OR 1 gal 2 qt	4. Sauté sliced carrots in oil for 4 minutes.
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	2 lb 13 oz OR 3 lb 7 oz	1 gal 1 ¼ qt OR 2 qt 3 ½ cups	5 lb 10 oz OR 6 lb 14 oz	2 gal 2 ¼ qt OR 1 gal 1 ⅔ qt	5. Add onions, cook for 1 minute. 6. Add broccoli and cook for 2 minutes. Place in serving pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Keep warm.
Raw skinless, boneless pork shoulder or loin, ½" cubes	5 lb 12 oz		11 lb 9 oz		
Vegetable oil		½ cup		1 cup	7. Sauté pork in oil for 2-3 minutes. Add pork to vegetables in pans. Add sauce and mix to coat pork and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

Pork Stir-Fry

Meat-Vegetable

Main Dishes

D-18B

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	3 lb 7 oz	6 lb 14 oz
Mature Onions	12 oz	1 lb 8 oz
Broccoli	3 lb 8 oz	7 lb

SERVING:

$\frac{3}{4}$ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and $\frac{5}{8}$ cup of vegetable.

YIELD:

25 Servings: 11 lb 10 oz
50 Servings: 23 lb 4 oz

VOLUME:

25 Servings: 1 gallon 1 quart
50 Servings: 2 gallons 2 quarts

Edited 2004

Special Tip:

For an authentic Oriental flavor, when sauteing pork in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Nutrients Per Serving

Calories	258	Saturated Fat	3.33 g	Iron	1.67 mg
Protein	22.89 g	Cholesterol	60 mg	Calcium	57 mg
Carbohydrate	11.49 g	Vitamin A	12096 IU	Sodium	283 mg
Total Fat	13.55 g	Vitamin C	40.0 mg	Dietary Fiber	3.3 g

Meat Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-19

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 10 oz		3 lb 4 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	1 lb 8 oz OR 4 ½ oz	1 qt OR 2 ¼ cups	3 lb OR 9 oz	2 qt OR 1 qt ½ cup	2. Add onions and granulated garlic powder to ground beef and sauté for 5 minutes or until onions are translucent.
Granulated garlic		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	3. Add pepper, parsley, tomatoes, tomato paste, water, basil, oregano, marjoram, and thyme. Heat to boiling, uncovered. Remove from heat.
Dried parsley		2 Tbsp		¼ cup	
Canned diced tomatoes, with juice	2 lb 2 oz	1 qt 2 Tbsp (⅓ No. 10 can)	4 lb 4 oz	2 qt ¼ cup (⅓ No. 10 can)	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Water		1 qt 2 cups		3 qt	
Dried basil		1 Tbsp 1 ½ tsp		3 Tbsp	
Dried oregano		1 Tbsp 1 ½ tsp		3 Tbsp	
Dried marjoram		1 ½ tsp		1 Tbsp	
Dried thyme		½ tsp		1 tsp	
Enriched lasagna noodles, uncooked (at least 0.78 oz each)	1 lb 6 oz	28 each	2 lb 12 oz	56 each	4. Assemble ingredients in pans (9" x 13" x 2") which have been lightly coated with pan release spray. For 32 servings, use 2 pans. For 64 servings, use 4 pans.
					For each pan: 1st layer-2 ¼ cups 2 Tbsp sauce 2nd layer-7 uncooked noodles lengthwise 3rd layer-2 ¼ cups sauce 4th layer-3 ⅛ oz (¾ cup 1 ½ tsp) process American cheese and 4 ¾ oz (1 cup 3 Tbsp) mozzarella cheese 5th layer-7 uncooked noodles lengthwise Repeat 3rd and 4th layers

Meat Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-19

Reduced fat processed American cheese, shredded	12 ½ oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 ¼ cups
Reduced fat mozzarella cheese, shredded	1 lb 3 oz	1 qt ¾ cup	2 lb 6 oz	2 qt 1 ½ cups
				5. Tightly cover pans.
				6. Bake: Conventional oven: 350° F for 1 ¼ - 1 ½ hours Convection oven: 325° F for 45 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
				7. Remove pans from oven. Uncover. Let stand for 15 minutes.
				8. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 4 (16 pieces). Portion is 1 piece.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	32 Servings	64 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 ½ oz of cooked lean meat, ¾ cup of vegetable, and the equivalent of ½ slice of bread.	32 Servings: about 11 lb 6 oz 64 Servings: about 22 lb 12 oz	32 Servings: 2 pans 64 Servings: 4 pans

Tested 2004

Meat Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-19

Nutrients Per Serving

Calories	211	Saturated Fat	3.67 g	Iron	2.02 mg
Protein	15.51 g	Cholesterol	27 mg	Calcium	237 mg
Carbohydrate	22.28 g	Vitamin A	705 IU	Sodium	316 mg
Total Fat	6.83 g	Vitamin C	12.7 mg	Dietary Fiber	2.2 g

Macaroni and Cheese

Meat Alternate-Grains/Breads

Main Dishes

D-20

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched elbow macaroni	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups	1. Cook macaroni in boiling water until firm-tender, 8 minutes. Drain well. 2. Melt margarine or butter in a stock pot or sauce pan. 3. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the margarine or butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown. 4. In a stock pot or sauce pan, heat milk to a simmer. Slowly add heated milk to the flour mixture, stirring continuously. Cook until smooth and thickened. 5. Add Worcestershire sauce, Cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts. 6. Combine macaroni and sauce. Mix well. Place 5 lb 6 oz (2 qt 2 ¾ cups) into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with lid or foil. Bake: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes 7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 5 ½ oz (1 ½ cups) over each pan.
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	
Enriched all-purpose flour	6 oz	1 ¼ cups 2 Tbsp	12 oz	2 ¾ cups	
Salt		2 ½ tsp		1 Tbsp 2 tsp	
Dry mustard		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Paprika		1 ½ tsp		1 Tbsp	
Lowfat 1% milk OR Instant nonfat dry milk, reconstituted		2 qt 2 cups		1 gal 1 qt	
Worcestershire sauce		1 tsp		2 tsp	
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	
Parmesan cheese, grated	2 oz	½ cup	4 oz	1 cup	
Enriched soft bread crumbs	3 oz	1 cup	6 oz	2 cups	

