

# COOKING for the SEASONS



PLANTING THE SEEDS FOR STUDENT ACHIEVEMENT  
WHILE SUPPORTING TEXAS FARMERS AND RANCHERS

TEXAS DEPARTMENT OF AGRICULTURE | FARM FRESH INITIATIVE



# COOKING *for the* SEASONS

*Cooking for the Seasons* makes it easier to use Texas fruits and vegetables when they are in season and at their peak freshness. The cookbook is arranged by season and whether it's winter, spring, summer or fall, you will find recipes you can use to introduce your nutrition program participants to healthy foods fresh from Texas farms and gardens. The cookbook also features the meat, dairy and grain products available from local sources all year long. These recipes support Texas Department of Agriculture (TDA) Farm Fresh activities including the Farm Fresh Challenge and Farm Fresh Fridays. We hope you enjoy using *Cooking for the Seasons* to bring the flavor of Texas to the Texans you serve in federal nutrition programs.

To learn more about Farm Fresh activities, please visit [www.Squaremeals.org/TexasFarmFresh](http://www.Squaremeals.org/TexasFarmFresh).

Recipes in *Cooking for the Seasons* also help menu planners meet the meal patterns for the National School Lunch Program (NSLP), School Breakfast Program (SBP), Child and Adult Care Food Program (CACFP) and Summer Food Service Program (SFSP). Each food program has specific meal pattern guidance. Please refer to your program manuals when planning menus to ensure selected recipes credit appropriately for the designated meal component. Complete meal pattern guidance is available in the following resources:

- **NSLP – Administrator’s Reference Manual (ARM)**
- **CACFP – CACFP Handbook**
- **SFSP – USDA SFSP Handbook and TDA SFSP Supplemental Handbook**

An electronic copy of each program guidance document is available on [SquareMeals.org](http://SquareMeals.org).

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The standardized quantity recipes in *Cooking for the Seasons* are designed to help you serve healthy meals that will appeal to your young customers. By using these recipes you will be able to do the following:



#### **Ensure Product Quality\***

The recipes help provide consistency in quality and yield. Additional testing may be required for larger batches.



#### **Accurately Predict the Number of Portions**

Recipes will allow you to simplify purchasing, reduce the amount of unnecessary inventory and eliminate excessive amounts of leftovers.



#### **Evaluate the Specific Contribution of Each Recipe to a Reimbursable Meal**

Each recipe specifies the menu item's contribution toward the reimbursable meal for each portion of a recipe is specified on the recipe format.



#### **Increase Employee Confidence**

The recipes provide clear, concise directions that cover all aspects of production.



#### **Serve Products Available from Texas Farmers, Ranchers & Producers**

Look at the beginning of each seasonal section to see what produce items are available at that time of year.

*\* To ensure yield accuracy in your kitchen, these recipes may require initial testing. Please refer to USDA's Food Buying Guide for Child Nutrition Programs and the Institute for Child Nutrition resources for adjusting recipes for different yields.*

## **QUICK TIPS FOR INTEGRATING LOCAL PRODUCTS INTO MENUS**

### **Start with an Attainable Goal**

Consider starting with a particular component like fresh produce or focusing on a day of the month to introduce local items. Use TDA's **Harvest of the Month** posters to help build excitement!

### **Think Seasonally**

Use TDA's online seasonality tool at [www.SquareMeals.org/SeasonalityWheel](http://www.SquareMeals.org/SeasonalityWheel) to find out what Texas-grown fresh fruits and vegetables are in season each month.

### **Plan Ahead**

When working directly with a farmer or rancher, identify products that work well for both the child nutrition program and the agricultural operation. Some farmers are even willing to grow specific items for schools.

### **Build Awareness**

Tell parents and community members about your Farm Fresh activities and your efforts to include local foods in meals and snacks. Mark local items on your menus and include Farm Fresh updates in newsletters, parent communication and social media. Don't forget to use #FarmFreshTexas.

Parents can also help build awareness for your Farm Fresh activities. TDA's **Farm to School Planning—The Ready. Set. Go! Approach** guide can help parents get involved in their child's school community.

# GLOSSARY OF CULINARY TERMS

Terms frequently used in this resource are defined in this section.

**Blend** – Combining two or more ingredients into a consistent combination.

**Boil** – To cook in a liquid that has reached its highest possible temperature. A full rolling boil is characterized by rapidly churning bubbles.

**Brine** – A method involving the soaking of food in a liquid solution consisting of water, salt, sugar and possibly herbs and spices in order to preserve, tenderize or flavor various food and cuts of foods.

**Brown** – To let sugars in foods darken and turn a caramel color.

**Chiffonade** – Chiffonade is an important knife skill as well as a cooking technique. Use this method to cut herbs and leafy greens into long strips typically used for garnish. First stack the leaves into a pile and roll them tightly into a tube. Turn the tube a quarter turn and cut across it no more than  $\frac{1}{8}$ " apart. The result is fine ribbons of leaves.

**Chop** – To chop is the most basic knife skill and is great to use for proteins and ingredients that do not need to be an exact uniform size. The knife is used as a fulcrum while moving the knife up and down keeping the knife in contact with the cutting board.

**Dice** – A basic knife cut that results in food being cut into a uniform size and shape. All dice cuts begin with cutting items into strips and then turning a quarter turn before cutting to desired cube size. There are several dice shapes including large dice ( $\frac{3}{4}$ " x  $\frac{3}{4}$ " x  $\frac{3}{4}$ " ), medium dice ( $\frac{1}{2}$ " x  $\frac{1}{2}$ " x  $\frac{1}{2}$ " ), small dice ( $\frac{1}{4}$ " x  $\frac{1}{4}$ " x  $\frac{1}{4}$ " ).

**Dry roast** – To cook in the oven without the addition of a fat or other liquid.

**Hazard analysis and critical control points (HACCP)** – a process control system designed to identify and prevent microbial contamination and other hazards in food production. The basic three HACCP Processes range from Process 1, which is easy, to Process 3, which is complex.

**Ice bath** – Submerging cooked items in a mixture of ice and water used to immediately stop the cooking of an ingredient. This can be done to preserve the texture and color of a produce item or halt the cooking to preserve integrity of products like eggs that are sensitive to overcooking.

**Internal temperature** – The temperature at the most internal location of a product.

**Par cook** – To cook partially.

**Proof** – The final rise of bread prior to baking.

**Pulse** – To chop intermittently in a blender or food processor to reach the desired texture, usually coarse.

**Rest** – To let meats set before serving so that the basic fibers relax and allow the juices to be retained. Also used in baking to indicate placing dough or batter off to the side or in a cool place as part of its preparation.

**Shred** – Shredded or grated items can be fine or coarse, depending on their final purpose. Foods are typically shredded using a chef's knife, a slicer, shredding tools and attachments, a mandolin or box grater. When cutting tight heads of greens like romaine, cut the head into halves, quarters or smaller wedges and remove the core before cutting shreds with a chef's knife.

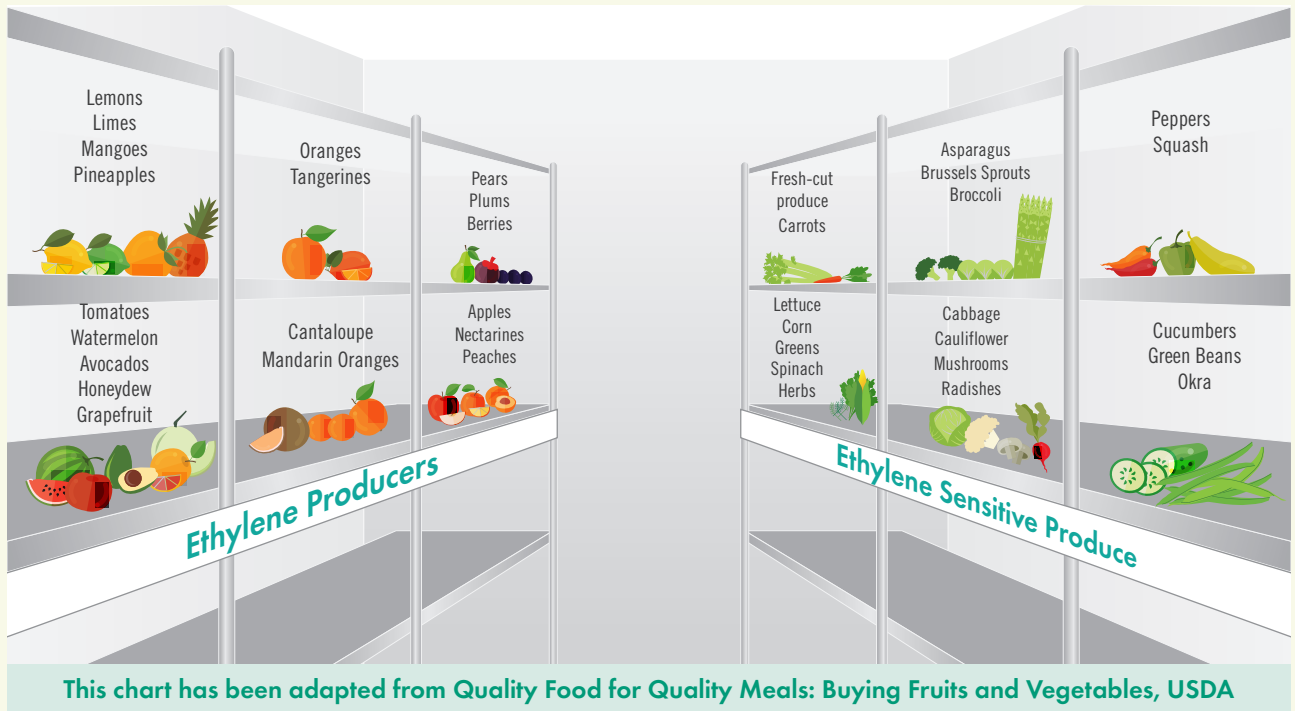
**Simmer** – To cook food slowly and gently in a sauce or other liquid at a point just below boiling. Characterized by a smooth surface and few bubbles rising to the surface.

**Slice** – Slice differs from dice because a slice requires the knife blade to come up from the cutting board. The first cut is away from you as you push the back of the blade through the object.

Definitions adapted from Foodservice Learning Solutions Toolkit:  
Knife Skills, The Culinary Institute of America, Food and Beverage Institute.



# BEST PRACTICES FOR STORING FRESH PRODUCE IN A COOLER



Following proper storage guidelines maintains integrity of fresh products and helps reduce waste.

Temperatures in a refrigerator or cooler should remain below 41 °F, but temperatures can range from 32 °F to 41 °F depending on the location within the equipment. Typically, colder temperatures are found in the back of a walk-in refrigerator and warmer temperatures are found in the front. If a refrigerator temperature range is different, staff may need to request services to recalibrate the temperature so that food is not stored in a temperature danger zone.

Some types of produce should be stored at warmer temperatures near the door for best quality. Fruits and vegetables should also be stored separately. Fruits, in general, produce ethylene gas, which ripens nearby produce. Ethylene can also cause other vegetables and non-ethylene producing fruits to deteriorate more quickly. Refer to the chart above for storage best practices.

## FOOD SAFETY CONSIDERATIONS

All of the recipes included in this cookbook highlight fresh, local fruits and vegetables. Best practices and helpful tips for cleaning, packaging and labeling, refrigerating and thawing food items are available at USDA's Food Safety and Inspection Service website at [www.fsis.usda.gov](http://www.fsis.usda.gov).

Always follow established standard operating procedures for storing, handling, cleaning and thawing fresh produce. Refer to the Institute of Child Nutrition Standard Operating Procedures resources for more information on developing standard operating procedures that include proper food safety practices.

# COOKING *for the* SEASONS

## SPECIAL FEATURES TAILORED FOR FEDERAL NUTRITION PROGRAMS



### BAKED POTATO SOUP

#### Ingredients

Butter, without salt	3 tbsp.
Onions, raw, chopped	3 cups
Garlic, raw, minced	3 tbsp.
Baked potato flesh and skin, no salt, ½ inch cubes	5 pounds plus 8 ounces
Low sodium chicken broth	1 gallon plus 3 cups
Heavy whipping cream	3 cups
Table salt	3 tsp.
Ground pepper, black	1 tsp.

#### Directions

- Melt butter in a pot and add chopped onion and garlic. Sauté until onions are translucent.
- Add baked potato cubes and chicken broth. Bring the mixture to a boil.
- Lightly mash potatoes to naturally thicken the soup.
- Add cream, salt and pepper. Return to a simmer. If soup is too thin, simmer until thickened. If soup is too thick, add water until desired consistency is achieved.

#### RECIPE GROUP: *Vegetable*

Portion Yield	25
Portion Size	1 cup
HACCP Process	2 – Same Day Service

#### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	½ cup
Milk	N/A

★ 98% of students who taste tested this recipe said they enjoyed it.

🍴 Potatoes are a good source of potassium, a mineral our body needs for proper heart function.

#### Recipe Details

Yield, portion size and HACCP processes provide basic information that helps menu planners match the recipe with their program and participation.

#### Meal Pattern Components

This section identifies the recipe's components that contribute to serving a reimbursable meal. Meal pattern components are based on the listed portion size in each recipe.

#### Taste Testing Results

Look for taste testing results on select recipes. Taste testing was done by various school nutrition teams. Taste tests were conducted with up to 500 students and no less than 20 students.

# HELPFUL References

The following reference lists may be helpful when adjusting recipe yields.



## Recipe abbreviations

tsp. = teaspoon  
tbsp. = tablespoon  
°F = degrees Fahrenheit  
Kcal = kilocalories (calories/energy)  
mg = milligram  
g = gram  
IU = international unit  
(a standard measurement for soluble Vitamins)



## Volume equivalents for liquids

1 tbsp. = 3 tsp. = 0.5 fluid ounces  
 $\frac{1}{8}$  cup = 2 tbsp. = 1 fluid ounce  
 $\frac{1}{4}$  cup = 4 tbsp. = 2 fluid ounces  
 $\frac{1}{3}$  cup = 5 tbsp. plus 1 tsp. = 2.65 fluid ounces  
 $\frac{3}{8}$  cup = 6 tbsp. = 3 fluid ounces  
 $\frac{1}{2}$  cup = 8 tbsp. = 4 fluid ounces  
 $\frac{5}{8}$  cup = 10 tbsp. = 5 fluid ounces  
 $\frac{2}{3}$  cup = 10 tbsp. plus 2 tsp. = 5.3 fluid ounces  
 $\frac{3}{4}$  cup = 12 tbsp. = 6 fluid ounces  
 $\frac{7}{8}$  cup = 14 tbsp. = 7 fluid ounces  
1 cup = 16 tbsp. = 8 fluid ounces  
 $\frac{1}{2}$  pint = 1 cup = 8 fluid ounces  
1 pint = 2 cups = 16 fluid ounces  
1 quart = 2 pints = 32 fluid ounces  
1 gallon = 4 quarts = 128 fluid ounces



## Equivalent weights

1 ounce =  $\frac{1}{16}$  pound = 0.063 pound  
4 ounces =  $\frac{1}{4}$  pound = 0.250 pound  
8 ounces =  $\frac{1}{2}$  pound = 0.500 pound  
12 ounces =  $\frac{3}{4}$  pound = 0.750 pound  
16 ounces = 1 pound = 1.000 pound



## Fraction to decimal equivalents

$\frac{1}{8}$  = 0.125  
 $\frac{1}{4}$  = 0.250  
 $\frac{1}{3}$  = 0.333  
 $\frac{3}{8}$  = 0.375  
 $\frac{1}{2}$  = 0.500  
 $\frac{5}{8}$  = 0.625  
 $\frac{2}{3}$  = 0.666  
 $\frac{3}{4}$  = 0.75  
 $\frac{7}{8}$  = 0.875

# HELPFUL REFERENCES

## *Continued*

### *Scoops (Dishers)*



Size/No. <sup>1</sup>	Level Measure
6	2/3 cup
8	1/2 cup
10	3/8 cup
12	1/3 cup
16	1/4 cup
20	3 1/2 tbsp.
24	2 2/3 tbsp.
30	2 tbsp.
40	1 2/3 tbsp.
50	3 3/4 tsp.
60	3 1/4 tsp.
70	2 3/4 tsp.
100	2 tsp.

