Soups & Salads

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Apple Celeriac Slaw

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	123 kcal
Protein	1.06 g
Carbohydrate	16.28 g
Total Fat	6.35 g
Saturated Fat	0.89 g
Cholesterol	0 mg
Vitamin A	2193.19 IU
Vitamin C	4.82 mg
Iron	0.39 mg
Calcium	22.48 mg
Sodium	204.42 mg
Dietary Fiber	2.18 g

EQUIVALENTS: ½ cup provides ⅜ cup fruit, ⅛ cup red/orange vegetable and ¼ cup other vegetable.

Recipe HACCP Process: #1 No Cook

"I love introducing people, especially children, to new foods and flavors. It's extremely rewarding to witness the development of their palates while helping to create healthy eating habits."

— KORTNEE BUSH

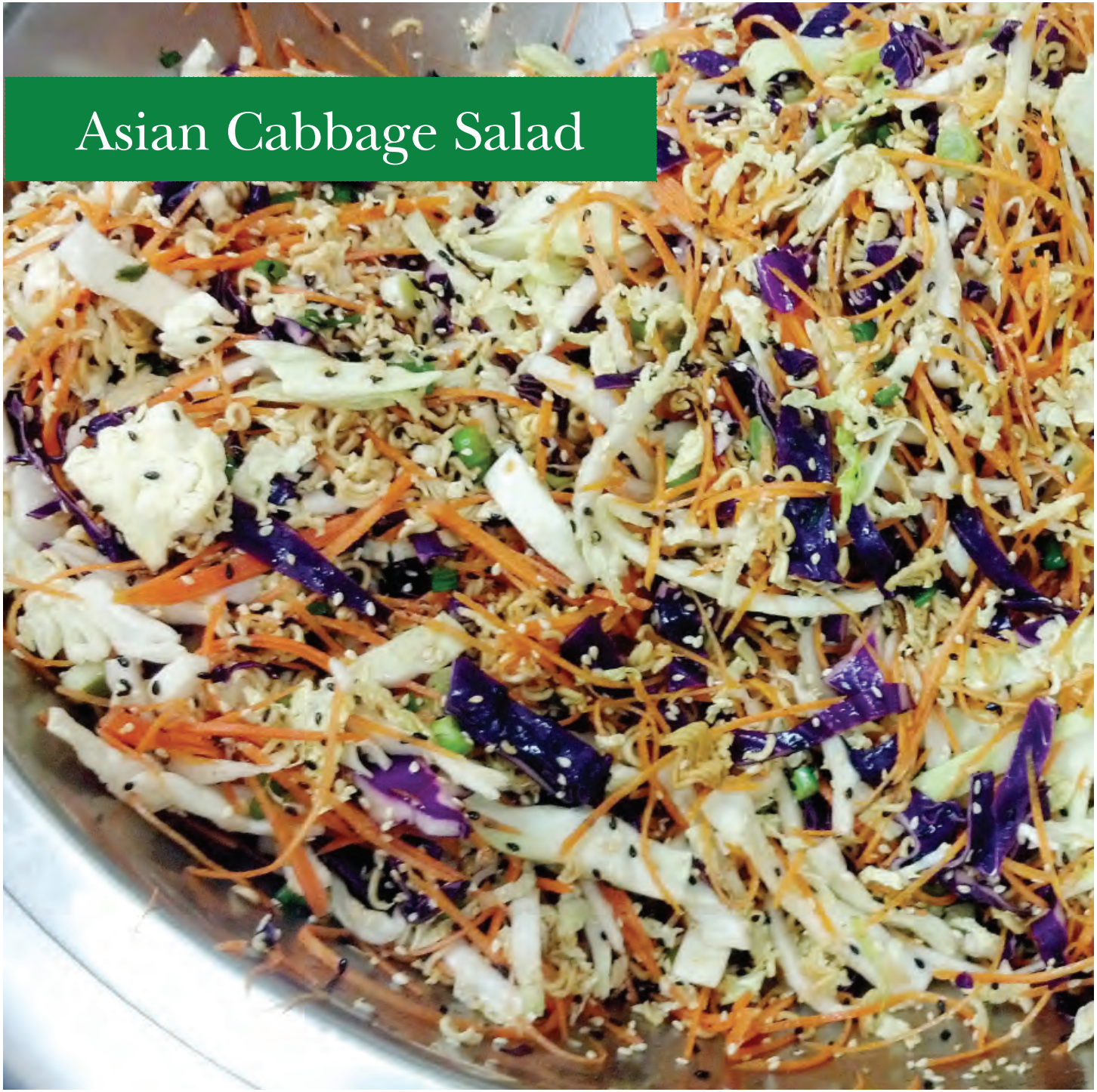
Apple Celeriac Slaw • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Water		1 gal	1 Combine water and lemon juice in a large bowl.
Lemon juice		1 cup	
Apples	5 lb 4 oz		2 Core apples and shred in food processor or by hand. Transfer to the lemon water.
Celeriac	3 lb 8 oz		3 Trim and peel celeriac; shred in food processor or by hand. Transfer to the lemon water.
Carrots	2 lb		4 Trim, peel, and shred carrots in food processor or by hand.
Reduced-calorie mayonnaise		1 qt	5 Whisk mayonnaise, vinegar, sugar, salt and pepper in a large bowl.
Rice vinegar		1½ cups	
Granulated sugar		1 cup	
Table salt		½ tsp	
Ground black pepper		to taste	
			6 Drain the apples and celeriac. Squeeze out as much of the lemon water as possible and add to the dressing along with the carrots; mix well. Chill before serving.

NOTES

- *You can use cider vinegar in place of the rice vinegar — use an equal amount and increase the sugar to 1½ cups.*
- *Refrigerate the dressing for up to 2 days in advance. Refrigerate the dressed slaw for up to 1 day. (Drain, if desired, before serving.)*

Asian Cabbage Salad



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	61 kcal
Protein	1.78 g
Carbohydrate	9.28 g
Total Fat	2.38 g
Saturated Fat	0.33 g
Cholesterol	0 mg
Vitamin A	2843.51 IU
Vitamin C	36.10 mg
Iron	0.77 mg
Calcium	52.66 mg
Sodium	93.32 mg
Dietary Fiber	2.07 g

EQUIVALENTS: ½ cup provides ½ cup other vegetable.

Recipe HACCP Process: #1 No Cook

"I really like it because it has a nice mixture of sweet, sour, and crunch!"

