

# Chartwells School Dining Services

**001948 - Noodles, Cabbage & Caraway**

Source: HVG- 135  
 Number of Portions: 50  
 Size of Portion: 3/4 cup

Meat/Alt 0 oz.  
 Grain/Bread 1 SRV.  
 F/V/J 0.25 Cup  
 Milk 0 FLOZ

993339 WATER..... 011282 ONIONS,RAW..... 002048 VINEGAR,CIDER..... 993368 Liquid butter alternative, Elite Golden Award..... 002005 CARAWAY SEED..... 002030 PEPPER,BLACK..... 011109 CABBAGE,RAW..... 002028 PAPRIKA..... 090161 SUGARS,BROWN,DARK..... 020109 NOODLES,EGG,DRY,ENRICHED.....	7 1/2 CUP 2 QT, sliced 2 3/4 CUP 3/4 CUP 2 TBSP 1 TSP 4 QT, chopped 1/2 CUP 3 TBSP, packed 3 LB + 2 OZ	<p><b><u>STEP 1</u></b>                  Pour water into a large pot. Add the cabbage, onions, vinegar, liquid butter alternative, caraway seeds, and pepper. Bring the mixture to a boil. Cook, stirring frequently, for 5 minutes. Reduce the heat to medium low, and then stir in the cabbage, paprika and brown sugar. Cover the pot and cook for 35 minutes, removing the lid 3 times to stir. Add water, if necessary, to ensure that the liquid in the pot remains about 1/2 inch deep.</p> <p><b><u>STEP 2</u></b>                  Approximately 5 minutes before the cabbage finishes cooking, drop the noodles into boiling salted water and cook them for 5 minutes. The noodles should be undercooked. Drain them and add them to the cabbage mixture along with some black pepper.</p> <p><b><u>STEP 3</u></b>                  Cook over medium-low heat, stirring occasionally, until all of the liquid has evaporated and the noodles are 'al -dente' about 5 to 7 minutes.</p> <p><b>CCP:</b> Hold for hot service at 140 degrees F.</p> <p>Portion with a 6-oz. spoodle.</p>
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Calories	165	Iron	1.68 Mg	Protein	4.82 G	11.69%	Calories from Prot
Cholesterol	24 Mg	Calcium	33 Mg	Carbohydrates	25.40 G	61.60%	Calories from Carb
Sodium	38 Mg	Vitamin A	599 IU	Total Fat	4.84 G	26.43%	Calories from T Fat
Dietary Fiber	2.34 G	Vitamin C	11.1 Mg	Saturated Fat	0.97 G	5.27%	Calories from S Fat
* - Denotes Missing Nutrient Values							

# Chartwells School Dining Services

**007055 - Herbed Broccoli & Cauliflower**

Source: HVG-100  
 Number of Portions: 50  
 Size of Portion: 1/2 Cup

Meat/Alt 0 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.5 Cup  
 Milk 0 FLOZ

004044 OIL,SOYBN,SALAD OR COOKING..... 8 OZ 009153 LEMON JUC,CND OR BTLD..... 1/4 CUP 011282 ONIONS,RAW..... 5 OZ 002003 SPICES,BASIL,DRIED..... 1 tbs, ground 002029 PARSLEY,DRIED..... 2 TBSP 002030 PEPPER,BLACK..... 1/2 TSP 002059 SALT, ONION..... 2 TSP 001032 CHEESE,PARMESAN,GRATED..... 1 1/2 CUP 018079 BREAD CRUMBS,DRY,GRATED,PLN..... 10 OZ		1. Heat oil in a stock pot.  2. Turn off heat and add lemon juice.  3. Add onions(diced 1/4" thick), basil, parsley, pepper, onion salt, Parmesan cheese, and bread crumbs to the oil. Mix, then set aside.						
011095 BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,WO/ 011138 CAULIFLOWER,FRZ,CKD,BLD,DRND,WO/SALT.	6 LB + 4 OZ 6 LB + 4 OZ	4. Place broccoli and cauliflower in separate steamtable pans (12" x 20" x 2 1/2"). Steam each pan in low-pressure steamer for 6 minutes or until vegetables are tender.  <b>CCP: Heat to 140° F or higher.</b>  Drain water from pans. 5. Combine 2 lb 13 oz of cooked broccoli and 2 lb 13 oz of cooked cauliflower in each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray.  For 50 servings, use 2 pans. For 100 servings, use 4 pans.  6. Sprinkle 2 cups of bread crumb mixture over each pan of vegetables before serving.  7. <b>CCP: Hold for hot service at 140° F or higher.</b>  Portion with No. 8 scoop (1/2 cup).						
		<b>Food as Purchased</b>  <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;"><b>50 Servings</b></td> <td style="text-align: center;"><b>100 Servings</b></td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">6 oz</td> <td style="text-align: center;">12 oz</td> </tr> </table>		<b>50 Servings</b>	<b>100 Servings</b>	Mature onions	6 oz	12 oz
	<b>50 Servings</b>	<b>100 Servings</b>						
Mature onions	6 oz	12 oz						
		<b>Special Tip</b>  For best results, use perforated pans to steam vegetables.						
		<b>Serving</b>  1/2 cup (No. 8 scoop) provides 1/2 cup of vegetable.						

Calories	104	Iron	0.96 Mg	Protein	4.64 G	17.83% Calories from Prot
Cholesterol	3 Mg	Calcium	85 Mg	Carbohydrates	9.86 G	37.86% Calories from Carb

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Sodium	172 Mg	Vitamin A	665 IU	Total Fat	5.89 G	50.93%	Calories from T Fat
Dietary Fiber	3.58 G	Vitamin C	41.1 Mg	Saturated Fat	1.26 G	10.93%	Calories from S Fat
* - Denotes Missing Nutrient Values							

**HOME FREID POTATOES**

**(HVG-105)**

**Portion Size – ½ Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 lb. + 10 ¾ oz.	4 lbs. + 2 ¾ oz.	8 lbs. + 6 oz.	Russet potato, cooked, peeled & diced
¼ cup + 2 ¼ tsp.	½ cup + 4 tbsp.	1 ¼ cup + 4 tbsp.	Margarine
1 tbsp. + 1 ¼ tsp.	3 tbsp. + 1 ¾ tsp.	¼ cup + 3 tbsp.	Vegetable oil
½	1 ¼	2 3/8	Spanish onion, small dice
2 7/8 oz.	7 ¼ oz.	14 ½ oz.	Green bell pepper, small dice
2 7/8 oz.	7 ¼ oz.	14 ½ oz.	Red bell pepper, small dice
½ tsp.	1 ¼ tsp.	2 3/8 tsp.	Salt
½ tsp.	1 ¼ tsp.	2 3/8 tsp.	Cracked black pepper
½ tsp.	1 ¼ tsp.	2 3/8 tsp.	Tabasco sauce

**METHOD**

**STEP 1**

In a large heavy skillet melt half of the margarine with the vegetable oil. Add the onion with the red and green peppers. Cook over moderately high heat, stirring until wilted but not browned, about 4 minutes.

**STEP 2**

Add the cooked potatoes to the pan. Mix together the potatoes and vegetables coating all well with the margarine and oil. Using a spoon press down on the potatoes to form one layer in the skillet. Cook over moderate heat until browned and crusty on the bottom. Season with salt and pepper.

**STEP 3**

Turn the potatoes, adding the remaining margarine to the skillet as you turn and cook until well browned, about 5 more minutes.

**STEP 4**

Season with salt, pepper and Tabasco, if desired. Serve hot. Portion with a 4-oz spoodle.