<sup>1</sup> Scoops are left or right hand or squeeze type that can be used for both hands. Number on the scoop indicates how many level scoopfuls make one quart. For example eight No. 8 scoops = 1 quart.



### *Cooking or Serving Spoons*



Solid Spoons



Perforated and Slotted Spoons

Spoons vary in length (11", 13", 15", 18", 21") for ease of use in cooking or serving. Spoons can have plastic handles that are heat-resistant. Level scoops, ladles and portion servers provide more accurate portion control than serving spoons that are not volume-standardized measure.

### *Ladles and Portion Servers*



Ladle (fluid ounces)	Approximate Measure	Portion Server (fluid ounces)
1 ounce	1/8 cup	1 ounce
2 ounces	1/4 cup	2 ounces
3 ounces	3/8 cup	3 ounces
4 ounces	1/2 cup	4 ounces
6 ounces	3/4 cup	6 ounces
8 ounces	1 cup	8 ounces
12 ounces	1 1/2 cups	---

Ladles and portion servers (measuring-serving spoons that are volume-standardized) are labeled "ounce." "Fluid ounce" would be more accurate since they measure volume, not weight.

Use ladles for serving soups, stews, creamed dishes, sauces, gravies and other liquid products.

Use portion servers (solid or perforated) for portioning solids and semi-solids such as fruits and vegetables and condiments.

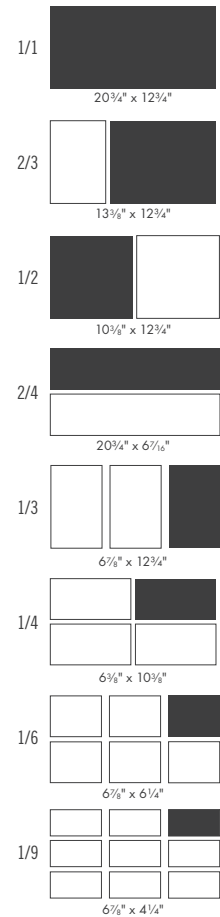


## Steam Table Pan Capacity



Pan Size	Approximate Capacity	Serving Size	Ladle (fluid ounces)	Scoop #	Approximate # Servings
12" x 20" x 2½"	2 gallons	½ cup	4 ounces	8	64
		⅜ cup	3 ounces	10	80
		⅓ cup	2.65 ounces	12	96
		¼ cup	2 ounces	16	128
12" x 20" x 4"	3½ gallons	½ cup	4 ounces	8	112
		⅜ cup	3 ounces	10	135
		⅓ cup	2.65 ounces	12	168
		¼ cup	2 ounces	16	224
12" x 20" x 6"	5 gallons	½ cup	4 ounces	8	160
		⅜ cup	3 ounces	10	200
		⅓ cup	2.65 ounces	12	240
		¼ cup	2 ounces	16	320

## Other Pan Sizes



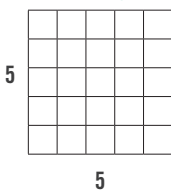
Steam table or counter pans are available in various sizes. Smaller size pans may require the use of an adapter bar.

## Approximate Dimensions of Serving Sizes from Different Pan Sizes

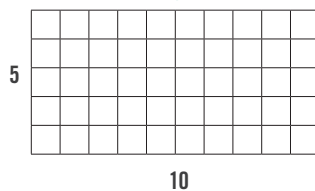
Pan	Approximate Size	Number and Approximate Size Servings per Pan		
		25	50	100
Baking or Steam Table	12" x 20" x 2½"	2" x 3¾"	2" x 2"	—
Sheet or Bun	18" x 26" x 1"	3¼" x 5"	3¼" x 2½"	1¾" x 2½"

## Cutting Diagrams for Portioning

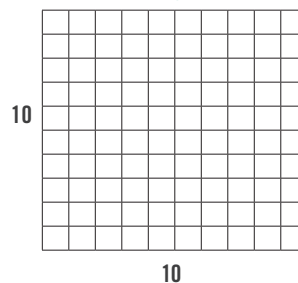
For 25 servings cut 5x5



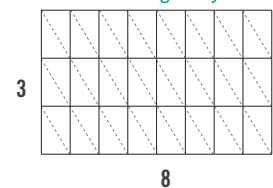
For 50 servings cut 5x10



For 100 servings cut 10x10



For 48 servings cut 3x8 then diagonally





SUMMER FRUITS AND VEGETABLES TASTE GREAT  
WITH LITTLE OR NO PREPARATION.

USE THEM IN COOKING FOR THE SEASONS RECIPES  
*and discover new ways to enjoy  
the taste of a Texas summer.*





# SUMMER

## Season

### SIDES

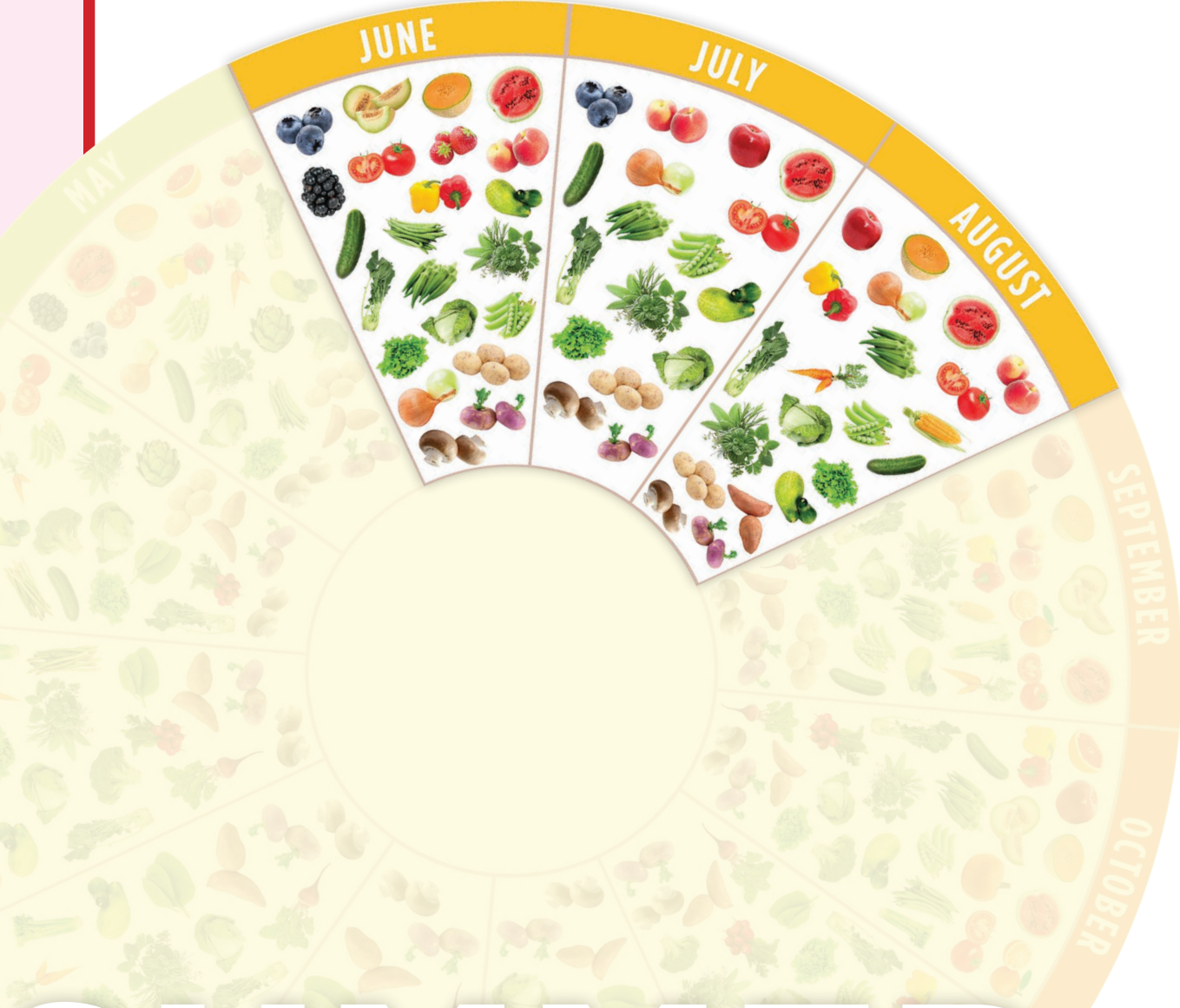
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# SUMMER

*Season*



*Summer offers a  
rainbow of fresh foods*

SUCH AS CORN, WATERMELON,  
TOMATOES AND CUCUMBERS  
THAT WILL JAZZ UP ANY MENU

**BELL PEPPERS**

**CABBAGE**

**FIELD PEAS**

**HERBS**

**OKRA**

**POTATOES**

**TOMATOES**

**APPLES**

**SWEET  
POTATOES**

**BLACKBERRIES**

**CANTALOUPE**

**GREEN BEANS**

**LETTUCE**

**ONIONS**

**SUMMER  
SQUASH**

**TURNIPS**

**CARROTS**

**BLUEBERRIES**

**CUCUMBER**

**GREENS**

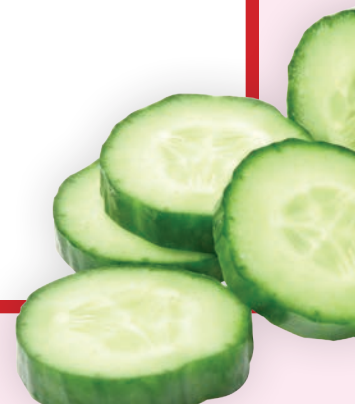
**MUSHROOMS**

**PEACHES**

**STRAWBERRIES**

**WATERMELON**

**CORN**





## BAKED POTATO SOUP

### Ingredients

Butter, without salt	3 tbsp.
Onions, raw, chopped	3 cups
Garlic, raw, minced	3 tbsp.
Baked potato flesh and skin, no salt, ½ inch cubes	5 pounds plus 8 ounces
Low sodium chicken broth	1 gallon plus 3 cups
Heavy whipping cream	3 cups
Table salt	3 tsp.
Ground pepper, black	1 tsp.

### Directions

1. Melt butter in a pot and add chopped onion and garlic. Sauté until onions are translucent.
2. Add baked potato cubes and chicken broth. Bring the mixture to a boil.
3. Lightly mash potatoes to naturally thicken the soup.
4. Add cream, salt and pepper. Return to a simmer. If soup is too thin, simmer until thickened. If soup is too thick, add water until desired consistency is achieved.

RECIPE GROUP: *Vegetable*

Portion Yield 25

Portion Size 1 cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



98% of students who taste tested this recipe said they enjoyed it.



Potatoes are a good source of potassium, a mineral our body needs for proper heart function.



## CHIPS AND FRUIT SALSA

### Ingredients

Granulated sugar	1 cup
Ground cinnamon	2 tbsp.
Whole grain tortilla	50 each
Butter, without salt	1 cup
Fresh strawberries, diced	5 pounds
Fresh blueberries	4 pounds
Pineapple, canned, crushed and drained	1 #10 can
Peaches, canned, juice packed, diced	2 #10 cans

### Directions

1. Preheat **convection** oven to 350°F. Preheat **conventional** oven to 375°F.
2. Combine sugar and cinnamon in small bowl and set aside.
3. Line 5 full sheet trays with parchment paper and lay out 10 tortillas on each sheet tray.
4. Brush each tortilla lightly with melted butter and sprinkle each with ½ teaspoon cinnamon sugar mixture.
5. Use pizza cutter or knife to cut tortillas into 8 wedges.
6. Bake until lightly golden brown, about 8–10 minutes. Watch carefully to prevent burning.
7. Wash fresh strawberries and hull. Dice hulled strawberries and add to a large mixing bowl.
8. Wash blueberries and drain well and then add to the bowl with strawberries.
9. Drain the canned pineapple and add to bowl of berries.
10. Drain peaches and add to the same bowl. Toss fruit gently to mix.

### RECIPE GROUP: *Fruit*

**Portion Yield** 50

**Portion Size** 1 cup fruit salsa  
with 1 whole tortilla (8 wedges)

#### HACCP Process

2 – Same Day Service

#### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain 1 ¼ ounces

Fruit 1 cup

Vegetable N/A

Milk N/A



## CILANTRO LIME RICE

### Ingredients

Brown rice, long grain	4 pounds plus 12 ounces
Water	2 gallons
Salt	1 tbsp. plus 1 tsp.
Cilantro, chopped	6 ounces
Lime juice, bottled	1 cup

### Directions

1. Split the quantity of rice evenly between two steamtable pans—2 pounds and 6 ounces will be in each pan.
2. Boil water, adding salt once at a rolling boil. Pour boiling water over rice and cover pans tightly with a lid or foil.
3. Bake in a **conventional** oven at 350°F for 45 minutes. Bake in a **convection** oven at 325°F for 30 minutes. Steam in steamer at 5 pounds of pressure for 25 minutes.
4. Once rice is cooked, stir in cilantro and lime juice to mix.

RECIPE GROUP: *Grain*

Portion Yield 50

Portion Size ½ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain 1 ounce

Fruit N/A

Vegetable N/A

Milk N/A



Try using the cilantro stem along with the leaves. The stems can be just as flavorful as the leaves. Put it to the fresh taste test before you add it to the recipe!





## DILLY POTATO SALAD

### Ingredients

Mayonnaise, reduced fat (refrigerated)	2 quarts
Potatoes, red, with skin, raw	10 pounds plus 8 ounces
Dill weed, fresh	3 cups, sprigs only
Salt, table	2 tsp.
Ground pepper, black	1 tsp.
Mustard, Dijon, prepared	1 cup
Onions, raw, minced	2 cups
Celery, raw, minced	1 pound

### Directions

1. Wash potatoes, but do not peel. Place potatoes in a 2 inch perforated steamtub pan (use more than one pan if necessary for the amount to be prepared).
2. Place pans with potatoes into steamer and steam until tender. Check after 15 minutes for potatoes that can be easily pierced with a knife, but are not falling apart.
3. Alternatively, boil potatoes until just tender.
4. Cool potatoes and cut in ½ inch cubes.
5. Wash the dill and dry thoroughly in a salad spinner or with paper towels. Chop sprigs finely.
6. Make the dressing by combining the mayonnaise, dill, salt, pepper and mustard together in a mixing bowl. Refrigerate until use.
7. Wash and mince onion.
8. Wash and mince celery.
9. Combine onions, celery and potatoes. Gently fold in dressing until well combined.
10. Spread ½ the potato salad into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. *Refrigerate until ready to serve.*

RECIPE GROUP: *Vegetable*

Portion Yield 50

Portion Size ½ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



## CUCUMBER TOMATO SALAD

### Ingredients

Cucumber, cubed	2 pounds plus 8 ounces
Tomatoes, diced	3 pounds plus 6 ounces
<b>Plum vinaigrette (see page 32)</b>	1 cup

### Directions

1. Wash, peel and cube cucumber.
2. Wash and large dice tomato.
3. Gently toss together cucumber and tomato with 1 cup of **plum vinaigrette (see page 32)** in a large bowl.