Macaroni and Cheese

Meat Alternate-Grains/Breads

Main Dishes

D-20

Reduced fat Cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	8. Bake an additional 5 minutes, uncovered, until lightly browned. CCP: Heat to 135° F or higher for at least 15 seconds.
					9. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

SERVING:

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

YIELD:

24 Servings: 11 lb 4 oz

48 Servings: 22 lb 8 oz

VOLUME:

24 Servings: 2 pans

48 Servings: 4 pans

Tested 2004

Nutrients Per Serving

Calories	359	Saturated Fat	7.04 g	Iron	1.65 mg
Protein	19.95 g	Cholesterol	28 mg	Calcium	534 mg
Carbohydrate	34.24 g	Vitamin A	847 IU	Sodium	719 mg
Total Fat	15.56 g	Vitamin C	1.1 mg	Dietary Fiber	1.6 g

Macaroni and Cheese with Ham

Meat Alternate-Grains/Breads

Main Dishes

D-20A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched elbow macaroni	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups	1. Cook macaroni in boiling water until firm-tender, 8 minutes. Drain well. 2. Melt margarine or butter in a stock pot or sauce pan. 3. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the margarine or butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	
Enriched all-purpose flour	6 oz	1 ¼ cups 2 Tbsp	12 oz	2 ¾ cups	
Salt		2 ½ tsp		1 Tbsp 2 tsp	
Dry mustard		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Paprika		1 ½ tsp		1 Tbsp	
Lowfat 1% milk OR Instant nonfat dry milk, reconstituted		2 qt 2 cups		1 gal 1 qt	4. In a stock pot or sauce pan, heat milk to a simmer. Slowly add heated milk to the flour mixture, stirring continuously. Cook until smooth and thickened. 5. Add Worcestershire sauce, ham, shredded Cheddar cheese, and grated Parmesan cheese to the white sauce. Stir over low heat until cheese melts.
Worcestershire sauce		1 tsp		2 tsp	
Cooked ham, water added, diced	12 oz	2 ¼ cups	1 lb 8 oz	1 qt ½ cup	
Reduced fat Cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	
Parmesan cheese, grated	3 oz	¾ cup	6 oz	1 ½ cups	
					6. Combine macaroni and sauce. Mix well. Place 5 lb 7 ½ oz (2 qt 3 ¼ cups) into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with lid or foil. Bake: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes

Macaroni and Cheese with Ham

Meat Alternate-Grains/Breads

Main Dishes

D-20A

Enriched soft bread crumbs	3 oz	1 cup	6 oz	2 cups	7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 5 ½ oz (1 ½ cups) over each pan.
Reduced fat Cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	8. Bake an additional 5 minutes, uncovered, until lightly browned. CCP: Heat to 165° F or higher for 15 seconds.
					9. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

SERVING:

1 piece provides the equivalent of 1 ½ oz of cooked lean meat and the equivalent of 1 ½ slices of bread.

YIELD:

24 Servings: 11 lb 7 oz
48 Servings: 22 lb 14 oz

VOLUME:

24 Servings: 2 pans
48 Servings: 4 pans

Edited 2004

Nutrients Per Serving

Calories	337	Saturated Fat	5.71 g	Iron	1.80 mg
Protein	18.58 g	Cholesterol	27 mg	Calcium	496 mg
Carbohydrate	34.11 g	Vitamin A	760 IU	Sodium	771 mg
Total Fat	13.74 g	Vitamin C	1.1 mg	Dietary Fiber	1.6 g

Beef or Pork Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat) OR Raw ground pork (no more than 20% fat)	2 lb 9 oz		5 lb 2 oz		1. Brown ground beef or pork. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	⅓ cup OR 3 Tbsp	5 oz	⅔ cup OR ¼ cup 2 Tbsp	2. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Simmer for 30 minutes.
Granulated garlic		1 ½ tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅔ No. 2-½ can plus 2 ½ Tbsp)	
Water		3 cups		1 qt 2 cups	
Chili powder		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Reduced fat Cheddar cheese, shredded	1 lb 4 oz	1 qt 1 cup	2 lb 8 oz	2 qt 2 cups	3. Combine shredded cheese with meat mixture.
Enriched flour tortillas (at least 0.9 oz each)		25 each		50 each	4. Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding.
					5. Portion meat mixture with heaping No. 12 scoop (⅓ cup plus 1 Tbsp) onto each tortilla. Fold around meat envelope style.
					6. Place folded burritos seam side down on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, 12-13 burritos per pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.

Beef or Pork Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21

					7. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
Reduced fat Cheddar cheese, shredded (optional)	7 oz	1 ¾ cups 2 Tbsp	13 oz	3 ¾ cups	8. Sprinkle shredded cheese (optional) evenly over burritos before serving.
					9. CCP: Hold for hot service at 135° F or higher. Portion is 1 burrito.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice bread.	25 Servings: 25 burritos 50 Servings: 50 burritos	25 Servings: 2 pans 50 Servings: 4 pans

Edited 2004

Nutrients Per Serving					
Calories	273	Saturated Fat	5.76 g	Iron	2.62 mg
Protein	18.82 g	Cholesterol	43 mg	Calcium	264 mg
Carbohydrate	21.34 g	Vitamin A	800 IU	Sodium	351 mg
Total Fat	12.46 g	Vitamin C	9.7 mg	Dietary Fiber	2.0 g

Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	1. Combine onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Simmer for 15 minutes. 2. Using a mixer with paddle attachment, puree beans for 4-5 minutes on medium speed until beans are a smooth consistency. Combine ingredients from step 1, and shredded cheese with pureed beans. 3. Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding. 4. Portion bean mixture with No. 8 scoop (½ cup) onto each tortilla. Fold around beans envelope style. 5. Place folded burritos seam side down on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, 12-13 burritos per pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Granulated garlic		1 ½ tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Water		2 cups		1 qt	
Chili powder		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see preparation note)	3 lb 8 oz OR 3 lb 8 oz	2 qt 2 Tbsp (⅞ No. 10 can) OR 1 qt 3 ¾ cups	7 lb OR 7 lb	1 gal ¼ cup (1 ¾ No. 10 cans) OR 3 qt 3 ½ cups	
Reduced fat Cheddar cheese, shredded	1 lb 9 ½ oz	1 qt 3 ¾ cups	3 lb 3 oz	3 qt 3 ½ cups	
Enriched flour tortillas (at least 0.9 oz each)		25 each		50 each	

Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21A

					6. CCP: Heat to 165° F or higher for at least 15 seconds. Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes
Reduced fat Cheddar cheese, shredded (optional)	7 oz	1 ¾ cups 2 Tbsp	13 oz	3 ¾ cups	7. Sprinkle shredded cheese (optional) evenly over burritos before serving.
					8. CCP: Hold for hot service at 135° F or higher. Portion is 1 burrito.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Pinto beans, dry	1 lb 8 oz	3 lb

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice of bread.	25 Servings: 25 burritos 50 Servings: 50 burritos	25 Servings: 2 pans 50 Servings: 4 pans

Edited 2004

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21A

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.

OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 ³/₈ cups dry or 5 ¹/₄ cups cooked pinto beans.

Nutrients Per Serving					
Calories	253	Saturated Fat	3.98 g	Iron	2.85 mg
Protein	15.11 g	Cholesterol	16 mg	Calcium	342 mg
Carbohydrate	31.24 g	Vitamin A	846 IU	Sodium	631 mg
Total Fat	7.95 g	Vitamin C	10.1 mg	Dietary Fiber	4.2 g

Ground Beef and Spanish Rice

Meat-Vegetable-Grains/Breads

Main Dishes

D-22

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 3 oz		6 lb 6 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 3 Tbsp	12 oz OR 2 ¼ oz	2 cups OR ½ cup	2. Add onions and green peppers to ground beef and sauté for 5 minutes or until onions are translucent.
*Fresh green pepper, chopped	4 ½ oz	¾ cup 2 Tbsp	9 oz	1 ¾ cups	
Beef stock, non-MSG or water		1 qt 1 ¾ cups		2 qt 3 ½ cups	3. Add beef stock or water, tomatoes, tomato paste, chili powder, ground cumin, paprika, and onion powder. Bring to boil.
Canned diced tomatoes	15 oz	1 ¾ cups 1 Tbsp	1 lb 14 oz	3 ½ cups 2 Tbsp	
Canned tomato paste	7 oz	1 ½ cups 1 Tbsp (¼ No. 2-½ can)	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		¾ tsp		1 ½ tsp	
Onion powder		¾ tsp		1 ½ tsp	
Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	1 lb 5 oz OR 1 lb 6 oz		2 lb 10 oz OR 2 lb 12 oz		4. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender. CCP: Heat to 155° F or higher for at least 15 seconds.
					5. Pour into serving pans or bowls.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (⅔ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	7 oz	14 oz
Green pepper	6 oz	12 oz

Ground Beef and Spanish Rice

Meat-Vegetable-Grains/Breads

Main Dishes

D-22

SERVING:

$\frac{3}{8}$ cup (No. 6 scoop) provides 1 $\frac{1}{2}$ oz of cooked lean meat, $\frac{1}{4}$ cup of vegetable, and the equivalent of $\frac{3}{4}$ slice of bread.

YIELD:

25 Servings: 8 lb 4 $\frac{1}{2}$ oz
50 Servings: 16 lb 9 oz

VOLUME:

25 Servings: 1 gallon $\frac{1}{2}$ cup
50 Servings: 2 gallons 1 cup

Tested 2004

Nutrients Per Serving

Calories	217	Saturated Fat	3.32 g	Iron	2.47 mg
Protein	14.03 g	Cholesterol	38 mg	Calcium	32 mg
Carbohydrate	21.81 g	Vitamin A	470 IU	Sodium	107 mg
Total Fat	7.89 g	Vitamin C	10.5 mg	Dietary Fiber	1.1 g

Pizza With Ground Beef Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-23

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Pizza dough (A-17) in half sheet pans (18" x 13" x 1")		2 pans		4 pans	1. For pizza crust, use Pizza Crust recipe (see A-17).
Raw ground beef (no more than 20% fat)	1 lb 12 oz		3 lb 8 oz		2. Pizza topping: Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	3. Add onions and granulated garlic to ground beef and sauté for 5 minutes or until onions are translucent.
Granulated garlic		1 tsp		2 ¼ tsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	4. Add pepper, tomato paste, water, basil, oregano, marjoram, and thyme. Simmer for 15 minutes. CCP: Heat to 155° F or higher for 15 seconds.
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Water		1 qt		2 qt	
Dried basil		1 Tbsp 1 ½ tsp		3 Tbsp	
Dried oregano		1 Tbsp 1 ½ tsp		3 Tbsp	
Dried marjoram		1 Tbsp 1 ½ tsp		3 Tbsp	
Dried thyme		¾ tsp		1 ½ tsp	
Reduced fat mozzarella cheese, shredded	2 lb	2 qt	4 lb	1 gal	5. Sprinkle 8 oz (2 cups) shredded cheese evenly over topping in each pan.
					6. Spread 2 lb 1 ⅛ oz (3 cups 1 ½ tsp) beef mixture over cheese in each pan.
					7. Sprinkle 8 oz (2 cups) shredded cheese evenly over topping in each pan.
					8. Bake until crust is lightly browned: Conventional oven: 475° F for 15-18 minutes Convection oven: 450° F for 15 minutes

Pizza With Ground Beef Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-23

9. CCP: Hold for hot service at 135° F or higher.

Portion each pan 4 x 4 (16 pieces). Portion is 1 piece.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	32 Servings	64 Servings
Mature onions	3 oz	6 oz

SERVING:

1 piece provides the equivalent of 1 ½ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of 1 ½ slices of bread.