**COMPONENTS PER PORTION**

½ cup of vegetables

**NUTRIENT**

**Amount per Serving**

<b>Calories</b>	154
<b>Protein</b>	2.00 g
<b>Carbohydrates</b>	20.63 g
<b>Fat-total</b>	7.47 g
<b>Saturated Fat</b>	1.35 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	123 RE
<b>Vitamin C</b>	32.7 mg
<b>Iron</b>	1.12 mg
<b>Calcium</b>	12 mg
<b>Sodium</b>	79 mg
<b>Fiber</b>	2.21 g
<b>% Protein</b>	5.20
<b>% Carbohydrate</b>	53.50
<b>% Total Fat</b>	43.57
<b>% Saturated Fat</b>	7.92



# Chartwells School Dining Services

**002002 - Indian Moghlai Spinach**

Source: HVG- 115  
 Number of Portions: 50  
 Size of Portion: 1/2 Cup

Meat/Alt 0 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.5 Cup  
 Milk 0 FLOZ

011463 SPINACH,FRZ,CHOPD OR LEAF,UNPREP..... 15 LB 011216 GINGER ROOT,RAW..... 4 1/2 OZ 004318 OIL,VEG,TYPE B-COMMOD..... 1 1/2 CUP 002018 FENNEL SEED..... 2 1/2 TSP 011282 ONIONS,RAW..... 2 1/2 LB, chopped 002031 PEPPER,RED OR CAYENNE..... 1 1/2 TSP 002015 CURRY POWDER..... 2 1/2 TSP	<p><b><u>STEP 1</u></b>                  Defrost the spinach and allow it to drain in a colander set in a bowl.</p> <p><b><u>STEP 2</u></b>                  Heat oil over medium heat. When the oil is hot put in the fennel seeds. Stir once and add the onion and ginger. Stir and fry until the onions turn a rich, brown color.</p> <p><b><u>STEP 3</u></b>                  Squeeze the spinach well to remove all of the liquid. Add the spinach to the pan and stir well.</p> <p><b><u>STEP 4</u></b>                  Cook the spinach mixture over medium -high heat until it is heated through. If the spinach starts to stick to the pan add a small amount of the reserved spinach juice.</p> <p><b><u>STEP 5</u></b>                  Add the salt and cayenne pepper and continue to cook for an additional 5 minutes.</p> <p><b><u>STEP 6</u></b>                  When the spinach is hot add the curry powder. Stir well. Remove from the heat.</p> <p><b>CCP:</b> Hold for hot service at 140 degrees F.</p> <p>Portion with a 4-oz. spoodle.</p>
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Calories	112	Iron	2.87 Mg	Protein	5.65 G	20.11%	Calories from Prot
Cholesterol	0 Mg	Calcium	218 Mg	Carbohydrates	8.78 G	31.24%	Calories from Carb
Sodium	102 Mg	Vitamin A	15981 IU	Total Fat	7.64 G	61.14%	Calories from T Fat
Dietary Fiber	4.67 G	Vitamin C	34.7 Mg	Saturated Fat	1.32 G	10.57%	Calories from S Fat

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Recipe Master List

Aug 19, 2007

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\* - Denotes Missing Nutrient Values

**INDIAN SWEET POTATO POORIS OR PARATHAS**

**(HVG-115)**

**Portion Size – 4 Each**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
2 ½ cups	6 ¼ cups	3 quarts + ½ cup	Sweet potato, mashed	
1 tbsp. + ½ tsp.	2 tbsp. + 2 ½ tsp.	¼ cup + 1 ½ tbsp.	Vegetable oil	
7/8 tsp.	2 1/8 tsp.	1 tbsp. + 1 ¼ tsp.	Salt	
2 ½ tsp.	2 tbsp. + ¼ tsp.	¼ cup + ½ tsp.	Cinnamon, ground	
1 ¼ cup	3 cups + 2 tbsp.	6 ¼ cups	Whole wheat flour	
4 cups + 2 ½ tbsp.	2 quarts + 2 ½ cup	5 quarts + 1 cup	All purpose flour	
<b><u>COMPONENTS PER PORTION</u></b>				
¼ cup vegetables				
<b><u>NUTRIENT</u></b>	<b><u>Amount per Serving</u></b>			
<b>Calories</b>	318			
<b>Protein</b>	8.68 g			
<b>Carbohydrates</b>	65.56 g			
<b>Fat-total</b>	2.45 g			
<b>Saturated Fat</b>	0.37 g			
<b>Cholesterol</b>	0 mg			
<b>Vitamin A (RE)</b>	964 RE			
<b>Vitamin C</b>	3.4 mg			
<b>Iron</b>	4.04 mg			
<b>Calcium</b>	39 mg			
<b>Sodium</b>	243 mg			
<b>Fiber</b>	4.62 g			
<b>% Protein</b>	10.91			
<b>% Carbohydrate</b>	82.42			
<b>% Total Fat</b>	6.92			
<b>% Saturated Fat</b>	1.04			

**METHOD**

**STEP 1**

In a medium bowl, combine the sweet potatoes, oil, salt and cinnamon. Stir in all of the whole wheat flour and enough of the all-purpose flour to form a workable dough. Turn the dough out onto a floured surface and knead it, adding flour if necessary, until at least one cup of the all-purpose flour has been incorporated. The dough will be sticky at first, so you may need to oil your hands before starting to knead. The dough should be kneaded 5-10 minutes and should feel smooth and elastic when you are finished. Cover the dough with plastic wrap and set it aside to rest for at least 30 minutes. (at this point the dough may be wrapped in plastic and refrigerated for up to 3 days. Let the dough return to room temperature before attempting to work with it.)

**For Pooris:** Divide the dough into 12 equal pieces. Cut each of these pieces in half and then half again. You will have 48 equal pieces. Roll each piece between your palms to form 48 small balls. On a lightly floured surface, roll each ball into a 5-inch round. Set aside each round as you are finished and cover with plastic wrap. Do not overlap the round because they tend to stick together. Heat 2 inches of vegetable oil to 375 degree F. in a medium pan. Carefully slip a poori into the oil. As the poori rises to the surface, gently push it down with a slotted spoon. Do this several times, gently pushing and then releasing. Turn the poori over and cook the other side until puffed and golden, only 15-20 seconds. Remove from the oil, drain on paper towels. Repeat with the remaining rounds. Serve hot

**Continued on next page**



**JAMAICAN RICE AND BEANS (HVG-117)**

**Portion Size – ¾ Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 cup	2 ½ cups	5 cups	Kidney beans
5 cups	3 quarts + ½ cup	6 quarts + 1 cup	Water
3 3/8 – 4 fl. oz.	8 ½ - 4 fl. oz.	17 – 4 fl. oz.	Coconut milk, canned
4	10	20	Scallions, finely chopped
1/3 tbsp.	2 ½ tsp.	1 tbsp. + 2 tsp.	Jalapeno pepper, chopped
2 tbsp.	¼ cup + 1 tbsp.	½ cup + 2 tbsp.	Garlic, chopped
2 tsp.	1 tbsp. + 2 tsp.	3 tbsp. + 1 tsp.	Thyme, dried
2cups	5 cups	2 quarts + 2 cups	Long grain rice
1 ½ tsp.	1 tbsp. + ¾ tsp.	2 tbsp. + 1 ½ tsp.	Salt
¼ tsp.	5/8 tsp.	1 ¼ tsp.	Cracked black pepper

**METHOD**

**STEP 1**

Place the kidney beans, coconut milk, scallions, jalapeno, garlic, thyme and half of the cold water in a large pot. Cover and simmer until the beans are just tender.

**STEP 2**

Drain the beans in a colander set over a bowl. Reserve the liquid. Return the beans to the pot. Add the rice, salt and pepper to the pot. Measure the reserved liquid and add enough cold water to make 4 cups total. Add the liquid to the pot.

**NOTE:**

**Beans may contribute as vegetable or a meat Components, but not both.**

**STEP 3**

Cover, bring to a boil, and reduce the heat to low. Simmer for 15 minutes or until the liquid has been absorbed. Allow the rice and beans to stand, covered, off the heat for 5 minutes before removing the cover. Using a fork fluff up the rice. Adjust seasoning if necessary. Serve hot. Portion with a 6 oz. spoodle.

