

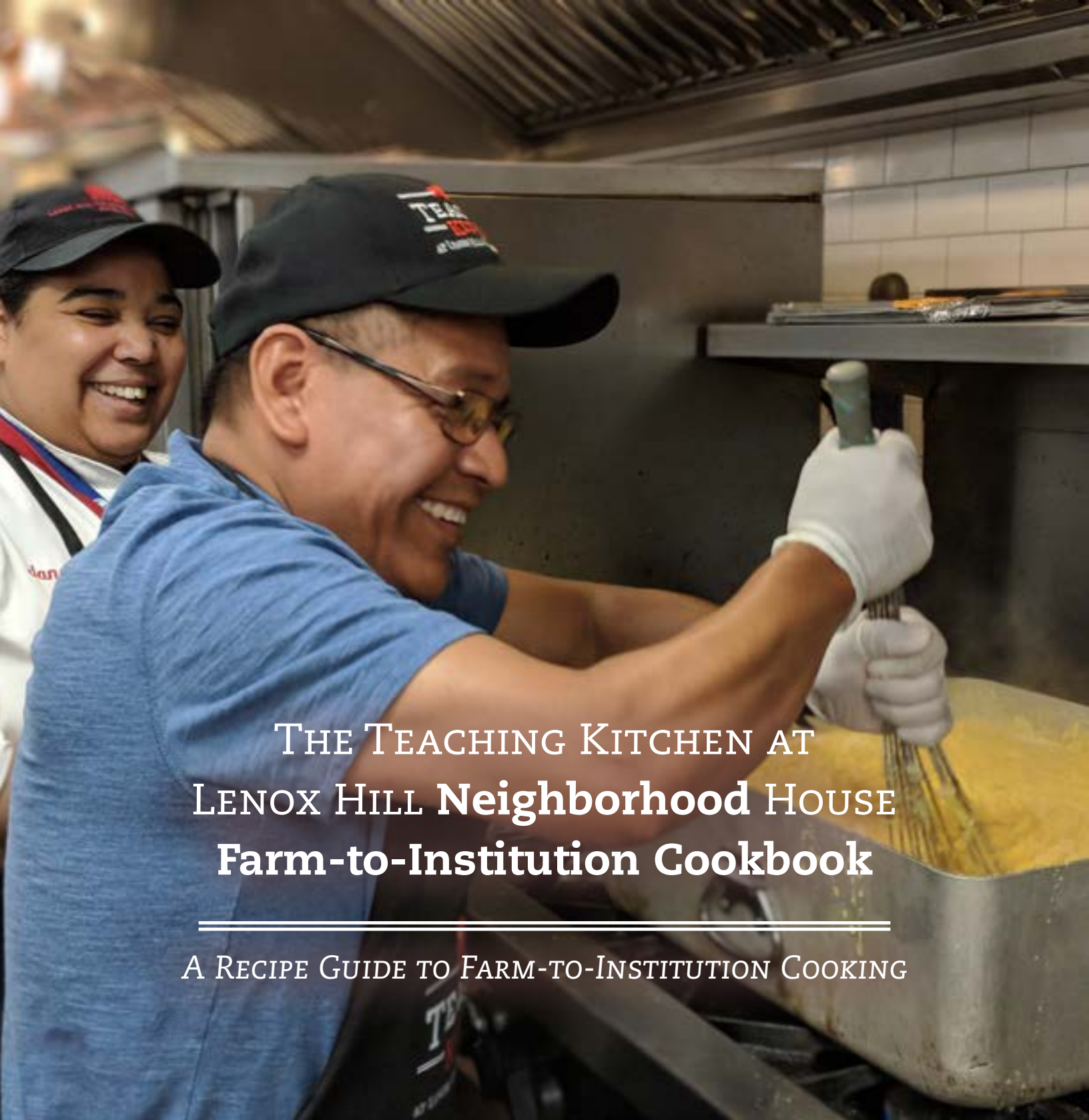


THE

TEACHING KITCHEN

AT LENOX HILL NEIGHBORHOOD HOUSE

**FARM-TO-INSTITUTION
COOKBOOK**



THE TEACHING KITCHEN AT
LENOX HILL **Neighborhood** HOUSE
Farm-to-Institution Cookbook

A RECIPE GUIDE TO FARM-TO-INSTITUTION COOKING



AT LENOX HILL **NEIGHBORHOOD** HOUSE

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THE TEACHING KITCHEN

AT LENOX HILL NEIGHBORHOOD HOUSE



WELCOME TO THE TEACHING KITCHEN AT LENOX HILL NEIGHBORHOOD HOUSE COOKBOOK!

Welcome to The Teaching Kitchen at Lenox Hill Neighborhood House Cookbook! This cookbook is designed as a resource to help you transition your nonprofit food program to a farm-to-institution model, which will help you serve more fresh, healthy, local food. These recipes are sure to be delicious and ones that your clients will love.

LENOX HILL NEIGHBORHOOD HOUSE

Founded in 1894, Lenox Hill Neighborhood House is a settlement house on the East Side of Manhattan that has become the frontrunner in the local farm-to-institution movement by creating a model program serving 390,000 healthy meals annually to low-income New Yorkers through two senior centers, a homeless shelter, a Head Start/UPK program, after school program, summer camp, supportive housing residence and an Alzheimer's day program.

Lenox Hill Neighborhood House transformed our 365-day-a-year Food Services to a farm-to-institution model emphasizing healthy, fresh foods to improve our clients' overall health and well-being. We use approximately 90% fresh produce – approximately 30-40% of it locally sourced – and regionally grown and milled whole grains.

THE TEACHING KITCHEN

Lenox Hill Neighborhood House's farm-to-institution training and technical assistance program works with organizations for a full year to help them serve healthier and more fresh and local food - without raising costs. To date, we have worked with almost 100 program sites – senior centers, homeless shelters, early childhood programs, soup kitchens, food pantries, supportive housing residences, after school programs and more – serving more than 7 million meals annually.

THE
**TEACHING
KITCHEN**
AT LENOX HILL NEIGHBORHOOD HOUSE



FARM-TO-INSTITUTION

What is “farm-to-institution”? For us, it means serving fresh, healthy and – where possible – local food. The goals of The Teaching Kitchen are to help nonprofit organizations:

- Improve the health of New Yorkers by making government-funded meals healthier;
- Localize New York’s institutional food systems, strengthening our regional health, economy and environmental sustainability.

To achieve these goals, The Teaching Kitchen helps organizations serve meals that are nutrient-dense and delicious, with more fresh fruits, vegetables and whole grains, more scratch cooking and less sugar, fat and salt.

LOCAL

When we use the word local (or regional) we mean food that comes from farms within a few hundred miles of New York City from upstate New York, Long Island, New Jersey, Pennsylvania, and even Vermont and Maine. There are many benefits to sourcing locally:

- Local food is fresh and delicious;
- Buying local supports farmers, creates jobs and keeps food dollars in our local economy;
- Strong local farms protect our water sources;
- Strong local food systems increase our regional resiliency and preparedness;
- Eating local food cuts down on the environmental impact of long-distance transport and packaging;
- Local food can be enjoyed when it is in season at its peak ripeness.
- In-season produce is usually cheaper!

ABOUT THE RECIPES

These recipes were created by our wonderful food services team at Lenox Hill Neighborhood House. They have been tested and approved by the most discerning of clients – New Yorkers. Not only are the recipes designed to succeed with a wide audience and in an institutional kitchen setting, but they also meet many government guidelines, including New York City Food Standards, CACFP, and the NYC Department for the Aging. These recipes were designed to meet our bottom line and are cost-effective within strict institutional food budgets.

The recipes can easily be scaled up or down depending on the size of your program; please make substitutions as you see fit. On many recipes, we highlight the ideal season to serve them, which is a great opportunity to incorporate local produce. We hope these recipes inspire you to create flavorful dishes made with love.

A top-down view of a white ceramic bowl filled with a variety of granola. The granola consists of large, golden-brown clusters, smaller individual pieces, and a mix of nuts and seeds including almonds, sunflower seeds, and pumpkin seeds. Some dark, possibly chocolate-coated, pieces are also visible. The bowl is set against a dark, textured background.

BREAKFAST

BULGUR AND COCONUT HOT PORRIDGE

THIS RECIPE IS A GREAT WHOLE GRAIN AND DAIRY-FREE HOT BREAKFAST CEREAL. THIS DISH CAN ALSO BE MADE WITH REGULAR MILK.

SERVES 50 ADULTS

INGREDIENTS

10 cups coconut milk
10-15 cups water
10 cups bulgur
2 ½ teaspoons salt
10 tablespoons honey
5 teaspoons vanilla extract
3 teaspoons cinnamon
1 teaspoon nutmeg

DIRECTIONS

1. Bring the coconut milk and half of the water to a boil. Stir in the bulgur, bring back to a boil, and then lower the heat to a simmer.
2. Stirring often, allow the mix to simmer until the bulgur is tender but still has a slight bite. If the bulgur is drying out, add more water to prevent burning.
3. Stir in the salt, honey, vanilla, and spices. Taste and adjust seasoning as needed. Serve hot.

GRANOLA

HOMEMADE GRANOLA IS MUCH CHEAPER AND HEALTHIER THAN PURCHASED GRANOLA OR CEREAL. OATS CONTAIN HIGH AMOUNTS OF FIBER AND ARE A GREAT BREAKFAST FOOD. THIS CAN BE SERVED OVER YOGURT OR WITH MILK. THIS WILL KEEP UP TO A WEEK AND CAN BE USED FOR BREAKFAST OR SNACK.

SERVES 50 ADULTS

INGREDIENTS

Zest** of 1-2 oranges
1 cup blended oil
1 cup honey
1 tablespoon cinnamon
4 tablespoons vanilla
12 cups rolled oats
2 cups raisins (or 1 raisins and 1 dried
cranberry)
2 cups coconut Flakes (optional)

** Note: Zesting: scrape off the outer thin layer of colorful skin of citrus with a small grater or a microplane.

DIRECTIONS

1. Preheat oven to 325°F.
2. Mix together orange zest, oil, honey, cinnamon, vanilla in a saucepan and warm the mixture on the stovetop.
3. Pour over rolled oats and mix well.
4. Spread very thinly on 2 large full sheet pans lined with parchment paper.
5. Cook for 10-20 minutes (or until golden brown), stirring once or twice in between. Add more time if need be. Take out while still soft, as it will become crisper as it cools.
6. Add raisins and coconut and stir well. Cool and store in airtight bags or plastic container with lid.