RECIPE GROUP: *Vegetable*

Portion Yield	25
Portion Size	½ cup
HACCP Process	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	½ cup
Milk	N/A



Cucumbers (with peel) are an excellent source of vitamin K, which the body uses to build strong bones.



## JICAMA SALAD

### Ingredients

Orange juice, from concentrate	1 cup
Lime juice, fresh	¼ cup
Olive oil	½ cup
Garlic, raw, minced	1 tsp.
Red pepper flakes, crushed	1 tsp.
Salt	1 tsp.
Bell peppers, diced	1 pound plus 5 ounces
Red onions, diced	¾ cup
Jalapeño peppers, minced	1 tbsp.
Jicama, julienned	1 pound plus 2 ounces
Mandarin oranges, canned, light syrup, drained	3 cups plus ⅛ cup
Cilantro, chopped	1 cup

### Directions

1. Combine orange juice, lime juice, olive oil, garlic, red pepper flakes and salt in a large mixing bowl. Whisk to combine.
2. Add bell peppers, red onion, jalapeño peppers and jicama to the bowl. Mix all ingredients together.
3. Gently add mandarin oranges to the jicama slaw mixture.
4. Toss together salad and dressing to coat evenly.
5. Just before serving, sprinkle cilantro on top of the salad.
6. Hold for cold service at 41 °F or lower.

RECIPE GROUP: *Vegetable & Fruit*

Portion Yield	25
Portion Size	½ cup
HACCP Process	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	⅛ cup
Vegetable	¾ cup
Milk	N/A

# PEACH COBBLER

## Ingredients

Peaches, frozen or fresh, peeled and sliced	14 pounds plus 8 ounces
Water	1 quart
Cornstarch	4 ounces
Brown sugar	7 ounces
Orange juice, frozen concentrate, unsweetened, undiluted	¼ cup
Ground cinnamon	2 tsp.
<b>Whole grain biscuit cobbler topping (see page 35)</b>	1 recipe

## Directions

1. Preheat **convection** oven to 375 °F or **conventional** oven to 400 °F.
2. If using frozen peaches, do not thaw.
3. Prepare the filling by measuring out ½ cup of water into a small cup and add cornstarch to make slurry. Set aside.
4. Bring remaining water to a boil and add ½ of the brown sugar. Gradually add cornstarch slurry to boiling liquid. Cook, stirring constantly until thickened. Mixture will be very thick.
5. Remove from heat and add remaining brown sugar, orange juice concentrate, and cinnamon into water mixture.
6. Add sliced peaches to thickened mixture and stir gently.
7. Pour 3 quarts of peach mixture into each 2" steam table pan. Use two pans for 50 servings. Set aside.
8. Prepare full recipe of **whole grain biscuit cobbler topping** according to recipe on **page 35**
9. Using a #20 scoop, drop biscuit dough on top of prepared cobbler base. Each full 2" pan should have 25 biscuits dropped evenly over the top (5x5 pattern).
10. Bake until biscuit topping is golden brown and cooked through and peach filling is bubbling. Approximately 45 minutes to 1 hour.

**Fun fact:** Peaches make a great low calorie snack. Each peach contains around 70 calories with no fat.

RECIPE GROUP: *Desserts*

Portion Yield	50
Portion Size	1¾ cups
HACCP Process	2 - Same Day Service

## MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	1¼ ounces
Fruit	½ cup
Vegetable	N/A
Milk	N/A





## STRAWBERRY MELON WALDORF SALAD

### Ingredients

Cantaloupe melon, washed, peeled, deseeded, cubed	2 pounds plus 8 ounces
Honeydew melon, washed, peeled, deseeded, cubed	2 pounds plus 8 ounces
Seedless watermelon, washed, peeled, cubed	2 pounds
Strawberries, quartered	1 pint
Grapes	1 pound
Low-fat vanilla yogurt	1 ½ cups

### Directions

1. Cube cantaloupe, honeydew and watermelon into bite size pieces.
2. Wash and quarter strawberries.
3. Wash and destem grapes.
4. Place all fruit in a bowl and gently toss with yogurt.

**Note:** Slice grapes lengthwise for students under 5 years old to prevent choking.

RECIPE GROUP: *Fruit*

Portion Yield	25
Portion Size	½ cup
HACCP Process	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	½ cup
Vegetable	N/A
Milk	N/A



80% of students who sampled this recipe reported liking the flavor.



## SWEET & SAVORY WATERMELON SALAD

### Ingredients

Watermelon, whole	25 pounds
Spinach, baby, fresh	2 pounds
Carrots, shredded	1 pound plus 5 ounces
Cider vinegar	½ cup
Soy sauce, low sodium	½ cup
Garlic, raw, minced	1 tbsp.
Ginger root, raw, minced	2 tbsp.
Vegetable oil	½ cup

### Directions

1. Wash the watermelon. Remove rind and cut into ½-inch cubes. Cover and refrigerate while you prepare the rest of the recipe.
2. Place ½ cup baby spinach in each service container (e.g. black ivex or clear plastic container).
3. Top with ¼ cup carrots.
4. In a small bowl or blender, combine cider vinegar, soy sauce, garlic, ginger root and vegetable oil. Pulse or whisk to combine.
5. Pour dressing over watermelon cubes. Wearing gloves, toss watermelon cubes very gently to distribute the dressing. Do not crush the watermelon. Just before service, place ½ cup watermelon cubes on top of each spinach-carrot salad.
6. Refrigerate until served. Hold for cold service at 41 °F or lower.

**Fun fact:** Watermelons are TDA's September Harvest of the Month item. Watermelons are mostly water—about 92%—and are a very good source of vitamins A and C. Watermelons also contain a high level of lycopene, which helps to protect against heart disease and cancer.

RECIPE GROUP: *Vegetable & Fruit*

Portion Yield 25

Portion Size 1 each

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup

Vegetable ½ cup

Milk N/A



## TOMATO CORN SALAD

### *Ingredients*

Corn, sweet, kernels	2 pounds plus 4 ounces
Cherry tomatoes, halved	2 pounds plus 8 ounces
Olive oil	1 cup
Vinegar, cider or red wine	¼ cup
Salt	1 ½ tsp.
Ground pepper, black	1 tsp.
Basil, fresh, chopped, leaves only	1 cup

### *Directions*

1. Remove kernels from corn cob. Defrost in cooler overnight if using frozen.
2. Whisk oil, vinegar, salt and pepper in a mixing bowl.
3. Add corn and cherry tomatoes to the mixing bowl. Fold all ingredients together lightly making sure not to crush tomatoes.
4. Hold for cold service at 41 °F or lower.
5. Sprinkle with fresh basil immediately before service.

RECIPE GROUP: *Vegetable*

<b>Portion Yield</b>	25
<b>Portion Size</b>	½ cup
<b>HACCP Process</b>	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	½ cup
Milk	N/A



## WATERMELON PIZZA

### Ingredients

Watermelon, whole	1 large or approximately 27 pounds
Kiwi fruit, peeled, sliced	10 pounds
Strawberries sliced	10 pounds plus 4 ounces
Apples with skin, shredded	9 pounds plus 8 ounces

### Directions

1. Wash outside peel of watermelon and slice into 1" thick slices, approximately 10 slices per watermelon.
2. Place kiwi evenly on top of watermelon.
3. Place strawberries evenly on top of watermelon, layering evenly over kiwi.
4. Evenly sprinkle apple shreds on watermelon.
5. Cut 1" thick round into 4 slices and serve immediately.

### RECIPE GROUP: *Fruit*

Portion Yield	40
Portion Size	2 wedges
HACCP Process	1 - No Cook

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	½ cup
Vegetable	N/A
Milk	N/A



# BBQ CHICKEN FLATBREAD PIZZA

## Ingredients

Chicken, frozen, cubed	1 pound plus 9 ounces
Corn, sweet, kernels cut off cob	2 pounds plus 4 ounces
Flatbread, par cooked	25 each
Barbecue sauce	1¾ cups
Reduced fat cheddar cheese, shredded	12 ounces
Mozzarella cheese, shredded	13 ounces
Black beans, canned, drained	1 #10 can
Red tomatoes, ripe, chopped	11 pounds
Cilantro, fresh, chopped	1 cup plus 2 tsp.

## Directions

1. Thaw frozen, cubed chicken under refrigeration overnight.
2. Thaw corn, if frozen, overnight until thawed. If whole, remove kernels from cob.
3. Preheat **convection** oven to 375°F or **conventional** oven to 425°F.
4. Spray sheet tray with pan release spray or line with parchment paper sheets. Lay flatbread on the trays and bake for 3-5 minutes until lightly crispy.
5. In a bowl combine chicken and barbecue sauce. Toss to coat chicken with barbecue sauce.
6. In a separate bowl combine cheddar and mozzarella cheese.
7. On each par-baked flatbread place 1 ounce of barbecue chicken spread evenly, a #30 disher (1 ounce) of black beans, a #30 disher (1 ounce) of diced tomatoes, a #16 disher (2 ounces) of corn kernels, and a 2 ounces spoodle of the cheddar-mozzarella cheese mixture.
8. Bake the flatbread pizzas for 3–5 minutes or until cheese is melted.
9. Top each pizza with 2 teaspoons of cilantro just before serving.
10. Flatbread pizzas can be held hot for service at 135°F.

RECIPE GROUP: *Entrée*

Portion Yield 25

Portion Size 1 each

HACCP Process

2 – Same Day Service

## MEAL PATTERN COMPONENTS

Meat/Alt 2 ounces

Grain 2 ounces

Fruit N/A

Vegetable ¾ cup

Milk N/A

*Note: Chicken has been pre-cooked and does not need to reach 165 degrees.*



# COBB SALAD

## Ingredients

<b>Ranch dressing (see page 33)</b>	15 portions of 1 ounce servings
Cooked chicken, frozen, cubed	1 pound
Applewood bacon	8 ounces or 6–8 strips of bacon
Hardboiled egg, halved lengthwise	15 each
Flatbread, whole grain	15 pieces
Romaine lettuce, chopped	2 pounds
Cherry or grape tomatoes, halved	2 pounds
Red onions, sliced	1 pound
Cheddar cheese, shredded	1 pound

## Directions

1. Make **ranch dressing** according to recipe (**see page 33**).
1. Preheat **conventional** oven to 400°F or **convection** oven to 350°F.
2. Heat chicken in oven until an internal temperature of 165°F is reached. Cool cooked chicken following HACCP Cooling Guidelines.
3. Place strips of bacon on a lined sheet pan. Cook bacon in 400°F oven until bacon is crispy, about 20 minutes. Do not burn bacon. Let bacon cool and then move to a paper towel lined pan to absorb excess grease. Chop bacon when cooled.
4. Warm flatbread in the warmer and cut into 4 triangles.
5. To build each salad, place one cup of romaine in a clam-shell lidded container. Top with ¼ cup tomatoes, ⅓ cup red onion, 2 tablespoons of bacon, 1 ounce of cheese, 1 ounce of chicken and 2 egg halves. Add the ranch cups and flatbreads and close lid. Store in refrigerator until service.

**Fun fact:** Lettuce is the February Harvest of the Month spotlight item. When selecting lettuce for meal preparation, choose a head that has vibrant colors, no black or brown spots, and healthy looking leaves.

RECIPE GROUP: *Entrée*

Portion Yield 15

Portion Size 1 each

HACCP Process

2 – Same Day Service

## MEAL PATTERN COMPONENTS

Meat/Alt 2 ounces

Grain 2 ounces

Fruit N/A

Vegetable 7/8 cup

Milk N/A





## MARGHERITA FLATBREAD PIZZA

### Ingredients

Whole grain flatbread, 2 ounce portions	25 each
Olive oil	2 tbsp. plus 2 tsp.
Garlic powder	1 tbsp. plus 1 tsp.
Mozzarella cheese, shredded	3 pounds plus 2 ounces
Heirloom or Roma tomatoes, chopped	1 pound plus 12 ounces
Oregano, fresh, chopped	2 tbsp. plus ½ tsp.
Ground pepper, black	1 tbsp.
Basil, fresh, chiffonade	1 cup

### Directions

1. Preheat **conventional** oven to 400°F or **convection** oven to 350°F.
2. Place flatbreads on a sheet tray in one layer and brush lightly with oil. Sprinkle garlic powder evenly over each piece.
3. Evenly sprinkle 2 ounces of mozzarella, ½ cup diced tomatoes, ¼ teaspoon oregano and a dash of black pepper on each flatbread.
4. Bake for 10-12 minutes until crust is lightly browned and crispy and the cheese is melted.
5. Sprinkle with fresh basil chiffonade immediately before service.
6. Hold for hot service at 135°F or higher.

RECIPE GROUP: *Entrée*

Portion Yield 25  
Portion Size 1 each

HACCP Process  
2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	2 ounces
Grain	2 ounces
Fruit	N/A
Vegetable	½ cup
Milk	N/A



## SOUTHWESTERN SALAD WITH CHICKEN

### Ingredients

Southwestern ranch dressing (see page 59)	4 cups
Corn, sweet	8 cups
Red bell peppers, sweet, chopped	3 pounds plus 5 ounces
Cilantro, fresh, chopped	2 cups
Romaine lettuce, chopped	1 pound plus 4 ounces
Cooked chicken, diced, frozen	1 pound
Tortilla chips, whole grain	2 pounds
Black beans, canned, low sodium, drained	4 cups

### Directions

1. Make **Southwestern ranch dressing** according to recipe (see page 59). Place 2 ounces of dressing into portion cups with lid. Refrigerate until service.
2. Thaw corn overnight if using frozen or remove from cob if using fresh.
3. Chop bell peppers, cilantro, and lettuce, set aside.
4. Preheat **conventional** oven to 350 °F or **convection** oven to 325 °F. Heat chicken to 165 °F internal temperature, approximately 15 minutes.
5. Allow chicken to cool, following proper HACCP process.
6. Build salads: place 2 ounces of tortilla chips in the bottom of a clear clamshell lid container. Top with ½ cup lettuce, ½ cup bell pepper, ¼ cup black beans, ½ cup corn, 1 ounce chicken and 2 tablespoons of cilantro.
7. Place one portion cup of dressing into each salad.
8. Hold for service at 41 °F or lower.

RECIPE GROUP: *Entrée*

Portion Yield	16
Portion Size	1 each
HACCP Process	
	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	2 ounces
Grain	2 ounces
Fruit	N/A
Vegetable	1 ¼ cups
Milk	N/A



## TOMATO MOZZARELLA PANINI

### Ingredients

Whole grain flatbread (2 ounce serving)	24 each
Butter-mist spray, garlic flavored	2 tbsp. plus 1 tsp.
Cheese, mozzarella, shredded,	3 pounds plus 2 ounces
Tomatoes, red, ripe, raw, chopped or sliced	20 pounds
Basil, fresh, leaves only, chopped	3 cups plus 2 tbsp.
Oregano leaves, dried	2 tbsp. plus 1 tsp.
Ground pepper, black	1 tbsp.

### Directions

1. Preheat **conventional** oven to 450°F or **convection** oven to 375°F.
2. Spray sheet tray with butter mist spray. Place flatbread on tray.
3. Sprinkle 2 ounces of cheese evenly over each flatbread.
4. Top each flatbread with ¼ cup sliced tomatoes, 1 tablespoon basil, ¼ teaspoon oregano and dash of black pepper.
5. Top each flatbread with another flatbread, cut side down. Spray the top with butter-mist spray.
6. Place an empty sheet tray on top of each tray of sandwiches and press down firmly and evenly.
7. Leave the extra sheet tray on top for baking and bake until sandwiches are crispy and cheese has melted, approximately 7-10 minutes.
8. Remove from oven and slice in half on the diagonal. Serving size is one half of a sandwich. Serve hot.
9. Hold for hot service at 135°F or higher.