**COMPONENTS PER PORTION**

¾ serving of bread/grains, ¼ cup of vegetables **OR** ¾ serving of bread/grains and 1 oz. equivalent of meat alternative

**NUTRIENT**

**Amount per Serving**

<b>Calories</b>	305
<b>Protein</b>	8.60 g
<b>Carbohydrates</b>	44.11 g
<b>Fat-total</b>	10.71 g
<b>Saturated Fat</b>	0.10* g
<b>Cholesterol</b>	0* mg
<b>Vitamin A (RE)</b>	5* RE
<b>Vitamin C</b>	4.0 mg
<b>Iron</b>	4.31 mg
<b>Calcium</b>	61 mg
<b>Sodium</b>	386 mg
<b>Fiber</b>	5.47* g
<b>% Protein</b>	11.25
<b>% Carbohydrate</b>	57.68
<b>% Total Fat</b>	31.51
<b>% Saturated Fat</b>	0.29

\* - Denotes Missing Nutrient Values



**LEMON YELLOW RICE PILAF****(HVG-120)****Portion Size – ½ Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
2 ½ cup	6 ¼ cups	3 quarts + ½ cup	Brown rice	
1 tbsp. + 2 tsp.	¼ cup + ½ tsp.	½ cup + 1 tsp.	Oil	
1 ¼ tsp.	1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.	Turmeric	
1 5/8 tsp.	1 tbsp. + 1 ¼ tsp.	2 tbsp. + 2 ½ tsp.	Lemon zest	
¼ cup + 2 ½ tbsp.	1cup + 2 tsp.	2 cups + 1 tbsp.	Lemon juice	
7/8 tsp.	2 1/8 tsp.	1 tbsp. + 1 ¼ tsp.	Salt	
3 ¼ cups + 1 tbsp.	2 quarts + ½ cup	4 quarts + ¾ cup	Chicken stock	

**METHOD****STEP 1**

In a saucepan with a tight fitting lid, sauté the rice briefly in the vegetable oil, stirring to coat each kernel. Add the turmeric, lemon zest, lemon juice and chicken stock. Stir once, bring the rice to a boil, cover the pan and reduce the heat. Simmer for 30 minutes.

**COMPONENTS PER PORTION**

1 serving of bread/grains

**NUTRIENT****Amount per Serving**

<b>Calories</b>	222
<b>Protein</b>	5.73 g
<b>Carbohydrates</b>	39.46 g
<b>Fat-total</b>	4.60 g
<b>Saturated Fat</b>	0.85 g
<b>Cholesterol</b>	2 mg
<b>Vitamin A (RE)</b>	0 RE
<b>Vitamin C</b>	5.3 mg
<b>Iron</b>	0.96 mg
<b>Calcium</b>	14 mg
<b>Sodium</b>	311 mg
<b>Fiber</b>	1.74 g
<b>% Protein</b>	10.29
<b>% Carbohydrate</b>	70.87
<b>% Total Fat</b>	18.59
<b>% Saturated Fat</b>	3.43

# Chartwells School Dining Services

## 004952 - Mashed Potato Filling

Source: HVG- 120A  
 Number of Portions: 175  
 Size of Portion: 1/2 Cup

Meat/Alt 0 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.375 Cup  
 Milk 0 FLOZ

000150 Mashed Potatoes, Trio (Nestle)..... 018069 BREAD,WHITE,COMMLY PREP (INCL SOFT BR 018069 BREAD,WHITE,COMMLY PREP (INCL SOFT BR 004044 OIL,SOYBN,SALAD OR COOKING..... 011143 CELERY,RAW..... 011282 ONIONS,RAW..... 002029 PARSLEY,DRIED..... 002030 PEPPER,BLACK..... 990615 EGGS,WHOLE,FRESH & FROZEN..... 993368 Liquid butter alternative, Elite Golden Award.....	175 (1/2 cup prepare) 3 QT, cubes 15 OZ 1/2 CUP 1 CUP, diced 1 CUP, chopped 1/4 CUP 1/2 TBSP 7 large 1/2 CUP	<p><b><u>STEP 1</u></b>                  Prepare instant mashed potatoes according to package directions.* Set aside.</p> <p><b><u>STEP 2</u></b>                  Heat oil in a stock pot or skillet. Add celery and onions. Cook over medium heat, stirring often, until vegetables are soft and translucent.</p> <p><b><u>STEP 3</u></b>                  Add cooked onion and celery, parsley, pepper, beaten eggs, liquid butter alternative, and fresh bread cubes to the mashed potatoes. Mix well to combine. Transfer mixture to 2 1/2 inch deep pans.</p> <p><b><u>STEP 4</u></b>                  Bake pans in a 300 degree F oven for 1 1/2 hours.</p> <p><b>CCP:</b> Hold for hot service at 140 degrees F.</p> <p><b><u>STEP 5</u></b>                  Portion with a #8 scoop.</p> <p>* One #10 can instant mashed potatoes makes 175 servings.</p>
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Calories	88	Iron	0.61 Mg	Protein	1.64 G	7.47%	Calories from Prot
Cholesterol	8 Mg	Calcium	9 Mg	Carbohydrates	15.60 G	71.03%	Calories from Carb
Sodium	66 Mg	Vitamin A	15* IU	Total Fat	1.62 G	16.64%	Calories from T Fat
Dietary Fiber	1.15 G	Vitamin C	30.1 Mg	Saturated Fat	0.30 G	3.08%	Calories from S Fat

\* - Denotes Missing Nutrient Values

**MASHED POTATO VARIATIONS**

(HVG-123)

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
3 qt. + ½ cup	6 qt. + 1 cup	12 qt. + 2 cups	<b>For garlic mashed potatoes:</b> Mashed potatoes <i>prepared</i> from dry flakes- Trio Complete
1 cup	2 cups	1 qt.	Roasted garlic
3 qt. + ½ cup	6 qt. + 1 cup	12 qt. + 2 cups	<b>For cheddar mashed potatoes:</b> Mashed potatoes <i>prepared</i> from dry flakes- Trio Complete
3 cups	1 1/2 qt.	3 qt.	Cheddar cheese sauce, reduced fat, zero trans fat
3 qt. + ½ cup	6 qt. + 1 cup	12 qt. + 2 cups	<b>For bacon cheddar mashed potatoes:</b> Mashed potatoes <i>prepared</i> from dry flakes- Trio Complete
3 cups	1 1/2 qt.	3 qt.	Cheddar cheese sauce, reduced fat, zero trans fat
1 cup + 9 tbsp.	3 cups + 2 tbsp.	6 ¼ cups	Bacon, cooked, chopped
<b><u>COMPONENTS PER PORTION</u></b>			
½ cup vegetables			
	<i>Garlic Variation</i>	<i>Cheddar Variation</i>	<i>Bacon Cheddar Variation</i>
<b><u>NUTRIENT</u></b>	<b><u>Amount per Serving</u></b>	<b><u>Amount per Serving</u></b>	<b><u>Amount per Serving</u></b>
Calories	111	110	143
Protein	3.16 g	2.50 g	4.23 g
Carbohydrates	24.24 g	16.50 g	16.53 g
Fat-total	0.17 g	3.50 g	6.30 g
Saturated Fat	0.03 g	1.50 g	2.49 g
Cholesterol	0 mg	3 mg	7 mg
Vitamin A (RE)	0	0	0
Vitamin C	40.61 mg	30.00 mg	30.00 mg
Iron	0.94 mg	0.36 mg	0.45 mg
Calcium	61.54 mg	40.00 mg	40.68 mg
Sodium	31 mg	275 mg	366 mg
Fiber	1.71 g	1.50 g	1.50 g
% Protein	11.43	9.09	11.86
% Carbohydrate	87.63	60.00	46.33
% Total Fat	1.38	28.63	39.72
% Saturated Fat	0.25	12.27	15.70
	Portion cost = \$0.05	Portion cost = \$0.07	Portion cost = \$0.17

**METHOD**

**STEP 1**

Prepare mashed potatoes according to package directions. Do not add salt, margarine, or butter.

**STEP 2**

Stir in remaining ingredient(s).

**STEP 3**

Hold until served at 140 degrees F.

**STEP 5**

Portion with a No. 8 scoop or a 4 ounce spoodle.