— 5TH GRADER

Asian Cabbage Salad • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 350°F or conventional oven to 375°F. Line a sheet pan with parchment paper.
Ramen noodles		6 pkgs	2 Discard flavor packs from ramen noodles. Crumble noodles into a medium bowl. Add sunflower seeds and vegetable oil to the ramen noodles and stir to coat. Spread the mixture evenly on the prepared pan. Bake until browned, stirring once or twice, 3 to 5 minutes. Set aside to cool.
Sunflower seeds		½ cup	
Vegetable oil		2 Tblsp	
Green cabbage	3 lb 8 oz	1 small	3 Quarter and core cabbage. Slice the cabbage quarters in a food processor fitted with a slicing blade. Transfer to a large bowl.
Red cabbage	2 lb 10 oz	1 small	
Napa cabbage	2 lb 8 oz	1 small	
Carrots	1 lb	6 medium	4 Trim and peel carrots. Shred in a food processor fitted with a shredding blade. Add to the cabbage.
Scallions		8 small	5 Trim scallions and finely dice. Add to the vegetables and toss to combine.
Rice vinegar		⅔ cup	6 Whisk vinegar, sugar, soy sauce, sesame oil and pepper in a small bowl until the sugar is dissolved.
Granulated sugar		½ cup	
Low-sodium soy sauce		¼ cup	
Sesame oil		1 tsp	
Ground black pepper		½ tsp	
			7 Just before serving, toss the salad with the dressing and ramen mixture.

NOTES

You can use just 1 or 2 types of cabbage — you'll need 5½ qt of shredded cabbage total.

Blueberry Soup

Fall Winter Spring **Summer**

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	104 kcal
Protein	2.25 g
Carbohydrate	23.02 g
Total Fat	0.82 g
Saturated Fat	0.35 g
Cholesterol	1.94 mg
Vitamin A	93.89 IU
Vitamin C	22.11 mg
Iron	0.16 mg
Calcium	67.65 mg
Sodium	23.65 mg
Dietary Fiber	1.28 g

EQUIVALENTS: ½ cup provides ½ cup fruit.

Recipe HACCP Process: #1 No Cook

"Building relationships with local farmers and producers strengthens the community in which we operate. Connecting kids to the source of their food helps to lay the foundation for a lifetime of healthy eating."

— MARIA GARRIDO

Blueberry Soup • 56 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Blueberries, fresh or frozen (thawed)		1 gal	1 Purée blueberries in a food processor fitted with a steel blade (in batches if necessary). Transfer to a large bowl and whisk in orange juice, yogurt and sugar. Chill for 2 to 3 hours before serving.
Orange juice		3 qt	
Plain low-fat yogurt	4 lb		
Granulated sugar		2⅔ cups	

NOTES

Broccoli Salad

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	130 kcal
Protein	2.18 g
Carbohydrate	17.86 g
Total Fat	6.50 g
Saturated Fat	0.89 g
Cholesterol	0 mg
Vitamin A	339.15 IU
Vitamin C	49.06 mg
Iron	0.69 mg
Calcium	33.69 mg
Sodium	156.80 mg
Dietary Fiber	2 g

EQUIVALENTS: ½ cup provides ⅜ cup dark green vegetable and ⅛ cup fruit.

Recipe HACCP Process: #1 No Cook

"For young students, keep it plain, don't mix too much together. Serve raw vegetables next to cooked. Go into classrooms and talk about whole plants and what part of the plant we're eating. Do taste tests in classrooms. Let kids pick it from the farm or garden."

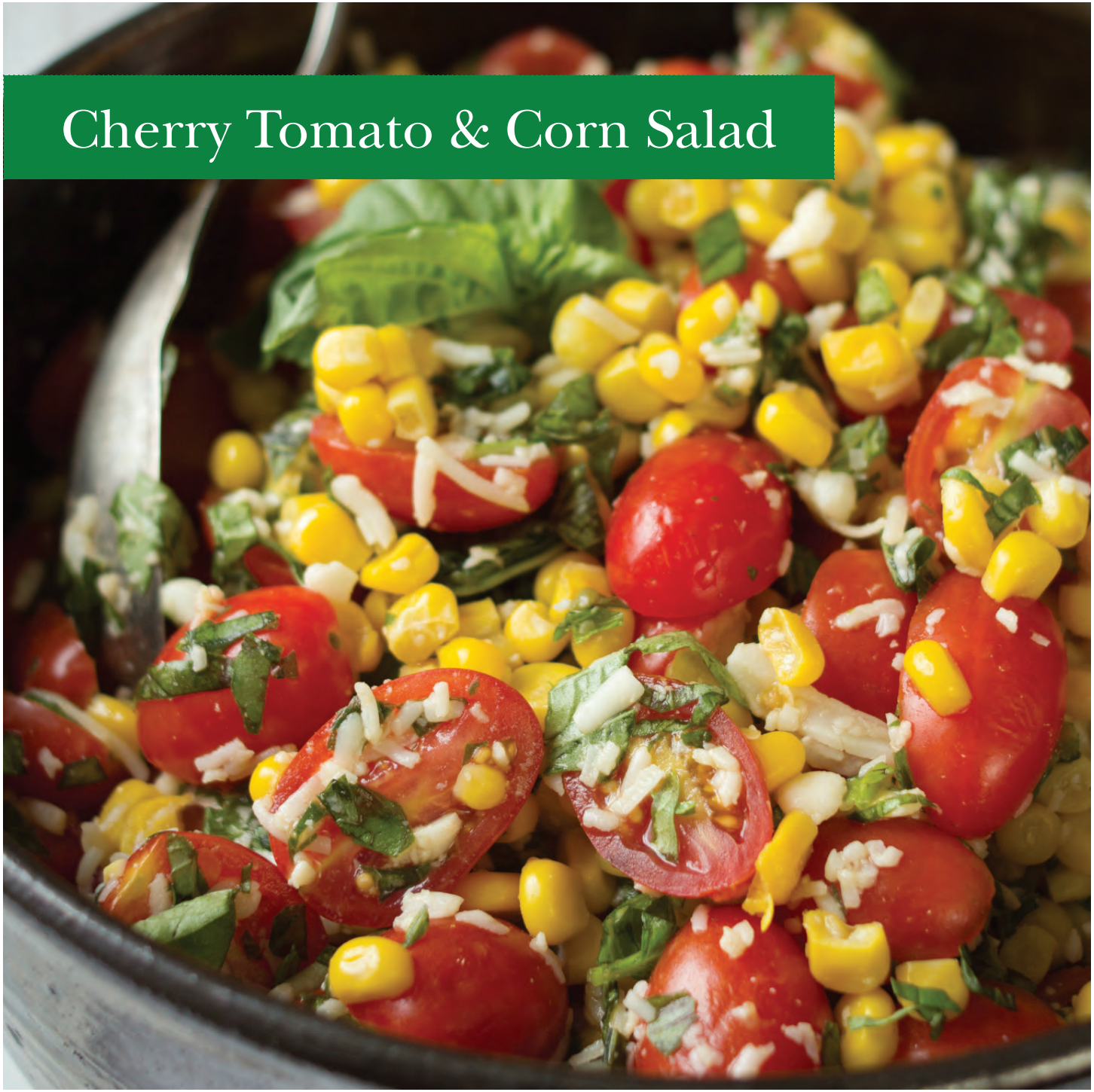
— ALISON FORREST

Broccoli Salad • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Broccoli	6 lb		1 Trim broccoli and cut into bite-sized pieces.
Red onion		1 medium	2 Trim and peel onion. Cut into small dice.
Reduced-fat mayonnaise	1 lb	1 qt	3 Whisk mayonnaise, vinegar and sugar in a large bowl. Stir in the broccoli, onion and raisins.
Cider vinegar		½ cup	
Granulated sugar		¼ cup	
Raisins	1 lb 8 oz	1 qt + ½ cup	

NOTES

Cherry Tomato & Corn Salad



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	67 kcal
Protein	3.75 g
Carbohydrate	10.08 g
Total Fat	2.11 g
Saturated Fat	0.92 g
Cholesterol	3.81 mg
Vitamin A	725.73 IU
Vitamin C	9.51 mg
Iron	0.50 mg
Calcium	65.15 mg
Sodium	87.25 mg
Dietary Fiber	1.44 g

EQUIVALENTS: ½ cup provides ⅛ cup starchy vegetable and ¼ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service

"Students do notice the difference in taste between a store-bought tomato and a tomato from the farmer down the road."