YIELD:

32 Servings: 32 pieces
64 Servings: 64 pieces

VOLUME:

32 Servings: 2 pans
64 Servings: 4 pans

Tested 2004

Nutrients Per Serving

Calories	234	Saturated Fat	3.54 g	Iron	2.43 mg
Protein	16.13 g	Cholesterol	26 mg	Calcium	232 mg
Carbohydrate	24.47 g	Vitamin A	462 IU	Sodium	228 mg
Total Fat	7.76 g	Vitamin C	7.5 mg	Dietary Fiber	1.7 g

Pizza With Cheese Topping

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-23A

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Pizza dough (A-17) in half sheet pans (18" x 13" x 1")		2 pans		4 pans	1. For pizza crust, use Pizza Crust recipe (see A-17).
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	2. Combine onions, granulated garlic, pepper, tomato paste, salt, water, basil, oregano, marjoram, and thyme. Simmer for 15 minutes.
Granulated garlic		1 ¼ tsp		2 ½ tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Salt		1 tsp		2 tsp	
Water		3 ½ cups		1 qt 3 cups	
Dried basil		1 tsp		2 tsp	
Dried oregano		1 tsp		2 tsp	
Dried marjoram		¼ tsp		½ tsp	
Dried thyme		¼ tsp		½ tsp	
Reduced fat mozzarella cheese, shredded	3 lb 2 oz	3 qt 1 ½ cups	6 lb 4 oz	1 gal 2 ¼ qt	3. Sprinkle 12 ½ oz (3 cups 2 Tbsp) shredded cheese evenly over each pizza crust. 4. Spread 3 cups 1 ½ tsp of tomato mixture over each pan. 5. Sprinkle 12 ½ oz (3 cups 2 Tbsp) shredded cheese evenly over topping in each pan. 6. Bake until crust is lightly browned: Conventional oven: 450° F for 15-18 minutes Convection oven: 425° F for 15 minutes 7. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 4 (16 pieces). Portion is 1 piece.

Pizza With Cheese Topping

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-23A

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	32 Servings	64 Servings
Mature onions	3 oz	6 oz

SERVING:

1 piece provides 1 ½ oz of cheese, ⅛ cup of vegetable, and the equivalent of 1 ½ slices of bread.

YIELD:

32 Servings: 32 pieces
64 Servings: 64 pieces

VOLUME:

32 Servings: 2 pans
64 Servings: 4 pans

Tested 2004, Edited 2007

Nutrients Per Serving

Calories	219	Saturated Fat	3.25 g	Iron	1.73 mg
Protein	15.50 g	Cholesterol	15 mg	Calcium	336 mg
Carbohydrate	24.72 g	Vitamin A	492 IU	Sodium	368 mg
Total Fat	6.26 g	Vitamin C	7.3 mg	Dietary Fiber	1.5 g

Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more the 20% fat) OR Raw ground pork (no more than 20%)	3 lb 3 oz OR 3 lb 3 oz		6 lb 6 oz OR 6 lb 6 oz		1. Brown ground beef or pork. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	
					2. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. CCP: Heat to 155° F for at least 15 seconds.
Granulated garlic		2 ¼ tsp		1 Tbsp ½ tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	7 oz	¾ cup 1 ½ tsp (¼ No. 2-½ can)	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	
Water		2 cups		1 qt	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		¾ tsp		1 ½ tsp	
Onion powder		¾ tsp		1 ½ tsp	
					3. CCP: Hold for hot service at 135° F or higher.
Reduced fat Cheddar cheese, shredded	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	4. Topping: Reserve cheese for step 5. Combine tomatoes and lettuce. Toss lightly and reserve for step 5.
*Fresh tomatoes, chopped	10 ½ oz	1 ¼ cups 3 Tbsp	1 lb 5 oz	2 ¾ cups 2 Tbsp	
*Fresh lettuce, shredded	1 lb 3 ½ oz	2 qt 1 cup	2 lb 7 oz	1 gal 2 cups	

Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24

Enriched taco shells (at least 0.45 oz each)	50 each	100 each	<p>5. Portion is 2 tacos.</p> <p>Serving suggestions:</p> <p>A. Before serving, fill each taco shell with a No. 30 scoop (2 Tbsp) meat mixture. On each plate serve 2 tacos, No. 10 scoop ($\frac{3}{8}$ cup) lettuce and tomato mixture, and $\frac{1}{2}$ oz (2 Tbsp) shredded cheese.</p> <p>OR</p> <p>B1. Pre-portion No. 10 scoop ($\frac{3}{8}$ cup) lettuce-tomato mixture and $\frac{1}{2}$ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.</p> <p>B2. Transfer meat mixture and taco shells to steamtable pans or place on tables. For each child, serve 2 unfilled taco shells, 2 No. 30 scoops ($\frac{1}{4}$ cup $\frac{1}{2}$ tsp) meat mixture, 1 pre-portioned soufflé cup of lettuce-tomato mixture, and 1 pre-portioned soufflé cup of shredded cheese. Instruct children to "build" their own tacos.</p>
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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Tomatoes	12 oz	1 lb 8 oz
Head lettuce	1 lb 10 oz	3 lb 4 oz

SERVING:	YIELD:	VOLUME:
2 tacos provide the equivalent of 2 oz of cooked lean meat, $\frac{1}{2}$ cup of vegetable, and the equivalent of 1 slice of bread.	<p>25 Servings: about 3 lb 10 oz (filling) about 7 lb 13 oz</p> <p>50 Servings: about 7 lb 4 oz (filling) about 15 lb 10 oz</p>	<p>25 Servings: 1 quart 2 $\frac{3}{8}$ cups (filling) 50 tacos</p> <p>50 Servings: 3 quarts 1 $\frac{1}{8}$ cups (filling) 100 tacos</p>

Tested 2004

Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24

Nutrients Per Serving

Calories	299	Saturated Fat	5.80 g	Iron	2.43 mg
Protein	18.26 g	Cholesterol	46 mg	Calcium	200 mg
Carbohydrate	20.36 g	Vitamin A	600 IU	Sodium	254 mg
Total Fat	16.36 g	Vitamin C	8.2 mg	Dietary Fiber	3.0 g

Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Canned pinto beans, drained OR *Dry pinto beans, cooked (see preparation note)	4 lb 3 ½ oz OR 4 lb 3 ½ oz	2 qt 1 ½ cups (1 No. 10 can) OR 2 qt 1 ¼ cups	8 lb 7 oz OR 8 lb 7 oz	1 gal 3 cups (2 No. 10 cans) OR 1 gal 2 ½ cups	1. In a stockpot, cover beans with water and heat.	
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup		2. Drain beans. Puree beans to a smooth consistency.
Granulated garlic Ground black or white pepper		2 ¼ tsp 1 tsp		1 Tbsp ½ tsp 2 tsp	3. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder to beans. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. CCP: Heat to 135° F for at least 15 seconds.	
Canned tomato paste	7 oz	¾ cup 1 ½ tsp (¼ No. 2-½ can)	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	4. CCP: Hold for hot service at 135° F or higher.	
Water		2 cups		1 qt		
Chili powder		1 Tbsp		2 Tbsp		
Ground cumin		2 ¼ tsp		1 Tbsp 1 ½ tsp		
Paprika		¾ tsp		1 ½ tsp		
Onion powder		¾ tsp		1 ½ tsp		
Reduced fat Cheddar cheese, shredded	13 ½ oz	3 ⅝ cups	1 lb 11 oz	1 qt 2 ¾ cups		5. Topping: Reserve cheese for step 6. Combine tomatoes and lettuce. Toss lightly and reserve for step 6.
*Fresh tomatoes, diced	10 ½ oz	1 ¼ cups 3 Tbsp	1 lb 5 oz	2 ¾ cups 2 Tbsp		
*Fresh lettuce, shredded	1 lb 3 ½ oz	2 qt 1 cup	2 lb 7 oz	1 gal 1 qt		

Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

Enriched taco shells (at least 0.45 oz each)	50 each	100 each	<p>6. Portion is 2 tacos.</p> <p>Serving suggestions:</p> <p>A. Before serving, fill each taco shell with No. 20 scoop (about 3 Tbsp) bean mixture. On each plate, serve 2 tacos, No. 10 scoop (¾ cup) lettuce and tomato mixture, and No. 30 scoop (2 Tbsp) shredded cheese. OR</p> <p>B1. Pre-portion No. 10 scoop (¾ cup) lettuce-tomato mixture and No. 30 scoop (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.</p> <p>B2. Transfer bean mixture and taco shells to steamtable pans or place on tables. For each child, serve 2 unfilled taco shells, No. 10 scoop (¾ cup) bean mixture, with pre portioned lettuce and tomato mixture, and pre portioned cheese. Instruct children to "build" their own tacos.</p>
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* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Pinto beans, dry	1 lb 13 oz	3 lb 10 oz
Mature onions	3 oz	6 oz
Tomatoes	12 oz	1 lb 8 oz
Head lettuce	1 lb 10 oz	3 lb 4 oz

SERVING:	YIELD:	VOLUME:
2 tacos provides the equivalent of 2 oz of cooked lean meat, ½ cup of vegetable, and the equivalent of 1 slice of bread.	<p>25 Servings: 5 lb 9 ½ oz (filling) about 9 lb 13 oz</p> <p>50 Servings: 11 lb 3 oz (filling) about 19 lb 10 oz</p>	<p>25 Servings: 2 quarts 2 cups (filling) 50 tacos</p> <p>50 Servings: 1 gallon 1 quart (filling) 100 tacos</p>

Edited 2004, Edited 2007

Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 $\frac{3}{4}$ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 $\frac{3}{4}$ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 $\frac{3}{4}$ qt water and $\frac{1}{2}$ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked pinto beans.

Nutrients Per Serving					
Calories	251	Saturated Fat	2.75 g	Iron	2.67 mg
Protein	11.52 g	Cholesterol	9 mg	Calcium	231 mg
Carbohydrate	32.11 g	Vitamin A	605 IU	Sodium	540 mg
Total Fat	9.41 g	Vitamin C	8.6 mg	Dietary Fiber	5.7 g

Chili Con Carne

Meat/Meat Alternate-Vegetable

Main Dishes

D-25

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 8 oz		7 lb		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	8 oz	1 ⅓ cups OR ¾ cup	1 lb OR 3 oz	2 ⅔ cups OR 1 ½ cups	2. Add onions, granulated garlic, green pepper (optional), black pepper, chili powder, paprika, onion powder, and cumin. Cook for 5 minutes.
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
*Fresh green pepper, chopped (optional)	4 oz	¾ cup	8 oz	1 ½ cups	
Ground black or white pepper		1 tsp		2 tsp	
Chili powder		1 Tbsp 1 ½ tsp		3 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Canned diced tomatoes, with juice	1 lb 9 ½ oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	3. Stir in tomatoes, water, and tomato paste. Mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
Water		1 qt ½ cup		2 qt 1 cup	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅔ No. 2-½ can plus 2 ½ Tbsp)	
Canned pinto or kidney beans, drained stock reserved OR *Cooked dry pinto or kidney beans, drained (see preparation note)	1 lb 11 oz OR 1 lb ½ oz	3 cups OR 2 ¾ cups	3 lb 6 oz OR 2 lb 1 oz	1 qt 2 cups OR 1 qt 1 ½ cups	4. Stir in beans. Cover and simmer. Stir occasionally. CCP: Heat to 155° F or higher for 15 seconds. OR If using previously cooked and chilled beans: CCP: Heat to 165° F or higher for at least 15 seconds.
					5. Pour into serving pans or bowls.

Chili Con Carne

Meat/Meat Alternate-Vegetable

Main Dishes

D-25

Reduced fat Cheddar cheese, shredded (optional)

12 oz

3 ½ cups

1 lb 8 oz

1 qt 3 cups

6. CCP: Hold for hot service at 135° F or higher.

Portion with 4 oz ladle (½ cup). Garnish with cheese (optional).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	9 oz	1 lb 2 oz
Green peppers	5 oz	10 oz
Pinto beans, dry OR Kidney beans, dry	9 oz OR 7 oz	1 lb 2 oz OR 14 oz

SERVING:

½ cup (4 oz ladle) provides 2 oz of cooked lean meat and ⅔ cup of vegetable.