**MEXICAN SUCCOTASH (HVG-130)**

**Portion Size – ½ Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
½ cup + 2 ½ tbsp.	1 ½ cup + 2 ½ tbsp.	3 1/3 cup	Onions, chopped
1 tbsp. + 2 tsp.	¼ cup	½ cup	Vegetable Oil
1 lb.	3 lbs.	6 lbs.	Summer Squash, small dice
1 ½ cup	3 ¾ cup	7 ½ cup	Green Peppers, small dice
¼ cup + 2 ½ tbsp.	1 cup	2 cups	Pimento, small dice
3 cups	7 ½ cup	15 cups	Tomatoes, small dice
2 ¼ cups + 2 tbsp.	6 cups	12 cups	Corn kernels
¼ tsp.	½ tsp.	1 tsp.	Garlic Powder
¼ cup + 2 ½ tbsp.	1 cup	2 cups	Water

**METHOD**

**STEP 1**

Sauté onions in vegetable oil over medium-high heat for 5 minutes or until onions are soft and golden brown.

**STEP 2**

Add the squash, green peppers, pimento, tomatoes and corn. Sauté for 2 minutes to combine all of the flavors and ingredients.

**STEP 3**

Add garlic powder & water. Cover and steam for 5 minutes or until vegetables are crisp tender. Uncover and allow all of the liquid to evaporate. Transfer to a 2 ½ inch hotel pan and serve hot.

**STEP 4**

Portion with a 4-oz. spoodle.

**COMPONENTS PER PORTION**

½ cup vegetables

**NUTRIENT**

**Amount per Serving**

<b>Calories</b>	83
<b>Protein</b>	2.59 g
<b>Carbohydrates</b>	14.96 g
<b>Fat-total</b>	2.68 g
<b>Saturated Fat</b>	0.38 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	102 RE
<b>Vitamin C</b>	41.7 mg
<b>Iron</b>	0.91 mg
<b>Calcium</b>	18 mg
<b>Sodium</b>	10 mg
<b>Fiber</b>	2.99 g
<b>% Protein</b>	12.42
<b>% Carbohydrate</b>	71.71
<b>% Total Fat</b>	28.92
<b>% Saturated Fat</b>	4.11

**ORANGE RICE PILAF (HVG-150)**

**Portion Size – ½ Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
1 5/8 oz.	4 oz.	8 oz.	Onions, small dice
1 ½ cup + 1 ½ tbsp.	4 cups	2 quarts	Water
1 ½ cup + 1 ½ tbsp.	4 cups	2 quarts	Orange Juice
3/8 tsp.	1 tsp.	2 tsp.	Salt
¼ tsp.	½ tsp.	1 tsp.	White Pepper
1	2	4	Bay Leaf(s)
10 ½ oz.	1 lb. + 10 oz.	3 lbs. + 4 oz.	White Rice, raw
<b><u>COMPONENTS PER PORTION</u></b>			
1 serving of bread/grains			
<b><u>NUTRIENT</u></b>			
<b><u>Amount per Serving</u></b>			
<b>Calories</b>	126		
<b>Protein</b>	2.29 g		
<b>Carbohydrates</b>	27.99 g		
<b>Fat-total</b>	0.27 g		
<b>Saturated Fat</b>	0.05 g		
<b>Cholesterol</b>	0 mg		
<b>Vitamin A (RE)</b>	8 RE		
<b>Vitamin C</b>	20.1 mg		
<b>Iron</b>	1.42 mg		
<b>Calcium</b>	9 mg		
<b>Sodium</b>	95 mg		
<b>Fiber</b>	0.60 g		
<b>% Protein</b>	7.26		
<b>% Carbohydrate</b>	88.82		
<b>% Total Fat</b>	1.89		
<b>% Saturated Fat</b>	0.42		

**METHOD**

**STEP 1**

Place diced onions, water, orange juice, salt, pepper & bay leaf in a stock pot. Bring to a boil; reduce to a simmer and cook gently until onions are tender; about 5 minutes. Remove bay leaves.

**STEP 2**

Weight out rice: 3 lb. 4 oz for each 2 ½ inch full hotel pan (1 lb. 10 oz for each 2 ½ inch half pan). Add Seasoned Liquid (1gal +1cup for each full pan/ 2 qt + 4 oz for each half pan). Cover tightly with foil.

**STEP 3**

Place in a 350 degree F. oven for 20-25 minutes or until rice is tender and all of the liquid has been absorbed. Remove the pans from the oven and allow to stand, covered, for 5 minutes. Uncover and fluff with two forks to separate rice. Serve hot. Portion with a # 8 scoop.

# Chartwells School Dining Services

**003148 - Oven Roasted Potatoes**

Source: HVG- 153  
 Number of Portions: 100.0000  
 Size of Portion: 1/2 cup

Meat/Alt 0 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.5 Cup  
 Milk 0 FLOZ

011374 POTATOES,CND,SOL&LIQUIDS..... 004044 OIL,SOYBN,SALAD OR COOKING..... 002026 ONION POWDER..... 002030 PEPPER,BLACK..... 002028 PAPRIKA.....	12 1/2 QT, whole 2 CUP 2 TSP 2 TSP 2 TSP	<p><b><u>STEP 1</u></b>                  Drain the potatoes*.</p> <p><b><u>STEP 2</u></b>                  Toss potatoes with the oil and spices.</p> <p><b><u>STEP 3</u></b>                  Bake on sheet pans, uncovered, in the oven until potatoes are slightly browned and heated to an internal temperature of 145 degrees F for 15 seconds.</p> <p><b>CCP:</b> Hold for hot service at 140 degrees F.</p> <p><b><u>STEP 5</u></b>                  Portion with a 4 oz. spoodle.</p> <p>*NOTE: Nine (9) #10 cans of whole potatoes = about 12 1/2 quarts- sufficient for 100 portions.</p>
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Calories	105	Iron	1.10 Mg	Protein	1.82 G	6.92% Calories from Prot
Cholesterol	0 Mg	Calcium	59 Mg	Carbohydrates	14.92 G	56.89% Calories from Carb
Sodium	326 Mg	Vitamin A	22 IU	Total Fat	4.53 G	38.87% Calories from T Fat
Dietary Fiber	2.13 G	Vitamin C	11.4 Mg	Saturated Fat	0.66 G	5.65% Calories from S Fat
* - Denotes Missing Nutrient Values						

**POTATOES AU GRATIN****(HVG-155)****Portion Size – ½ Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
6 ¾ oz.	1 lb. + ½ oz.	2 lbs. + 1 oz.	Dehydrated Potato Slices	
3/8 oz.	1 oz.	2 oz.	Onions, chopped	
5 cups + 3 tbsp.	3 quarts + 1 cup	1 gallon + 2 ½ quarts	Water	
1 oz.	2 ½ oz.	5 oz.	Flour	
3 ¼ oz.	8 oz.	1 lb.	Non Fat Dry Milk Powder	
3/8 tsp.	¾ tsp.	1 ½ tsp.	Garlic Powder	
¼ tsp.	½ tsp.	1 tsp.	Black Pepper	
5 ¼ oz.	13 oz.	1 lb. + 10 oz.	American Cheese, shredded	

**METHOD****STEP 1**

Place the potato slices and chopped onions in a 2 ½ inch hotel pan.

**STEP 2**

Prepare the Sauce: Bring the water to a boil. In a bowl combine the flour, dry milk powder, garlic powder and black pepper. Remove the water from the heat; slowly add the flour mixture to the water while constantly beating until a smooth sauce has been reached. Add the shredded cheese to the sauce and whip until well blended and completely melted.

**STEP 3**

Pour the sauce over the potato slices. Shake to combine and ensure the potatoes are thoroughly covered. Bake in a 350 degree oven for 1 hour or until the potatoes are tender and golden brown on top. Portion with #8 scoop (1/2 cup).