— KARYL KENT

Cherry Tomato & Corn Salad • 48 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Corn, husked		20 medium ears	1 Bring a large pot of water to a boil. Cook corn until just tender, about 8 minutes. Drain and let cool.
Fresh basil	8 oz		2 Meanwhile, finely chop basil leaves.
Cherry or grape tomatoes		6 pints	3 To cut corn off the cobs, stand each ear on its flat end on a cutting board. Cut off the kernels with a sharp knife. Put in a large bowl. Add tomatoes, basil, cheese, oil, lemon juice and salt. Toss to combine and serve immediately.
Shredded part-skim mozzarella cheese		3 cups	
Olive oil		¼ cup	
Juice of 1 lemon			
Kosher salt		1 tsp	

NOTES

- *You can use 10 cups thawed frozen corn kernels in place of the fresh corn. Cook in boiling water until bright yellow, 1 to 2 minutes.*
- *Cut the tomatoes in half if your kids would prefer them that way.*
- *Refrigerate cooked corn kernels for up to 2 days.*

Cinnamon Nachos with Fruit Salad

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 tortilla, ¾ cup fruit

Amount per Serving	
Calories	248 kcal
Protein	4.70 g
Carbohydrate	53.65 g
Total Fat	2.65 g
Saturated Fat	0.52 g
Cholesterol	0 mg
Vitamin A	815.41 IU
Vitamin C	4.78 mg
Iron	1.68 mg
Calcium	128.90 mg
Sodium	351.53 mg
Dietary Fiber	5.72 g

EQUIVALENTS: 1 serving provides 1.5 oz equiv WGR grain and ¾ cup fruit.

Recipe HACCP Process: #1 No Cook

"School breakfast gives students the healthy start they need to learn all day."

— KATHY ALEXANDER

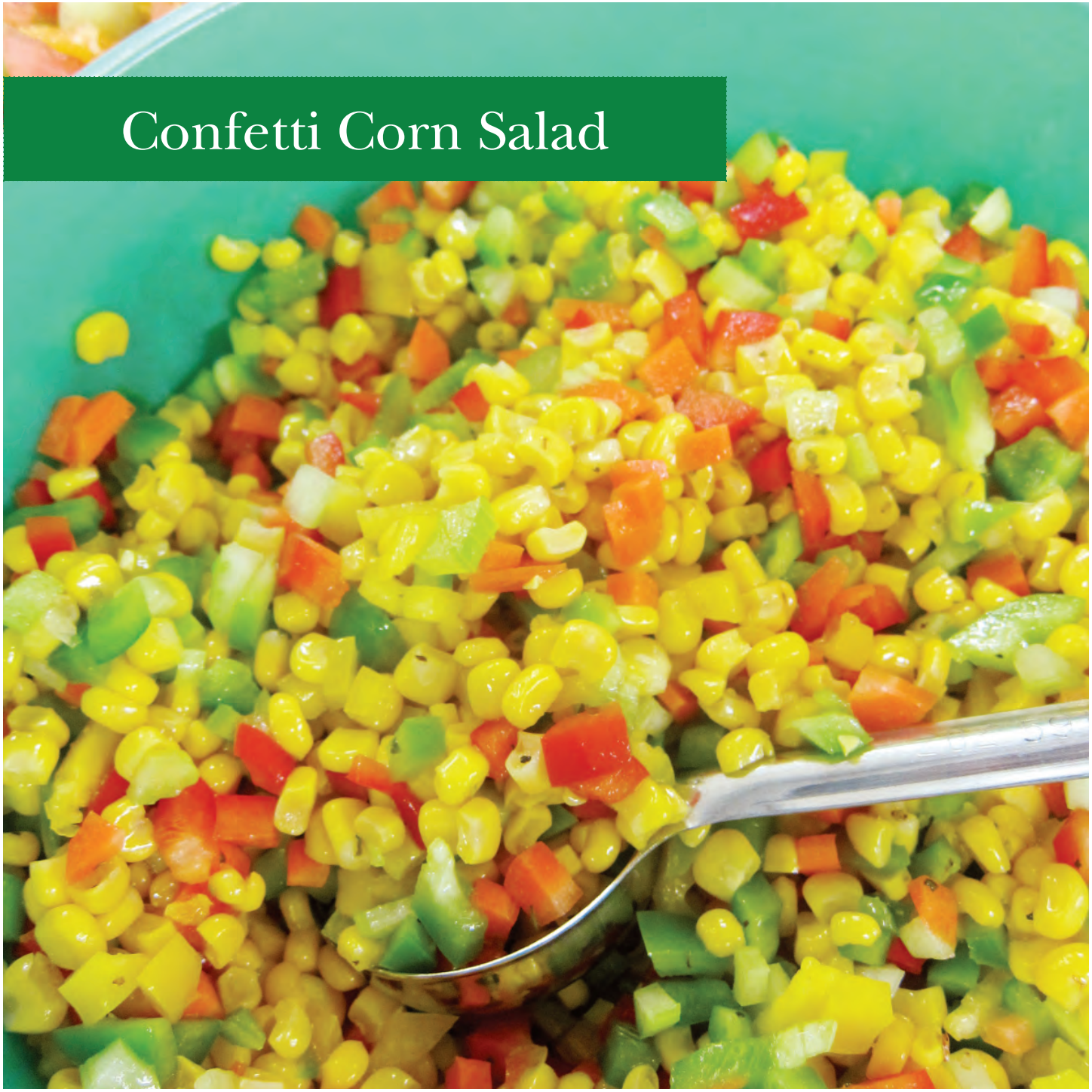
Cinnamon Nachos with Fruit Salad

- 50 servings (1 tortilla + ¾ cup fruit salad)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Whole-wheat tortillas (8-inch)		50 each	1 Preheat convection oven to 325°F or conventional oven to 350°F. Line 4 sheet pans with parchment paper.
Granulated sugar		¾ cup + 3 Tblsp	2 Mix sugar and cinnamon in a small bowl. Arrange tortillas on the prepared baking sheets. Spray or brush with water. Sprinkle each with ½ teaspoon of the cinnamon sugar. Cut each tortilla into 8 wedges with a pizza cutter or knife. Bake until crisp, about 11 minutes (watch carefully to prevent burning).
Ground cinnamon		½ cup + 2 Tblsp	
Mixed fruit salad		2 gal + 1 qt + 1½ cups	3 Serve each tortilla with ¾ cup fruit salad.