RECIPE GROUP: *Entrée*

Portion Yield	24
Portion Size	1 each
HACCP Process	
	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	2 ounces
Grain	2 ounces
Fruit	N/A
Vegetable	¼ cup
Milk	N/A



## ALL-PURPOSE SEASONING

### Ingredients

Ground pepper, black	1/2 cup
Onion powder	1/2 cup
Table salt	1/4 cup
Garlic powder	1/4 cup

### Directions

1. Mix all ingredients together.
  2. Store in an airtight container.
- Recommended uses: season poultry and vegetables before roasting.

RECIPE GROUP: *Miscellaneous*

Portion Yield	24
Portion Size	1 tbsp.
HACCP Process	
	1 - No Cook

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	N/A
Milk	N/A



## FRESH TOMATO SALSA

### Ingredients

Fresh tomatoes, local variety, diced	5 pounds plus 12 ounces
Green onions, diced	12 ounces
Jalapeño peppers, raw, diced	3 ounces
Green bell peppers, diced	6 ounces
Vinegar, distilled	¼ cup
Garlic, raw	2 tbsp.
Table salt	1 tbsp.
Sugar	1 tbsp.

### Directions

1. Small dice tomatoes, green onions, jalapeños and green bell peppers.
2. Combine all ingredients in a bowl and mix.
3. Let sit for one hour before serving.
4. Mix well immediately before serving.

**Fun fact:** Tomatoes are the July Harvest of the Month spotlight. They are thought to come from Peru, where their Aztec name translated to “plump thing with a navel”.

RECIPE GROUP: *Sauce*

Portion Yield	50
Portion Size	¼ cup
HACCP Process	
	1 - No Cook

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	¼ cup
Milk	N/A



## PLUM VINAIGRETTE

### Ingredients

Plums, raw	6 fruits (2 1/8" diameter)
Water	2 1/4 cups
Oil, olive, salad, or cooking	1 1/2 cups
Red wine vinegar	4 tbsp.
Poppy seeds	1 tsp.
Table salt	1/2 tsp.
Ground pepper, black	1/8 tsp.

### Directions

1. Wash, quarter and remove pits from plums.
2. Place plums and water in a small sauce pan and simmer until plums are very soft and mushy, about 15 minutes.
3. Pour plum mixture through a fine mesh sieve into a mixing bowl and mash and press to extract as much puree as possible. Discard solids left behind in sieve and let puree cool.
4. Whisk together oil, red wine vinegar, 6 tablespoons water, and plum puree until well blended. More water may be needed to reach desired consistency.
5. Season with poppy seeds, salt and pepper.
6. Chill before serving.
7. Dressing can be held for 7 days.

RECIPE GROUP: *Miscellaneous*

Portion Yield 24

Portion Size 2 tbsp.

#### HACCP Process

3 - Complex Food Preparation

#### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	N/A
Milk	N/A





## RANCH DRESSING

### Ingredients

Low-fat buttermilk, cultured	3¼ cups
Lemon juice, fresh or bottled	1 tbsp. plus 1 tsp.
Yogurt, plain, low-fat, 12 grams protein per 8 ounces	10 ounces
Sour cream, light	4 ounces
Mayonnaise for salad dressing	1⅔ cups
Onion powder	2 tbsp.
Garlic powder	2 tbsp.
Ground pepper, black	½ tsp.
Chives, freeze dried	1 tsp.
Parsley, dried	1 tbsp.
Dill weed, dried	1 tbsp.
Salt, table	2 tsp.

### Directions

1. Combine buttermilk and lemon juice in the bowl or a mixer. Allow mixture to rest for 10 minutes.
2. Using a paddle attachment, blend together yogurt and sour cream with the buttermilk and lemon juice mixture. Let the mixture rest for an additional 5 minutes.
3. Add the remaining ingredients to the mixing bowl and mix at low speed for 2-3 minutes or until thoroughly blended.
4. Let all ingredients chill for at least 12 hours to allow thickening. Refrigerate until service.

RECIPE GROUP: *Sauce*

Portion Yield	100
Portion Size	1 tbsp.
HACCP Process	
	1 - No Cook

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	N/A
Milk	N/A



## TOMATILLO SALSA

### Ingredients

Tomatillos, raw	2 pounds plus 8 ounces
Tomato, diced	6½ cups
Yellow onion, raw, diced	12 ounces
Jalapenos, fresh, de-seeded, chopped	1 cup
Garlic, raw	2 cloves
Salt, table	1 tbsp.

### Directions

1. Preheat **conventional** oven to 400°F or **convection** oven to 350°F.
2. Peel and discard papery outer layer of tomatillos. Rinse the tomatillos well and dry thoroughly.
3. Place tomatillos on a sheet pan and into the oven. Dry roast until the skin is evenly blistered and roasted. Watch them closely and turn them every few minutes. Once skin is blistered, remove from the oven and allow to cool.
4. Rough chop cooled tomatillos.
5. Place half of the tomatoes, onion, jalapeño, garlic, salt and half of the tomatillos into a blender. Blend until desired consistency is reached.
6. Add remaining tomatillo and tomato and pulse briefly, just to incorporate, but not to finely chop.

**Note:** The longer you blend the mixture, the smaller the pieces will become.

RECIPE GROUP: *Sauce*

Portion Yield 60

Portion Size ¼ cup

HACCP Process

1 - No Cook

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ¼ cup

Milk N/A



## WHOLE GRAIN BISCUIT COBLER TOPPING

### Ingredients

Butter, without salt	1 pound
Whole wheat flour	1 pound plus 14 ounces
All-purpose flour	1 pound plus 10 ounces
Granulated sugar	4 ounces
Baking powder	2 ounces
Table salt	1 tbsp.
Ground cinnamon	1 tsp.
Buttermilk	1 quart
Whole, raw, fresh eggs	4 large
Vanilla extract	2 tsp.

### Directions

1. Cut butter into small cubes. Cover and place in cooler while you prepare the remaining ingredients.
2. Whisk together whole wheat flour, all-purpose flour, sugar, baking powder, salt, and cinnamon in a large mixing bowl.
3. In a separate bowl, combine eggs, buttermilk and vanilla. Whisk until eggs are well combined with the buttermilk. Set aside.
4. Use a pastry cutter, potato masher, or two knives, to 'cut' butter into the flour mixture. Cut the butter repeatedly until chunks are reduced to the size of small peas.
5. Add egg-milk mixture to flour butter mixture. Mix until just incorporated. Do not overmix.
6. Using a #20 scoop, drop biscuit dough on top of the prepared fruit cobbler base. Each full 2" hotel pan should have 25 biscuits dropped evenly on top (5x5 pattern).
7. Bake according to **peach cobbler instructions (see page 20)**.

RECIPE GROUP: *Dessert*

Portion Yield 50 Biscuits

Portion Size 1 biscuit

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain 1 ¼ ounces

Fruit N/A

Vegetable N/A

Milk N/A

---

*Fall favorites pack a nutritional punch*

ALONG WITH HEALTHY LESSONS ABOUT LOCAL FOODS.

SERVING TEXAS SWEET POTATO, CELERY OR PUMPKIN CAN  
INTRODUCE CHILDREN TO NEW FOODS THEY HAVE NEVER TRIED.



# FALL

## Season



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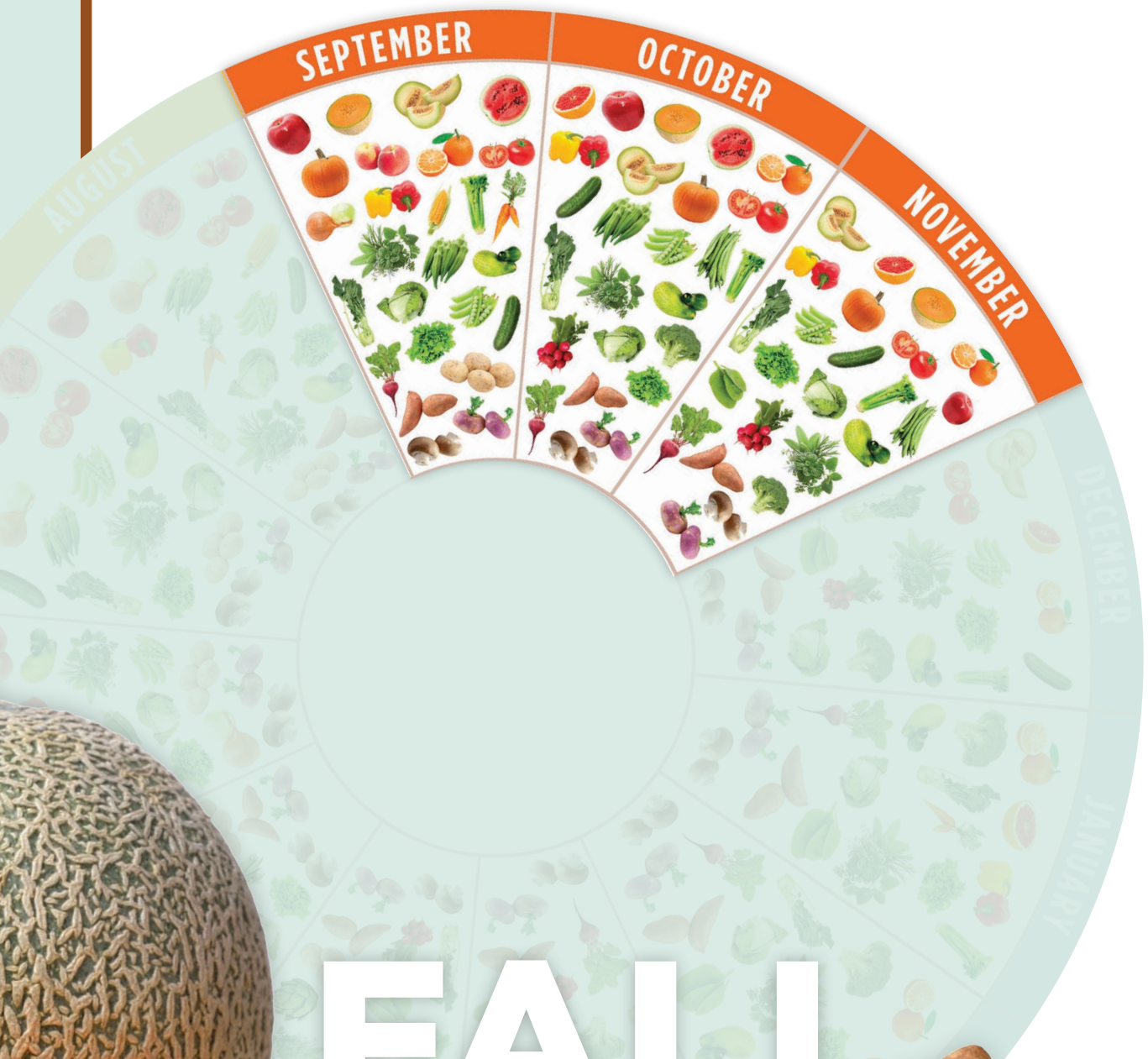
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FALL

*Season*



*Crisp apples and flavorful pumpkins are fall favorites.*

LOOK FOR OTHER TEXAS FOODS THAT PAIR WITH THESE CLASSICS. THERE ARE SO MANY.

**APPLES**

**CABBAGE**

**CELERY**

**FIELD PEAS**

**HONEYDEW**

**MELON**

**OKRA**

**PEACHES**

**SUMMER  
SQUASH**

**TURNIP**

**GRAPEFRUIT**

**SPINACH**

**BEETS**

**CANTALOUPE**

**CORN**

**GREENS**

**LETTUCE**

**ONIONS**

**POTATOES**

**SWEET POTATO**

**WATERMELON**

**GREEN BEANS**

**BELL PEPPERS**

**CARROTS**

**CUCUMBERS**

**HERBS**

**MUSHROOMS**

**ORANGES**

**PUMPKIN**

**TOMATO**

**BROCCOLI**

**PUMPKINS**





## CANTALOUPE SORBET

### Ingredients

Cantaloupe, cubed	8 pounds plus 12 ounces
Granulated sugar	2 cups
Rice vinegar	6 tbsp.
Lime juice	3 tbsp.
Low-fat, frozen whipped topping	1 ½ cups

### Directions

1. Wash, peel, and deseed cantaloupe. Weigh cantaloupe after it has been washed and peeled. For purchasing reference, one 18-count cantaloupe weighs approximately 1¾ pounds.
2. Place cubed cantaloupe into a blender. Add sugar, vinegar, and lime juice. Blend on high until in liquid state.
3. Pour liquid in a pan, cover with plastic wrap, and place in freezer.
4. Freeze until firm. Scoop with a #8 scoop onto a sheet pan. Return to freezer until ready to serve. At time of service, place one scoop of sorbet into black ivex container, and top with one tablespoon of whipped topping.

RECIPE GROUP: *Fruit*

Portion Yield 25

Portion Size ½ cup

HACCP Process

1 - No Cook

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup

Vegetable N/A

Milk N/A



In taste testing, 75% of students who tasted this item reported liking the flavor.



Cantaloupe is an excellent source of vitamin C, which promotes healthy skin.





## CARROT MUFFIN

### Ingredients

Whole wheat flour	10½ ounces
All-purpose flour, enriched, unbleached	10½ ounces
Baking soda	4 tsp.
Baking powder	4 tbsp.
Table salt	¼ tsp.
Ground cinnamon	2 tsp.
Whole eggs	8 large
Applesauce, unsweetened, with vitamin C	2 cups
Brown sugar	1½ cups
Carrots, raw, shredded	6 cups

### Directions

1. Prepare muffin tins with liners and set aside.
2. Preheat oven to 350°F for **conventional** or 325°F for **convection**.
3. Blend flours, baking soda, baking powder, salt, and cinnamon in a mixer for 1 minute on low speed.
4. Combine eggs, applesauce and brown sugar. Stir until sugar is dissolved.
5. Add wet ingredients to dry ingredients and mix only until dry ingredients are moistened. Do not overmix. 15–20 seconds.
6. Fold in shredded carrots.
7. Scoop into prepared muffin tins with a #10 scoop.
8. Bake 30 minutes in **conventional** oven or 20 minutes in **convection** oven.
9. To cool, remove muffins from pans immediately and place on cooling racks.

RECIPE GROUP: *Bread/Rolls/Starch*

Portion Yield 24

Portion Size 1 each

#### HACCP Process

2 – Same Day Service

#### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain 1½ ounces

Fruit N/A

Vegetable ¼ cup

Milk N/A



94% of students who tasted this item reported liking the flavor.

**Fun fact:** Carrots are the November Harvest of the Month spotlight. They're one of the earliest vegetables cultivated by man. The first carrots were grown about 5,000 years ago in the Middle East.



## CUMIN ROASTED SWEET POTATOES

### Ingredients

Sweet potatoes, diced	16 pounds
Olive oil	4 tbsp.
Salt	1 tbsp.
Ground pepper, black	2 tsp.
Cumin, ground	1 tbsp.
Garlic powder	1 tbsp.

### Directions

1. Preheat **conventional** oven to 425 °F or **convection** oven to 375 °F.
2. Scrub and clean sweet potatoes, and dice them into uniform sizes.
3. Combine olive oil, salt, pepper, cumin and garlic powder together and whisk. Pour mixture over diced potatoes and toss to coat.
4. Spray a lined sheet pan with pan release spray. Place sweet potatoes onto sheet pan in a single layer and spread out as much as possible to prevent steaming while cooking. Use 2 sheet pans for every 50 servings.
5. Bake at 375 °F for 15-20 minutes or at 425 °F for 10-15 minutes. Stir potatoes halfway through cooking time so they cook evenly.