**COMPONENTS PER PORTION**

½ oz. meat/meat alternate, 3/8 cup vegetables

**NUTRIENT****Amount per Serving**

<b>Calories</b>	159
<b>Protein</b>	8.27 g
<b>Carbohydrates</b>	20.87 g
<b>Fat-total</b>	4.91 g
<b>Saturated Fat</b>	3.00 g
<b>Cholesterol</b>	15 mg
<b>Vitamin A (RE)</b>	43 RE
<b>Vitamin C</b>	5.7 mg
<b>Iron</b>	1.54 mg
<b>Calcium</b>	213 mg
<b>Sodium</b>	522 mg
<b>Fiber</b>	0.41 g
<b>% Protein</b>	20.77
<b>% Carbohydrate</b>	52.43
<b>% Total Fat</b>	27.74
<b>% Saturated Fat</b>	16.97

**POTATOES COOKED WITH GINGER****(HVG-160)****Portion Size – ½ Cup**

<b>QUANTITY/PORTIONS</b>			<b>INGREDIENTS</b>
<b>10</b>	<b>25</b>	<b>50</b>	
2 lb. + 2 ¾ oz.	5 lb. + 9 oz.	11 lb. + 2 oz.	Potatoes
1 1/8 oz.	2 ¾ oz.	5 ¾ oz.	Fresh ginger
13 ½ oz.	2 lb. + 1 ½ oz.	4 lb. + 2 ¾ oz.	Tomatoes 6x6
3 tbsp. + 1 tsp.	½ cup + 1 tsp.	1 cup + 2 tsp.	Vegetable oil
5/8 tsp.	1 3/8 tsp.	2 ¾ tsp.	Turmeric
1 1/8 tsp.	2 ¾ tsp.	1 tbsp. + 2 ¾ tsp.	Ground cumin
1 1/8 tsp.	2 ¾ tsp.	1 tbsp. + 2 ¾ tsp.	Ground coriander
¼ tsp.	¾ tsp.	1 3/8 tsp.	Cayenne pepper
1 ¼ cups + 2 tbsp.	3 ¼ cups + 3 ½ tbsp.	6 ¾ cups + 3 tbsps.	Water
1 1/8 tsp.	2 ¾ tsp.	1 tbsp. + 2 ¾ tsp.	Salt

**METHOD****STEP 1**

Boil the potatoes in their skin. Drain them and let them cool. Peel them and cut them into 1-inch dice.

**STEP 2**

Peel the ginger and chop it coarsely. Place it with 4 tablespoons water into the container of a food processor or blender. Blend.

**STEP 3**

Chop the tomatoes into very fine pieces. Heat the vegetable oil in a frying pan over a medium-high heat. When hot, stir in the ginger paste and the turmeric. Stir for 1 minute. Add the tomatoes. Continue to stir and cook until the tomatoes turn paste-like. Add the ground cumin, ground coriander and cayenne pepper. Stir once or twice. Add the potatoes, water and salt. Mix well and bring to a boil. Turn the heat to low, cover and simmer gently for 15 minutes. Portion with a 4 oz. spoodle.

**COMPONENTS PER PORTION**

½ cup cooked vegetables

**NUTRIENT****Amount per Serving**

<b>Calories</b>	140
<b>Protein</b>	2.36 g
<b>Carbohydrates</b>	23.08 g
<b>Fat-total</b>	4.87 g
<b>Saturated Fat</b>	0.69 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	26 RE
<b>Vitamin C</b>	21.1 mg
<b>Iron</b>	0.74 mg
<b>Calcium</b>	11 mg
<b>Sodium</b>	508 mg
<b>Fiber</b>	2.59 g
<b>% Protein</b>	6.70
<b>% Carbohydrate</b>	65.49
<b>% Total Fat</b>	31.08
<b>% Saturated Fat</b>	4.41

**QUICK BAKED HERBED POTATOES (HVG-165)**

Portion Size – 1 Potato Half

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5	13	25	Potatoes	
1/8 tsp.	¼ tsp.	½ tsp.	Garlic powder	
¼ tsp.	½ tsp.	1 tsp.	Black pepper	
7/8 tsp.	2 tsp.	1 tbsp. + 1 tsp.	Paprika	
¼ tsp.	12 tsp.	1 tsp.	Salt	

**METHOD**

**STEP 1**

Wash and scrub the potatoes well, cut in half lengthwise leaving skin on.

**STEP 2**

Mix spices and place in spice shaker.

**STEP 3**

Place potato halves in steam table pan cut-side up. Spray with vegetable cooking spray.

**STEP 4**

Sprinkle spice mixture over potatoes.

**STEP 5**

Turn potatoes cut-side down for browning.

**STEP 7**

**TO BAKE:**

Conventional oven: 450 degrees F for 25-30 minutes  
Convection oven: 425 degrees F for 20-25 minutes

**Variations:**

Potatoes may be seasoned with Asian (MSR-10), Barbecue (MSR-15), Cajun (MSR-20), Capistrano (MSR-25, Greek (MSR-35), Oregano and Cumin (MSR-40), or Rosemary and Garlic (MSR-35) Rubs/Mixes.

**COMPONENTS PER PORTION**

½ cup of vegetables

**NUTRIENT**

**Amount per Serving**

<b>Calories</b>	110
<b>Protein</b>	2.36 g
<b>Carbohydrates</b>	25.62 g
<b>Fat-total</b>	0.12 g
<b>Saturated Fat</b>	0.03 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	10 RE
<b>Vitamin C</b>	13.1 mg
<b>Iron</b>	1.42 mg
<b>Calcium</b>	10 mg
<b>Sodium</b>	54 mg
<b>Fiber</b>	2.47 g
<b>% Protein</b>	8.51
<b>% Carbohydrate</b>	92.52
<b>% Total Fat</b>	1.01
<b>% Saturated Fat</b>	0.24

**ALABAMA HOPPING JOHN (HVG-17)**

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
2 cups + 3 tbsp.	5 ½ cups	2 quarts + 3 cups	Black-eyed peas dried
2 cups + 3 tbsp.	5 ½ cups	2 quarts + 3 cups	White long grain rice cooked
2 ¼ oz.	5 ½ oz.	11 oz.	Turkey ham, diced
1 tbsp. + ¼ tsp.	2 tbsp. + 2 ¼ tsp.	¼ cup + 1 ½ tbsp.	Vegetable oil
1 cup + 1 1/2tbsp.	2 ¾ cups	5 ½ cups	Onion, chopped
1 tsp.	2 tsp.	1 tbsp.	Hot pepper sauce
2 tbsp. + ¾ tsp.	¼ cup + 1 ½ tbsp.	½ cup + 3 tbsp.	Cider vinegar
¼ tsp.	¾ tsp.	1 3/8 tsp.	Salt
¼ tsp.	¾ tsp.	1 3/8 tsp.	Cracked black pepper
2 tbsp. + ¾ tsp.	¼ cup + 1 ½ tbsp.	½ cups + 3 tbsp.	Dried parsley

<u>COMPONENTS PER PORTION</u>	Portion cost = \$0.14
1/4 cup vegetables, ½ serving bread/grains	

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	131
Protein	5.54 g
Carbohydrates	22.36 g
Fat-total	2.17 g
Saturated Fat	0.40 g
Cholesterol	3 mg
Vitamin A (RE)	5 RE
Vitamin C	1.7 mg
Iron	1.92 mg
Calcium	21 mg
Sodium	394 mg
Fiber	3.01 g
% Protein	16.92
% Carbohydrate	68.25
% Total Fat	14.93
% Saturated Fat	2.78

**METHOD**

**STEP 1**

Soak the black-eyed peas in cold water overnight. Drain. Put the peas in a saucepan. Cover with salted water and simmer until tender; about one hour.

**STEP 2**

Sauté the diced ham in the vegetable oil until they turn brown. With a slotted spoon transfer them to drain on paper towels. In the same pan, sauté the onion until tender and golden brown. Stir in the hot pepper sauce.

**STEP 3**

When the black-eyed peas are tender, drain them, reserving some cooking liquid. Mix together the peas, onion mixture, cooked rice and vinegar. Do this very gently so that the peas are not mashed; the handle of the spoon or chopsticks works well. Season with salt and pepper.

**STEP 4**

Transfer the mixture to a 2-½ inch deep hotel pan that has been sprayed with pan spray. Dribble some of the cooking liquid over the mixture. Shake the pan; it should be moist and separate not dry. Add more liquid if necessary. Sprinkle the diced ham and parsley over the top, and bake in a preheated 350-degree oven for about 20 minutes. Serve hot.

**Serving suggestion:** For grades 7-12, offer a 1 cup portion in order to promote higher calorie intake and to supply ½ cup vegetables and 1 serving of bread grains toward the Enhanced Food Based menu pattern.