NOTES

Confetti Corn Salad



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	80 kcal
Protein	1.61 g
Carbohydrate	12.95 g
Total Fat	3.13 g
Saturated Fat	0.48 g
Cholesterol	0 mg
Vitamin A	1514.24 IU
Vitamin C	27.37 mg
Iron	0.33 mg
Calcium	11.16 mg
Sodium	46.31 mg
Dietary Fiber	1.85 g

EQUIVALENTS: ½ cup provides ¼ cup starchy vegetable and ⅛ cup other vegetable.

Recipe HACCP Process: #1 No Cook

Confetti Corn Salad • 48 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Bell peppers		8 medium	1 Stem, core and seed peppers. Cut into ¼-inch dice.
Celery stalks		6 large	2 Trim celery and cut into ¼-inch dice.
Carrots		4 medium	3 Trim and peel carrots. Cut into ¼-inch dice.
Cider vinegar		1 cup	4 Whisk vinegar, oil, sugar, water, oregano, salt and orange zest in a small bowl until well combined.
Canola oil or vegetable oil		½ cup + 2 Tblsp	
Brown sugar		6 Tblsp packed)	
Water		¼ cup	
Ground dried oregano		2 tsp	
Kosher salt		1 tsp	
Freshly grated orange zest		½ tsp	
Sweet corn kernels, fresh or frozen (thawed)	5 lb	2 gal	5 Mix the peppers, celery, carrots and corn in a large bowl. Drizzle with the dressing and toss to coat. Let stand for 15 minutes to 1 hour before serving to allow flavors to combine.

NOTES

Corn, Potato & Cauliflower Soup

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	105 kcal
Protein	2.50 g
Carbohydrate	16.43 g
Total Fat	3.76 g
Saturated Fat	0.61 g
Cholesterol	0.41 mg
Vitamin A	54.72 IU
Vitamin C	20.09 mg
Iron	0.73 mg
Calcium	29.56 mg
Sodium	406.42 mg
Dietary Fiber	2.14 g

EQUIVALENTS: 1 cup provides ⅜ cup starchy vegetable and ⅛ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

"The kids really do care; they just need a little information."

— GAY TRUAX

Corn, Potato & Cauliflower Soup • 48 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Red potatoes	7 lb 8 oz		1 Roughly chop potatoes. Place in a large bowl and cover with cold water.
Onions		3 medium	2 Trim, peel and dice onions.
Garlic		3 cloves	3 Trim, peel and chop garlic.
Olive oil		¾ cup	4 Cook the onions, oil and 2 tablespoons salt in a large stockpot over low heat, stirring occasionally, until the onions are very soft, about 20 minutes.
Kosher salt		¼ cup, divided	
Chopped cauliflower		1 qt	5 Add cauliflower, corn, garlic and sage (or thyme, if using) to the pot and stir to coat. Cook, stirring occasionally, for 10 minutes.
Corn kernels, fresh or frozen		1 qt	
Chopped fresh sage or thyme *(optional)*		¼ cup	
Water, corn stock *(see Notes)* or a mixture of the two		2 qt + 1 cup	6 Drain the potatoes and add to the pot along with water (or corn stock) and the remaining 2 tablespoons salt to the pot. Bring to a boil and cook, stirring occasionally, until the potatoes are fork tender, about 20 minutes. Stir in milk and pepper. Keep warm on the stove.
Milk, low-fat		2 cups	
Ground black pepper		1 tsp	

NOTES

To make corn stock, *place about 18 corn cobs (with the corn kernels removed), 4 roughly chopped onions, ½ bunch roughly chopped celery and 3 roughly chopped carrots in a stock pot. Cover with water and bring to a boil. Reduce to a simmer and cook for 1 hour. Strain, cool and freeze, or use right away.*

You can omit the corn and make Potato-Cauliflower Soup instead: Increase cauliflower to 2 qt and add 2 cups peeled grated white root vegetables (such as parsnips and/or turnips) in place of the corn.

Use 1 qt of roasted cauliflower in place of the raw cauliflower if you'd like.

Creamy Tomato Soup

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	93 kcal
Protein	3.80 g
Carbohydrate	14.51 g
Total Fat	2.97 g
Saturated Fat	1.19 g
Cholesterol	4.07 mg
Vitamin A	1039.69 IU
Vitamin C	14.96 mg
Iron	1.30 mg
Calcium	60.14 mg
Sodium	301.17 mg
Dietary Fiber	3.42 g

EQUIVALENTS: 1 puréed serving provides ½ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

"We owe it to our community to encourage healthy eating habits in our children and to educate about how our food choices affect our personal and environmental health."

— MOLLIE SILVER

Creamy Tomato Soup • 60 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Spanish onions		3 large	1 Trim, peel and chop onions.
Celery		2 bunches	2 Trim and chop celery.
Garlic		9 cloves	3 Trim, peel and chop garlic.
Salted butter		½ cup	4 Heat butter and oil in a large stockpot over medium-low heat. Add the onions and cook, stirring occasionally, for 5 minutes. Add the celery and cook, stirring occasionally, for 5 minutes. Add the garlic and cook, stirring occasionally, until the vegetables are softened, about 5 minutes more. Stir in thyme and bay leaves.
Olive oil		¼ cup	
Dried thyme leaves		2 tsp	
Bay leaves		3 each	
Water		3 quarts	5 Add water and bring to a simmer over high heat. Add tomatoes with their juice and return to a simmer, adjusting heat to maintain a simmer. Stir in beans and cook for 10 minutes. Remove and discard the bay leaves. Purée with an immersion blender. Stir in salt and pepper and return to a simmer before serving.
Diced tomatoes, canned		2 #10 cans	
Great Northern beans, canned, rinsed and drained		1 #10 can	
Table salt		1 Tblsp	
Ground black pepper		2 tsp	

NOTES

- *If you use unsalted butter, adjust the salt accordingly.*
- *If you choose not to purée the soup, a 1 cup serving provides ⅜ cup red/orange vegetable and ⅛ cup beans/legumes or .5 oz equiv meat/meat alternate (but not both).*

Gingered Cabbage Salad

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	95 kcal
Protein	1.56 g
Carbohydrate	12.97 g
Total Fat	4.74 g
Saturated Fat	0.60 g
Cholesterol	0 mg
Vitamin A	307.83 IU
Vitamin C	31.05 mg
Iron	0.72 mg
Calcium	32.21 mg
Sodium	58.27 mg
Dietary Fiber	2.66 g

EQUIVALENTS: ¾ cup provides ¾ cup other vegetable.