**Fun fact:** Sweet potatoes grow from slips, not seeds. Slips are the green sprouts that start to grow when a sweet potato has had a prolonged shelf life.

RECIPE GROUP: *Vegetable*

Portion Yield 50

Portion Size ½ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



## FIRECRACKER SWEET POTATOES

### Ingredients

Sweet potato, raw, unprepared	16 pounds
Oil, olive, salad or cooking	2 cups
Brown sugar	1 ½ cups
Red pepper flakes	½ tsp.
Cayenne pepper	½ tsp.
Dried thyme leaves	1 tbsp.
Dried oregano	2 tbsp.
Granulated garlic	2 tbsp.
Chili powder	2 tbsp.
Table salt	1 tbsp.
Ground pepper, black	2 tsp.

### Directions

1. Preheat **conventional** oven to 425°F or **convection** oven to 375°F.
2. Wash sweet potatoes and cut into ½ inch chunks.
3. Place sweet potatoes in a large mixing bowl.
4. In a small bowl, combine oil, brown sugar, red pepper flakes, cayenne pepper, thyme, oregano, garlic, chili powder, salt and pepper. Mix well using a whisk.
5. Pour spice and oil mixture over sweet potatoes, and toss well to coat evenly.
6. Coat sheet tray with pan spray or use parchment paper. Divide sweet potatoes evenly between trays. Do not overfill trays to allow for even cooking and browning.
7. Bake at 375°F for 15–20 minutes or at 425°F for 10–15 minutes.

RECIPE GROUP: *Vegetable*

Portion Yield 50

Portion Size ½ cup

HACCP Process

2 – Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



## HERB ROASTED RED POTATOES

### Ingredients

Red potatoes, raw, large chopped	5 pounds plus 4 ounces
Onions, raw, large chopped	2 cups
Green bell peppers, large chopped	2 cups
Table salt	1 ½ tsp.
Ground pepper, black	2 tsp.
Garlic powder	1 tbsp.
Dried rosemary	1 tbsp.
Italian seasoning mix	1 tbsp.
Oil, olive, salad or cooking	½ cup

### Directions

1. Preheat **conventional** oven to 375°F or **convection** oven to 350°F.
2. Mix together salt, black pepper, garlic powder, rosemary, Italian seasoning mix and oil and divide into 2 bowls.
3. Toss potatoes in one bowl of the seasoning and oil mix and toss peppers and onions in the other bowl.
4. Place potatoes on a lined sheet pan in a single layer and place in the oven for 10 minutes.
5. Remove potatoes from oven and add peppers and onions to the sheet pan making sure to keep everything in a single layer for even roasting. Return to oven and continue to roast until vegetables are browned and fork tender.
6. Place in a steam table pan for service.

RECIPE GROUP: *Vegetable*

Portion Yield 25

Portion Size ½ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



93% of students who tasted this item reported liking the flavor.

**Fun fact:** Potatoes belong to the Solanaceae or nightshade family which also includes tomatoes, eggplants, peppers and tomatillos.

# RATATOUILLE

## Ingredients

Eggplant, raw, chopped	2 pounds
Onions, raw, chopped	1 ½ cups
Peppers, sweet, red, raw, chopped	1 ½ cups
Summer squash, zucchini, chopped	2 pounds
Olive oil	3 tbsp.
Garlic, raw, minced	2 tbsp.
Tomatoes, fresh, chopped	2 pounds plus 8 ounces
Tomato paste	2 tbsp.
Thyme leaf, dried	1 ½ tsp.
Granulated sugar	1 tbsp.
Table salt	½ tsp.

## Directions (Stove top/tilt skillet)

1. Chop eggplant, onion, peppers, and summer squash to be the same size.
2. Heat oil in pan and add eggplant. Cook until soft, about 5 minutes.
3. Add the rest of ingredients and cook another 20 minutes or until all vegetables are fork tender and tomatoes are broken down into a sauce.

## Directions (Oven)

1. Preheat **conventional** oven to 400 °F or **convection** oven to 375 °F.
2. Chop all vegetables to be the same approximate size.
3. Place eggplant, peppers, and onions on a lightly oiled sheet pan and place in the pre-heated oven. Cook until eggplant is soft and nicely browned.
4. Place eggplant mixture along with the rest of ingredients into a steamtable pan and place in the steamer.
5. Cook in the steamer for 15 minutes or until all vegetables are fork tender and tomatoes are broken down into a sauce.

RECIPE GROUP: *Vegetable*

Portion Yield 25

Portion Size ½ cup

HACCP Process

2 - Same Day Service

## MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



84% of students who tasted this item reported liking the flavor.



Anthocyanin, the plant pigment that gives eggplant its beautiful purple color, also protects our brain cells.





## RANCH SEASONED GREEN BEANS

### Ingredients

Green beans, fresh, raw	9 pounds plus 8 ounces
Oil, olive, salad, or cooking	2 tbsp.
Ranch dressing mix	1 ounce

### Directions

1. Wash and clean green beans by removing stems.
2. Preheat **conventional** oven to 400°F and **convection** oven to 375°F.
3. Divide cleaned green beans evenly between two hotel pans. Toss with oil, 1 tablespoon per pan. Sprinkle with ranch seasoning mix.
4. Roast in preheated oven until slightly browned. 15–20 minutes.

RECIPE GROUP: *Vegetable*

Portion Yield 50

Portion Size ½ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



## RANCH SLAW

### Ingredients

Plain, low-fat yogurt	3 cups
Mayonnaise	3 cups
Cider vinegar	¼ cup
Onion powder	2 tsp.
Granulated garlic	2 tsp.
Dried parsley	2 tsp.
Ground pepper, black	½ tsp.
Celery, diced	4 pounds
Carrots, shredded	3 pounds

### Directions

1. In a large mixing bowl, whisk together yogurt, mayonnaise, vinegar, onion powder, granulated garlic, dried parsley and black pepper.
2. Add diced celery and carrots to the mixing bowl. Use gloved hands or a rubber spatula to toss vegetables and coat with the ranch dressing.

RECIPE GROUP: *Vegetable*

Portion Yield	50
Portion Size	½ cup
HACCP Process	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	½ cup
Milk	N/A



## SESAME GLAZED CARROTS

### Ingredients

Baby carrots	10 pounds
Olive oil	2 tbsp.
Garlic powder	1 tbsp.
Soy sauce, low sodium	1/3 cup
Brown sugar, packed	2 tbsp.
Sesame oil	1 tsp.
Rice wine vinegar	2 tbsp.
Buffalo wing sauce	1 tbsp.
Sesame seeds	1 tbsp.

### Directions

1. Preheat **conventional** oven to 400 °F and **convection** oven to 375 °F. Line a sheet pan with parchment paper (2 sheet pans for 50 servings).
2. Toss carrots with olive oil and garlic powder and place in a single layer between the 2 sheet pans.
3. Roast carrots in oven for 20-25 minutes, or until tender.
4. While the carrots are roasting, whisk together soy sauce, brown sugar, sesame oil, rice vinegar and hot sauce. Pour over roasted carrots after they are removed from the oven and stir to combine.
5. Sprinkle with sesame seeds.
6. Place carrots back in the oven and roast for another 10 minutes. Watch carefully so that they do not burn.

RECIPE GROUP: *Vegetable*

Portion Yield	50
Portion Size	1/2 cup
HACCP Process	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	1/2 cup
Milk	N/A



# SPICED CARROT SALAD

## Ingredients

Lemon juice	3 tbsp.
Water	1 Quart
Granny smith apples, cored, medium diced	5 medium
Carrots, raw, shredded	5 pounds
Cranberries, whole, dried	2 cups
Orange juice, from concentrate	1 quart
Cider vinegar	1 cup
Garlic, raw, minced	2 tbsp.
Ginger root, raw, minced	3 tbsp.
Ground cumin	1 tsp.
Ground cinnamon	1 tsp.
Light brown sugar	¼ cup, packed
Vegetable oil	1 cup
Table salt	2½ tsp.
Cilantro or parsley, chopped	1 cup

## Directions

1. Combine lemon juice and water. Set aside.
2. Wash and core apples, but do not peel. Cut into a medium dice and immediately put into lemon water mixture to prevent browning. Cover and refrigerate until ready to use.
3. Combine shredded carrots and dried cranberries in a large mixing bowl.
4. To make dressing: combine orange juice, vinegar, garlic, ginger, cumin, cinnamon, brown sugar, oil, salt and pepper. Whisk well to combine and dissolve sugar.
5. Pour dressing over carrot and cranberry mixture and toss to coat completely with dressing.
6. Just before service, drain the chopped apples and add to the salad. Sprinkle cilantro or parsley on salad.

RECIPE GROUP: *Vegetable*

Portion Yield 50

Portion Size ½ cup

HACCP Process

2 - Same Day Service

## MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A





## BACON RANCH CHICKEN FLATBREAD

### Ingredients

Ranch dressing (see page 33)	50 servings (1 tbsp.)
Applewood bacon	50 slices
Chicken strips, unseasoned	6 pounds plus 4 ounces
Whole grain flatbread	50 pieces
Romaine lettuce, shredded	12½ cups
Tomatoes, diced	3 pounds plus 5 ounces

### Directions

1. Prepare **ranch dressing** according to recipe on page 33. This can be done up to 1 week in advance.
2. Preheat **conventional** oven to 400°F and **convection** oven to 375°F.
3. Place bacon in a single layer on a lined sheet pan. Slices may touch, but should not overlap. 50 slices will require 2 or 3 pans. Bake until browned, approximately 15 minutes. Watch carefully.
4. Let bacon cool on a clean sheet pan lined with paper towels to absorb excess grease.
5. Preheat **conventional** oven to 350°F and **convection** oven to 325°F.
6. Place chicken strips into hotel pans and cook until an internal temperature of 165°F is reached.
7. Assemble each flatbread with 1 ounce ranch dressing, 2 ounces chicken, 1 slice of bacon, ¼ cup of romaine and ⅓ cup of diced tomatoes.
8. Sandwiches can be folded and held in the warmer until ready for service.

RECIPE GROUP: *Entrée*

Portion Yield 50

Portion Size 1 each

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt 2 ounces

Grain 2 ounces

Fruit N/A

Vegetable ¼ cup

Milk N/A



## BREAKFAST QUESADILLA

### Ingredients

Eggs, fresh	16 large
Garlic powder	2 tsp.
Table salt	1 tsp.
Ground pepper, black	1 tsp.
Hash brown potatoes, frozen, plain and unprepared	8 cups
Whole wheat 10" tortillas	16 each
Tomatoes, fresh, chopped	8 cups
Low-fat shredded cheddar cheese	4 cups

### Directions

1. Preheat **conventional** oven to 400 °F and **convection** oven to 375 °F. Bake tortillas for 5 minutes or until tortilla starts to brown and get crispy around the edges.
2. Whisk eggs with garlic, salt, and pepper. Pour into steamtable pan with hash browns.
3. Place in steamer and cook until eggs are done. Stir gently to a scramble mixture.
4. Place tortillas on a lightly sprayed sheet pan layer as follows
  - a. #6 scoop of egg mixture on one half of tortilla
  - b. Spread ½ cup of tomatoes over eggs
  - c. ¼ cup of cheese over tomatoes
5. Fold tortillas in half over filling.

RECIPE GROUP: *Entrée*

Portion Yield	16
Portion Size	1 each
HACCP Process	
	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	3 ounces
Grain	2½ ounces
Fruit	N/A
Vegetable	1 cup
Milk	N/A



80% of students who taste tested this item reported liking the flavor.



Eggs are a high quality protein which the body needs for many important roles including building tissues and organs.



## CHICKEN PITA SANDWICHES

### Ingredients

Cooked chicken, frozen, diced	3 pounds plus 2 ounces
Lemon juice	3 tbsp. plus 1 tsp.
Olive oil	¼ cup plus 1 tbsp.
Oregano leaves, dried	1 tbsp. plus 2 tsp.
Garlic powder	1 ¼ tsp.
Cumin, ground	1 ¼ tsp.
Red pepper flakes, crushed	1 ¼ tsp.
Salt, kosher	2 ½ tsp.
Pita bread, 100% whole wheat	25 each
Romaine lettuce, shredded	13 ounces
Red tomatoes, chopped or sliced	3 pounds plus 3 ounces
Cucumber-yogurt sauce	6 ½ cups (2 ounces per serving)

### Directions

1. Thaw frozen diced cooked chicken under refrigeration overnight, or until thawed.
2. Make the dressing for the chicken: combine lemon juice, oil, oregano, garlic, cumin, red pepper flakes, and salt in a mixing bowl. Stir all ingredients and then add thawed diced chicken tossing to coat.
3. Fill each pita with 2 ounces of diced chicken salad. Refrigerate until ready to use.
4. Offer ½ cup lettuce and ¼ cup sliced or diced tomatoes on the side with each sandwich.
5. Serve with **cucumber-yogurt sauce** (see page 56) on the side.

RECIPE GROUP: *Entrée*

Portion Yield 25

Portion Size 1 each

HACCP Process

3 - Complex Food Preparation

### MEAL PATTERN COMPONENTS

Meat/Alt 2 ounces

Grain 1 ounce

Fruit N/A

Vegetable ½ cup

Milk N/A



## HAM AND ARUGULA PIZZA

### Ingredients

Low-sodium tomato paste	2 tbsp.
Tomatoes, low-sodium diced, canned	2 cups
Garlic salt	¼ tsp.
Ground pepper, black	¼ tsp.
Italian seasoning mix	½ tsp.
Focaccia flatbread	8 each
Fresh, shredded, low-moisture mozzarella cheese	2 cups
95% fat-free deli ham	8 ounces
Shredded parmesan cheese	½ cup
Arugula, raw	2 cups

### Directions

1. Preheat **conventional** oven to 400°F or **convection** to 375°F.
2. Mix tomato products together with garlic salt, black pepper and Italian seasoning to create pizza sauce.
3. Place flatbreads on a lined sheet pan and layer as follows:
  - a. Spread ¼ cup of sauce on bottom
  - b. Sprinkle with ¼ cup of shredded mozzarella cheese
  - c. Evenly distribute 1 ounce of diced ham
  - d. Top with 1 tablespoon of shredded parmesan cheese
4. Bake until cheese is melted and the bottom of the flatbread is crispy.
5. Top baked pizzas with ¼ cup each of raw arugula.

RECIPE GROUP: *Entrée*

Portion Yield 8

Portion Size 1 each

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt 2 ounces

Grain 2 ounces

Fruit N/A

Vegetable ¼ cup

Milk N/A



75% of students who tasted this item reported liking the flavor.

**Fun fact:** Arugula is called rocket in other countries such as Australia.



## APPLE COMPOTE

### Ingredients

Butter, unsalted	¼ cup
Brown sugar	⅔ cup, packed
Ground cinnamon	1 tbsp.
Nutmeg, ground	1 tsp.
Apples, peeled and sliced	7 pounds
Water	¾ cup

### Directions

1. Place butter, sugar, cinnamon and nutmeg into a saucepan and melt together over low heat.
2. Peel and slice apples.
3. Add apples and ¾ cup of water to butter mixture and gently stir until well coated.
4. Simmer at low heat, stirring occasionally until liquid begins to thicken to the consistency of syrup, about 20 minutes.

Serving suggestion: Serve warm as syrup on pancakes, waffles and French toast or chill and serve on a low-fat yogurt parfait.

**Fun fact:** Gala apples are grown in the panhandle of Texas and they're the October Harvest of the Month item. Apples float when they're dropped into water because they consist of 25% air.

RECIPE GROUP: *Fruit*

Portion Yield	47
Portion Size	¼ cup
HACCP Process	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	¼ cup
Milk	N/A



90% of students who taste tested this item reporting liking the flavor.