SPINACH FRITTATA

THIS FRITTATA CAN ALSO BE MADE WITH BROCCOLI. FEEL FREE TO ADD ADDITIONAL VEGETABLES SUCH AS PEPPERS OR OTHER IN-SEASON VEGETABLES. THIS CAN ALSO BE SERVED FOR LUNCH OR DINNER.

SERVES 50 ADULTS

INGREDIENTS

75 eggs
3 tablespoons butter, melted
2 cups shredded mozzarella or cheddar
1 onion, diced small
2 lb. frozen spinach, thawed and drained or 1
lb. fresh baby spinach
Oil or vegetable spray for pans

DIRECTIONS

1. Preheat oven to 300°F.
2. Crack eggs in a large bowl.
3. Add butter, cheese, onions, and spinach.
4. Spray 1 full and 1 half hotel pans well with vegetable oil spray. Divide mixture evenly. Bake for 30 minutes.
5. Cut into individually sized servings.

TROPICAL MUESLI

MUESLI IS A GREAT ALTERNATIVE TO GRANOLA BECAUSE IT REQUIRES ALMOST NO COOKING. WE ARE A NUT FREE KITCHEN, BUT YOU CAN ADD NUTS TO THIS RECIPE IF IT FITS YOUR POPULATION. FEEL FREE TO SUBSTITUTE OTHER DRIED FRUIT OR SEEDS AS YOU LIKE. YOU CAN ADD GROUND FLAX MEAL FOR ADDED FIBER.

INGREDIENTS

5 cups rolled oats
¾ cup oat bran
1 2/3 cups sunflower seeds
1 2/3 cups pumpkin seeds or pepitas
2 teaspoons salt
¾ cup golden raisins
¾ cup dried cranberries
¾ cup diced dried pineapple
1 2/3 cup banana chips, broken up

DIRECTIONS

1. Preheat oven to 300°F.
2. Toast the rolled oats, oat bran, sunflower seeds, and pepitas. In the oven or on a stove top, toast ingredients just until they begin to release their fragrance. Make sure to keep an eye on the mixture as it can burn easily.
3. When toasted, transfer immediately to a bowl to stop the cooking. Immediately add salt and toss. Add the rest of the ingredients and toss to mix thoroughly.
4. Let the mixture cool. Store in an airtight container. May be stored at room temperature for a week. Serve over yogurt.

LEFTOVER BANANA FRENCH TOAST CASSEROLE

THIS RECIPE WAS CREATED TO HELP US USE UP OUR LEFTOVER WHOLE WHEAT BREAD AND OVERRIPE BANANAS. IT IS ALWAYS HELPFUL TO HAVE RECIPES THAT CAN USE UP INGREDIENTS THAT WILL BECOME POTENTIAL WASTE. NOT ONLY DOES IT CUT DOWN COSTS BUT INCREASES SUSTAINABILITY AS WELL! THE SUGAR CAN BE ADJUSTED DEPENDING ON THE RIPENESS OF THE BANANAS. THE PANS WITH BREAD AND CUSTARD CAN BE SET UP AND LEFT OVERNIGHT IN THE WALK-IN TO BE BAKED THE NEXT MORNING.


SERVES 50 ADULTS

INGREDIENTS

50 leftover whole grain rolls or multigrain
bread or combination
4 cups rolled oats (optional)
2 quarts milk
24 eggs
20 overripe bananas, mashed
4 cups brown sugar
2 tablespoons vanilla extract
3 tablespoons ground cinnamon
½ tablespoon ground nutmeg
Blended oil or vegetable spray for pans

DIRECTIONS

1. Preheat the oven to 350°F.
2. Tear leftover bread into bitesize chunks and spread evenly into two shallow 2" hotel pans. Sprinkle oats over bread in pan if using.
3. In a large stainless-steel bowl, crack eggs and whisk. Add milk and combine.
4. Add mashed bananas, brown sugar, vanilla, and spices.
5. Oil pans with blended oil or vegetable spray. Pour liquid over the bread and allow to sit for 10-15 minutes to absorb liquid.
6. Cover with foil and bake for 35 minutes. Uncover and allow to cook for an additional 10 minutes until lightly brown on top.
7. Serve warm, with or without fruit sauce.

The image shows three round spinach and cheese pies in aluminum trays. The pies are arranged in a triangular pattern. The top-left pie is the most prominent, showing a golden-brown crust and a filling of dark green spinach and melted orange cheese. The other two pies are partially visible, one to the right and one below. The background is a light-colored surface.

*VEGETARIAN
MAIN COURSES*

BLACK BEAN AND SWEET POTATO CHILI

A HEARTY VEGETARIAN TWIST ON A FAMILIAR FAVORITE. A MEAT VARIATION OF THIS RECIPE CAN BE MADE BY REPLACING SOME OF THE BEANS WITH GROUND TURKEY.

SERVES 50 ADULTS

INGREDIENTS

2 onions, diced
¼ cup garlic, minced
2-3 stalks celery, sliced thin
2 green bell peppers, diced
1 teaspoon ground black pepper
1 tablespoon oregano
½ cup chili powder
3 tablespoons paprika
2 #10 cans black beans, drained
1 #10 can chopped tomatoes
10 lb. unpeeled sweet potatoes, 1" diced
2 cups tomato paste
2 tablespoons salt

DIRECTIONS

1. Sauté onions, and garlic in blended oil. Add bell peppers and spices (chili powder, oregano, paprika, and black pepper).
2. Add black beans, tomato paste, and chopped tomatoes.
3. Simmer and add sweet potatoes. Cook for an hour until sweet potatoes are soft. Add water and salt if needed.

BROCCOLI CHEDDAR QUICHE

QUICHE IS ONE OF OUR MOST POPULAR DISHES. THIS IS ALSO DELICIOUS MADE WITH SPINACH AND MOZZARELLA CHEESE.

SERVES 50 ADULTS

INGREDIENTS

9 10" pie shells
2 tablespoons blended oil
1 large onion, diced
1 large green or red bell pepper, diced small
6 dozen eggs
1 quart 1% milk
2 lb. cheddar cheese low-sodium, shredded
2 teaspoons black pepper
2 teaspoons salt
8-10 lb. fresh broccoli, cut into florets and
blanched for 5 minutes.

DIRECTIONS

1. Preheat oven to 350°F.
2. Heat oil in sauté pan and sauté onion and bell peppers until onions become slightly translucent and bell peppers soften (about 7 minutes). Set aside.
3. Break eggs. Heat 2 inches of water in a navy pan and steam/blanch broccoli for about 5 minutes covered. Drain well.
4. To cracked eggs, add: milk, shredded cheese, onion, bell peppers, broccoli, salt, and black pepper.
5. Evenly divide filling among pie shells and cook for 30 to 40 minutes. Slice each quiche into 6 slices and serve immediately.

BUTTERNUT SQUASH MACARONI AND CHEESE

MACARONI AND CHEESE IS A CLASSIC AMERICAN DISH. BY ADDING BUTTERNUT SQUASH, WHICH MATCHES CHEDDAR IN COLOR AND IS THEREFORE ALMOST UNDETECTABLE, YOU ARE ADDING A TREMENDOUS AMOUNT OF NUTRIENT DENSITY TO THIS DISH.

SERVES 50 ADULTS

INGREDIENTS

5 lb. whole wheat elbow macaroni, cooked
according to package directions
12 ½ cups butternut squash, roasted and
mashed
10 tablespoons oil
20 cups 1% milk
15 tablespoons butter
5 teaspoons paprika
5 teaspoons garlic powder
5 tablespoons salt
1 tablespoon pepper
10 cups cheddar cheese, shredded

DIRECTIONS

1. Preheat oven to 350°F.
2. Cut butternut squash in half and drizzle with oil and season with salt and black pepper. Roast for 45-50 minutes or until fork tender. Set aside until cool. When cooled, remove skin and mash with fork until smooth.
3. Cook macaroni according to package instructions.
4. Heat milk, butter, garlic, paprika and salt in a large pot. Add butternut squash and cooked pasta into milk mixture and shredded cheese. Combine well and check for seasoning.
5. Place into greased hotel pan, top with cheddar cheese, cover with foil, and bake for 20 minutes.

CAULIFLOWER CHICKPEA BULGUR BAKE

THIS IS A VERY SATISFYING AND HEARTY VEGETARIAN CASSEROLE. THE ADDITION OF MELTED CHEESE MAKES IT A CROWD PLEASER.

SERVES 50 ADULTS

INGREDIENTS

16 cups bulgur wheat
21 cups boiling water
2 tablespoons blended oil
2 teaspoons salt
10 heads cauliflower, cut into florets
5 tablespoons garlic, minced
4 tablespoons basil
4 tablespoons oregano
1 cup blended oil
2 #10 cans low-sodium chickpeas
16 cups shredded cheddar or mozzarella
2 cup grated parmesan cheese

DIRECTIONS

1. Preheat oven to 350°F.
2. Boil water. Put dried bulgur into 2 hotel pans, 8 cups each pan. Add 10 ½ cups hot water to each pan. Divide the oil and salt between the two pans.
3. Cover with clear plastic wrap and foil and put into the oven for 30 minutes. Bulgur should be completely cooked but not mushy!
4. While bulgur is cooking, cut cauliflower into florets and toss with garlic, basil, oregano and oil. Roast for 30 minutes. (Alternately, steam cauliflower florets and toss garlic, basil, oregano and oil).
5. Mix well with cooked bulgur, chick peas, and shredded cheese (cheddar or mozzarella). Put into 4 hotel pans or 8 half pans that have been sprayed with cooking spray. Top with grated parmesan cheese.
6. Cover with clear plastic and foil and bake for 20 to 30 minutes until golden on top. Serve hot.

EGGPLANT PARMESAN

THIS IS A FAMILIAR VEGETARIAN CLASSIC. WE MAKE IT WITH FRESH EGGPLANT THAT IS PRE-BAKED, AS OPPOSED TO BREADED AND FRIED. THE BREADCRUMBS ARE SPRINKLED BETWEEN THE LAYERS TO MIMIC THE TRADITIONAL TEXTURE.