**RATATOUILLE****(HVG-170)****Portion Size – ½ Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
7 ½ oz.	1 lb. + 2 ¼ oz.	2 lb. + 4 ½ oz.	White onions	
3 tbsp. + 2 tsp.	½ cup + 1 tbsp.	1 cup + 2 tbsp.	Oil	
7 ½ oz.	1 lb. + 2 ¼ oz.	2 lbs. + 4 ½ oz.	Red, yellow and/or green peppers	
7 ½ oz.	1 lb. + 2 ¼ oz.	2 lbs. + 4 ½ oz.	Eggplant	
3	7	13	Fresh garlic, chopped	
			Salt and Cayenne pepper to taste	
11 oz.	1 lb. + 11 ½ oz.	3 lbs. + 6 ½ oz.	Tomatoes	
¼ tsp.	5/8 tsp.	1 1/8 tsp.	Dried thyme	
2 ¾ tsp.	2 tbsp. + 1 tsp.	¼ cup + 1 ¾ tsp.	Dried parsley	
½ leaf(s)	1 1/8 leaf(s)	2 1/3 leaf(s)	Bay Leaf	
7 ½ oz.	1 lb. + 2 ¼ oz.	2 lbs. + 4 ½ oz.	Zucchini, small	
2 ¾ tsp.	2 tbsp. + 1 tsp.	¼ cup + 1 ¾ tsp.	Dried basil	

**COMPONENTS PER PORTION**

½ cup vegetable

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	74
<b>Protein</b>	1.27 g
<b>Carbohydrates</b>	7.00 g
<b>Fat-total</b>	5.23 g
<b>Saturated Fat</b>	0.73 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	47 RE
<b>Vitamin C</b>	28.4 mg
<b>Iron</b>	0.73 mg
<b>Calcium</b>	23 mg
<b>Sodium</b>	12 mg
<b>Fiber</b>	2.06 g
<b>% Protein</b>	6.80
<b>% Carbohydrate</b>	37.50
<b>% Total Fat</b>	63.04
<b>% Saturated Fat</b>	8.83

**METHOD****STEP 1**

Cut the onions into quarters or eighths, depending on size.

**STEP 2**

Half, seed and derib the peppers and cut them into 1-inch squares.

**STEP 3**

Cut the top off the eggplant and cut it into ¾-inch cubes, leaving the skin on.

**STEP 4**

Peel, half and seed the tomatoes and cut each into sixths or eighths.

**STEP 5**

Cut the zucchini into ½ - 1-inch slices.

**STEP 6**

Heat half of the oil in a low, wide saucepan. Put the onions in to cook gently over medium heat. Do not allow to brown. When soft, add the peppers, eggplant, garlic, salt and a pinch of cayenne. Continue to cook gently for 10 minutes, stirring gently with a wooden spoon. Then add the tomatoes and herbs.

**STEP 7**

Bring to a boil and leave to cook over a very low heat, at a bare simmer, with the lid ajar, for two hours, adding the zucchini after 1 hour.

**STEP 8**

Place a colander or sieve over another saucepan. Pour in the vegetables and allow them to drain well. Then return the vegetables to their original saucepan and continue cooking over a low heat leaving the lid off. Place the saucepan containing the liquid over a very high heat and stirring constantly with a wooden spoon reduce to a syrup. Pour this syrup back into the vegetables. Remove from the heat and cool. Add the remaining oil and basil. Stir and mix together. Serve chilled or at room temperature. Portion with a 4 oz. spoodle.

**REFRIED BEANS (HVG-175)**

**Portion Size – ½ Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10 (¼ pan)</u>	<u>25 (½ pan)</u>	<u>50 (1 pan)</u>	
½ # 10 can	1 ¼ # 10 can	2 ½ # 10 cans	Pinto beans, canned, drained	
¼ cup + 2 ½ tbsp.	1 cup	2 cups	Chicken stock	
3 tbsp. + ¾ tsp.	½ cup	1 cup	Oil	
2 3/8 tsp.	2 tbsp.	¼ cup	Chili powder	
1 7/8 tsp.	1 tbsp. + 1 ½ tsp.	3 tbsp.	Cumin, ground	
5/8 tsp.	1 ½ tsp.	1 tbsp.	Paprika	
5/8 tsp.	1 ½ tsp.	1 tbsp.	Onion powder	
4 ½ oz.	11 oz.	1 lb. + 6 oz.	Cheddar cheese	

**METHOD**

**STEP 1**

Place beans, stock, oil and seasonings in mixer. Blend on medium speed for 3-5 minutes until smooth or to desired consistency.

**STEP 2**

Pour mixture into steam table pans which have been lightly oiled.

**STEP 3**

**BAKE:**

Conventional oven: 350 degrees F for 30 minutes  
Convection oven: 300 degrees F or 20 minutes

**COMPONENTS PER PORTION**

½ cup vegetables OR 2 oz. meat/meat alternate

**NOTE:**

**Beans may count as either a vegetable or a meat/meat alternate, but not both.**

**STEP 4**

Sprinkle cheese over each pan. Return pans to the oven for 5 minutes to melt cheese.

**NUTRIENT**

**Amount per Serving**

<b>Calories</b>	208
<b>Protein</b>	11.27 g
<b>Carbohydrates</b>	20.98 g
<b>Fat-total</b>	9.36 g
<b>Saturated Fat</b>	3.37 g
<b>Cholesterol</b>	13 mg
<b>Vitamin A (RE)</b>	67 RE
<b>Vitamin C</b>	1.3 mg
<b>Iron</b>	2.89 mg
<b>Calcium</b>	161 mg
<b>Sodium</b>	688 mg
<b>Fiber</b>	4.585 g
<b>% Protein</b>	21.66
<b>% Carbohydrate</b>	40.31
<b>% Total Fat</b>	40.48
<b>% Saturated Fat</b>	14.59

**STEP 5**

Portion with # 8 scoop.

**RICE AND BEANS**

(HVG-177)

Portion Size – 1 Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
3 oz.	6 oz.	12 oz.	Ham, diced
¾ cup	1 ½ cup	3 cups	Onions, fresh, chopped
¾ cup	1 ½ cup	3 cups	Green peppers, fresh, diced
2 tbsp.	¼ cup	½ cup	Garlic, fresh, chopped
2 tbsp.	¼ cup	½ cup	Olive oil
3 cups	1 ½ qt.	3 qt.	Tomato sauce
3 qt.	1 ½ gal.	3 gal.	Kidney beans, canned, drained
3 qt.	1 ½ gal.	3 gal.	White rice, <i>cooked</i> w/ salt (refer to Helpful Hints Section)
<u>COMPONENTS PER PORTION</u>			
1/2 cup vegetables, 1 serving bread/grains			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	229		
Protein	9.59 g		
Carbohydrates	17.51 g		
Fat-total	1.91 g		
Saturated Fat	0.30 g		
Cholesterol	2 mg		
Vitamin A (RE)	41 RE		
Vitamin C	4.4 mg		
Iron	2.82 mg		
Calcium	66.20 mg		
Sodium	928 mg		
Fiber	8.80 g		
% Protein	16.74		
% Carbohydrate	76.20		
% Total Fat	7.50		
% Saturated Fat	1.19		

**METHOD**

**STEP 1**

In a tilt skillet or large pot on a stovetop, sauté ham, onions, peppers, and garlic in oil over medium heat until vegetables are translucent.

**STEP 2**

Add tomato sauce, drained beans, and cooked rice. Mix well to combine.

**STEP 3**

Transfer mixture to steamtable pans. Heat pans in oven or steamer until mixture has reached 160 degrees F. Keep warm at 140 degrees F or higher until ready to serve.

**STEP 4**

Portion with an 8 oz. spoodle or No. 4 scoop.