YIELD:

25 Servings: 8 lb 4 oz

50 Servings: 17 lb

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: 1 ½ gallons 1 cup

Tested 2004

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR

Chili Con Carne

Meat/Meat Alternate-Vegetable

Main Dishes

D-25

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked pinto beans.

1 lb dry kidney beans=about 2 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked pinto beans.

Nutrients Per Serving					
Calories	179	Saturated Fat	3.56 g	Iron	2.50 mg
Protein	15.40 g	Cholesterol	42 mg	Calcium	43 mg
Carbohydrate	10.64 g	Vitamin A	809 IU	Sodium	204 mg
Total Fat	8.51 g	Vitamin C	14.5 mg	Dietary Fiber	2.4 g

Vegetable Chili

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-26

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 Tbsp		¼ cup	1. Heat oil in a heavy pot.
*Fresh onions, chopped OR Dehydrated onions	10 oz OR 2 oz	1 ¾ cups OR ½ cup	1 lb 4 oz OR 4 oz	3 ½ cups OR 1 cup	2. Add the chopped onions and sauté 3 minutes, until onions are translucent.
*Fresh green peppers, chopped OR Frozen green peppers	5 oz OR 5 oz	¾ cup 2 Tbsp OR 1 cup	10 oz OR 10 oz	1 ¾ cups 2 Tbsp OR 2 cups	3. Add chopped green peppers and sauté 2 minutes, until tender.
Chili powder		¼ cup 2 Tbsp	3 oz	¾ cup	4. Add chili powder, cumin, granulated garlic, onion powder, red hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
Cumin		2 Tbsp		¼ cup	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Onion powder		1 tsp		2 tsp	
Red hot sauce (optional)		2 Tbsp		¼ cup	
Brown sugar, packed	2 oz	¼ cup	4 oz	½ cup	
Canned crushed tomatoes	3 lb 3 oz	1 qt 2 cups (½ No. 10 can)	6 lb 6 oz	3 qt (1 No. 10 can)	
Canned diced tomatoes in juice, drained	9 ¼ oz	1 cup 1 Tbsp (½ No 2-½ can)	1 lb 2 ½ oz	2 cups 2 Tbsp (1 No 2-½ can)	
Canned kidney beans, drained	2 lb 12 ½ oz	1 qt 2 ¾ cups (⅞ No. 10 can)	5 lb 9 oz	3 qt 1 ½ cups (1 ¼ No. 10 cans)	5. Add kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
No. 3 bulgur wheat	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Water		2 cups		1 qt	
Lowfat plain yogurt	1 lb	2 cups	2 lb	1 qt	6. Add yogurt and stir to blend.
					CCP: Heat to 135° F or higher for at least 15 seconds.
					7. CCP: Hold for hot service at 135° F or higher.
					Portion with 6 oz ladle (¾ cup)
Reduced fat Cheddar cheese, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	8. Sprinkle 1/4 cup of cheddar cheese on top of each serving.

Vegetable Chili

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-26

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	12 oz	1 lb 8 oz
Green peppers	7 oz	14 oz

SERVING:

$\frac{3}{4}$ cup (6 oz ladle) provides the equivalent of 2 oz of cooked lean meat, $\frac{3}{8}$ cup of vegetable, and the equivalent of $\frac{1}{4}$ slice of bread.

YIELD:

25 Servings: 10 lb 3 oz
50 Servings: 20 lb 6 oz

VOLUME:

25 Servings: 1 gallon 2 $\frac{3}{4}$ cups
50 Servings: 2 gallons 1 $\frac{1}{2}$ quarts

Tested 2004

Special Tip:

This can be used as a filling in Tacos (D-24), Taco Salad (E-13), or Burritos (D-21).

Nutrients Per Serving

Calories	222	Saturated Fat	3.75 g	Iron	2.36 mg
Protein	14.57 g	Cholesterol	17 mg	Calcium	333 mg
Carbohydrate	26.98 g	Vitamin A	1297 IU	Sodium	609 mg
Total Fat	7.46 g	Vitamin C	17.4 mg	Dietary Fiber	6.4 g

Vegetable Lasagna

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-27

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling		2 gal 1 qt		4 gal 2 qt	1. Add salt to boiling water.
Salt	2 oz	3 Tbsp ½ tsp	4 oz	¼ cup 2 ⅓ Tbsp	
Enriched lasagna noodles	1 lb 6 oz	28 each	2 lb 12 oz	56 each	2. Slowly add lasagna noodles and return to boil. Cook for 10-12 minutes or until tender. Drain.
Vegetable oil		2 Tbsp		¼ cup	3. In a pan, heat the vegetable oil. Add zucchini, mushrooms, and onions. Sauté for 3 minutes or until tender. Stir in flour and cook for 3 minutes. Remove from heat and reserve for step 6.
*Fresh zucchini, sliced	8 oz	2 cups	1 lb	1 qt	
*Fresh mushrooms, sliced OR Canned mushrooms, sliced, drained	6 oz OR 4 oz	1 ¼ cups 1 Tbsp OR ¾ cup	12 oz OR 8 oz	2 ½ cups 2 Tbsp OR 1 ½ cups	
*Fresh onions, chopped	4 ½ oz	¾ cup	9 oz	1 ½ cups	
Enriched all-purpose flour		¼ cup	2 oz	½ cup	
Frozen broccoli chopped	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	4. Place broccoli in a steam basket or microwave and cook for 6 minutes or until tender. Drain well and reserve for step 6.
Canned tomato sauce	4 lb 2 oz	2 qt (⁵ / ₈ No. 10 can)	8 lb 4 oz	1 gal (1 ¼ No. 10 can)	5. In a heavy kettle, heat the tomato sauce and tomato paste. Add the granulated garlic and oregano. Simmer, uncovered, for 30 minutes.
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⁷ / ₈ No. 2-½ can plus 2 ½ Tbsp)	
Granulated garlic		⁷ / ₈ tsp		1 ¾ tsp	6. Add the sautéed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.
Dried oregano		3 Tbsp		¼ cup 2 Tbsp	
Reduced fat cottage cheese, drained	4 lb	2 qt	8 lb	1 gal	7. In a large bowl, combine cottage cheese, parsley, granulated garlic, and bread crumbs. Mix well. Reserve for step 9.
Dried parsley		2 Tbsp		¼ cup	
Granulated garlic		1 tsp		2 tsp	
Enriched dry bread crumbs	4 oz	1 cup 1 Tbsp	8 oz	2 cups 2 Tbsp	