Recipe HACCP Process: #1 No Cook

"Yes, it is more work to use local foods, but that little bit of extra work is more than fair for such great product that gives back to the community."

— CHRISTA GOWEN

Gingered Cabbage Salad • 40 servings (¾ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Red cabbage	4 lb		1 Cut cabbage into 6 wedges each and remove core. Shred cabbage in a food processor fitted with a shredding disc, emptying it into a large bowl as it fills. Set aside.	*You can use all red or all green cabbage if that's what you have on hand.*
Green cabbage	2 lb			
Apples		4 each	2 Core and peel apples; cut into 6 wedges. Thinly slice the apple wedges. Toss with lemon juice in a small bowl.	
Lemon juice		¼ cup		
Olive oil		½ cup	3 Whisk oil, vinegar, ginger, honey, mustard, garlic, salt and pepper in a small bowl until well combined.	
Cider vinegar		½ cup		
Minced, peeled, fresh ginger		1 Tblsp		
Honey		1 Tblsp		
Dijon mustard		1 Tblsp		
Minced garlic		1½ tsp		
Kosher salt		1 tsp		
Ground black pepper		¼ tsp		
Dried cranberries		2 cups	4 Add the apples and lemon juice to the cabbage. Drizzle with the dressing and toss to coat. Add cranberries and toss again. Sprinkle with sunflower seeds. Cover and let stand for 15 minutes before serving. If preparing more than 30 minutes before service, refrigerate.	
Sunflower seeds		1 cup		

Green Bean, Cranberry & Sunflower Seed Salad

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	180 kcal
Protein	2.39 g
Carbohydrate	14.74 g
Total Fat	13.08 g
Saturated Fat	1.79 g
Cholesterol	0 mg
Vitamin A	251.81 IU
Vitamin C	2.04 mg
Iron	0.86 mg
Calcium	34.26 mg
Sodium	447.55 mg
Dietary Fiber	2.70 g

EQUIVALENTS: ½ cup provides ¼ cup other vegetable, ⅛ cup fruit, and .25 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

"When a student who never wants to try something new finally does and discovers that he or she likes it... Wow, that's rewarding."

— GAY TRUAX

Green Bean, Cranberry & Sunflower Seed Salad

- 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Fresh green beans	5 lb		1 Trim green beans and cut into 1-inch pieces.
Garlic		3 cloves	2 Peel garlic.
Vegetable oil		2 cups	3 Process the garlic, oil, vinegar, mustard, 1 tsp salt and pepper in a food processor or with an immersion blender until smooth and creamy. Set aside.
Balsamic vinegar		½ cup	
Dijon mustard		¼ cup	
Kosher salt		1 tsp + ¼ cup, divided	
Ground black pepper		1 tsp	
			4 Place a bowl of ice water and long-handled strainer next to the stove.
Water		3 gal	5 Bring water and ¼ cup salt to a boil in a large pot. Cook the green beans until crisp-tender, 2 to 3 minutes. Remove with the strainer and plunge into the ice water. Let sit for 5 minutes, then drain and transfer to a large bowl.
Dried cranberries	1 lb 9 oz	1 qt + 1 cup	6 Add cranberries, sunflower seeds and the dressing to the green beans.
Sunflower seeds, toasted	15 oz	2½ cups	

NOTES

- *Use another type of vinegar if you wish.*
- *Trimming green beans can take some time so enlist student helpers and make it a teachable farm to school moment.*
- *Use kitchen shears to trim the stem ends of the green beans.*

Magenta Root Slaw

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ¼ cup

Amount per Serving	
Calories	36 kcal
Protein	0.52 g
Carbohydrate	8.90 g
Total Fat	0.10 g
Saturated Fat	0.02 g
Cholesterol	0 mg
Vitamin A	2833.36 IU
Vitamin C	5.04 mg
Iron	0.25 mg
Calcium	19.47 mg
Sodium	45.28 mg
Dietary Fiber	1.56 g

EQUIVALENTS: ¼ cup provides ¼ cup additional vegetable.