SERVES 50 ADULTS

INGREDIENTS

10 lb. eggplant
3 cups blended oil (or more as needed)
2 tablespoons salt
1 tablespoon pepper
½ cup dried oregano
1 #10 cans of low-sodium spaghetti sauce
4 to 5 cups breadcrumbs
4 cups grated parmesan
8 cups of shredded mozzarella
1 cup chopped fresh basil or ½ cups dried basil

DIRECTIONS

1. Preheat oven to 325°F degrees.
2. Slice eggplant into ½ inch slices, leaving skin on. Toss the slices (in batches) in the blended oil and lay them on full sheet pans that are lined with parchment paper, wax paper or foil. Sprinkle eggplant with small amount of salt, black pepper, and dried oregano.
3. Cook in oven for 15 to 20 minutes or until just starting to become golden brown. Remove from oven.
4. Coat the bottom of your full hotel pan with thin layer of spaghetti sauce. Lay eggplant on top of sauce closely but not overlapping. Sprinkle 1 cup of breadcrumbs over the eggplant evenly.
5. Sprinkle 2 cups of mozzarella over the breadcrumb. Sprinkle 1 cup of Parmesan cheese over the mozzarella. Add another layer of sauce.
6. Then make one more layer of all ingredients, eggplant, bread crumbs, mozzarella, ending in a layer of parmesan cheese.
7. Cover with foil and bake for 15 to 20 minutes. Remove foil and bake another 5 to 7 minutes until bubbling hot and golden brown on top.
8. Slice and serve.

LEMONY WHITE BEANS, CARROTS, AND SPINACH

THIS IS A GREAT ITALIAN VERSION OF A LEGUME ENTRÉE. KEEP IN MIND, IT CAN BE DIFFICULT TO FIND LOW-SODIUM CANNED WHITE BEANS. IN THAT CASE, USE ABOUT 10 LB. OF DRIED WHITE BEANS AND COOK FROM SCRATCH.

SERVES 50 ADULTS

INGREDIENTS

4 #10 cans low-sodium Great Northern beans, drained
2 cups blended oil
24 to 30 medium carrots, peeled and cut into small dice
4 medium onions, diced
1 cup garlic, minced
4 green or red bell peppers, diced small
4 ribs celery, sliced thin
1 cup tomato paste
8 teaspoons dried oregano
8 teaspoons dried basil
4 to 6 lemons, zested**
2 quarts water or vegetable stock
4 teaspoons salt
4 teaspoons black pepper
6 lb. baby spinach

DIRECTIONS

1. Drain white beans. Chop carrots, onions, peppers, celery, and garlic. Heat oil in a large soup pot.
2. Sauté onions and garlic for 2 to 3 minutes until transparent. Add carrots, celery, and bell peppers. Cook for 5 minutes until bell peppers and celery begin to soften.
3. Add tomato paste, oregano and basil. Cook one more minute. Add water and drained beans into the vegetables and bring to a simmer. Cook for 30 minutes until carrots are very tender and flavors develop. Season with a sprinkle of salt and black pepper.
4. Add spinach to the pot and cook for another 3 to 5 minutes.
5. Add water to the last 30 minutes of cooking if it becomes too thick. This stew or side dish is meant to be thick and creamy so don't add too much water.
6. Adjust seasoning and serve. Can be served as a side dish or main dish over rice (or bulgur, quinoa, or barley).

** Note: Zesting: scrape off the outer thin layer of colored skin of citrus with a small grater or microplane

LENTIL STEW WITH CARROTS AND TURNIPS

THIS IS ONE OF OUR FAVORITE WAYS TO USE TURNIPS, WHICH ARE A NEW YORK STATE WINTER STORAGE VEGETABLE. EVEN OUR 3-5 YEAR OLD CHILDREN LOVE THIS STEW.

SERVES 50 ADULTS

INGREDIENTS

½ cup garlic, minced
½ cup blended oil
1 onion, diced
¼ bunch celery, sliced thin
1 red or green bell pepper, diced
1 ½ cups tomato paste
2 lb. chicken sausage (optional)
1 tablespoon oregano
2 bay leaves
2 tablespoons salt
5-6 medium carrots, in 1" rounds
5 turnips, in 1" dice
½ bunch parsley
3 ½ lb. (about 9 ½ cups) lentils, dried
About 2 gallons water or chicken stock

DIRECTIONS

1. Sauté onions, celery, and garlic in oil.
2. Sauté bell peppers and chicken sausage (if using) for 10 minutes.
3. Add bay leaf, oregano, salt, carrots, turnips, lentils, tomato paste and water/chicken stock. Cook for 1 ½ hours.
4. Serve with rice, bulgur, or quinoa.

PENNE WITH WHITE BEANS, EGGPLANT, AND TOMATOES

THE WHITE BEANS IN THIS DISH ADD PROTEIN AND MAKE IT A WELL-ROUNDED MAIN DISH. THE EGGPLANT IN THIS DISH COULD ALSO BE ROASTED TO DEVELOP DIFFERENT FLAVORS. TOSS EGGPLANT, SALT AND PEPPER AND ROAST IN A 325°F OVEN FOR 30 MINS OR UNTIL TENDER.

SERVES 50 ADULTS

INGREDIENTS

2 cups fresh basil chopped
4 lb. dried whole wheat penne cooked
12 cups cannellini (white kidney) beans, rinsed and drained
12 cups tomato sauce
2 cups blended oil
10-12 cloves garlic, thinly sliced
4 onions, diced
6 red bell peppers, diced
12-16 eggplants cut into 1-inch cubes
2 tablespoons salt
1 tablespoon black pepper

DIRECTIONS

1. Heat oil over low heat, add eggplant and brown. Add garlic and cook, stirring, until garlic is softened but not browned, 1 to 2 minutes.
2. Add tomatoes and bring to a simmer. Cover and cook until eggplant is very tender, about 15 minutes.
3. Add beans and simmer until heated through. Stir in basil, salt and black pepper.
4. Add cooked penne to sauce and stir.

ROTINI WITH SPINACH, CHICKPEAS, AND GARLIC

THE ADDITION OF THE LEMON TO THIS PASTA REALLY BRIGHTENS UP THE DISH. WHILE FROZEN SPINACH CAN BE USED, WE DO RECOMMEND USING FRESH SPINACH IN THIS DISH FOR COLOR AND FLAVOR.

SERVES 50 ADULTS

INGREDIENTS

7 ½ lb. frozen spinach or 3 ½ lb. fresh spinach
1 cup blended oil
½ cup garlic, minced
1 red onions, diced small
4 lb. whole wheat rotini
1 #10 cans low-sodium chickpeas, drained
2 ½ cups parmesan, grated
½-1 cup lemon juice, or to taste
2 tablespoons salt
1 tablespoon black pepper

DIRECTIONS

1. Place spinach in boiling salted water and cook until just hot. Drain well.
2. Heat blended oil and sauté garlic and red onion for 2 minutes until just starting to get color. Remove immediately and pour over well drained spinach. Combine well. Keep warm while boiling pasta.
3. Cook rotini in boiling salted water. During last 5 minutes of boiling, add drained chickpeas. Drain and toss with spinach and garlic oil mixture.
4. Toss in parmesan, salt and black pepper and mix well. Cover and keep warm for service.

VEGETABLE BIRYANI WITH CHICKPEAS

BIRYANI IS A CLASSIC INDIAN MAIN RICE DISH. ALTHOUGH IT IS FREQUENTLY MADE WITH MEAT, IT IS EQUALLY DELICIOUS AS A VEGETARIAN DISH.

SERVES 50 ADULTS

INGREDIENTS

5 lb. brown basmati rice or 12 cups
¾ cups blended oil
2 onions, diced
½ cup ginger, minced
4 tablespoons garlic, minced
3 lb. sweet potatoes, cut into 1" dice
4 large carrots, cut into 1" pieces
3 tablespoons mild curry powder
1 tablespoon ground turmeric
1 tablespoon cinnamon
2 teaspoons cumin
6 bay leaves
1 #10 can diced tomatoes
1 #10 can chickpeas
2 heads cauliflower, stemmed and cut into 1"
pieces
2 lb. frozen green peas, thawed

DIRECTIONS

1. Cook basmati rice according to package directions with water, divided among hotel pans. Keep hot.
2. Heat oil in large stock pot. Add onions and ginger and cook until translucent and fragrant, 7 to 10 minutes. Add garlic and cook stirring for one more minute.
3. Add sweet potato, carrot, and spices and cook for another 10 minutes. Add diced tomatoes and bring to a boil. Lower heat and add cauliflower, chickpeas, and green peas.
4. Cook for another 15 to 20 minutes until vegetables are tender.
5. Put rice in hotel pans evenly distributed. Add sauce and vegetables to each hotel pan and make sure it is evenly distributed. Cover and keep warm in oven until service.

WHOLE WHEAT LINGUINE WITH ASPARAGUS, PEAS, AND SPINACH CREAM

SPRING IS ASPARAGUS SEASON. ASPARAGUS CAN BE EXPENSIVE, EVEN IN SEASON, BUT AS A VEGETARIAN ENTRÉE, THIS DISH IS STILL AFFORDABLE TO SERVE.

SERVES 50 ADULTS

INGREDIENTS

½ lb. baby spinach or any fresh spinach or frozen spinach
1 ½ lbs. skim milk ricotta cheese
1 cup blended oil
½ cup garlic, minced
Zest** of 2 lemons with juice (optional, but very good for taste)
5 lb. whole wheat linguine
5 lb. fresh asparagus, tough ends cut off (about 2"), sliced to 1" pieces
4 lb. green peas, frozen
2 cups grated parmesan cheese
3 cups reserved pasta water*
2 tablespoons salt
1 tablespoon pepper

**Note: Zesting: scrape off the outer thin layer of colored skin of citrus with a small grater or microplane

DIRECTIONS

1. Bring a large stock pot of salted water to boil with enough room for pasta, peas, and asparagus.
2. Wash spinach and drop into the boiling water in a steamer insert or sieve. Cook for 1 minute and remove with steamer insert or slotted spoon. Drain well and put into a bowl with ricotta cheese, oil, garlic, and lemon zest and juice.
3. Using an immersion blender or other food processor or blender, blend these ingredients. Set aside.
4. Bring water back to a boil and cook linguine until just about done. Drop in asparagus pieces and peas and cook for another 1 to 2 minutes until bright green and just cooked. *Reserve 3 cups pasta water and drain off the rest.
5. Put pasta and vegetables into a bowl. Pour spinach and ricotta mixture over the pasta. Toss with parmesan cheese and use some, maybe not all of, the reserved pasta water to make an even consistency.
6. Season with a sprinkle of salt and black pepper. Serve hot.