Vegetable Lasagna

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-27

Parmesan cheese, grated		¼ cup 2 Tbsp	2 oz	¾ cup	8. Combine Parmesan cheese and mozzarella cheese.
Reduced fat mozzarella cheese, shredded	15 oz	3 ¾ cups	1 lb 14 oz	1 qt 3 ½ cups	
					9. Spread 1 cup of vegetable sauce on the bottom of each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 32 servings, use 2 pans. For 64 servings, use 4 pans. Assembly: First layer: a. 4 ⅔ lasagna noodles b. 2 ¼ cups cottage cheese mixture c. 2 cups vegetable sauce d. 1 cup 1 ½ tsp Parmesan-mozzarella cheese mixture Second layer: Repeat first layer. Third layer: e. 4 ⅔ lasagna noodles f. 1 ¼ cups vegetable sauce
Parmesan cheese, grated	2 oz	¾ cup	4 oz	1 ½ cups	10. Sprinkle 1 oz of Parmesan cheese over each pan of lasagna. Cover. Bake: Conventional oven: 350° F for 50 minutes Convection oven: 325° F for 40 minutes CCP: Heat to 165° F or higher for 15 seconds.
					11. Remove from oven and allow to set for 15 minutes before serving.
					12. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 4 (16 pieces). Portion is 1 piece.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	32 Servings	64 Servings
Zucchini	9 oz	1 lb 2 oz
Mushrooms	7 oz	14 oz

Vegetable Lasagna

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-27

Mature onions	6 oz	12 oz
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SERVING:

1 piece provides 1 ½ oz of cheese, ½ cup of vegetable, and the equivalent of ¾ slice of bread.

YIELD:

32 Servings 12 lb 14 oz
64 Servings 25 lb 12 oz

VOLUME:

32 Servings 2 pans
64 Servings 4 pans

Tested 2004

Nutrients Per Serving

Calories	219	Saturated Fat	2.03 g	Iron	2.27 mg
Protein	16.77 g	Cholesterol	9 mg	Calcium	211 mg
Carbohydrate	28.86 g	Vitamin A	1365 IU	Sodium	795 mg
Total Fat	4.44 g	Vitamin C	22.8 mg	Dietary Fiber	3.3 g

Meat Loaf

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato paste	3 oz	½ cup (¼ 12 oz can)	6 oz	¾ cup (½ 12 oz can)	1. In a mixer with paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk. Mix for 2 minutes on medium speed.
Water		½ cup		1 cup	
Beef stock, non-MSG		1 cup		2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	
Rolled oats	8 oz	3 cups	1 lb	1 qt 2 cups	
Instant nonfat dry milk		¼ cup 3 Tbsp	2 ¼ oz	¾ cup 2 Tbsp	
Raw ground beef (no more than 20% fat)	3 lb 15 oz		7 lb 14 oz		2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, and thyme. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
*Fresh onions, chopped OR Dehydrated onions	4 ½ oz	¾ cup OR 3 Tbsp	9 oz	1 ½ cups OR ¼ cup 2 Tbsp	
*Fresh celery, chopped	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Dried parsley		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Granulated garlic		¾ tsp		1 ½ tsp	
Dried basil		¼ tsp		½ tsp	
Dried oregano		¼ tsp		½ tsp	
Dried marjoram		⅛ tsp		¼ tsp	
Dried thyme		⅛ tsp		¼ tsp	
					3. Into each pan (9" x 13" x 2"), place 5 lb 2 ¼ oz (2 qt 2 cups) of meat mixture. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					4. Press mixture into pans. Smooth top.

Meat Loaf

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-28

	<p>5. Bake: Conventional oven: 325° F (1 hour) Convection oven: 275° F (50 minutes)</p> <p>CCP: Heat to 155° F or higher for at least 15 seconds.</p> <p>OR</p> <p>If using homemade stock, CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	<p>6. Drain fat from pans. Let meat loaf stand 20 minutes.</p>
	<p>7. CCP: Hold for hot service at 135° F or higher.</p> <p>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p>

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	6 oz	12 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 2 oz of cooked lean meat, 1/8 cup of vegetable and the equivalent of 1/2 slice of bread.	<p>25 Servings: 4 lb 5 oz</p> <p>58 Servings: 8 lb 10 oz</p>	<p>25 Servings: 1 pan 25 pieces</p> <p>58 Servings: 2 pans 50 pieces</p>

Tested 2004

Special Tip:
 Serve with Brown Gravy (see G-3) or Meatless Tomato Sauce (see G-7).

Meat Loaf

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-28

Nutrients Per Serving

Calories	198	Saturated Fat	4.22 g	Iron	2.16 mg
Protein	17.12 g	Cholesterol	67 mg	Calcium	45 mg
Carbohydrate	8.40 g	Vitamin A	166 IU	Sodium	76 mg
Total Fat	10.32 g	Vitamin C	2.8 mg	Dietary Fiber	1.3 g