**RICE-VEGETABLE CASSEROLE****(HVG-185)****Portion Size – ½ Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
9 ½ oz.	1 lb. + 7 ½ oz.	2 lbs. + 14 ¾ oz.	Rice, raw	
2 ½ cups + 2 ½ tbsp.	6 ½ cups + 2 ½ tbsp.	3 quarts + 1 ½ cup	Chicken Stock	
1 tbsp. + ¼ tsp.	2 tbsp. + 2 tsp.	¼ cup + 1 ½ tbsp.	Vegetable Oil	
4 ¾ oz.	12 oz.	1 lb. 8 oz.	Carrots, diced	
2 1/8 oz.	5 ½ oz.	10 ¾ oz.	Spinach, chopped	
2 2/3 oz.	6 ¾ oz.	13 ½ oz.	Green Peas, frozen	
½ tsp.	1 /38 tsp.	2 5/8 tsp.	Salt	
1/8 tsp.	3/8 tsp.	5/8 tsp.	Black Pepper	
<b><u>COMPONENTS PER PORTION</u></b>				
1/8 cup of vegetables, 3/4 serving of bread/grains				
<b><u>NUTRIENT</u></b>				
	<b><u>Amount per Serving</u></b>			
<b>Calories</b>	123			
<b>Protein</b>	2.67 g			
<b>Carbohydrates</b>	23.89 g			
<b>Fat-total</b>	1.74 g			
<b>Saturated Fat</b>	0.24 g			
<b>Cholesterol</b>	0 mg			
<b>Vitamin A (RE)</b>	335 RE			
<b>Vitamin C</b>	2.7 mg			
<b>Iron</b>	1.51 mg			
<b>Calcium</b>	14 mg			
<b>Sodium</b>	518 mg			
<b>Fiber</b>	1.34 g			
<b>% Protein</b>	8.64			
<b>% Carbohydrate</b>	77.31			
<b>% Total Fat</b>	12.63			
<b>% Saturated Fat</b>	1.78			

**METHOD****STEP 1**

Place rice in a pot that will hold 3 times its volume. Run rice under cold water until the water runs clear. Drain well. Add chicken stock. Stir well. Place pot over medium-high heat and bring chicken stock to a boil. Lower the heat to a low simmer, cover the pot well and allow rice to cook, undisturbed for 20 minutes. Remove the pot from the heat and let stand, covered, for 10 minutes.

**STEP 2**

Add the vegetable oil to a large skillet and place over medium-high heat. Add carrots and sauté for 2 minutes. Add defrosted & drained chopped spinach. Stir until most of the excess liquid is absorbed. Add peas and continue to stir until all of the vegetables are well combined.

**STEP 3**

Remove the cover from the cooked rice. Using 2 forks fluff the rice so that the grains are separated. Season with salt and pepper. Transfer the rice evenly to 2 ½ inch hotel pans. Divide the cooked vegetables among the pans of rice. Using forks so that the rice stays loose, stir the vegetables into the rice until they are well combined. Serve hot.

**ROASTED ITALIAN VEGETABLES**

**(HVG-186)**

**Revised Aug. 2007**

**Portion Size – 1/2 Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
2 lb. + 12 oz.	5 lb. + 8 oz.	11 lb.	Zucchini, julienne strips
1 lb. + 6 oz.	2 lb. + 12 oz.	5 lb. + 8 oz.	Carrots, julienne strips
1 lb. + 6 oz.	2 lb. + 12 oz.	5 lb. + 8 oz.	Green pepper, julienne strips
11 oz.	1 lb. + 6 oz.	2 lb. + 12 oz.	Red pepper, julienne strips
1 lb. + 3 oz.	2 lb. + 6 oz.	4 lb. 12 oz.	Red onion, sliced
As needed	As needed	As needed	Vegetable cooking spray
1 cup	2 cups	1 qt.	Light/LC Italian salad dressing

**METHOD**

**STEP 1**

Wash and cut the vegetables.

**STEP 2**

Place the vegetables on sheet pans that have been sprayed with vegetable cooking spray. Pour salad dressing over vegetables and toss together. Allow to sit for 30 minutes.

**STEP 3**

Spread the vegetables evenly on the pan and roast in a 400 degree oven for 15-20 minutes or until the vegetables are tender.

**COMPONENTS PER PORTION**

1/2 cup vegetables

**Portion cost = \$0.36 if all ingredients are purchased**

**STEP 4**

Portion with a 4 oz. spoodle.

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	50
Protein	1.40 g
Carbohydrates	9.71 g
Fat-total	1.10 g
Saturated Fat	0.19 g
Cholesterol	0 mg
Vitamin A (RE)	814 RE
Vitamin C	57 mg
Iron	0.56 mg
Calcium	24 mg
Sodium	88 mg
Fiber	2.74 g
% Protein	11.24
% Carbohydrate	77.92
% Total Fat	19.91
% Saturated Fat	3.36
NK5518	

**ROASTED TOMATOES WITH ROSEMARY****(HVG-187)****Portion Size – 1/2 Cup**

<b>QUANTITY/PORTIONS</b>			<b>INGREDIENTS</b>
<b><u>25</u></b>	<b><u>50</u></b>	<b><u>100</u></b>	
25 each (5.5 lb.)	50 each (11 lb.)	100 each (22 lb.)	Tomatoes, fresh, medium
1 ½ cup	3 cups	1 ½ qt.	Olive oil
1 cup	2 cups	1 qt.	Balsamic vinegar
¼ tsp.	½ tsp.	1 tsp.	Cracked black pepper
1 tsp.	2 tsp.	4 tsp.	Dried rosemary

**METHOD****STEP 1**

Heat the oven to 250 degrees F. Spray a sheet pan with pan spray.

**STEP 2**

Cut the washed tomatoes into 4 thick slices crosswise each.

**STEP 3**

Spread the tomatoes in single layer on the baking sheet. Drizzle with the oil and vinegar. Season with the pepper.

**COMPONENTS PER PORTION**

Portion cost = \$0.18

1/2 cup vegetables

**STEP 4**

Slowly roast for about an hour, until most of the liquid has caramelized. Slide the sheet out and sprinkle with the rosemary. Cook for another 15 minutes. Serve hot.

**NUTRIENT**      **Amount per Serving**

<b>Calories</b>	84
<b>Protein</b>	1.05 g
<b>Carbohydrates</b>	6.01 g
<b>Fat-total</b>	6.89 g
<b>Saturated Fat</b>	0.93 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	76
<b>Vitamin C</b>	23.51 mg
<b>Iron</b>	0.62 mg
<b>Calcium</b>	6.78 mg
<b>Sodium</b>	11 mg
<b>Fiber</b>	1.37 g
<b>% Protein</b>	5.00
<b>% Carbohydrate</b>	28.66
<b>% Total Fat</b>	73.92
<b>% Saturated Fat</b>	10.00

**STEP 5**

For each portion, give 4 cooked tomato slices.

**SIDE OF PASTA WITH TOMATO SAUCE (HVG-197)**

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
1 qt. + ½ cup	1 ½ gal. + 1 cup	3 gal. + 2 cups	Pasta, enriched, cooked <i>al dente</i>
3 qt. + ½ cup	1 ½ gal. + 1 cup	3 gal. + 2 cups	Spaghetti sauce, canned, marinara style, or recipe MS-10, basic tomato sauce
<u>COMPONENTS PER PORTION</u>			Portion cost = \$0.09
1 serving of bread/grains			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	141		
Protein	4.34 g		
Carbohydrates	26.20 g		
Fat-total	2.56 g		
Saturated Fat	0.37 g		
Cholesterol	0 mg		
Vitamin A (RE)	60 RE		
Vitamin C	8.00 mg		
Iron	1.48 mg		
Calcium	16.15 mg		
Sodium	394 mg		
Fiber	3.22 g		
% Protein	12.29		
% Carbohydrate	74.22		
% Total Fat	16.33		
% Saturated Fat	2.34		

**METHOD**

**STEP 1**

Cook pasta to *al dente*, according to guidelines in the Helpful Hints section. Drain.

**STEP 2**

Pour drained, hot cooked macaroni into serving pans. Add tomato sauce.

**STEP 3**

Heat to 160 degrees F for 15 seconds. Keep warm at 140 degrees F until ready to serve.

**STEP 4**

Portion with a 4 oz. spoodle.

