

Maple Applesauce Topping

Fruit

Dips, Sauces, and Toppings

C-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned applesauce	3 lb 9 oz	1 qt 2 ½ cups	7 lb 2 oz	3 qt 1 cup	1. In a bowl, whisk applesauce and syrup until blended.
Maple-flavored pancake syrup	6 oz	½ cup	12 oz	1 cup	2. Portion with No. 16 scoop (¼ cup).

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of fruit.	25 Servings: 3 lb 15 oz	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 7 lb 14 oz	50 Servings: 3 quarts ½ cup

Edited 2004

Special Tip:
Use as topping for pancakes, waffles, French toast, or ice cream.

Nutrients Per Serving					
Calories	67	Saturated Fat	0.02 g	Iron	0.23 mg
Protein	0.12 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	17.70 g	Vitamin A	7 IU	Sodium	6 mg
Total Fat	0.12 g	Vitamin C	1.1 mg	Dietary Fiber	0.8 g

Fruity Dipping Sauce

Fruit

Dips, Sauces, and Toppings

C-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cling peaches, diced, in syrup	3 lb	1 qt 1 ½ cups (1 ⅔ No. 2-½ cans)	6 lb	2 qt 3 cups (3 ⅓ No. 2-½ cans)	<ol style="list-style-type: none"> 1. Drain peaches, reserve syrup for steps 3 and 4. For 25 servings, reserve 1 ½ cups. For 50 servings, reserve 3 cups. 2. Puree drained peaches in blender, or mash, or finely dice. Reserve for step 5. 3. Combine soy sauce and vinegar. Add reserved peach juice. For 25 servings, add ¾ cup. For 50 servings, add 1 ½ cups. Dissolve cornstarch in this mixture. 4. Over medium heat, boil the additional peach syrup. For 25 servings, use ¾ cup. For 50 servings, use 1 ½ cups. Add cornstarch mixture. Add brown sugar and ginger (optional). Simmer for 3-5 minutes to thicken. 5. Add cornstarch mixture to pureed peaches. Cover and chill for at least 2 hours. Keep refrigerated until ready to serve. 6. Portion with No. 20 scoop (3 ⅓ Tbsp).
Low-sodium soy sauce		1 tsp		2 tsp	
White vinegar		1 tsp		2 tsp	
Reserved peach syrup		¾ cup		1 ½ cups	
Cornstarch		2 Tbsp		¼ cup	
Additional reserved peach syrup		¾ cup		1 ½ cups	
Brown sugar, packed	4 oz	½ cup	8 oz	1 cup	
Ginger (optional)		⅛ tsp		¼ tsp	

SERVING:

3 ⅓ tablespoons (No. 20 scoop) provides ⅓ cup of fruit.

YIELD:

25 Servings: 2 lb 12 oz
50 Servings: 5 lb 9 oz

VOLUME:

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

Edited 2004

Special Tip:

This may be used as a dipping sauce for fish or chicken nuggets.

Fruity Dipping Sauce

Fruit

Dips, Sauces, and Toppings

C-02

Nutrients Per Serving

Calories	49	Saturated Fat	0 g	Iron	0.29 mg
Protein	0.26 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	12.95 g	Vitamin A	193 IU	Sodium	13 mg
Total Fat	0.02 g	Vitamin C	1.3 mg	Dietary Fiber	0.7 g

Salsa

Vegetable

Dips, Sauces, and Toppings

C-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned diced tomatoes, with juice	1 lb 5 oz	2 ½ cups ½ Tbsp (¾ No. 2-½ can)	2 lb 10 oz	1 ¼ qt ½ Tbsp (1 ½ No. 2-½ cans)	1. Place tomatoes, onions, tomato paste, water, garlic powder, oregano, cumin, salt, and sugar in a food processor or blender. Puree until smooth. 2. In a bowl, mix pureed tomato mixture and diced tomatoes until blended. Refrigerate until ready to serve. 3. Portion with 2 oz ladle (¼ cup).
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	
Water		1 cup 2 Tbsp		2 ¼ cups	
Garlic powder		½ tsp		1 tsp	
Dried oregano		1 tsp		2 tsp	
Ground cumin		½ tsp		1 tsp	
Salt		1 tsp		2 tsp	
Sugar		2 Tbsp		¼ cup	
Canned diced tomatoes, with juice	14 oz	1 ½ cups 3 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 ¼ cups 2 Tbsp (1 No. 2-½ can)	

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	2 oz	4 oz

SERVING:	YIELD:	VOLUME:
¼ cup (2 oz ladle) provides ¼ cup of vegetable.	25 Servings: 3 lb 4 oz	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 6 lb 8 oz	50 Servings: 3 quarts ½ cup

Tested 2004

Salsa

Vegetable

Dips, Sauces, and Toppings

C-03

Special Tips:

- 1) Serve with broken tortilla pieces for dipping.
- 2) An equal volume of fresh, diced tomatoes may be used in place of the canned, diced tomatoes.