Meat Balls

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-28A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato paste	3 oz	½ cup (¼ 12 oz can)	6 oz	¾ cup	1. In a mixer with paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk. Mix for 2 minutes on medium speed.
Water		½ cup		1 cup	
Beef stock, non-MSG		1 cup		2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	
Rolled oats	8 oz	3 cups	1 lb	1 qt 2 cups	
Instant nonfat dry milk		¼ cup 3 Tbsp	2 ¼ oz	¾ cup 2 Tbsp	
Raw ground beef (no more than 20% fat)	3 lb 15 oz		7 lb 14 oz		2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, and thyme. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
*Fresh onions, chopped OR Dehydrated onions	4 ½ oz	¾ cup OR 3 Tbsp	9 oz	1 ½ cups OR ¼ cup 2 Tbsp	
*Fresh celery, chopped	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Dried parsley		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Granulated garlic		¾ tsp		1 ½ tsp	
Dried basil		¼ tsp		½ tsp	
Dried oregano		¼ tsp		½ tsp	
Dried marjoram		⅛ tsp		¼ tsp	
Dried thyme		⅛ tsp		¼ tsp	
					3. Portion meatballs with level No. 20 scoop in rows 5 across and 5 down in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

Meat Balls

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-28A

	<p>4. Bake: Conventional oven: 325° F (1 hour) Convection oven: 275° F (50 minutes)</p> <p>CCP: Heat to 155° F or higher for at least 15 seconds. OR If using homemade stock, CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	5. Drain fat from pans.
	6. CCP: Hold for hot service at 135° F or higher. Portion is 2 meat balls.

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	6 oz	12 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
2 meatballs provide the equivalent of 2 oz of cooked lean meat, 1/8 cup of vegetable and the equivalent of 1/2 slice of bread.	25 Servings: 4 lb 4 oz	25 Servings: 2 quarts 2 cups (uncooked) (50 meatballs)
	50 Servings: 8 lb 8 oz	50 Servings: 1 gallon 1 quart (uncooked) (100 meatballs)

Tested 2004

Special Tip:
 Serve with Brown Gravy (see G-3) or Meatless Tomato Sauce (see G-7).

Meat Balls

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-28A

Nutrients Per Serving

Calories	198	Saturated Fat	4.22 g	Iron	2.16 mg
Protein	17.12 g	Cholesterol	67 mg	Calcium	45 mg
Carbohydrate	8.40 g	Vitamin A	166 IU	Sodium	76 mg
Total Fat	10.32 g	Vitamin C	2.8 mg	Dietary Fiber	1.3 g

Oven-Bake Chicken

Meat

Main Dishes

D-29

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, cut up, thawed (USDA-donated, whole, cut into 8 pieces)	12 lb 4 oz		24 lb 8 oz		1. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.
Vegetable oil		¾ cup		1 ½ cups	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	2. In a separate bowl, combine flour, dry milk, poultry seasoning, pepper, paprika, and granulated garlic. Mix well.
Instant nonfat dry milk	4 oz	1 ½ cups 2 Tbsp	8 oz	3 ¼ cups	
Poultry seasoning		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Paprika		¾ tsp		1 ½ tsp	
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
					3. Coat oiled chicken with seasoned flour. Place 12-13 pieces on ungreased half-sheet pans (13" x 18" x 1"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					4. Bake until golden brown: Conventional oven: 400° F for 45-55 minutes Convection oven: 350° F for 30-35 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					5. CCP: Hold for hot service at 135° F or higher. Portion is 1 breast, or 1 drumstick and 1 wing, or 1 thigh with back.

Serving bone-in poultry presents a choking hazard for young children, especially ages 2-3. To avoid children choking on bones, remove the cooked poultry from the bones prior to serving.

Oven-Bake Chicken

Meat

Main Dishes

D-29

SERVING:

1 portion (1 breast, or 1 drumstick and 1 wing, or 1 thigh with back) provides 2 oz of cooked poultry and the equivalent of ½ slice of bread.

YIELD:

25 Servings: 10 lb 10 ½ oz
50 Servings: 21 lb 5 oz

VOLUME:

25 Servings: 2 pans
50 Servings: 4 pans

Edited 2004

Nutrients Per Serving

Calories	343	Saturated Fat	4.66 g	Iron	1.77 mg
Protein	29.31 g	Cholesterol	87 mg	Calcium	74 mg
Carbohydrate	9.68 g	Vitamin A	307 IU	Sodium	105 mg
Total Fat	19.99 g	Vitamin C	0.4 mg	Dietary Fiber	0.3 g

Turkey or Chicken Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-30

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground turkey OR Raw diced chicken	2 lb 6 oz OR 2 lb 6 oz		4 lb 12 oz OR 4 lb 12 oz		1. Cook the ground turkey or diced chicken over medium heat until no longer pink, about 10-15 minutes. Stir occasionally. Drain.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	
Granulated garlic		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Water		3 cups		1 qt 2 cups	
Chili powder		2 Tbsp		¼ cup	
Ground cumin		2 Tbsp		¼ cup	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Coriander (optional)		1 ½ tsp		1 Tbsp	
Reduced fat Cheddar cheese, shredded	1 lb 9 ½ oz	1 qt 3 ¼ cups	3 lb 3 oz	3 qt 2 ½ cups	3. Stir shredded cheese into turkey or chicken mixture.
Enriched flour tortillas (at least 0.9 oz each)		25 each		50 each	4. Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding.
					5. Portion turkey or chicken mixture with No. 12 scoop (½ cup) onto each tortilla. Fold tortilla around meat envelope style.
					6. Place folded burrito, seam side down, on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, 12-13 burritos per pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.

Turkey or Chicken Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-30

					7. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
Reduced fat Cheddar cheese, shredded (optional)	7 oz	1 ¾ cups 2 Tbsp	14 oz	3 ¾ cups	8. Sprinkle shredded cheese (optional) evenly over burritos before serving.
					9. CCP: Hold for hot service at 135° F or higher. Portion is 1 burrito.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice of bread.	25 Servings: 25 burritos	25 Servings: 2 quarts ¼ cup (meat and cheese filling) 2 pans
	50 Servings: 50 burritos	50 Servings: 1 gallon ½ cup (meat and cheese filling) 4 pans

Edited 2004

Turkey or Chicken Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-30

Nutrients Per Serving

Calories	270	Saturated Fat	4.94 g	Iron	2.43 mg
Protein	19.55 g	Cholesterol	47 mg	Calcium	321 mg
Carbohydrate	21.63 g	Vitamin A	902 IU	Sodium	539 mg
Total Fat	11.68 g	Vitamin C	9.8 mg	Dietary Fiber	2.0 g