## BLUEBERRY LEMON COMPOTE

### Ingredients

Lemon peel, raw zest	1 tbsp.
Lemon juice	2 tbsp.
Blueberries, frozen	3 pounds
Water, municipal	¾ cup
Granulated sugar	2 cups

### Directions

1. Wash and zest lemon prior to juicing.
2. Place all ingredients into a saucepan and place on stove.
3. Simmer at low heat, stirring occasionally until liquid begins to thicken to the consistency of syrup, about 35 minutes.

**Note:** The compote can be served warm as syrup on pancakes, waffles, and French toast, or chilled and served on yogurt parfait.

RECIPE GROUP: *Fruit*

Portion Yield	25
Portion Size	¼ cup
HACCP Process	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	¼ cup
Vegetable	N/A
Milk	N/A



80% of students who tasted this item liked the flavor.



## CUCUMBER-YOGURT SAUCE

### Ingredients

Garlic, raw, minced	½ tsp.
Cucumber, peeled, deseeded, finely chopped	½ cup
Dill weed, fresh, chopped	¾ cup, sprigs only
2% Greek yogurt	1 ¼ cups
Salt	½ tsp.
Ground pepper, black	¼ tsp.

### Directions

1. Mince garlic and wash, peel and finely chop cucumber and dill.
2. Combine garlic, cucumber, yogurt, salt and pepper into a bowl and mix.
3. Portion into 2 ounce servings.

RECIPE GROUP: *Sauce*

Portion Yield	5
Portion Size	2 ounces
<b>HACCP Process</b>	
2 - Same Day Service	

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	N/A
Milk	N/A





## MARINARA SAUCE

### Ingredients

Onion, raw, chopped	1 pound
Green bell peppers, chopped	1 pound
Oil, olive, salad or cooking	2 tbsp.
Ground pepper, black	1 ½ tsp.
Table salt	1 tbsp.
Dried parsley	¼ cup
Dried basil	4 tbsp.
Dried oregano	1 tbsp.
Dried thyme	1 ½ tsp.
Tomato paste, no salt added	20 ounces
Tomato sauce, low sodium	1 #10 can
Canned diced tomatoes	2 #2 ½ cans
Water	2 cups

### Directions

1. Chop onions and bell peppers.
2. Heat oil and cook onion and bell peppers on low to medium heat until starting to lightly brown. Add garlic, pepper, salt, parsley, basil, oregano, thyme and tomato paste. Stir to combine and cook for 5 minutes. Gently stir the tomato paste mixture around to prevent burning.
4. Add tomato sauce, diced tomatoes and water. Simmer for 20-30 minutes, stirring frequently.

RECIPE GROUP: *Sauce*

Portion Yield 50

Portion Size ½ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



Green peppers are an excellent source of Vitamins C, A, and B6. Vitamin B6 helps your body produce red blood cells.



## PICKLE CHIPS WITH FRESH GARLIC

### Ingredients

Cucumbers, raw, sliced in thin rounds	4 pounds plus 13 ounces
Vinegar, distilled	6 cups
Water	6 cups
Sugar	1 cup
Salt, table	1 tbsp.
Pepper, black	1 tbsp.
Garlic, raw	4 cloves

### Directions

1. Place washed and sliced cucumbers in a container large enough to hold them plus their "pickling brine".
2. Place all other ingredients in a large pot and bring to a boil. Boil until salt and sugar are dissolved. This is your "pickling brine".
3. Pour brine over cucumbers, cover and place in refrigerator for 2-3 days or until desired flavor is achieved.

**Note:** the longer the pickles rest in the brine the stronger the flavor will be, however, the cucumbers may begin to lose their integrity if left to sit for too long. This recipe will also work for cucumbers cut into spears or sliced into various thicknesses as long as all of the cucumbers for that batch are in uniform sizes.

RECIPE GROUP: *Miscellaneous*

Portion Yield 50

Portion Size 1/4 cup

HACCP Process

1 - No Cook

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable 1/4 cup

Milk N/A



## SOUTHWESTERN RANCH DRESSING

### Ingredients

Buttermilk, cultured, low fat	3¼ cups
Lemon juice, concentrate or bottled	1 tbsp. plus 1 tsp.
Yogurt, plain, low fat, 12 grams protein per 8 ounce	10 ounces
Sour cream, light	4 ounces
Mayonnaise	1⅓ cups
Onion powder	2 tbsp.
Garlic powder	2 tbsp.
Ground pepper, black	½ tsp.
Chives, dried	1 tsp.
Parsley, dried	1 tbsp.
Dill weed, dried	1 tbsp.
Cumin, ground	2 tsp.
Paprika	2 tsp.
Salt	1 tsp.
Buffalo wing hot sauce	1 ounce

### Directions

1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
2. Using a paddle attachment, blend in the yogurt and sour cream. Let the mixture rest for an additional 5 minutes.
3. Add the remaining ingredients and mix for 2-3 minutes on low speed until blended.
4. Chill at least 12 hours before serving to allow thickening. Refrigerate until service.

RECIPE GROUP: *Sauce*

Portion Yield 50

Portion Size 1 ounce (2 tbsp.)

HACCP Process

1 - No Cook

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	N/A
Milk	N/A

*Great things grow in  
Texas during the winter.*

SOUTH TEXAS EVEN BOASTS THE WINTER GARDEN REGION-

AN AREA KNOWN FOR THRIVING FARMS WHEN

*most fields are fallow for winter.*

WHEN YOU COOK WITH TEXAS PRODUCTS YOU LEARN

MORE ABOUT WHEN AND WHERE THINGS GROW BEST.





# WINTER

# Season

## SIDES

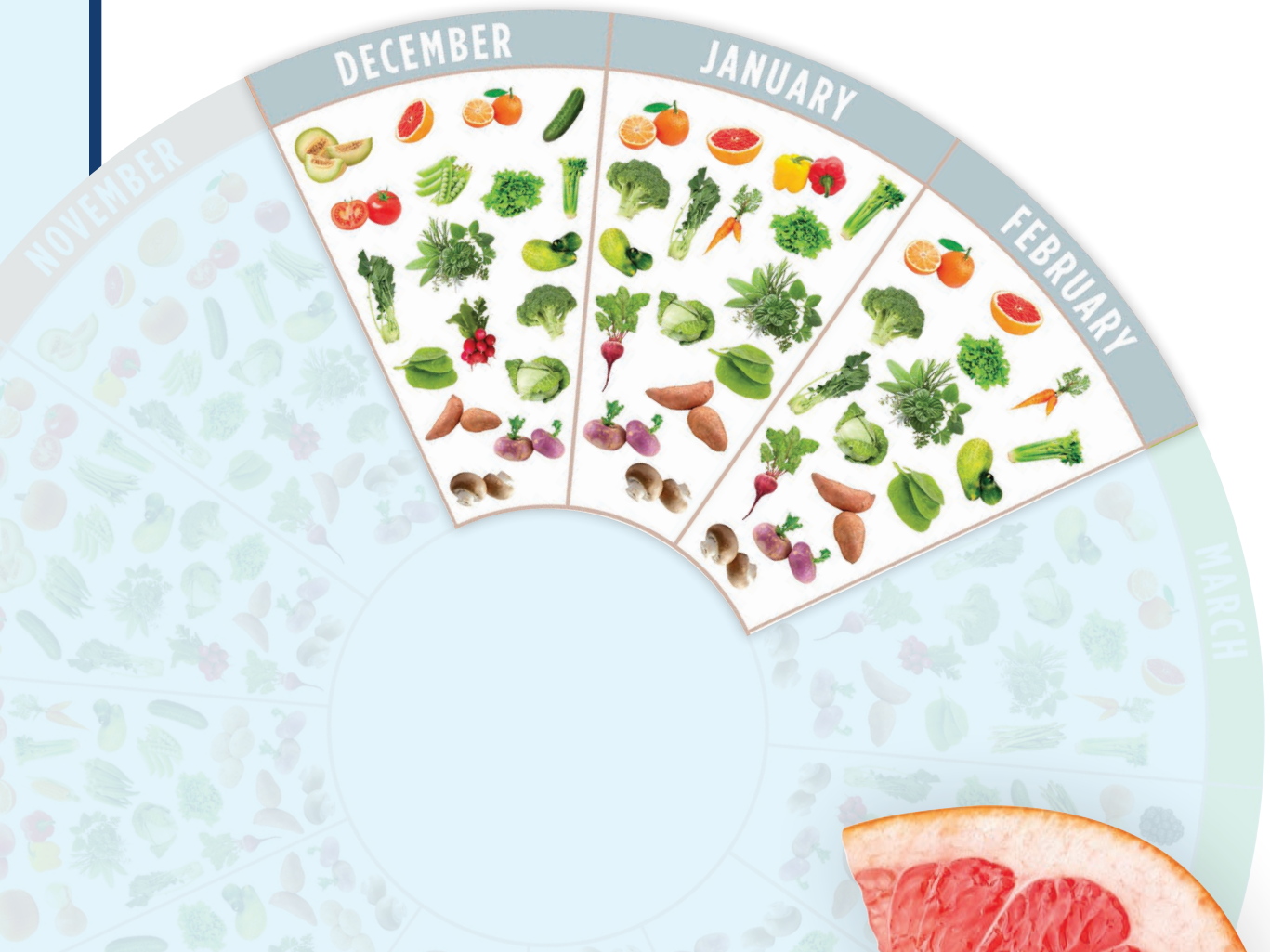
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# WINTER

*Season*



*Root vegetables,  
leafy greens and citrus*

THRIVE DURING SOUTH TEXAS' WARM WINTERS.

**BROCCOLI**

**CELERY**

**GRAPEFRUIT**

**HONEYDEW**

**MELON**

**ORANGES**

**SQUASH**

**TURNIP**

**CABBAGE**

**CUCUMBER**

**GREENS**

**LETTUCE**

**RADISH**

**SWEET POTATO**

**CARROT**

**FIELD PEAS**

**HERBS**

**MUSHROOMS**

**SPINACH**

**TOMATO**





## BUFFALO CAULIFLOWER

### Ingredients

Vegetable oil	2½ cups
Cauliflower, florets, raw	15 pounds
Butter, unsalted	10 ounces
Buffalo wing flavored hot sauce	1¼ cups

### Directions

1. Preheat **conventional** oven to 475°F or **convection** oven to 450°F.
2. Ensure cauliflower florets are trimmed to equally sized pieces.
3. Toss cauliflower with oil and spread evenly on a sheet tray. Do not overcrowd tray or the cauliflower will steam rather roast.
4. Roast cauliflower for approximately 15–20 minutes, or until turning a deep brown in some areas. Remove from sheet tray and transfer to a 2" full steamtable pan. Do not serve in a 4" pan.
5. To make the sauce: melt butter and hot sauce. Whisk to combine.
6. Pour buffalo sauce mixture over the roasted cauliflower, and toss gently to coat. Serve hot.

RECIPE GROUP: *Vegetable*

Portion Yield 50

Portion Size ½ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ½ cup

Vegetable N/A

Milk N/A





## CONFETTI COLESLAW

### Ingredients

<b>Sunshine dressing (see page 97)</b>	24 fluid ounces
Greek yogurt, non-fat	2½ cups
Kosher salt	1 tbsp.
Green cabbage, chopped or shredded	2 pounds
Red cabbage, chopped or shredded	1 pound plus 12 ounces
Raw carrots, shredded	1 pound plus 4 ounces
Mandarin oranges, canned, light syrup, drained	1 #10 can

### Directions

1. Prepare **sunshine dressing (see page 97)** in advance.
2. In a large mixing bowl, combine sunshine dressing, Greek yogurt, and salt. Whisk to combine.
3. Wash green and red cabbage. Finely chop or shred the two types of cabbage and combine in the large mixing bowl containing the dressing.
4. Add carrots to bowl with the cabbage.
5. Drain mandarin oranges well and discard liquid. Rough chop the segments. Add to the bowl with cabbages, carrots and dressing.
6. Toss to coat evenly.

RECIPE GROUP: *Vegetable*

Portion Yield 50

Portion Size 2/3 cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit 1/8 cup

Vegetable 1/2 cup

Milk N/A

# LEMON BLUEBERRY SCONE

## Ingredients

Whole wheat flour	10¼ ounces
All-purpose enriched unbleached flour	10 ounces
Granulated sugar	8 ounces
Baking powder	4½ tsp.
Baking soda	1 tsp.
Table salt	½ tsp.
Lemon zest	3 tsp., divided
Low-fat vanilla yogurt	2¼ cups
Eggs	4½ ounces
Butter, unsalted	5 tbsp.
Frozen blueberries	2¼ cups
Powdered sugar	1 cup
Lemon juice	2 tbsp.

## Directions

1. Preheat **conventional** oven to 375°F or **convection** oven to 350°F.
2. Mix together flours, sugar, baking powder, baking soda, salt, and 2 teaspoons of lemon zest.
3. Whisk together yogurt, egg, and melted butter. Add to dry ingredients and stir until just incorporated.
4. Gently add in frozen blueberries. Do not over mix or scones will be tough. Do not thaw blueberries.
5. Scoop with a #12 scoop onto a sprayed sheet pan 4x6.
6. Bake in pre-heated oven for 14 minutes or until done.
7. To make icing: mix together powdered sugar, lemon juice, and remaining teaspoon of lemon zest until smooth. Icing will be slightly runny.
8. Glaze the top of each scone with 1 teaspoon of icing.

RECIPE GROUP: *Bread/Rolls/Starch*

Portion Yield 18

Portion Size 1 scone

### HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain 1½ ounces

Fruit N/A

Vegetable N/A

Milk N/A



100% of students who tasted this item reported liking the flavor.





## RADISH AND CORN SALSA

### Ingredients

Radish, small dice	1 cup
Jalapeño peppers, deseeded, small dice	2 tbsp.
Sweet corn kernels	3 cups
Green onions, small chop	1 cup
Tomatoes, diced, canned	1 cup
Table salt	½ tsp.
Ground pepper, black	¼ tsp.
Distilled vinegar	1 tsp.

### Directions

1. Wash and small dice radish.
2. Wash, deseed and small dice jalapeño.
3. Rinse corn under cold water to thaw.
4. Wash and small chop green onions.
5. Place all ingredients into a bowl. Mix until well blended. Do not drain tomatoes before adding.
6. Cover and refrigerate for 1 hour before serving.

RECIPE GROUP: *Vegetable*

**Portion Yield** 25

**Portion Size** ¼ cup

**HACCP Process**

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ¼ cup

Milk N/A



98% of students who tasted this item reported liking the flavor.



## ROASTED CAULIFLOWER

### Ingredients

Cauliflower, raw, cut	8 pounds
Olive oil	4 tbsp.
Italian seasoning	1 tbsp.
Garlic powder	2 tbsp.
Table salt	2 tsp.

### Directions

1. Preheat **convection** oven to 400 °F or **conventional** oven to 425 °F.
2. Wash and dry cauliflower thoroughly.
3. Cut cauliflower into bite size pieces.
4. Toss cauliflower with olive oil and seasonings until thoroughly coated.
5. Place cauliflower on a lined baking sheet.
6. Roast cauliflower for 20–30 minutes or until brown around the edges. Toss several times during cooking to prevent burning.

RECIPE GROUP: *Vegetable*

Portion Yield 25

Portion Size ½ cup

#### HACCP Process

2 – Same Day Service

#### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



Cauliflower is an excellent source of many nutrients including vitamins C and K. In addition to the standard white color, cauliflower can also be green, purple, and orange.