Nutrients Per Serving					
Calories	18	Saturated Fat	0.02 g	Iron	0.41 mg
Protein	0.64 g	Cholesterol	0 mg	Calcium	16 mg
Carbohydrate	4.23 g	Vitamin A	400 IU	Sodium	157 mg
Total Fat	0.11 g	Vitamin C	8.5 mg	Dietary Fiber	0.7 g

Spiced Apple Topping

Fruit

Dips, Sauces, and Toppings

C-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter		2 Tbsp		¼ cup	1. Melt margarine or butter in stock pot. Reserve for step 3.
Cornstarch		¼ cup		½ cup	
Apple juice, cold		2 ¾ cups		1 qt 1 ½ cups	2. Dissolve cornstarch in cold apple juice. Add cinnamon and nutmeg.
Ground cinnamon		1 ½ tsp		1 Tbsp	
Ground nutmeg		¾ tsp		1 ½ tsp	3. Add honey and apple juice mixture to margarine or butter. Stir constantly until this mixture comes to a boil and is thickened and smooth.
Honey	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Canned unsweetened sliced apples, drained	2 lb 1 oz	1 qt	4 lb 2 oz	2 qt	4. Add drained apples and vanilla to mixture and simmer for 10 minutes to develop flavor.
Vanilla		1 tsp		2 tsp	
					5. Portion with No. 16 scoop (¼ cup).

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of fruit.

YIELD:

25 Servings: 4 lb 3 oz

50 Servings: 8 lb 6 oz

VOLUME:

25 Servings: 1 quart 2 ¼ cups

50 Servings: 3 quarts ½ cup

Edited 2004

Special Tips:

- 1) For each 25 servings, add 1/2 cup of raisins with the apples.
- 2) Serve over waffles, pancakes, or ice cream.

Spiced Apple Topping

Fruit

Dips, Sauces, and Toppings

C-04

Nutrients Per Serving

Calories	88	Saturated Fat	0.23 g	Iron	0.26 mg
Protein	0.21 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	20.68 g	Vitamin A	57 IU	Sodium	13 mg
Total Fat	1.11 g	Vitamin C	6.8 mg	Dietary Fiber	1.0 g

Teriyaki Sauce

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown sugar, packed	2 oz	¼ cup	4 oz	½ cup	1. Mix brown sugar, granulated garlic, onion powder, and ginger in a bowl.
Granulated garlic		1 ¼ tsp		2 ½ tsp	
Onion powder		1 tsp		2 tsp	2. Add Worcestershire sauce, catsup, cider vinegar, and soy sauce to the dry ingredients. Mix with wire whip until well blended.
Ground ginger		¾ tsp		1 ½ tsp	
Worcestershire sauce		1 Tbsp		2 Tbsp	
Catsup	1 lb 4 oz	2 cups	2 lb 8 oz	1 qt	3. Cover and place in refrigerator overnight to develop flavors.
Cider vinegar		¼ cup		½ cup	
Low-sodium soy sauce		½ cup		1 cup	4. Portion with 1 oz ladle (2 Tbsp).

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	25 Servings: 1 lb 14 oz	25 Servings: 3 ¼ cups
	50 Servings: 3 lb 12 oz	50 Servings: 1 quart 2 ½ cups

Edited 2004

Special Tip:
Use to baste chicken or meat during cooking, or as a dipping sauce for chicken or fish nuggets.

Teriyaki Sauce

Dips, Sauces, and Toppings

C-05

Nutrients Per Serving

Calories	37	Saturated Fat	0.01 g	Iron	0.35 mg
Protein	0.68 g	Cholesterol	0 mg	Calcium	8 mg
Carbohydrate	9.25 g	Vitamin A	231 IU	Sodium	471 mg
Total Fat	0.09 g	Vitamin C	3.5 mg	Dietary Fiber	0.4 g