*POULTRY AND FISH
MAIN COURSES*

BULGUR OR ARROZ CON POLLO

ORIGINALLY, WE WERE MAKING ONLY ARROZ CON POLLO, BUT IN A DESIRE TO SERVE MORE DIVERSE GRAINS WE MADE THE DISH WITH BULGUR. IT IS NOW JUST AS POPULAR AS THE ORIGINAL.

SERVES 50 ADULTS

INGREDIENTS

14 cups (about 7 lb.) bulgur or brown rice
Boiling water
2 cups blended oil
15-20 lb. boneless chicken thigh, cut into
bite-sized pieces
4 large onions, diced
3 green bell peppers, diced
3 red bell peppers, diced
1 cup cilantro, chopped
2 cups garlic, minced
¼ cup oregano
3 tablespoons paprika
1 tablespoon black pepper
2 tablespoons salt

DIRECTIONS

1. Preheat oven to 350°F.
2. Put bulgur wheat into 2 full hotel pans, evenly divided. Cover with boiling water approximately 1" over the top of the bulgur. Bake for 30 minutes, covered with film and foil.
3. In a large rondo or tilt skillet, sauté onions and bell peppers in oil. When vegetables start to become tender, add garlic, spices and herbs. Add meat and cook until done.
4. Combine meat with cooked bulgur and stir well. Serve hot.

CHICKEN CACCIATORE

IF YOU WANT TO ADD SOME CREATIVITY AND NEW FLAVORS TO YOUR BASIC CHICKEN CACCIATORE RECIPE, TRY THIS ONE WITH THE ADDITION OF CELERY, CARROTS, AND PEPPERS! WE USE BONELESS THIGHS FOR THIS RECIPE BECAUSE THEY CAN BE A CHEAPER, JUICIER, AND MORE FLAVORFUL CUT, BUT YOU COULD ALSO USE BREASTS OR BONE-IN THIGH.

INGREDIENTS

1 cup blended oil
25 lb. skinned, boneless thighs chicken
2 ½ cups onion, diced
1 ½ cups celery, sliced thin
1 lb. (6 medium carrots) carrots peeled,
chopped
2 tablespoons garlic, minced
2 #10 cans whole tomatoes, undrained and
chopped
2 ½ cups sliced, fresh mushrooms
½ cup fresh parsley, chopped
1 ½ cups green bell pepper, diced
1 tablespoon dried whole basil
1 tablespoon dried whole oregano
2 tablespoons salt
1 teaspoon black pepper

DIRECTIONS

1. Preheat oven to 350°F.
2. Season and roast the chicken in the oven on sheet trays for 20 to 30 minutes.
3. Add onions, celery, and garlic to skillet with a little more oil; sauté until vegetables are tender.
4. Place chicken in skillet with tomatoes and remaining ingredients. Cover and simmer for 20 minutes, or until chicken is done cooking.

BAKED FISH WITH CORN AND POTATO SAUCE

WE'RE ALWAYS LOOKING FOR WAYS TO KEEP OUR FISH HOT AND MOIST. THIS CORN AND POTATO SAUCE ADDS RICHNESS, NUTRIENTS, AND MOISTURE TO THE DISH NOT TO MENTION FLAVOR!

SERVES 50 ADULTS

INGREDIENTS

6 ½ lb. 3 to 5 ounces Cod or Pollack filets
¼ lb. butter
½ cup blended oil
1 ½ onions, diced
¼ cup garlic, minced
½ cup red bell pepper, diced small
½ head celery, sliced thin
1 cup shredded carrot
1 tablespoon thyme leaves
1 tablespoon paprika
2 teaspoons black pepper
½ cup all-purpose flour
1 quart 1% milk, heated
1 quart water, heated
6 bay leaves
4 lb. yellow potato, diced
2 ½ lb. frozen corn, thawed
2 bunches scallions (optional)
1 cup half and half (optional)
2 tablespoons salt

DIRECTIONS

1. Preheat oven to 350°F.
2. Heat butter and oil in a large stock pot. Sauté onion, garlic, red bell peppers, celery, and carrots.
3. Add spices (thyme leaves, paprika, pepper) and sprinkle flour over all.
4. Stir for 5 minutes to lightly cook the flour. Do not brown.
5. Add hot milk and water slowly, stirring constantly. Season with 6 bay leaves. Bring to a simmer.
6. Add potato and corn. Cook until potatoes are done. Five minutes before serving, add half and half, if using. Add scallions or chives. Heat sauce but do not boil. Serve over fish.
7. Cook fish on paper lined baking trays for 7 to 10 minutes until cooked entirely through.

CHICKEN STEW WITH GINGER AND PUMPKIN

THIS STEW IS PERFECT AS A HEARTY FALL AND WINTER DISH, WHEN BUTTERNUT SQUASH AND PUMPKIN ARE IN SEASON. EXPERIMENT WITH DIFFERENT SQUASHES DURING PEAK SEASON. WE DO NOT PEEL OUR BUTTERNUT SQUASH BECAUSE THE PEEL HAS NUTRIENTS AND SOFTENS UPON COOKING. BUTTERNUT SQUASH IS VERY HIGH IN VITAMIN A.

INGREDIENTS

½ cup blended oil
2 green or red bell peppers, diced
2 onions, diced
3 stalks celery, sliced thin
5 tablespoons garlic, minced
½ cup ginger, minced
17 lb. boneless chicken thigh, cut into 2 pieces
each
2 teaspoons thyme
1 tablespoon oregano
½ bunch fresh cilantro
1/3 cup brown sugar, packed
2 tablespoons salt
7 cups (½ #10 can) diced tomato
¾ cup tomato paste
3-4 lb. pumpkin or butternut squash, seeded,
peeled (if pumpkin), and chopped 1"
1 ½ gallons water

DIRECTIONS

1. Preheat oven to 350°F.
2. Heat oil and sauté bell peppers, onions, celery, garlic, and ginger until tender, about 10 minutes.
3. Cook chicken thighs on sheet pans in oven for 30 minutes, until almost done.
4. Add thyme, oregano, brown sugar, and salt to onion mixture and sauté for 2 minutes. Add tomatoes, paste, cilantro and pumpkin.
5. Add water if consistency needs. Cover and cook for 15 minutes. Add chicken and cook for another 15 minutes.
6. Serve with brown rice or other grain.

SWEET POTATO COCONUT CURRY FISH

THIS IS ANOTHER SAUCE THAT HELPS KEEP FISH HOT AND MOIST. SWEET POTATOES ARE HIGH IN VITAMIN A, MAKING THIS SAUCE MORE NUTRIENT DENSE.

SERVES 50 ADULTS

INGREDIENTS

6 ½ lb. 3 to 5 ounces Cod or Pollack filets
6 tablespoons blended oil
3 tablespoons garlic, minced
2 large onions, diced
½ head celery, sliced thin
4 lb. sweet potatoes, washed and diced into 1" pieces
2 red or green bell peppers, diced small
1 ½ tablespoons mild curry powder
3 #303 (15 ounce) cans coconut milk
1 ½ cups water
1 tablespoon brown sugar
¼ cup lime or lemon juice
¼ cup cilantro, washed and chopped (optional)

DIRECTIONS

1. Preheat oven to 325°F.
2. Marinate the fish in salt, pepper, oil and garlic.
3. Sauté garlic, onions, and celery in oil. Add sweet potatoes and bell peppers. Cook for 10 minutes.
4. When vegetables begin to soften, add curry powder and cook for 2 minutes. Add coconut milk and water and cook until sweet potatoes are cooked (simmering for about 30 minutes).
5. Add cilantro to sauce and cook for about 5 minutes stirring well. Finish with lemon / lime juice.
6. While sauce is finishing, bake fish in marinade for 7 minutes. Serve ½ cup of sauce over fish.

HEALTHIER TUNA SALAD

THIS TUNA RECIPE IS MADE WITH LESS MAYONNAISE AND SUBSTITUTED WITH YOGURT FOR A HEALTHIER VERSION OF A CLASSIC TUNA SALAD. YOGURT IS LOWER IN FAT AND CALORIES AND CONTAINS MORE PROBIOTICS AND PROTEIN.

SERVES 50 ADULTS

INGREDIENTS

14 lb. canned tuna, in water
1 ½ cups plain yogurt
2 tablespoons oil
2 ¼ cups light mayonnaise
4 ½ tablespoons pickle relish
2 ounces lemon juice
1 onion, diced small
½ small red onion chopped finely
½ - ¾ head celery, sliced thin

DIRECTIONS

1. Drain tuna and chop all vegetables.
2. Mix together tuna, chopped vegetables, and remaining ingredients.
3. Chill and serve.

BAKED FISH WITH LEMON AND GARLIC

THIS IS A LIGHT AND FLAVORFUL SAUCE TO PUT ON ANY FISH. ALTERNATIVELY, PUT ALL SAUCE INGREDIENTS IN THE BLENDER AND BLEND ALL TOGETHER.

SERVES 50 ADULTS

INGREDIENTS

6 ½ lb. pieces Salmon or Cod, in 3-5 ounce portions
¾ cup blended oil
¾ cup of lemon juice
¾ cup garlic, minced
¾ cup chopped parsley

DIRECTIONS

1. Preheat oven to 350°F.
2. Combine all ingredients and toss fish in marinade, or drizzle or brush over fish on baking sheets.
3. Prepare baking sheets with foil and paper pan liners and spray with cooking spray.
4. Lay approximately 25 to 30 pieces of fish per tray, 4 or 5 trays total. Cook for 7 to 10 minutes.
5. Serve hot.

SPAGHETTI CARBONARA WITH TURKEY BACON AND GREEN PEAS

THIS RECIPE IS A PERFECT WAY TO USE LESS MEAT WITHOUT SACRIFICING FLAVOR. THIS IS AN EASY WAY TO TRANSITION INTO SERVING SMALLER MEAT PORTIONS.

SERVES 50 ADULTS

INGREDIENTS

4 lb. whole wheat spaghetti
3 ½ lb. turkey bacon, cut into 1" pieces
1 cup blended oil
½ cup garlic, minced
4 lb. green peas, frozen
½ lb. part-skim ricotta
2 ½ quarts 1% milk
½ lb. arugula or baby spinach or 1 cup chopped parsley
½ lb. parmesan, grated

DIRECTIONS

1. Boil enough water to cook 4 lb. whole wheat spaghetti. Drop spaghetti into boiling water and cook until just al dente. Drain. Keep warm.
2. While spaghetti is cooking, cut turkey bacon into ½" dice. Heat oil and sauté turkey bacon and garlic for 2 minutes. Put peas into the tilt skillet with the bacon and garlic. Stir to break up clumps.
3. Mix ricotta and milk. Add mixture slowly over other ingredients and cook on medium heat until peas are just done. Do not simmer or boil. Add pasta and mix well.
4. Add parsley and parmesan and toss to combine well. Keep hot until service.