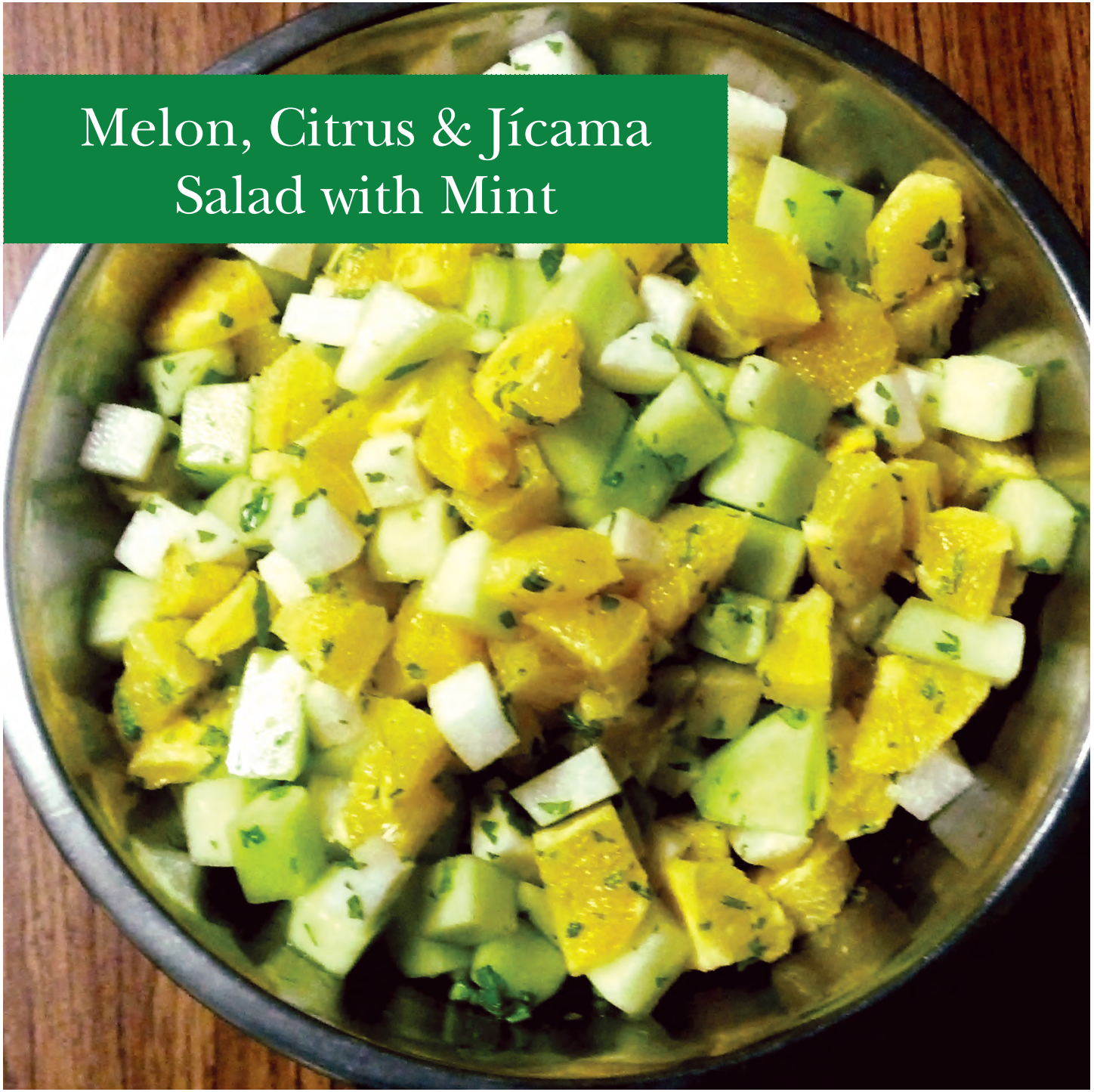
Recipe HACCP Process: #1 No Cook

Magenta Root Slaw • 64 servings (¼ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Fresh ginger	2 oz		1 Peel and chop ginger. Pulse in a food processor fitted with a steel blade until ground.
Carrots	2 lb 6 oz		2 Trim and peel carrots, beets and parsnips. Shred in a food processor fitted with a shredding disc, or by hand.
Beets	2 lb 4 oz		
Parsnips	2 lb 4 oz		
Honey		¾ cup	3 Whisk together honey, lemon juice and salt in a large bowl. Add the shredded vegetables and toss to combine.
Lemon juice (fresh or bottled)		9 Tblsp	
Kosher salt		1 tsp	

NOTES

Melon, Citrus & Jícama Salad with Mint



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	57 kcal
Protein	1.09 g
Carbohydrate	14.05 g
Total Fat	0.17 g
Saturated Fat	0.04 g
Cholesterol	0 mg
Vitamin A	326.53 IU
Vitamin C	44.50 mg
Iron	0.34 mg
Calcium	31.37 mg
Sodium	11.53 mg
Dietary Fiber	2.13 g

EQUIVALENTS: ½ cup provides ½ cup fruit/vegetable.

Recipe HACCP Process: #1 No Cook

"School cafeterias serve as classrooms. The lessons that can be taught in the lunch line are as important as other school subjects — one could argue even more important."

— KORTNEE BUSH

Melon, Citrus & Jícama Salad with Mint • 54 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Honeydew melon	7 lb	2 each	1 Peel, seed and cut melon into ½-inch cubes.
Oranges	8 lb 2 oz	24 each	2 Peel and cut oranges into ½-inch cubes.
Jícama	2 lb 3 oz	2 medium	3 Peel and cut jícama into ½-inch cubes.
Fresh mint		1 small bunch	4 Remove mint leaves from stems and mince.
Lime juice	7 oz	1 cup	5 Combine the melon, oranges, jícama, mint and lime juice in a large bowl. Chill for 30 minutes before serving.

NOTES

- *Any variety of melon will work in this salad.*
- *Try peeled diced kohlrabi in place of the jícama.*

Minestrone

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	137 kcal
Protein	7.79 g
Carbohydrate	22.34 g
Total Fat	2.20 g
Saturated Fat	0.30 g
Cholesterol	2.52 mg
Vitamin A	3409.29 IU
Vitamin C	10.09 mg
Iron	1.89 mg
Calcium	57.88 mg
Sodium	404.92 mg
Dietary Fiber	4.20 g

EQUIVALENTS: 1 cup provides ¼ cup red/orange vegetable, ⅜ cup other vegetable and ¼ cup beans/legumes *or* 1 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

Minestrone • 48 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Onions		3 large	1 Trim and peel onions. Cut into medium dice.	
Cabbage	3 lb	1 medium	2 Trim and core cabbage. Cut into medium dice.	
Carrots	2 lb		3 Trim and peel carrots. Cut into medium dice.	
Celery	1 lb 8 oz		4 Trim celery and zucchini. Cut into medium dice.	
Zucchini	1 lb 8 oz			
Garlic		4 cloves	5 Trim and peel garlic. Mince.	
Canola oil or vegetable oil		¼ cup	6 Heat oil in a large soup pot over medium heat. Add the onions and garlic and cook, stirring occasionally, for 5 to 10 minutes. Add the carrots and celery. Cook, stirring occasionally, for 10 minutes. Add the cabbage and zucchini and cook for 5 minutes. Stir in parsley, basil, marjoram, oregano and pepper. Cook for 1 minute more.	
Finely chopped fresh parsley		2 Tblsp		
Dried basil leaves		2 tsp		
Dried marjoram leaves		2 tsp		
Dried oregano leaves		2 tsp		
Ground black pepper		1 tsp		
Low-sodium chicken broth		2 gal	7 Add broth and tomato paste. Bring to a boil. Add beans and stir to combine. Bring to a simmer and cook for 10 minutes.	
Tomato paste		1¾ cups		
White kidney beans (cannellini) or red kidney beans, canned, rinsed and drained		1 #10 can		
Whole-wheat macaroni	1 lb		8 Return the soup to a boil. Add macaroni and cook until tender, about 10 minutes. Stir in salt. Keep warm until ready to serve.	
Kosher salt		2 tsp		

Southwestern White Bean Soup

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	188 kcal
Protein	8.90 g
Carbohydrate	29.78 g
Total Fat	5.14 g
Saturated Fat	0.42 g
Cholesterol	0 mg
Vitamin A	2444.75 IU
Vitamin C	28.36 mg
Iron	2.97 mg
Calcium	104.89 mg
Sodium	613.60 mg
Dietary Fiber	8.58 g

EQUIVALENTS: 1 cup provides ¾ cup red/orange vegetable, ⅜ cup additional vegetable, and ¼ cup beans/legumes *or* 1.25 oz equiv meat/meat alternate (but not both). 1 puréed serving provides 1 cup additional vegetable.