Barbecue Sauce

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Dehydrated onions		1 Tbsp		2 Tbsp	1. Reconstitute onions in hot water. Do not drain.	
Water, hot		1 Tbsp		2 Tbsp		
Margarine or butter	3 oz	¼ cup	6 oz	¾ cup	2. Melt margarine or butter in stock pot and add onions. Sauté onions until lightly browned, about 5 minutes.	
Honey	1 lb	2 cups	2 lb	1 qt		
Ground black or white pepper		1 ½ tsp		1 Tbsp	3. Add remaining ingredients and allow to simmer, uncovered, for 20-30 minutes.	
Paprika		1 Tbsp		2 Tbsp		
Prepared yellow mustard		1 ½ tsp		1 Tbsp		
Worcestershire sauce		1 Tbsp		2 Tbsp		
Catsup		1 ½ cups		3 cups		
Granulated garlic		½ tsp		1 tsp		
White vinegar		¼ cup		½ cup		
Canned tomato paste	4 oz	¼ cup 3 Tbsp (⅓ 12 oz can)	8 oz	¾ cup 2 Tbsp (⅔ 12 oz can)		
						4. Portion with 1 oz ladle (2 Tbsp).

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	25 Servings: 2 lb 3 oz	25 Servings: 3 cups 2 Tbsp
	50 Servings: 4 lb 6 oz	50 Servings: 1 quart 2 ¼ cups

Edited 2004

Special Tip:
Use to baste chicken or meat during cooking, or as a dipping sauce for chicken or fish nuggets.

Barbecue Sauce

Nutrients Per Serving					
Calories	101	Saturated Fat	0.57 g	Iron	0.37 mg
Protein	0.56 g	Cholesterol	0 mg	Calcium	8 mg
Carbohydrate	20.35 g	Vitamin A	532 IU	Sodium	221 mg
Total Fat	2.87 g	Vitamin C	4.6 mg	Dietary Fiber	0.5 g

White Sauce

Ingredients	1 Quart		2 Quarts		Directions
	Weight	Measure	Weight	Measure	
THIN WHITE SAUCE:					
Margarine or butter		2 Tbsp		¼ cup	1. Melt margarine or butter in a sauce pan. Add flour and salt. Stir until smooth. 2. Gradually add milk, stirring constantly. 3. Cook, stirring frequently, until smooth and desired consistency, 12-15 minutes. 4. Portion with 1 oz ladle (2 Tbsp).
Enriched all-purpose flour		¼ cup	2 oz	½ cup	
Salt		½ tsp		1 tsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	
MEDIUM WHITE SAUCE:					
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Enriched all-purpose flour	2 ¼ oz	½ cup 1 Tbsp	4 ½ oz	1 cup 2 Tbsp	
Salt		½ tsp		1 tsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	
THICK WHITE SAUCE:					
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Enriched all-purpose flour	3 ½ oz	¾ cup 1 Tbsp	7 oz	1 ½ cups 2 Tbsp	
Salt		½ tsp		1 tsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	1 Quart 16 1 oz servings	1 Quart
	2 Quarts 32 1 oz servings	2 Quarts

Edited 2004

White Sauce

Special Tips:

- 1) Use thin sauce for cream soup, gravy, creamed and scalloped vegetables, eggs, fish.
- 2) Use medium sauce for gravy, creamed and scalloped vegetables, eggs, fish, meat.
- 3) Use thick sauce as binder for souffles, croquettes.

Nutrients Per Serving					
Calories	30	Saturated Fat	0.30 g	Iron	0.10 mg
Protein	1.21 g	Cholesterol	1 mg	Calcium	36 mg
Carbohydrate	3.00 g	Vitamin A	83 IU	Sodium	69 mg
Total Fat	1.47 g	Vitamin C	0.2 mg	Dietary Fiber	0.1 g

Nutrients are based on medium white sauce.

Cheese Sauce

Meat Alternate

Dips, Sauces, and Toppings

C-07A

Ingredients	1 Quart		2 Quarts		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	1. Melt margarine or butter in a sauce pan. Add flour and salt. Stir until smooth.
Enriched all-purpose flour	2 ¼ oz	½ cup	4 ½ oz	1 cup	
Salt		½ tsp		1 tsp	2. Gradually add milk, stirring constantly.
Instant nonfat dry milk, reconstituted		1 qt		2 qt	
Reduced fat processed American cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cup	3. Cook, stirring frequently, until smooth and beginning to thicken, 12-15 minutes. Add in cheese and continue to stir until smooth and thick.
					4. Portion with 1 oz ladle (2 Tbsp).

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle) provides ¾ oz cheese.	1 Quart 16 1 oz servings	1 Quart
	2 Quarts 32 1 oz servings	2 Quarts

Edited 2004

Nutrients Per Serving					
Calories	56	Saturated Fat	1.25 g	Iron	0.13 mg
Protein	3.08 g	Cholesterol	0 mg	Calcium	92 mg
Carbohydrate	4.13 g	Vitamin A	185 IU	Sodium	238 mg
Total Fat	2.97 g	Vitamin C	0.2 mg	Dietary Fiber	0.1 g