VEGETABLE SIDES

BRAISED RED CABBAGE WITH APPLES

WE USE RED CABBAGE IN OUR MENUS FREQUENTLY, THOUGH USUALLY RAW. THIS IS ONE OF THE FEW DISHES IT IS SERVED COOKED. THE CARAWAY SEEDS MAKE THE DISH AUTHENTICALLY GERMAN AND DELICIOUS.

SERVES 50 ADULTS

INGREDIENTS

2 heads red cabbage, shredded
4 apples, sliced thinly
2 tablespoons butter
3 tablespoons oil
1 $\frac{3}{4}$ cups apple cider or apple juice or orange
juice
3 $\frac{1}{2}$ ounces water
3 $\frac{1}{2}$ ounces apple cider vinegar
1 tablespoon caraway seeds (optional)
1 $\frac{1}{2}$ tablespoons brown sugar
3 teaspoons salt

DIRECTIONS

1. Melt butter and oil and sauté cabbage and apples.
2. Add all liquid and seasonings.
3. Cook for 30 minutes until wilted. Serve.

COLLARD GREENS WITH TOMATOES

WE RECOMMEND THAT COLLARD GREENS SHOULD BE SERVED FRESH. THE AMOUNT OF TOMATOES THAT ARE PUT INTO THIS DISH CAN BE VARIED BASED ON THE TASTE PREFERENCE OF YOUR CLIENTS.

SERVES 50 ADULTS

INGREDIENTS

- 1 case collards (about 16 lb.)
- 3 ounces blended oil
- 3 tablespoons garlic, minced
- 2 large onions, diced
- 1 #10 can diced tomato
- 2 tablespoons sugar
- 2 tablespoons dried oregano

DIRECTIONS

1. Take stems off collards, wash well, and chop roughly. Heat blended oil in a tilt skillet and add onions and garlic. Cook for 3 minutes.
2. Add tomatoes, sugar and oregano. Heat through. Add collards to pan and cook for 30 minutes. Make sure if green seem dry to add water, a cup at a time so that they do not dry out.
3. Continue to cook until greens are tender adding small amounts of water if necessary. Serve.

KALE AND POTATOES

THIS IS A WINTER DISH. OUR CLIENTS LOVE WHEN WE ADD POTATOES TO KALE, WHICH WE SERVE OFTEN.

SERVES 50 ADULTS

INGREDIENTS

- 12 lb. green kale, chopped and washed
- 20 lb. potatoes, sliced thin
- 1 cup garlic, minced
- 2 cups blended oil

DIRECTIONS

1. In a wide bottomed pot, cook the garlic, and potatoes with the oil until potatoes are tender
2. Add kale, stir together, and cook until kale is tender. Add a little water if needed.

LIMA BEAN SUCCOTASH

THIS IS A GREAT WAY OF MIXING FRESH AND FROZEN VEGETABLES. IT IS AN EASY WAY TO START INTRODUCING FRESH PRODUCE INTO YOUR MENUS. WE ALSO USE ANY FRESH VEGETABLES, SUCH AS ZUCCHINI OR EGGPLANT, THAT NEED TO BE USED UP.

SERVES 50 ADULTS

INGREDIENTS

½ cup blended oil
2 cups onions, diced
¾ cup garlic, minced
2 bay leaves
2 tablespoons ground thyme
2 tablespoons chili powder
4 teaspoons cup oregano
4 teaspoons basil
4 lb. corn, frozen
4 lb. lima beans, frozen
1 #10 cans diced tomatoes

DIRECTIONS

1. Heat oil in large pan. Sauté onions and garlic in oil.
2. Add all spices and toast.
3. Add all frozen vegetables.
4. Cook for 5 minutes. Add diced tomatoes. Cook for 30 minutes to blend flavors.

RATATOUILLE

A CLASSIC VEGETABLE SUMMER SIDE DISH.

SERVES 50 ADULTS

INGREDIENTS

2 large onions, diced
6 tablespoons garlic, minced
4-6 red and green bell peppers, diced
8 large eggplants, cut into 1" dice
10 small to medium zucchini cut into ½ inch rounds
10 oz blended oil
1 #10 can of whole peeled tomatoes
2 tablespoons dried thyme
½ cup large basil leaves, torn or chopped small
2 tablespoons salt
1 tablespoon pepper

DIRECTIONS

1. Heat blended oil in a large skillet. Add onion and garlic and cook over medium high heat stirring for 5 minutes.
2. Add the eggplant, bell pepper, zucchini, tomatoes, thyme and basil and cook for about 25 minutes on medium-to-medium high heat, stirring frequently.
3. Add salt and black pepper.

ROASTED WINTER SQUASH

THIS IS ONE OF THE FIRST VEGETABLES WE STARTED COOKING FRESH. SQUASH IS A GOOD ALTERNATIVE TO ROASTED WHITE POTATOES, ADDING A NUTRIENT HEAVY SIDE DISH TO A MEAL. GREAT TO SERVE IN THE FALL AND WINTER.

SERVES 50 ADULTS

INGREDIENTS

25 lb. acorn or butternut squash, washed, halved, seeds removed and cut into 6 or 8 pieces (4 to 6 oz) depending on the size of the squash.
1 cup blended oil
2 tablespoons salt

DIRECTIONS

1. Preheat oven to 325°F.
2. Wash, cut, and seed squash. Toss in blended oil. Place on full sheet pans with paper liners.
3. Bake on 325°F for 30 to 40 minutes until golden brown and tender. Serving size is one piece.

ROASTED ZUCCHINI

THIS IS A TASTY WAY OF COOKING ALMOST ANY FRESH VEGETABLE. GREAT TO SERVE IN THE SUMMER.

SERVES 50 ADULTS

INGREDIENTS

1 case of zucchini (about 50 zucchini)
2 cups blended oil
1 cup garlic, minced
½ cup dried basil or 4 cups fresh basil, chopped
2 tablespoons salt
1 tablespoon black pepper

DIRECTIONS

1. Preheat oven to 350°F.
2. Wash and chop zucchini into 1" dice.
3. Place blended oil, garlic, basil salt and black pepper in a large bowl. Toss chopped zucchini in oil mixture.
4. Put zucchini on full sheet pans lined in parchment paper. Roast in oven for 20 to 30 minutes until lightly browned and water evaporated. Serve hot.

ZUCCHINI, CORN, AND TOMATOES

THIS FRESH/ FROZEN MIX OF VEGETABLES IS A GREAT WAY TO TRANSITION TO USING MORE FRESH PRODUCE.
MAKE THIS IN THE SUMMER TIME FOR A LIGHT SIDE DISH.

SERVES 50 ADULTS

INGREDIENTS

5 large yellow onion, diced small
½ cup garlic, minced
4-5 red and green bell peppers, diced
5 lb. frozen cut corn
10 small to medium zucchini, cut into ½" rounds
½ cup blended oil
1 #10 can of whole peeled tomatoes
2 tablespoons dried thyme
1 cup large basil leaves, torn or chopped small
or 3 tablespoons dried basil
2 tablespoons salt
1 tablespoon black pepper

DIRECTIONS

1. Heat blended oil in a large skillet. Add onion and garlic and cook over medium high heat, stirring for 5 minutes.
2. Add the bell pepper, zucchini, tomatoes, thyme and basil and cook for about 20 minutes on medium-to-medium high heat stirring frequently.
3. Add corn and cook for another 10 to 15 minutes until all is warm.
4. Add salt and black pepper to taste.



GRAIN SIDES

BAKED POLENTA WITH CHEESE

POLENTA IS CORNMEAL, OR GROUND CORN. BY BAKING IT WITH CHEESE IT HARDENS, SO YOU CAN CUT IT INTO SQUARES.

SERVES 50 ADULTS

INGREDIENTS

2 ½ gallons water
10 tablespoons butter
4 lb. polenta
13 ounces shredded cheddar
7 tablespoons grated parmesan (optional)
1 ½ cups 1% milk

DIRECTIONS

1. Preheat oven to 350°F.
2. Heat water in a large pot with a heavy bottom. Add butter. When water is boiling sift in polenta gradually while stirring. Stir constantly for approximately 20 minutes.
3. Add parmesan, half the shredded cheddar, and milk. Stir well to combine.
4. Pour into a shallow hotel pan that you have oiled. Sprinkle remaining cheese on top, cover with film and foil, and bake for about 20 minutes.
5. Serve hot when cheese is melted on top.

BARLEY WITH PARMESAN

BARLEY IS THE LOWEST ON THE GLYCEMIC INDEX, SO IT WILL NOT SPIKE YOUR BLOOD SUGAR LIKE VERY PROCESSED WHITE GRAINS. THIS RECIPE IS A GENTLE INTRODUCTION TO A NEW GRAIN, SINCE BARLEY'S TEXTURE IS SIMILAR TO RICE.

SERVES 50 ADULTS

INGREDIENTS

7 ½ cups barley
4 bay leaves
1 ½ tablespoons garlic powder
1 cup blended oil
2 ½ ounces lemon juice
1 ½-2 cups parmesan
1 tablespoon black pepper (optional)

DIRECTIONS

1. Bring a pot of water to a boil. Add barley and bay leaves and reduce low heat. Cover and cook 45 minutes, or until barley is tender. Turn heat off and drain barley.
2. Return barley to the pot and add garlic powder, oil, lemon juice, and parmesan. Taste and season very lightly with black pepper, if necessary. Serve hot.

BROWN RICE AND WHEAT BERRY PILAF

WHEAT BERRIES ARE THE WHOLE GRAIN VERSION OF WHEAT, SO THEY ARE VERY CHEWY AND FIBROUS IN TEXTURE. MIXING THEM WITH BROWN RICE MAKES THEM MORE PALATABLE AND THE TRANSITION TO USING THEM EASIER.