Recipe HACCP Process: #2 Same Day Service

Southwestern White Bean Soup • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	DIRECTIONS
Onions		5 large	1 Trim and peel onions. Cut into small dice.
Bell peppers (any color)		6 large	2 Stem, core and seed peppers. Trim and peel carrots. Shred the peppers and carrots in a food processor fitted with a shredding disc (or cut into small dice.)
Carrots		6 large	
Vegetable oil		1 cup	3 Cook the onions, oil and ¼ cup salt in a stock pot over low heat, stirring occasionally, until the onions are very soft and melting into the oil, 15 to 20 minutes. Stir in cumin, coriander and paprika; cook, stirring, for 1 minute.
Kosher salt		½ cup, divided	
Ground cumin		¼ cup	
Ground coriander		¼ cup	
Paprika		¼ cup	
			4 Stir the peppers and carrots into the onions. Cook, stirring occasionally, until the liquid from the peppers has evaporated and the vegetables are beginning to brown on the bottom of the pot, about 10 minutes.
Water		1 gal + 3 quarts + 2 cups	5 Add water, beans, tomatoes, corn and ¼ cup salt. Simmer for 1 hour.
White beans, canned, rinsed and drained		2 #10 cans	
Diced or whole tomatoes, canned (drained)		3 #10 cans (1½ gal, drained measure)	
Frozen corn		1 qt	

NOTES

- *Serve with sour cream and salsa if desired.*
- *You may also purée the soup.*

Strawberry Spinach Salad

Fall Winter **Spring** **Summer**

NUTRITION INFORMATION

SERVING SIZE: 1¼ cups

Amount per Serving	
Calories	134 kcal
Protein	3.72 g
Carbohydrate	8.56 g
Total Fat	10.43 g
Saturated Fat	1.20 g
Cholesterol	0 mg
Vitamin A	4146.15 IU
Vitamin C	26.19 mg
Iron	1.68 mg
Calcium	51.98 mg
Sodium	58.74 mg
Dietary Fiber	2.76 g

EQUIVALENTS: 1¼ cups provides ½ cup dark green vegetable, ⅛ cup other vegetable and ⅛ cup fruit.

Recipe HACCP Process: #1 No Cook

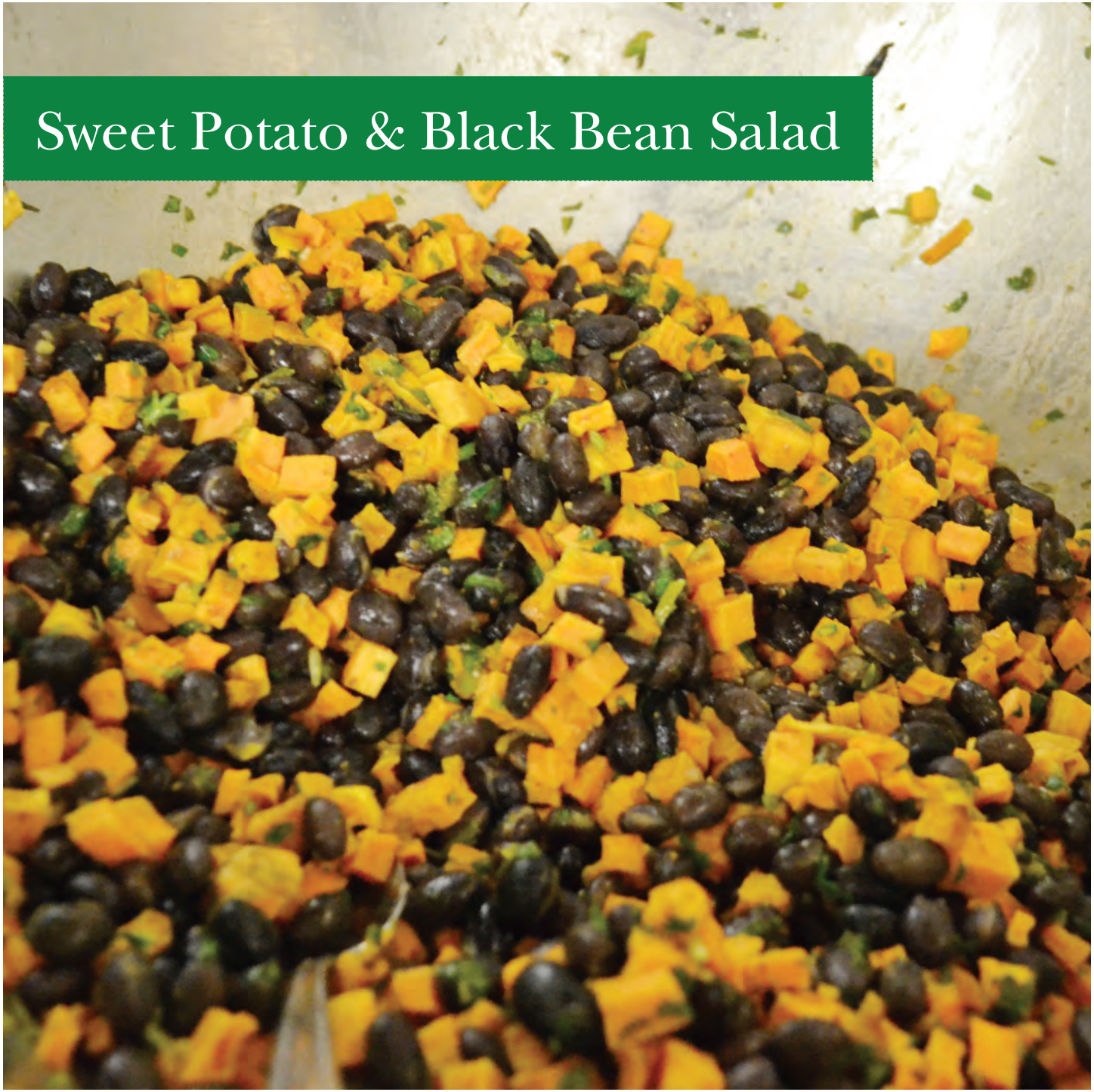
"The students are much more willing to try foods when they have met the farmer growing them or have seen where it was grown."

— GAY TRUAX

Strawberry Spinach Salad • 50 servings (1¼ cups)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Sunflower or pumpkin seeds	1¼ lb	1 qt	1 Toast sunflower (or pumpkin) seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4 to 5 minutes. Transfer to a bowl and let cool.	*Refrigerate the dressing (Step 6) for up to 1 week.*
Cucumbers	3 lb		2 Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick.	
Fresh strawberries	3 lb 4 oz		3 Hull strawberries and cut into ¼-inch thick slices.	
Romaine lettuce	2 lb 4 oz		4 Trim romaine and cut into 1-inch pieces.	
Baby spinach	2 lb 12 oz	2 gal + 2 qt	5 Mix spinach and romaine in a large bowl.	
Balsamic vinegar		½ cup	6 Process vinegar, syrup, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds.	
Maple syrup		6 Tblsp		
Dijon mustard		1 Tblsp		
Garlic powder		1½ tsp		
Kosher salt		1 tsp		
Ground black pepper		1 tsp		
Vegetable oil or olive oil		1 cup		
			7 Add the strawberries, cucumbers and the toasted seeds to the greens. Drizzle with dressing and toss to coat. Serve immediately.	

Sweet Potato & Black Bean Salad



Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ¼ cup

Amount per Serving	
Calories	62 kcal
Protein	2.25 g
Carbohydrate	10.33 g
Total Fat	1.43 g
Saturated Fat	0.22 g
Cholesterol	0 mg
Vitamin A	3450.69 IU
Vitamin C	1.97 mg
Iron	0.81 mg
Calcium	19.81 mg
Sodium	166.04 mg
Dietary Fiber	2.89 g

EQUIVALENTS: ¼ cup provides ⅛ cup red/orange vegetable and ⅛ cup beans/legumes.