## ROASTED HARVEST VEGETABLES

### Ingredients

Butternut squash, medium dice	2 pounds plus 8 ounces
Sweet potato, medium dice	2 pounds plus 8 ounces
Carrots, medium dice	2 pounds
Red onions, medium dice	2 pounds plus 8 ounces
Brussel sprouts, medium dice	2 pounds
Red bell peppers, medium dice	1 pound
Dried dill	1 tbsp.
Garlic powder	1 tbsp.
Table salt	2 tsp.
Ground pepper, black	½ tbsp.
Vegetable oil	4 tbsp.
Dried cranberries	1 pound

### Directions

1. Preheat **conventional** oven to 400°F or **convection** oven to 375°F.
2. Cut all vegetables into medium dice. Medium dice is recommended for even cooking times.
3. Toss vegetables with spices and oil until well combined and spread onto a parchment lined baking sheet. A minimum of 2-3 baking sheets may be required to prevent steaming versus roasting.
4. Bake in preheated oven for 30–45 minutes, tossing several times with a spatula throughout the baking process to ensure even browning.
5. Remove from oven when slightly browned and tender. Toss in dried cranberries.

RECIPE GROUP: *Vegetable*

**Portion Yield** 30

**Portion Size** ½ cup

**HACCP Process**

2 – Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



## ROASTED ROOT VEGETABLES

### Ingredients

<b>All-purpose seasoning (see page 30)</b>	1 tbsp.
Carrots, peeled	1 pound plus 8 ounces
Turnips, peeled	1 pound plus 8 ounces
Potato, raw	1 pound plus 8 ounces
Onion, yellow	2 cups
Olive oil	2 tsp.

### Directions

1. Preheat **conventional** oven to 400°F or **convection** to 375°F.
2. Prepare **all-purpose seasoning** recipe found on page 30.
3. Wash, peel and cut all vegetables into uniform, bite size pieces.
4. Mix all-purpose seasoning and olive oil together.
5. Toss vegetables and oil and seasoning mixture.  
Do not overcrowd pan as this will result in steaming.
6. Place vegetable mixture onto a sheet pan and roast in oven for 30-45 minutes or until soft and slightly browned on the edges.

RECIPE GROUP: *Vegetable*

**Portion Yield** 25

**Portion Size** ½ cup

**HACCP Process**

2 - Same Day Service

**MEAL PATTERN COMPONENTS**

Meat/Alt N/A

Grain N/A

Fruit ½ cup

Vegetable N/A

Milk N/A



94% of students who tasted this item reported liking the flavor.

# SCALLOPED BUTTERNUT SQUASH AND SWEET POTATO

## Ingredients

Sweet potato, quartered	2 pounds plus 12 ounces
Butternut squash, quartered	3 pounds plus 8 ounces
Olive oil	2 tbsp.
Butter, unsalted	5 tbsp.
All-purpose flour	1/3 cup
1% milk	4 cups
Table salt	1/2 tsp.
Ground cinnamon	3 tsp.
Ground nutmeg	1 tsp.
Shredded parmesan cheese	1 1/4 cups

## Directions

1. Preheat **convection** oven to 350°F or **conventional** oven to 375°F.
2. Wash and quarter sweet potatoes and butternut squash.
3. Place the butternut squash flesh side up on a lined sheet pan with sweet potatoes and brush with olive oil.
4. Bake for 20 minutes or until fork tender. Cool until pieces can be handled.
5. Gently peel and thinly slice sweet potatoes and squash.
6. Make sauce while potatoes and squash are cooling.
7. To make sauce, melt butter and add flour to make a roux. Stir constantly until golden brown.
8. Slowly whisk milk into the flour mixture until smooth.
9. Add salt, cinnamon and nutmeg to sauce and cook until thickened, about 10 minutes.
10. Layer as follows in a 2 inch steamtable pan:
  - a. Half of the sweet potatoes and squash on the bottom layer
  - b. Cover with 1/2 of the sauce
  - c. Sprinkle 1/2 of the parmesan
  - d. Repeat
11. Cover steamtable pan with foil and bake an additional 10 minutes or until the cheese is melted.

RECIPE GROUP: *Vegetable*

**Portion Yield** 25

**Portion Size** 1/2 cup

**HACCP Process**

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable 1/2 cup

Milk N/A



Orange colored produce like sweet potatoes and butternut squash are excellent sources of beta-carotene, which the body converts to vitamin A. Vitamin A plays a vital role in vision health.





## WHOLE GRAIN RICH ROLL

### Ingredients

Table salt	4 tsp.
Granulated sugar	1 cup
Active dry yeast	¼ cup
Water	4 cups
Whole wheat flour	2 pounds
All-purpose flour	2 pounds

### Directions

1. Place salt, sugar, yeast and warm water (110°F) in mixing bowl. Let sit for 5 minutes.
2. Place half of the flour on top of the water and turn on the mixer.
3. Gradually add remaining flour until dough pulls away from the edges of the bottom of the bowl. Mix for 6 minutes.
4. Remove dough from mixing bowl onto a lightly floured surface. Cut into 2 inch pieces, round into balls and place on a sheet pan. Allow adequate room for rolls to double in size.
5. Proof until dough doubles in size.
6. Preheat **convection** oven to 350°F or **conventional** oven to 375.
7. Bake for 15-20 minutes or until golden brown on top and bottom.

RECIPE GROUP: *Bread/Rolls/Starch*

Portion Yield 48

Portion Size 1 roll

#### HACCP Process

2 - Same Day Service

#### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain 2¼ ounces

Fruit N/A

Vegetable N/A

Milk N/A





## WHOLE GRAIN GARLIC KNOT

### Ingredients

<b>Whole grain rich roll (see page 72)</b>	1 (48 rolls)
Margarine	½ cup
Garlic powder	2 tbsp.
Raw garlic, minced	2 tbsp.

### Directions

1. Make **dough** according to recipe on **page 72**.
2. Place dough on a lightly floured surface and cut into 2 ounce pieces.
3. Roll into sticks about 5 inches long and tie into a knot.
4. Place knots on a lined sheet pan, make sure knots do not touch and have space in between to double in size. Proof for 30-40 minutes.
5. Preheat **convection** oven to 325°F or **conventional** oven to 350°F.
6. Melt margarine and combine with garlic powder and minced garlic. Stir until combined.
7. Lightly brush each knot with garlic margarine.
8. Bake 15 minutes in preheated oven or until golden brown.

RECIPE GROUP: *Bread/Rolls/Starch*

**Portion Yield** 48

**Portion Size** 1 roll

**HACCP Process**

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain 2¼ ounces

Fruit N/A

Vegetable N/A

Milk N/A



## BUFFALO CHICKEN RANCH WRAP

### Ingredients

Ranch slaw (see page 47)	5 cups
Buffalo wing flavored hot sauce	1/3 cup
Greek yogurt, plain, nonfat	1/3 cup
Mayonnaise	1/3 cup
Garlic powder	1 tsp.
Onion powder	1 tsp.
Cooked chicken, diced	1 pound plus 4 ounces
Tortillas, 8" multigrain	10 each

### Directions

1. Prepare **ranch slaw (see page 47)** in advance and refrigerate until ready to build wraps.
2. To make the sauce: In a bowl, whisk together hot sauce, yogurt, mayonnaise, garlic powder and onion powder until combined.
3. Add the thawed, diced chicken to the mixing bowl and toss to coat with buffalo dressing.
4. To prepare wrap: scoop 2 ounces of dressed chicken onto each tortilla.
5. Top each tortilla with 1/2 cup ranch slaw. Roll each wrap, sealing ends like a burrito. Cut in half on the bias and serve or present cut sides facing students.

RECIPE GROUP: *Entrée*

Portion Yield	10
Portion Size	1 wrap
HACCP Process	
	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	2 ounces
Grain	1 1/4 ounces
Fruit	N/A
Vegetable	1/2 cup
Milk	N/A

# SOUTHWESTERN MAC AND CHEESE

## Ingredients

Water	3 gallons
Whole grain pasta (elbow, penne or rotini)	3 pounds
Nonfat instant milk, without vitamin A	1 ½ quarts
Butter, unsalted	½ cup
Cumin, ground	2 tbsp.
Ground pepper, black	¼ tsp.
Chili powder	2 tbsp.
Garlic salt	1 tbsp.
Cheese blend, American and skim milk cheeses	3 pounds plus 2 ounces
Beef, 80/20 ground, raw	4 pounds plus 4 ounces
Onions, raw, chopped	12 ounces
Peppers, mild, green chili, canned, drained	1 pound plus 8 ounces

## Directions

1. Heat water to a rolling boil.
2. Slowly add pasta. Return water to a boil, and cook for about 7 minutes or according to package instructions, stir occasionally.
3. Drain immediately once pasta is al dente.
4. Add milk, butter, cumin, pepper, chili powder, garlic salt and cheese blend to a 4" steam table pan.
5. Place steam table pan in steamer for 5 minutes.
6. Stir until cheese is melted and the mixture is smooth. Adjust time as needed.
7. In a pan over medium high heat cook ground beef and onions until beef is cooked through and onions are translucent. Add green peppers near the end of cooking. Drain fat from meat mixture.
8. Add meat to cooked pasta and stir lightly.
9. Pour cheese sauce over pasta and stir until pasta is evenly coated.
10. Coat 2 steam table pans (12" x 20" x 2½") with pan release spray.
11. Pour macaroni and cheese into steam table pans and hold on steam table at 180°F to 190°F for 30 minutes to allow sufficient time for mixture to set.

RECIPE GROUP: *Meat/Alt/Grain*

Portion Yield 50

Portion Size 1 cup

### HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt 2 ounces

Grain 1 ounce

Fruit N/A

Vegetable N/A

Milk N/A





## TURKEY PANINI

### Ingredients

Turkey breast, deli style	5 pounds
Dijon mustard	4¼ ounces
Red raspberry preserves	1¼ ounces
Butter mist food spray	⅛ tsp.
Raw spinach	2 pounds
Mozzarella cheese	3¼ pounds
Whole wheat bread	100 slices

### Directions

1. Thaw sliced turkey in refrigerator overnight.
2. Preheat **conventional** oven to 400°F or **convection** to 375°F.
3. Combine Dijon mustard and preserves in a bowl and set aside.
4. Spray sheet pan with pan spray. Spread 1½ teaspoons of mustard-preserve mixture on bottom slice of bread. Top with 1½ ounces of turkey, 1 ounce of mozzarella and ¼ cup of spinach. Spread 1½ teaspoons on remaining slice of bread and place bread, jam side down, on top of the spinach to make a sandwich. Spray sandwich with pan spray and top with a sheet pan.
5. Put stacked sheet pans into the preheated oven and bake until panini crisps up and starts to brown and cheese is melted. About 10 minutes.

RECIPE GROUP: *Entrée*

Portion Yield	50
Portion Size	1 each
HACCP Process	
	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	2 ounces
Grain	2 ounces
Fruit	N/A
Vegetable	⅛ cup
Milk	N/A

# ORANGE SUGAR COOKIE

## Ingredients

Butter, without salt	1 cup
Granulated sugar	1¾ cups
Fresh eggs	1 large
Vanilla extract	1 tsp.
Orange	1 small
Whole wheat flour	7½ ounces
All-purpose flour	7½ ounces
Baking powder	½ tsp.
Baking soda	1 tsp.
Table salt	½ tsp.
Orange zest	2 tsp.

### Glaze ingredients

Powdered sugar	1 cup
Orange juice, raw	2 tbsp.
Vanilla extract	1 tsp.
Orange zest	1 tsp.

## Directions

1. Preheat **convection** oven to 300°F or **conventional** oven to 325°F.
2. Zest orange and set aside zest. Cut orange in half and juice.
3. Cream together butter and sugar until light and fluffy.
4. Add egg, vanilla and ¼ cup orange juice. Mix until well incorporated.
5. Mix together flours, baking soda, baking powder, salt and 2 teaspoon orange zest. Add to wet ingredients with the mixer off then turn onto low speed and mix just until incorporated. Overmixing will result in the cookies being tough.
6. Scoop onto a lined sheet pan in a 5x6 pattern with a #24 scoop. Flatten slightly with the back of fork.
7. Bake in preheated oven for 8 minutes or until done.
8. To make the glaze, combine powdered sugar, 2 T freshly squeezed orange juice, 1 teaspoon orange zest and vanilla together until smooth. Icing will be slightly runny.
9. Drizzle each cookie with 1 teaspoon of icing once the cookies are cool.

RECIPE GROUP: *Dessert*

Portion Yield 24

Portion Size 1 cookie

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain 1 ounce

Fruit N/A

Vegetable N/A

Milk N/A



92% of students who tasted this item reported liking the flavor.



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*Springtime is a fun time*  
TO INTRODUCE CHILDREN TO FRESH FOODS.





# SPRING

## Season



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# SPRING

*Season*





*As the days grow longer so does the list of fresh foods available in Texas.*

PICK A FEW SPRING FOODS AND TRY THEM IN A *COOKING FOR THE SEASONS* RECIPE.

**ASPARAGUS**

**CABBAGE**

**GRAPEFRUIT**

**LETTUCE**

**ORANGES**

**SQUASH**

**ARTICHOKE**

**FIELD PEAS**

**BEETS**

**CARROTS**

**GREENS**

**MUSHROOM**

**RADISH**

**SWEET POTATO**

**BLACKBERRIES**

**STRAWBERRIES**

**BLUEBERRIES**

**BROCCOLI**

**CELERY**

**HERBS**

**ONION**

**SPINACH**

**TURNIP**

**CUCUMBER**

**BELL PEPPERS**

**CANTALOUPE**





## ASIAN SQUASH

### Ingredients

Summer squash, sliced	12 pounds plus 11 ounces
Table salt	1 tsp.
Garlic powder	1 tbspc.
Onion powder	3 tbspc.
Ground ginger	2 tsp.
Mustard powder	2 tsp.

### Directions

1. Preheat **conventional** to 400°F and **convection** oven 375°F.
2. Place sliced squash onto parchment-lined sheet pan. Spray with cooking spray.
3. Mix all spices together. Sprinkle mixture evenly over squash.
4. Bake squash until tender, about 6 minutes.

RECIPE GROUP: *Vegetable*

Portion Yield 50

Portion Size ½ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



## CRUNCHY BROCCOLI SALAD

### Ingredients

Broccoli, bite size pieces	4 pounds
Red onion, diced	1 ½ cups
Mayonnaise	1 ½ cups
Plain Greek yogurt	1 ½ cups
Cider vinegar	3 tbsp.
Granulated sugar	3 tbsp.
Table salt	1 tsp.
Dried cranberries	8 ounces

### Directions

1. Place broccoli into a large mixing bowl.
2. Wash, peel, and finely dice the red onion. Add to the bowl with broccoli.
3. In a medium sized mixing bowl, combine mayonnaise, yogurt, vinegar, salt and sugar. Mix well.
4. Add cranberries to bowl with onions and broccoli.
5. Pour dressing over broccoli mixture and toss well to coat the entire salad with the dressing.
6. Refrigerate and allow flavors to blend.

**Fun fact:** Cauliflower and broccoli are part of the cruciferous family. They owe their unique stink to the breakdown of healthy phytochemicals that contain sulfur.

RECIPE GROUP: *Vegetable*

Portion Yield 50

Portion Size ½ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



## GARLIC PARMESAN GREEN BEANS

### Ingredients

Green beans	4 pounds plus 5 ounces
Onion, yellow or white, rough chop	1 cup
Grated parmesan cheese	6 tbsp.
Garlic, minced	1 tbsp.
Table salt	1 tsp.
Ground pepper, black	½ tsp.
Olive oil	3 tbsp.