SERVES 50 ADULTS

INGREDIENTS

2 cups wheat berries
8 cups converted brown rice
 boiling water to cover by ½ inch in pans
½ cup blended oil
1 ½ tablespoons oregano
2 tablespoons salt
1 large onions, diced
3 tablespoons garlic, minced
1 cup mixed fresh herbs, parsley, cilantro, dill,
 chives (optional)

DIRECTIONS

1. Preheat oven to 325°F.
2. In a large pot combine the wheat berries and enough water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender. While wheat berries are cooking, put water on for rice to boil. Add oil, salt, and herbs to water.
3. Measure rice into hotel pans. When water boils, pour hot water into each pan to cover rice by ½ inch.
4. Distribute onions, garlic, and fresh herbs evenly within the pans. Cover with plastic wrap tightly, and then cover with aluminum foil. Bake for 30 minutes.
5. Drain wheat berries and let cool. When the rice is done, fluff, mix with wheat berries, and serve.

QUINOA PILAF

THIS RECIPE FOR PILAF CAN BE SUBSTITUTED FOR ALMOST ANY GRAIN. WHILE QUINOA IS AN EXPENSIVE GRAIN, IT HAS A HIGH PROTEIN CONTENT, MAKING IT A GREAT VEGETARIAN OPTION.

SERVES 50 ADULTS

INGREDIENTS

20 cups (10 lb.) quinoa
2 ½ gallons water
1 tablespoon salt
1 teaspoon black pepper
1 tablespoon chopped basil, or another other fresh herb (optional)
1 carrot, shredded
1 cup greens of your choice: collards, spinach, kale, bok choy, chicory, etc. (or combination), chopped
2 tablespoons blended oil
2 cloves garlic, minced
2 scallions, sliced thin

DIRECTIONS

1. Heat oil in a medium size pot. Add garlic and onion. Cook for 1 minute and add chopped greens and shredded carrot. Add salt and black pepper. Sauté for 3 minutes.
2. Add water and bring to a boil. Add quinoa and stir and cover. Reduce to a simmer and cook for 15 minutes or until water is absorbed.
3. Toss chopped basil into the warm quinoa and serve.

TABBOULEH WITH TOMATOES AND CUCUMBERS

THIS MEDITERRANEAN DISH MADE WITH BULGUR WHEAT AND IS A GREAT SIDE DISH IN THE SUMMER. YOU CAN SERVE IT WITH BAKED CHICKEN TO MAKE IT A MAIN DISH.

SERVES 50 ADULTS

INGREDIENTS

8 ½ cups bulgur wheat
Boiling water to cover
4 tablespoons salt
2 ½ cups chopped parsley
¾ - 1 cup lemon juice
¾ - 1 cup blended oil
5 cucumbers, peeled and chopped finely
5 tomatoes, chopped finely
2 small red onions, diced small

DIRECTIONS

1. Preheat oven to 350°F.
2. For bulgur: put 5 cups bulgur wheat in a half hotel pan. Cover with hot water by ½ inch. Cover with plastic film and foil and bake for 20 minutes. Remove, uncover and let cool. You can refrigerate overnight.
3. For salad: chop parsley, cucumbers, tomatoes, and red onion if using. Toss ingredients with bulgur when it is cool. Combine oil and lemon juice. Pour over salad. Mix well and refrigerate until serving.

WHEAT BERRIES WITH CUCUMBERS, GREEN PEAS, HERBS AND A LEMON AND BASIL DRESSING

THIS SUMMER DISH IS A GOOD OPPORTUNITY TO DO A MIX OF FRESH AND FROZEN VEGETABLES WHEN TRANSITIONING TO USING MORE FRESH VEGETABLES. SUBSTITUTE WHATEVER GRAIN YOU LIKE.

SERVES 50 ADULTS

INGREDIENTS

6 to 7 large cucumbers, 1" dice (optional:
remove half the peel)
2 lb. frozen green peas, thawed
4 cups wheat berries (or barley, bulgur wheat or
brown rice)
½ cup fresh or bottled lemon juice
Zest** of several lemons, optional
1 cup blended oil
1 cup chopped parsley
1 cup chopped fresh basil
2 tablespoons salt
1 tablespoon black pepper

DIRECTIONS

1. Boil medium pot of lightly salted water. Add wheat berries and cook for 45 minutes to an hour on medium heat until done.
2. Drain wheat berries and cool. (If using an alternate grain, cook according to directions.) Boil another pot of water and blanch green peas for one minute, drain and cool. Partially peel and chop cucumbers into 1" dice.
3. In a small stainless bowl combine lemon juice, lemon zest (if using) and oil. Stir to combine well. Toss cooled grain, peas and cucumbers in the lemon dressing and mix well.
4. Sprinkle fresh parsley, basil, salt and black pepper over the salad and mix well. Chill for 30 minutes for flavor and serve.

** Note: zesting: scrape off the outer thin layer of colored skin of citrus with a small grater or microplane

WHEAT BERRIES WITH DRIED FRUIT

THIS SALAD CAN BE MADE NUT-FREE AND WITH ANY MIX OF DRIED FRUITS YOU LIKE. THE WHEAT BERRIES ARE OFTEN TOO CHEWY FOR THE CLIENTS, SO A MIX OF BROWN RICE AND WHEAT BERRIES IS PERFECT.

SERVES 50 ADULTS

INGREDIENTS

7 cups wheat berries
7 cups converted brown rice
1 ½ cups chopped walnuts
5 stalks celery, sliced thin
1 ½ cups dried fruit (raisins, cranberries or combination)
1 cup cilantro, parsley or fresh spinach, chopped
2 large red onion, diced small
½ cup blended oil
½ cup lemon juice (bottled or fresh)
1 teaspoon salt
1 teaspoon black pepper

DIRECTIONS

1. Preheat oven to 325°F.
2. In a large pot combine the wheat berries and enough water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender.
3. While wheat berries are cooking, put brown rice in a hotel pan. Add water, cover with foil and cook for 45 minutes.
4. Drain wheat berries and let cool. Add cooked rice. Cool. Toast the walnuts on a full baking sheet lined with paper for 10 minutes.
5. In a large bowl, combine the wheat berries, walnuts, celery, dried fruit, red onion, herbs and blended oil with lemon juice and salt and black pepper. Chill and serve chilled.



SALADS

BARLEY, CORN, AND BLACK BEAN SALAD

THIS GRAIN CENTERED SALAD IS A GOOD WAY TO INCORPORATE A NEW WHOLE GRAIN. THIS ALSO WAY TO USE A FRESH/ FROZEN MIX OF VEGETABLES.

SERVES 50 ADULTS

INGREDIENTS

7 ½ cups (3 1/3 lb.) barley
9 ½ cups (2 2/3 lb.) frozen corn
1 #10 can black bean, drained and rinsed
2 red onions, diced finely
1 bunch of cilantro, chopped
2 red or green bell peppers, diced small

1 ½ cups blended oil
1 cup lemon juice
1 ½ tablespoons cumin
1 tablespoon salt
1 tablespoon black pepper

DIRECTIONS

1. Boil barley in plenty of water until done (about 45 minutes). Drain.
2. Thaw corn and cook in hot water for 10 minutes until done. Drain
3. Drain and rinse black beans.
4. Combine everything in large bowl and mix well.
5. Mix oil, lemon juice, and spices together and pour over salad. Taste and adjust seasoning.
6. Chill and serve.

CABBAGE CARROT KOHLRABI SLAW

KOHLRABI IS A CRISPY ROOT VEGETABLE FROM THE CABBAGE FAMILY, BRUSSEL SPROUTS, AND KALE. KOHLRABI IS A WINTER STORAGE VEGETABLE AND MAKES A GREAT ADDITION TO ALL SALADS.

SERVES 50 ADULTS

INGREDIENTS

10 lb. green cabbage, shredded
5 lb. red cabbage, shredded
6 lb. kohlrabi, peeled and shredded
4 lb. carrots, peeled and shredded
½ cup ginger, minced

Dressing:

6 cups 100% orange juice
Zest** of 4 oranges (optional)
4 cups blended oil
6 cups apple cider vinegar, white vinegar, or rice wine vinegar
1 cup honey
½ cup cilantro or parsley, chopped (optional)
1 teaspoon salt or dash of soy sauce to taste

** Note: zesting: scrape off the outer thin layer of colored skin of citrus with a small grater or microplane

DIRECTIONS

1. Wash, peel, and shred all vegetables.
2. Combine all dressing ingredients and mix well. Pour over shredded vegetable salad.
3. Allow to rest refrigerated for 30 minutes to an hour for flavor to develop. Serve cold.

KALE, ROMAINE, APPLE, RED CABBAGE, AND PARMESAN SALAD

THIS IS A CRUNCHY AND COLORFUL SALAD WITH AN ADDITIONAL FLAVOR BOOST FROM THE APPLES AND PARMESAN CHEESE – A GREAT WAY TO CHANGE UP THE SALADS BEING SERVED.

SERVES 50 ADULTS

INGREDIENTS

2 heads romaine
1 bunch kale
6 apples, cored and sliced
4 lb. red cabbage, finely shredded
2 cups grated Parmesan

DIRECTIONS

1. Wash and cut romaine into 2-inch pieces. Clean and take leaves off kale and chop small 1-inch pieces.
2. Core and slice apples. Put in lemon water if you are not using immediately.
3. Shred cabbage. Mix all vegetables and toss with parmesan and dressing.

ROMAINE, CARROT, BEET, AND CHICKPEA SALAD

SERVES 50 ADULTS

INGREDIENTS

6 heads romaine lettuce
4 medium to large carrots, shredded
2 ½ lb. beets, peeled and shredded or cooked and
diced
½ #10 can chickpeas, rinsed and drained

DIRECTIONS

1. Cut and wash romaine into 2" pieces.
2. Shred carrots and beets, and mix.
3. Rinse and drain chickpeas.
4. Combine salad loosely. Serve with dressing.

SPINACH, APPLE, AND RED ONION SALAD

SERVES 50 ADULTS

INGREDIENTS

1 ½ lb. baby spinach
6 medium apples, cored and sliced thin
3 small red onions, sliced thin

DIRECTIONS

1. Mix spinach, cut apples, and sliced red onion in hotel pans.
2. Keep chilled before serving and during serving.

A top-down view of a white bowl filled with a mixed green salad. The salad includes various types of lettuce (green and purple), sliced tomatoes, shredded white onions, and small pieces of orange cheddar cheese. The bowl is set on a light-colored wooden surface.

*SALAD DRESSINGS
& SAUCES*

APPLE VINAIGRETTE

THIS IS A GREAT RECIPE TO REPURPOSE LEFTOVER BRUISED FRUIT. YOU CAN ALSO MAKE THIS WITH BEETS OR PEARS.