Recipe HACCP Process: #2 Same Day Service

Sweet Potato & Black Bean Salad • 42 servings (¼ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			1 Preheat convection oven to 400°F or conventional oven to 425°F.	• *This recipe also works well with a combination of basil and cilantro or with lemon zest and juice (use equal amounts).*
Sweet potatoes	2 lb 4 oz		2 Peel sweet potatoes (if desired) and cut into ¼-inch dice.	
Limes		1½ medium	3 Zest and juice limes.	• *The easiest way to get the most juice from limes (or any citrus) is to roll the fruit back and forth on the counter a couple of times, applying even downward pressure with the palm of your hand. This will break some of the cells containing the juice and make it easier to squeeze it out!*
Vegetable oil		2 Tblsp	4 Toss sweet potatoes, vegetable oil, 1 tsp cumin, 1 tsp coriander and ½ tsp salt in a large bowl. Spread in a single layer on a sheet pan. Roast, stirring once, until fork tender and beginning to brown, 10 to 15 minutes. Let cool.	
Ground cumin		2 tsp, divided		
Ground coriander		2 tsp, divided		
Kosher salt		1 tsp, divided		
Fresh cilantro		½ bunch	5 Meanwhile, remove tough stems from cilantro and discard. Pulse the cilantro in a food processor fitted with a steel blade until chopped, about 10 seconds. Add the lime zest and juice, vinegar, honey, the remaining 1 tsp cumin, 1 tsp coriander and ½ tsp salt and pulse for about 10 seconds more. Add olive oil and pulse until the dressing is mostly smooth.	• *Quickly and easily remove the large stems of cilantro by holding the bunch in your hands so that the point where the bottom of the leaves connects to the long stems is between your fists. Twist the bunch to separate. Compost the stems and toss the leaves in the food processor.*
Rice wine vinegar or white wine vinegar		2 Tblsp		
Honey		1½ tsp		
Olive oil		2 Tblsp		
Black beans, canned, rinsed and drained		1 qt + 1¼ cups	6 Toss the cooled sweet potatoes, black beans and dressing in a large bowl. Serve chilled.	

Three Sisters Soup

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ¾ cup

Amount per Serving	
Calories	134 kcal
Protein	7.11 g
Carbohydrate	24.08 g
Total Fat	1.86 g
Saturated Fat	0.28 g
Cholesterol	1.21 mg
Vitamin A	1316.75 IU
Vitamin C	7.56 mg
Iron	1.68 mg
Calcium	54.87 mg
Sodium	344.33 mg
Dietary Fiber	4.99 g

EQUIVALENTS: ¾ cup provides ⅜ cup other vegetable, ⅛ cup starchy vegetable, and ¼ cup beans/legumes *or* 1 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

"Buying from farmers is a win, win, win, win."

— ALISON FORREST

Three Sisters Soup • 50 servings (¾ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Butternut squash or sweet potatoes	2 lb		1 If using squash, trim, peel, quarter and seed. Cut squash (or sweet potatoes) into ½-inch dice.	
Olive oil		¼ cup	2 Heat oil in large stockpot over medium heat. Add onions, celery and carrots and cook, stirring occasionally, until tender, about 5 minutes. Add garlic and cook, stirring, for 1 minute more. Add broth, the squash (or sweet potatoes), 1 Tblsp salt, coriander, cumin, thyme and pepper. Bring to slow boil. Cover and simmer, stirring occasionally, until the vegetables are tender, 30 to 45 minutes.	
Chopped onions (small dice)		1½ qt		
Chopped celery (small dice)		1 qt		
Chopped carrots (small dice)		2 cups		
Minced garlic		2 Tblsp		
Low-sodium chicken broth		1 gal		
Table salt		2 Tblsp, divided		
Ground coriander		1 tsp		
Ground cumin		1 tsp		
Dried thyme leaves		1 tsp		
Ground black pepper		1 tsp		
Corn kernels, fresh or frozen		2 qt	3 Add corn, green beans, Great Northern beans, salsa and the remaining 1 Tblsp salt. Return to a simmer and cook until the green beans are tender, about 5 minutes more.	
Chopped trimmed green beans (1-inch pieces)		1 qt		
Great Northern beans, canned, rinsed and drained		3 qt		
Low-sodium salsa		2 cups		

Winter Vegetable Soup with Noodles

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	129 kcal
Protein	5.36 g
Carbohydrate	21.91 g
Total Fat	2.66 g
Saturated Fat	0.42 g
Cholesterol	10.21 mg
Vitamin A	8767.74 IU
Vitamin C	46.70 mg
Iron	2.13 mg
Calcium	82.83 mg
Sodium	652.59 mg
Dietary Fiber	4.52 g

EQUIVALENTS: 1 cup provides ⅛ cup red/orange vegetable, ¼ cup dark green vegetable, and ⅛ cup bean/legumes *or* .5 oz equiv meat/meat alternate (but not both) and .5 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

"Take the time to walk around during lunch and see what students are eating and not eating. Then tweak the recipe with student feedback."

— KAREN RUSSO

Winter Vegetable Soup with Noodles • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Kale, collard greens or Swiss chard	4 lb		1 Remove tough ribs from kale (or collard greens or Swiss chard). Cut into ½-inch pieces.
Carrots	2 lb		2 Trim and peel carrots and onions. Cut into ½-inch dice.
Onions		2 large	
Vegetable oil		⅓ cup	3 Heat oil in a large stockpot over medium heat. Add the onion, garlic and 1 Tblsp salt. Cook, stirring occasionally, until browned, 10 to 15 minutes. Add the carrots, squash and turnips. Reduce heat to medium-low and cook, stirring occasionally, until tender, 10 to 15 minutes.
Chopped garlic		3 Tblsp	
Kosher salt		2 Tblsp + 1 tsp, divided	
Diced, peeled, seeded butternut squash (½-inch pieces)		1 qt	
Diced peeled turnips (½-inch pieces)		2 cups	
Water		5 gal + 3 qt, divided	4 Meanwhile, bring 3 gallons water to a boil in a large pot. Cook pasta until tender, about 10 minutes. Drain and set aside.
Whole-wheat egg noodles		1 gal	
Dry green lentils		2 cups	5 Bring 1 qt water, lentils and 1 tsp salt to a boil in a large saucepan. Reduce heat to a simmer and cook until tender, about 30 minutes. Drain and set aside.
Chicken base		5 Tblsp	6 When the vegetables are tender, add 2½ gal water, 1 Tblsp salt, chicken base and pepper to the pot. Bring to a simmer and cook for 20 minutes.
Ground black pepper		2 tsp	
7 Add the greens and cook until just tender, about 5 minutes. Add the drained lentils.			
8 To serve, add the cooked noodles right to individual serving bowls and ladle soup over the top, or stir the cooked noodles into the pot of soup.			

NOTES

- *Use another type of root vegetable in place of the turnips if you prefer.*
- *You can make this vegetarian by omitting the chicken base and using 2½ gal vegetable broth in step 6.*