### Directions

1. Remove the dry ends from green beans.
2. To par-cook green beans add to boiling water for 2-5 minutes or until bright green. Immediately place in an ice bath to stop cooking. Let dry.
3. Preheat **conventional** oven to 400°F and **convection** to 375°F.
4. Mix together parmesan cheese, minced garlic, salt, pepper and olive oil in a large bowl.
5. Toss par-cooked green beans and chopped onions in cheese mixture until evenly coated.
6. Spread onto a sheet pan in a single layer and roast in the preheated oven for 10 minutes or until onions are soft and vegetables start to turn brown.

**Fun fact:** Green beans are native to the Americas. They contain many nutrients including vitamins C and K, They are also a very good source of fiber.

RECIPE GROUP: *Vegetable*

Portion Yield 25

Portion Size ½ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



## HONEY VANILLA GRANOLA

### Ingredients

Pan release spray	1/8 tsp.
Brown sugar	1/2 cup, packed
Canola oil	1 cup
Honey	2/3 cup
Table salt	2 tsp.
Ground cinnamon	1 tbsp.
Vanilla extract	2 tbsp.
Rollled oats	1 pound plus 14 ounces

### Directions

1. Preheat **conventional** oven to 300°F or **convection** to 275°F. Spray sheet trays with pan release spray (Note: One full sheet tray will hold 75 portions of granola).
2. In a large bowl, combine brown sugar, oil, honey, salt, cinnamon, and vanilla. Whisk to combine.
3. Add oats to the bowl.
4. With gloved hands, massage the sugar mixture into the oats to coat completely.
5. Spread the mixture evenly onto sheet tray
6. Bake until golden brown, about 15–17 minutes, rotating tray(s) as needed for even browning. Avoid stirring the granola in order to let it form clusters. If the corners are browning faster than other parts of the pan, it is recommended to push the oats in the corners towards the center.
7. Remove from oven and allow the oats to completely cool on sheet tray.
8. Store at room temperature in a tightly closed container.

RECIPE GROUP: *Grain*

Portion Yield 50 cups

Portion Size 1/4 cup

HACCP Process

2 – Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain 1 ounce

Fruit N/A

Vegetable N/A

Milk N/A



## HONEY LIME COLESLAW

### Ingredients

Apples	3 pounds plus 8 ounces
Green cabbage, shredded	3 pounds plus 12 ounces
Red onion, fine dice	3 cups
Jalapeño pepper, minced	2 tbsp.
Lime juice	¾ cup
Honey	½ cup
Table salt	2 tsp.
Vegetable oil	2 cups
Cilantro, rough chop	1 ½ cups

### Directions

1. Wash apples, do not peel and cut into a medium dice.
2. In a large bowl or hotel pan, combine shredded cabbage, chopped red onions, chopped apples and minced jalapeños.
3. In a separate bowl or large container with a lid, combine lime juice, honey, salt, and vegetable oil. Add chopped cilantro and whisk or shake well to combine.
4. Immediately pour dressing over salad and toss well to coat. Serve immediately or refrigerate for up to 6 hours.

RECIPE GROUP: *Vegetable*

Portion Yield 50

Portion Size ¾ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit ¼ cup

Vegetable ½ cup

Milk N/A



## KALE CRANBERRY SALAD

### Ingredients

Kale, raw	2¼ pounds
Olive oil	½ cup
Cider vinegar	½ cup
Orange juice	1 cup
Low sodium soy sauce	½ cup
Ground pepper, black	½ tsp.
Ginger, peeled and minced	2 tsp.
Pumpkin or sunflower seeds	½ cup
Dried cranberries	1 cup

### Directions

1. Wash kale thoroughly. Remove and discard tough stem which runs through the middle of each leaf. Chop kale into bite size pieces and place into a large mixing bowl.
2. Combine olive oil, cider vinegar, orange juice, soy sauce, black pepper and minced ginger in a bowl. Whisk to combine.
3. Pour dressing over kale. Wearing gloves, toss the kale and dressing to combine, massaging the dressing into the leaves to slightly soften.
4. Just before serving, add pumpkin or sunflower seeds and dried cranberries.

RECIPE GROUP: *Vegetable*

Portion Yield	25 cups
Portion Size	1 cup
HACCP Process	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	½ cup*
Milk	N/A

\*Leafy greens credit only as 1/2 the portion size



## ROASTED BROCCOLI

### Ingredients

Broccoli florets, trimmed	8½ pounds
Olive oil	4 tbsp.
Dried basil	1 tbsp.
Dried oregano	1 tsp.
Ground pepper, black	2½ tbsp.
Onion powder	2 tbsp.

### Directions

1. Preheat **conventional** oven to 400°F and **convection** oven to 375°F.
2. Toss broccoli florets with oil and place on a lined baking sheet.
3. In a separate bowl, mix seasonings. Sprinkle evenly over broccoli.
4. Bake in the preheated oven until tender, 8-10 minutes. Do not overcook.

RECIPE GROUP: *Vegetable*

Portion Yield 50

Portion Size ½ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A





## SPICY BLACK BEANS

### Ingredients

Vegetable oil	¼ cup
Yellow or white onion, chopped	1 quart
Garlic, minced	½ cup
Low sodium canned black beans	2 #10 cans
Tomatoes, low-sodium diced, canned	2 #2½ (28 ounce) cans
Jalapeño peppers, minced	½ cup
Ground cumin	1 tbsp.

### Directions

1. Heat oil in a large sauté pan over medium heat until shimmering. Add onions and garlic. Cook, stirring often, until soft and fragrant. Do not brown.
2. When opening canned beans and tomatoes, do not drain.
3. Add black beans, tomatoes, jalapeño peppers and cumin.
4. Simmer over medium heat until heated through and flavors combine, 30–45 minutes over medium heat.

RECIPE GROUP: *Vegetable*

Portion Yield 25 cups

Portion Size ½ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



## SAUTÉED MUSHROOMS

### Ingredients

Butter, unsalted	1 tbsp.
Onion, chopped	1 cup
Mushrooms, brown, Italian, or cremini, sliced	6 pounds plus 4 ounces
Salt	2 tsp.
Thyme, leaves, dried	2 tsp.
Garlic powder	1 tbsp.

### Directions

1. Melt butter in a pot over medium heat.
2. Add chopped onion and sauté until they are translucent.
3. Add the sliced mushrooms and cook until they release all of their water.
4. Once the water has been released, add salt, thyme and garlic.
5. Continue to cook the mushrooms until all of the liquid in the pan has been absorbed.
6. Serve 2 ounces or ¼ cup as a topping on roasted meat, sandwiches and burgers.

RECIPE GROUP: *Vegetable*

Portion Yield	50
Portion Size	¼ cup
HACCP Process	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	¼ cup
Milk	N/A



## STEWED SQUASH

### Ingredients

Olive oil	2 tbsp.
Table salt	1 tsp.
Garlic salt	1 tsp.
Ground pepper, black	1 tsp.
Zucchini, diced	3¾ pounds
Yellow summer squash, diced	3¼ pounds
Yellow or white onion, chopped	1 cup
Water	½ cup

### Directions

1. Place oil, salt, garlic salt and pepper in a bowl and mix well.
2. Add diced zucchini, diced yellow squash and chopped onion to the oil and spice mixture, and gently toss until well coated.
3. Place in a 2" steamtable pan, add water and place in steamer for 10 minutes. Stir gently and return to the steamer to cook until the squash is soft and the onion is translucent, about 10 additional minutes.

RECIPE GROUP: *Vegetable*

Portion Yield 25

Portion Size ½ cup

HACCP Process

2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



## STREET CORN

### Ingredients

Corn, frozen, whole kernel	10 pounds
Vegetable oil	½ cup
Mayonnaise, low-fat	1 ¼ cups
Jalapeño pepper, minced	¼ cup
Chili powder	1 tbsp.
Granulated garlic	1 tbsp.
Lime juice	½ cup
Cotija or feta cheese	10 ounces
Cilantro, chopped	1 ¼ cups

### Directions

1. Thaw and drain corn.
2. If using an oven, preheat **conventional** to 375 °F or use low fan **convection** at 350 °F. If using a tilt skillet, preheat to medium-high.
3. In a large bowl, add thawed, drained corn and oil. Toss to coat.
4. If using the oven, spread corn evenly on a sheet pan, do not overcrowd.
5. Roast corn in oven until lightly golden brown, approximately 10–15 minutes depending on the equipment.
6. If using the tilt skillet, add oil-coated corn and stir until the corn begins to turn light golden brown.
7. While corn is cooking, add mayonnaise, jalapeño, chili powder, garlic, and lime juice in a bowl and mix. Combine mayonnaise mixture and cooked corn.
8. Garnish with cheese and chopped cilantro.

RECIPE GROUP: *Vegetable*

Portion Yield 50

Portion Size ½ cup

HACCP Process

2 – Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable ½ cup

Milk N/A



## BLUEBERRY CHICKEN SALAD

### Ingredients

Romaine lettuce	3 pounds plus 6 ounces
Blueberries	6¼ cups
Low sodium Swiss cheese, shredded	13 ounces
Chicken strips, precooked, not frozen	3 pounds plus 2 ounces
Pecans, chopped	3 cups plus 2 tbsp.
<b>Plum vinaigrette (see page 32)</b>	3 cups plus 2 tbsp.

### Directions

1. Wash and cut romaine into bite-sized pieces. Use a salad spinner to thoroughly dry romaine.
2. Wash and drain blueberries.
3. To assemble salads, place 2 ounces (1 cup) of romaine into a clamshell container. Add ¼ cup of blueberries, ½ ounce of shredded Swiss cheese, 2 ounces of chicken strips, and 2 tablespoons of chopped pecans.
4. Serve with 2 ounces portion of **plum vinaigrette (see page 32)**.

**Fun fact:** Blueberries are TDA's May Harvest of the Month. Blueberries are a good source of vitamin K, which is needed for blood clotting.

RECIPE GROUP: *Entrée*

**Portion Yield** 25

**Portion Size** 1 salad

#### HACCP Process

2 - Same Day Service

#### MEAL PATTERN COMPONENTS

Meat/Alt 2½ ounces

Grain N/A

Fruit ¼ cup

Vegetable ½ cup

Milk N/A

# TURKEY BANH MI SANDWICH

## Ingredients

Pickled carrots (see page 95)	1 ½ cups
Mayonnaise, low-fat	1 cup
Sriracha Asian hot sauce	¼ cup
Crushed red pepper flakes	1 tsp.
Low sodium roast turkey breast	1 pound plus 4 ounces
Fresh cilantro	¾ cup
Romaine lettuce	11 ounces
Cucumber	8 ounces
Jalapeño pepper, thinly sliced	¼ cup
6" whole grain-rich sub rolls	10 each

## Directions

1. Prepare **pickled carrot recipe (see page 95)** up to 3 days before serving. Refrigerate until ready for use.
2. Combine mayonnaise, sriracha, and red pepper flakes in a bowl and stir well to combine. Refrigerate until ready to portion or serve.
3. Using an ounce scale, portion turkey breast into 2 ounce portions.
4. Wash and dry cilantro well. Trim and discard discolored ends if necessary.
5. Tear cilantro into large pieces, leaving stems intact.
6. Drain pickled carrots and discard the pickling liquid.
7. Wash, dry, and shred romaine lettuce.
8. Wash and slice cucumbers into ¼ inch rounds.
9. Wash and slice jalapeños into very thin rounds.
10. To build a sandwich:
  - a. Spread each sub roll with 2 tablespoons of sriracha mayonnaise.
  - b. Place 2 ounces of turkey on roll.
  - c. Top turkey with ⅛ cup pickled carrots, ½ cup shredded Romaine lettuce, ⅛ cup sliced cucumber, 1 tablespoon fresh cilantro, offer fresh jalapeño.
  - d. Cut sandwich in half, and present with cut sides visible to students.

RECIPE GROUP: *Entrée*

Portion Yield 10

Portion Size 1 each

HACCP Process

2 - Same Day Service

## MEAL PATTERN COMPONENTS

Meat/Alt 2 ounces

Grain 2 ounces

Fruit N/A

Vegetable ½ cup

Milk N/A





## PICKLED CARROTS

### Ingredients

Cider vinegar	1 quart
Water	1 quart
Granulated sugar	1 ¼ cups
Garlic, peeled, sliced	5 cloves
Carrots	5 pounds

### Directions

1. Combine vinegar, water, sugar, and whole garlic cloves in a pan and bring to just a boil. Remove from heat immediately.
2. Peel and slice carrots. Place sliced carrots in a 4" deep half hotel pan. Pour boiling liquid over the carrots. If needed, press carrots down to ensure all are covered in brine.
3. Place hotel pan of carrots with brine into an ice bath to cool rapidly. Transfer the entire container to the cooler. Once carrots and liquid have cooled, remove from ice bath, cover, and store under refrigeration.
4. Carrots can be stored for up to one week.

**Note:** If using in **Banh Mi Sandwiches** (see page 94) use shredded carrots.

RECIPE GROUP: *Miscellaneous*

Portion Yield	25
Portion Size	½ cup
HACCP Process	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	N/A
Vegetable	½ cup
Milk	N/A



## STRAWBERRY COMPOTE

### Ingredients

Strawberries, sliced	3 pounds plus 8 ounces
Water	½ cup
Granulated sugar	1 cup

### Directions

1. Add all ingredients to sauce pan and place on stove on low heat.
2. Simmer at low heat stirring occasionally until liquid begins to thicken to the consistency of syrup, about 30 minutes.

RECIPE GROUP: *Fruit*

Portion Yield	25
Portion Size	¼ cup
HACCP Process	2 - Same Day Service

### MEAL PATTERN COMPONENTS

Meat/Alt	N/A
Grain	N/A
Fruit	¼ cup
Vegetable	N/A
Milk	N/A



Strawberry compote can be served warm as a topping on pancakes, waffles and French toast or chilled and served on a yogurt parfait.





## SUNSHINE DRESSING

### Ingredients

Orange juice	1 quart plus 2 cups
Apple cider vinegar	2 cups
Brown sugar	½ cup, packed
Kosher salt	2 tbsp. plus 2 tsp.
Vegetable oil	1 quart

### Directions

1. In a blender or mixing bowl, combine all ingredients.
2. Transfer to single serve containers or a container. Can be refrigerated up to 5 days. Whisk before serving.

RECIPE GROUP: *Miscellaneous*

**Portion Yield** 96

**Portion Size** 2 fluid ounces

**HACCP Process**

2 - Same Day Service

**MEAL PATTERN COMPONENTS**

Meat/Alt N/A

Grain N/A

Fruit N/A

Vegetable N/A

Milk N/A

# CELEBRATE SEASONAL PRODUCTS IN MEALS AND IN THE CLASSROOM

Harvest of the Month materials spotlight fruits and vegetables grown in Texas throughout the year. Materials available in English and Spanish include:

**+ Product Sheets**

Information about nutrition as well as seasonal and regional availability for each of the identified products.

**+ Product Posters**

Decorative and informative displays teach children about each product. Posters can be used in a classroom or cafeteria.

**+ Farmer Profiles**

Profiles of farmers and ranchers currently participating in the Farm Fresh Initiative; these support your efforts to communicate about your local purchases.

## *Why Harvest of the Month?*

Incorporating Harvest of the Month into your Farm Fresh activities provides an opportunity to focus on a specific fruit or vegetable each month, allowing children to try and learn more about each item. Harvest of the Month cultivates a healthy food and farm connection by increasing children's exposure to seasonal local foods while also supporting local farmers. Materials are ready-to-go tools and resources that can be used in diverse settings, including schools, child care centers, day care homes, after-school programs, and summer nutrition program sites. By incorporating Harvest of the Month in the cafeteria and classroom, you help connect students to the bounty of the Lone Star State.



**DOWNLOAD ALL**

*Harvest of the Month Materials*

and corresponding print specs at [SquareMeals.org/HarvestoftheMonth](https://SquareMeals.org/HarvestoftheMonth)

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