MAKES APPROXIMATELY 1 ½ GALLONS

INGREDIENTS

½ gallon (8 cups) medium apples, cored and cut into bite size pieces
3 cups apple cider vinegar
3 cups water
1 gallon (16 cups) blended oil
½ cup Dijon mustard
2 teaspoons salt
1 teaspoon black pepper
¼ cup sugar

DIRECTIONS

1. Combine ingredients in a tall container.
2. Blend with immersion blender at high speed until smooth.

BALSAMIC DIJON VINAIGRETTE

MAKES APPROXIMATELY 1 ½ GALLONS

INGREDIENTS

14 cups blended oil
6 cups balsamic vinegar
1 cup Dijon mustard
½ cup honey
1 cup garlic, minced
2 or 3 cups orange juice
3 tablespoons salt
3 tablespoons black pepper

DIRECTIONS

1. Combine all ingredients and shake or whisk to emulsify.

ROASTED RED PEPPER VINAIGRETTE

THIS IS A VIBRANT AND DIFFERENT SALAD DRESSING;
RED PEPPERS ADD A LARGE BOOST OF VITAMIN C.

MAKES APPROXIMATELY 1 ½ GALLONS

INGREDIENTS

2 #10 cans roasted red bell pepper, drained
1 cup dried oregano
1 cup garlic, minced
1 gallon blended oil
½ cup sugar
1 cup apple cider vinegar
3 tablespoons salt
3 tablespoons black pepper

DIRECTIONS

1. Put all ingredients in a large plastic container that will hold at least 2 gallons.
2. Blend with an immersion blender until completely combined (emulsified).
3. Cover and store. Keeps up to a week or more in the refrigerator when covered tightly.

YOGURT RANCH DRESSING

MAKING YOUR OWN SALAD DRESSING IS MUCH
CHEAPER THAN PURCHASING IT, AND YOU CAN
CONTROL THE INGREDIENTS. MAKE THIS HEALTHY
RANCH INSTEAD OF THE ORIGINAL, AND IT'S EVEN
MORE DELICIOUS.

MAKES SLIGHTLY LESS THAN 1 ½ GALLONS

INGREDIENTS

96 ounces (6 lb.) plain low-fat yogurt
6 cups light mayonnaise
3 tablespoons garlic, minced
3 to 6 teaspoons salt
9 tablespoons lemon juice or orange juice
3 cups ketchup (optional)

DIRECTIONS

1. Stir together all ingredients until well combined.
Serve with Sweet Potato Fries!

SOY GINGER MARINADE

USE THIS MARINADE FOR A WAY TO ADD FLAVOR TO BAKED CHICKEN OR FISH.

MAKES APPROXIMATELY 1 ½ GALLON

INGREDIENTS

- 1 ½ gallons of low-sodium soy sauce
- 1 ½ cups ginger, minced
- 1 ½ cups garlic, minced
- ¾ cup sesame oil (optional)
- 1 ½ cups honey, molasses, or brown sugar

DIRECTIONS

1. Stir together all ingredients until well combined.
2. Cover and store. Keeps upto a week or more in the refrigerator when covered tightly.

BBQ SAUCE

USE THIS ON CHICKEN OR A MEAT SUBSTITUTE. ADJUST THE SEASONING TO MAKE IT MORE OR LESS SPICY.

SERVES 50 ADULTS

INGREDIENTS

- 6 cups (½ #10 can) ketchup
- 3 cups (¼ #10 can) water
- ½ cup molasses
- ½ cup apple cider vinegar
- ½ cup tomato paste
- ½ cup Dijon mustard
- 2 teaspoons black pepper
- 3 teaspoons paprika
- 3 teaspoons garlic powder
- 3 teaspoons onion powder
- 3 teaspoons oregano
- 2 teaspoons ground fennel

DIRECTIONS

1. Put all in a heavy stock pot on stove. Stir to combine well.
2. Cook for an hour on low simmer.
3. Brush hot BBQ sauce onto cooked protein and serve.

SPINACH BASIL PESTO

THIS CAN BE MADE WITH CILANTRO OR OTHER HERBS, AND CAN BE PUT ON PASTA, FISH, OR CHICKEN. THE PESTO CAN BE MADE USING A FOOD PROCESSOR, BLENDER, ROBOT COUPE, OR CHOPPED BY HAND. MAKE WITH OR WITHOUT NUTS, AND WITH OR WITHOUT CHEESE, MAKING IT DAIRY FREE.

MAKES APPROXIMATELY 1 ½ GALLONS

INGREDIENTS

50 ounces of spinach or about 18 cups
packed, cleaned
15 cups basil, cleaned and packed
6 cups of garlic cloves, or about 4 big handfuls
9 cups blended oil
15 ounces lemon juice
5 cups grated parmesan cheese
5 tablespoons salt

DIRECTIONS

1. Put spinach, basil, and garlic into the bowl of a food processor in batches with oil and lemon juice and puree. Add parmesan and salt and mix well.
2. Refrigerate until ready to use.

YOGURT TARTAR SAUCE

SERVE THIS TARTAR SAUCE WITH ANY FISH OR AS A SAUCE FOR A VEGGIE BURGER OR SALMON BURGER.

SERVES 50 TO 70 ADULTS

INGREDIENTS

80 ounces plain lowfat yogurt
1 cup light mayonnaise
½ large onion, grated
½ cup lime or lemon juice
¼ cup garlic, minced
1 cup parsley, dill and/or cilantro
½ cup pickle relish (optional)
1 tablespoon salt

DIRECTIONS

1. Mix together and serve.

A white ceramic bowl is filled with a thick, light-colored hummus. Several pieces of golden-brown, triangular pita bread are stacked on top of the hummus. The bowl is placed on a rustic wooden surface with a visible grain. A white rectangular box with two horizontal lines is centered over the bowl, containing the word "SNACKS" in red, serif, all-caps font.

SNACKS

BLACK BEAN DIP

THIS DIP WORKS AS A SNACK WITH WHOLE WHEAT BREAD, OR CAN PUT IT IN A WHOLE WHEAT WRAP WITH VEGETABLES FOR A SUMMER SANDWICH.

SERVES 50 ADULTS

INGREDIENTS

- 1 #10 can low-sodium black beans, drained
- 1 small red or white onion, diced small
- 3 cloves garlic, minced
- 1 cup spaghetti sauce OR tomato sauce OR whole peeled tomatoes
- 2 tablespoons cumin
- 2 tablespoons chili powder
- 1 cup chopped cilantro (optional)
- Juice of 2 limes (optional)

DIRECTIONS

1. Drain black beans and put into a sauce pan. Add onion and garlic to beans.
2. Add tomato sauce, cumin, chili powder, lime juice, and cilantro if using.
3. Using an immersion blender, puree ingredients until they are combined.
4. Place on medium heat. Once it begins to bubble, cook for 5 to 10 minutes. Serve with tortilla chips.

BLACK BEAN AND CHEDDAR VEGETABLE QUESADILLAS

THESE QUESADILLAS ARE A CROWD FAVORITE. YOU CAN ADD GRATED CORN, CARROTS, FRESH BABY SPINACH, GRATED SUMMER SQUASH, OR ANY LEFTOVER VEGETABLES TO ADD MORE NUTRIENTS, FLAVOR AND TEXTURE.

SERVES 50 ADULTS

INGREDIENTS

- 50 9" whole wheat flour tortillas or whole wheat wraps
- 1 #10 can black beans, drained and mashed or 1 recipe for Black Bean Dip
- 13 cups shredded low-sodium cheddar cheese

DIRECTIONS

1. Preheat oven to 375°F.
2. Line 5 full sheet pans with parchment paper. Lay 6 flour tortillas on each sheet pan. Smear ½ cup mashed black beans or black bean dip on each tortilla evenly.
3. Sprinkle ½ cup shredded cheddar evenly onto each tortilla. If using any additional ingredients, add to the quesadilla now. Top with another tortilla and press firmly. Prepare all quesadillas.
4. Place into oven and cook for 12 minutes, until tortillas are just starting to turn brown. Remove from oven.
5. Cool slightly and cut each quesadilla into quarters using a pizza wheel or sharp chef's knife.

HUMMUS

THIS DISH WORKS WELL AS A SNACK, BUT YOU CAN ALSO ADD VEGETABLES WITH A WHOLE WHEAT WRAP AND SERVE IT FOR LUNCH. IF YOU ADD “LEFTOVER” COOKED VEGETABLES, YOU WILL INCREASE NUTRIENT DENSITY AND CHANGE THE FLAVOR OF THE HUMMUS. CARROTS, BEETS, OR WINTER SQUASH ARE FUN VEGETABLES TO ADD. FOR BEST FLAVOR, ROAST OR STEAM VEGGIES.

SERVES 50 ADULTS

INGREDIENTS

1 #10 can low-sodium chickpeas, drained and rinsed well
4 cups cooked beets, butternut squash, or carrots
Juice of 5 or 6 lemons or ½ cup bottled real lemon juice
2 tablespoon cumin
¼ cup garlic, minced
2-3 tablespoons salt
1 cup blended oil
1 cup water, as needed

DIRECTIONS

1. Drain and rinse chickpeas. You may need to make in two batches in a food processor. Put half the drained chickpeas into the food processor. Juice lemons and add to processor bowl.
2. Add all other ingredients and pulse until totally pureed. Add other half of chickpeas with some of the 1st batch and puree.
3. Add “leftover” vegetables if using. Process until smooth. Mix both batches together and combine well. Refrigerate.
4. Serve with whole wheat pita bread cut into small triangles and/or raw celery, cucumber, or carrot sticks.
5. You can also put 2 to 3 tablespoons in a whole wheat tortilla with lettuce and tomato and/or shredded carrots for a great snack for kids and adults!

SWEET POTATO FRIES

THESE SWEET POTATO FRIES CAN BE A HEALTHIER AND MORE NUTRIENT-DENSE SNACK REPLACEMENT FOR CHIPS, OR A REPLACEMENT FOR ANY USE OF WHITE POTATOES. THIS WORKS BETTER WITH A HEALTHY DIP, SUCH AS THE YOGURT RANCH DRESSING.

SERVES 50 ADULTS

INGREDIENTS

8-10 lb. sweet potatoes, washed with skin left on, cut into ½" sticks
1/3 cup blended oil
1 teaspoon salt
1 teaspoon cumin (optional)
1 teaspoon garlic powder (optional)

DIRECTIONS

1. Preheat oven to 400°F. Line 2 or 3 full sheet pans with parchment paper or foil.
2. Wash and cut sweet potatoes in half across the middle to form two shorter pieces. Put the cut side down on the cutting board and cut into half inch sticks.
3. Toss sweet potatoes with salt, oil and other spices if using. Put pans into the hot oven for 10 minutes. After 10 minutes check sweet potatoes, stir or flip, and cook for another 10 minutes.
4. Serve warm with healthy yogurt ranch dressing, marinara sauce, or ketchup for dipping.

A Few Tips for the Best Baked Sweet Potato Fries

- Cut the potatoes as evenly as possible: The more uniform the fries, the more evenly they will bake. Aim for ¼ to ½" thickness. Large fries will take too long to bake, while thinner fries will bake up greasy and limp.
- Coat the sweet potatoes well: You can toss the potatoes with oil in a large mixing bowl.
- Roast them, don't bake them: A long, low bake (say 350°F or below) will result in tender sweet potatoes, but never crisp. Instead crank the oven to 400°F for a hot, fast roast. It's a critical step for a crisp coating and tender interior.
- Flip them once, never more: You might think that flipping or turning the sweet potato fries while they bake would make for more evenly cooked fries, but not necessarily, you don't need to flip them at all!



BAKED GOODS

BLUEBERRY CORN MUFFINS

THESE MUFFINS ARE A GOOD OPTION FOR BREAKFAST OR SNACK. IF YOU ARE BUYING POLENTA IN LARGE QUANTITIES, THE SAME CORNMEAL CAN BE USED TO MAKE THIS BAKED GOOD.

SERVES 72 ADULTS

INGREDIENTS

4 cups whole wheat or all-purpose flour
4 cups cornmeal
2 tablespoons baking powder
3 teaspoons salt
2 $\frac{3}{4}$ cups Buttermilk or yogurt
2 $\frac{3}{4}$ cups blended oil
8 eggs
4 teaspoons cardamom
8 cups blueberries
3 cups sugar (brown or white)
2 teaspoons vanilla extract

Streusel topping:

1 $\frac{1}{2}$ cups oats
1 $\frac{1}{2}$ cups whole wheat or all-purpose flour
1 cup brown sugar
1 $\frac{1}{2}$ # butter
2 tablespoons cinnamon

DIRECTIONS

Muffins

1. Grease or line 72 muffin cups with paper liners.
2. Mix flour, baking powder and salt together in one bowl. Add cardamom to dry ingredients.
3. Mix yogurt, oil and eggs in a separate bowl. Add sugar to wet ingredients and combine well.
4. Mix blueberries and vanilla extract to wet ingredients. Combine wet and dry ingredients but do not overmix batter.
5. Evenly distribute batter into prepared muffin tin, or prepared hotel pan.

Streusel topping

1. Let butter come to room temperature. Mix all ingredients well.
2. Crumble approximately 1 tablespoon of topping per muffin on top before baking.
3. Bake for 15 to 20 minutes for muffins and 30 minutes for hotel pan.

HEALTHY CARROT CAKE OATMEAL SNACK COOKIES

THESE COOKIES ARE A GREAT ALTERNATIVE TO A PROCESSED SNACK FOOD AND CAN BE SERVED FOR BREAKFAST AS WELL SINCE THEY ARE PACKED WITH WHOLE GRAINS.

SERVES ADULTS 50 2" COOKIES

INGREDIENTS

2 cups rolled oats
1 ½ cups whole wheat or all-purpose flour
3 teaspoons baking powder
3 teaspoons cinnamon
½ teaspoon nutmeg
½ teaspoon salt
¼ cup blended oil
¾ cup brown sugar
2 eggs room temperature
2 teaspoons vanilla
1 to 2 ripe bananas, mashed
2 cups freshly grated carrots (about 4 medium carrots)
1 cup coconut flakes (optional)
½ cup raisins or dried cranberries (optional)

DIRECTIONS

1. Preheat oven to 325°F. Line two baking sheets with parchment or wax paper.
2. In a medium bowl, whisk together oats, flour, baking powder, cinnamon, nutmeg, and salt. In a separate bowl, whisk together oil, sugar, eggs, vanilla, and mashed banana.
3. Add the dry ingredients to the wet ingredients and mix well. Gently fold in the carrots, coconut and dried fruit, if using. Refrigerate at least 10 minutes or overnight if desired.
4. Drop the cookie dough in rounded scoops (about 2 tablespoons) onto the prepared sheet pans. Flatten slightly with your hand.
5. Cook for 10 to 12 minutes. Watch closely. Cool and serve.

HEALTHY PUMPKIN MUFFINS

THIS IS AN EASY AND HEALTHIER MUFFIN RECIPE THAT CAN BE SERVED AS A SNACK OR FOR SPECIAL OCCASION. THE APPLESAUCE AND PUMPKIN PUREE KEEP THE MUFFINS MOIST WHILE AVOIDING THE USE OF BUTTER. THE PUMPKIN IN THIS RECIPE CAN BE REPLACED WITH THE SAME AMOUNT OF MASHED SWEET POTATO AS WELL.

SERVES ABOUT 48 MUFFINS (2 DOZEN)

INGREDIENTS

5 cups whole wheat or all-purpose flour
1 cup rolled oats
8 teaspoons pumpkin pie spice
4 teaspoons baking soda
2 teaspoons baking powder
2 teaspoons salt
3 cups pumpkin puree
2 cup brown sugar
2 2/3 cup blended oil
1 cup applesauce
6 eggs
2 teaspoon vanilla extract

DIRECTIONS

1. Preheat oven to 350°F. Grease or line 48 muffin cups with paper liners.
2. Combine flour, oats, pumpkin pie spice, baking soda, baking powder, and salt together in a bowl. Whisk mashed sweet potatoes, brown sugar, vegetable oil, applesauce, eggs, and vanilla extract together in a separate large bowl. Stir flour mixture into sweet potato mixture; mix well.
3. Evenly distribute batter into prepared muffin tin.
4. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 12 to 18 minutes.

QUICK APPLE CAKE

THIS DELICIOUS AND EASY CAKE RECIPE IS A GREAT WAY TO USE UP OVERRIPENED FRUIT. PEARS, PLUMS, NECTARINES, PEACHES, OR ANYTHING IN THE KITCHEN THAT NEEDS TO BE USED UP CAN REPLACE THE APPLES IN THIS CAKE!

SERVES 50 ADULTS

INGREDIENTS

6 cups whole wheat or all-purpose flour
3 cups granulated sugar
3 teaspoons baking soda
2 teaspoons salt
2 teaspoons cinnamon
1 teaspoon nutmeg
2 2/3 cups vegetable oil
8 eggs
2 teaspoons vanilla
4-5 apples, cut into 1/2" dice

Optional Topping ingredients:

8 teaspoons sugar
2 teaspoons cinnamon

DIRECTIONS

1. Preheat oven to 350°F degrees. Grease half hotel pan with oil spray or blended oil.
2. In a large bowl whisk together the flour, sugar, baking soda, salt, cinnamon and nutmeg. Add the oil, eggs, and vanilla and stir until just combined.
3. Fold in the apples. Scrape batter into the prepared hotel pan. Mix sugar and cinnamon and sprinkle on top of batter.
4. Bake for about 30 to 40 minutes until a toothpick inserted in the middle comes out clean. Let cool, cut and serve.

ZUCCHINI MUFFINS

WE USE THIS RECIPE FOR OUR MONTHLY BIRTHDAY CAKE FOR OUR KIDS AND SENIORS DURING THE SUMMER; INSTEAD OF DROPPING THE BATTER INTO A MUFFIN TIN, SPREAD IT INTO A PAN; ONCE BAKED ICE IT WITH A YOGURT FROSTING. SUBSTITUTE CARROTS IN THE FALL AND WINTER TO MAKE THIS A SEASONAL RECIPE.

SERVES 48 ADULTS

INGREDIENTS

5 eggs
3 cups brown sugar
1 ½ cups vegetable oil
1 cup milk
2 tablespoons vanilla
6 cups zucchini, grated
5 cups whole wheat or all-purpose flour
1 ½ tablespoons cinnamon
1 teaspoon allspice
1 teaspoon cardamom
1 teaspoon ground ginger
1 teaspoon salt
2 teaspoon baking soda
1 teaspoon baking powder

DIRECTIONS

1. Preheat oven to 350°F.
2. Beat eggs until foamy. Add sugar, oil, milk, vanilla, and grated zucchini.
3. Combine flour, cinnamon, allspice, cardamom, ginger, salt, baking soda, and baking powder in a separate bowl.
4. Pour wet ingredients over dry ingredients and mix just to combine. Do not over mix.
5. Put baking muffin cups into muffin tins and spray with vegetable oil spray. Fill muffin cups 2/3 each with batter.
6. Bake for 25 to 30 minutes or until done.

MEASUREMENT

CUP	1/16 cup	1/8 cup	1/4 cup	1/3 cup	3/8 cup	1/2 cup	2/3 cup
OUNCES	1/2 oz	1 oz	2 oz	2.5 oz	3 oz	4 oz	5 oz
MILLILITERS	15 ml	30 ml	59ml	79ml	90 ml	118 ml	158 ml
TABLESPOONS	1	3	4	5.5	6	8	11
CUP	3/4 cup	1 cup	2 cups	4 cups	5 cups	6 cups	8 cups
OUNCES	6 oz	8 oz	16 oz	32 oz	40 oz	48 oz	64 oz
MILLILITERS	177 ml	240 ml	480 ml	960 ml	1180 ml	1420 ml	1895 ml
TABLESPOONS	12	16	32	64	80	96	128

TEMPERATURE

FAHRENHEIT	100 °F	150 °F	200 °F	250 °F	300 °F	325 °F	350 °F
CELSIUS	37 °C	65 °C	93 °C	121 °C	150 °C	160 °C	180 °C
FAHRENHEIT	375 °F	400 °F	425 °F	450 °F	500 °F	525 °F	550 °F
CELSIUS	190 °C	200 °C	220 °C	230 °C	260 °C	274 °C	288 °C

WEIGHT

IMPERIAL	1/2 oz	1 oz	2 oz	3 oz	4 oz	5 oz	6 oz
METRIC	15 g	29 g	57 g	85 g	113 g	141 g	170 g
IMPERIAL	8 oz	10 oz	12 oz	13 oz	14 oz	15 oz	1 lb
METRIC	227 g	283 g	340 g	369 g	397 g	425 g	453 g