**STIR FRIED VEGETABLES (HVG-198)**

Revised Aug. 2007

Portion Size – ½ Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
¼ cup	½ cup	1 cup	Vegetable oil
3 qt. + ½ cup	6 qt. + 1 cup	12 qt. + 2 cups	Frozen Oriental blend vegetables*
3 cups + 2 tbsp.	6 ¼ cups	3 qt. + ½ cup	<b>Stir Fry Sauce (recipe MS-45)</b>
¼ cup	½ cup	1 cup	Sesame seeds, toasted
			*Containing French cut green beans, onions, broccoli, mushrooms, and red peppers

**COMPONENTS PER PORTION**

1/2 cup vegetables

**Portion cost = \$0.27**  
**(if all ingredients purchased)**

<u>NUTRIENT</u>	<u>Amount per Serving</u>	
Calories	65	
Protein	2.40 g	
Carbohydrates	7.04 g	
Fat-total	3.53 g	
Saturated Fat	0.49 g	
Cholesterol	0 mg	
Vitamin A	112 RE	
Vitamin C	34.4 mg	
Iron	1.15 mg	
Calcium	64 mg	
Sodium	312 mg	
Fiber	2.15 g	
% Protein	14.88	
% Carbohydrate	43.68	
% Total Fat	49.29	
% Saturated Fat	6.78	NK980

**METHOD****STEP 1**

Heat oil over high heat in a tilt skillet. When oil is hot, stir fry Oriental blend vegetables until the vegetables are crisp-tender.

**STEP 2**

Add Stir Fry Sauce.

**STEP 3**

Transfer cooked vegetables to steamtable pans. Garnish each pan with sesame seeds.

**STEP 4**

Hold vegetables hot at 140 degrees F or higher until served. Portion with a 4 oz. spoodle or a No. 8 scoop.

**ALTERNATE METHOD****STEP 1**

Heat Stir Fry Sauce in a small pot to a low boil.

**STEP 2**

Remove sauce from heat and add sesame seeds.

**STEP 3**

Heat vegetables in a 2" hotel pan in a steamer until crisp tender.

**STEP 4**

Pour sauce over vegetables and stir well to combine and coat.

**STEP 4**

Hold vegetables hot at 140 degrees F or higher until served. Portion with a 4 oz. spoodle or a No. 8 scoop.

**SWAHILI GOMBO (OKRA)****(HVG-199A)****Portion Size – ½ cup**

<b><u>QUANTITY/PORTIONS</u></b>			<b><u>INGREDIENTS</u></b>
<b><u>25</u></b>	<b><u>50</u></b>	<b><u>100</u></b>	
1 qt.	2 qt.	4 qt.	Onion, finely chopped
¼ cup	½ cup	1 cup	Garlic, fresh minced
3 Tbsp.	6 Tbsp.	¾ cup	Vegetable oil
8 ½ lb.	17 lb.	34 lb.	Okra, frozen
2 ea.	4 ea.	8 ea.	Jalapeno peppers, stemmed, seeded and thinly sliced
2 cups	1 qt.	2 qt.	Tomatoes, canned, diced
2 tsp.	4 tsp.	2-2/3 Tbsp.	Salt
<b><u>COMPONENTS PER PORTION</u></b>			Portion cost \$0.49
½ cup vegetables			
<b><u>NUTRIENT</u></b>	<b><u>Amount per Serving</u></b>		
<b>Calories</b>	76		
<b>Protein</b>	3.14 g		
<b>Carbohydrates</b>	13.68 g		
<b>Fat-total</b>	2.12 g		
<b>Saturated Fat</b>	0.33 g		
<b>Cholesterol</b>	0 mg		
<b>Vitamin A (RE)</b>	82 RE		
<b>Vitamin C</b>	23.16 mg		
<b>Iron</b>	1.04 g		
<b>Calcium</b>	136.43 mg		
<b>Sodium</b>	212 mg		
<b>Fiber</b>	4.08 g		
<b>% Protein</b>	16.51		
<b>% Carbohydrate</b>	72.00		
<b>% Total Fat</b>	25.07		
<b>% Saturated Fat</b>	3.91		

**METHOD****STEP 1**

In a saucepan, saute the onion and garlic in the oil for 10 minutes. Add the okra (it can go in frozen) and the jalapeno peppers. Saute, stirring frequently, for 5 minutes or until the okra starts to soften.

**STEP 2**

Add the tomatoes and salt, cover, and simmer for about 30 minutes.

**STEP 3**

Portion with a 4 oz. spoodle.

**THAI RED FRIED RICE ( Kao Pad Tamada)****(HVG-203)****Portion Size – ¾ cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
1/3 cup	2/3 cup	1-1/3 cup	Vegetable oil
¼ cup	½ cup	1 cup	Garlic, finely chopped
3 cups	6 cups	3 qt.	Onion, finely chopped
3 cups	6 cups	3 qt.	Carrot, finely chopped
2 cups	1 qt.	2 qt.	Green peppers, finely chopped
2 cups	1 qt.	2 qt.	Green peas, frozen
¼ cup	½ cup	1 cup	Tomato sauce
¼ cup	½ cup	1 cup	Water
3 qt. + ½ cup	6 qt. + 1 cup	12 qt. + 2 cups	Cooked rice, chilled
¾ cup	1 ½ cup	3 cups	Ketchup
½ cup	1 cup	2 cups	Scallions, sliced
½ cup	1 cup	2 cups	Cucumber, peeled, seeded & diced
1 cup	2 cups	1 qt.	Coriander leaves, chopped
<b><u>COMPONENTS PER PORTION</u></b>			Portion cost = \$0.15
1 serving bread/grains, ¼ cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
<b>Calories</b>	167		
<b>Protein</b>	3.62 g		
<b>Carbohydrates</b>	30.91 g		
<b>Fat-total</b>	3.32 g		
<b>Saturated Fat</b>	0.47 g		
<b>Cholesterol</b>	0 mg		
<b>Vitamin A (RE)</b>	474 RE		
<b>Vitamin C</b>	20.91 mg		
<b>Iron</b>	1.67 mg		
<b>Calcium</b>	32.66 mg		
<b>Sodium</b>	423 mg		
<b>Fiber</b>	2.16 g		
<b>% Protein</b>	8.66		
<b>% Carbohydrate</b>	73.97		
<b>% Total Fat</b>	17.89		
<b>% Saturated Fat</b>	2.54		

**METHOD****STEP 1**

Heat the oil in a large pot or skillet. Lightly brown the garlic. Add the onions, carrot and green peppers and continue to cook until the onions are golden and the vegetables are crisp tender.

**STEP 2**

Add the green peas and vegetable juice and continue to cook until the peas are heated through.

**STEP 3**

Place the cooked rice in a shallow steamtable pan. Add the vegetable mix and stir well to combine. Place the pan in a 350 degree oven until the rice is heated through and 140 degrees.

**STEP 4**

Remove the rice from the oven. Stir in the ketchup. Mix well to combine. Then add the scallions, cucumbers, coriander leaves and parsley. Stir well and serve.

**STEP 5**

Portion with a 6 oz. spoodle or a No. 6 scoop.



# Chartwells School Dining Services

**004572 - Baked Beans**

Source: HVG-25  
 Number of Portions: 100  
 Size of Portion: 1/2 cup

Meat/Alt 0 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.5 Cup  
 Milk 0 FLOZ

016141 BEANS,BKD,CND,PLAIN/VEGETARIAN,HTD..... 019334 SUGARS,BROWN..... 011935 CATSUP..... 083730 MUSTARD YELLOW PREPARED..... 993368 Liquid butter alternative, Elite Golden Award.....	4 #10 CAN 3 CUP, unpacked 3 CUP 2 TBSP 1/2 CUP	<p><b><u>STEP 1</u></b>                  Pour canned beans into 2" full steam table pans.</p> <p><b><u>STEP 2</u></b>                  Combine brown sugar, catsup, mustard, and liquid butter alternative. Blend well.</p> <p><b><u>STEP 3</u></b>                  Pour mixture over beans. Stir to combine. Cover pans with foil.</p> <p><b><u>STEP 4</u></b>  <b>Bake:</b>                  Conventional oven: 350 degrees F for 2 ¼ hours                  Convection oven: 325 degrees F for 1 ¼ hours</p> <p><b>CCP:</b> Hold for hot service at 140 degrees F.</p> <p><b><u>STEP 5</u></b>                  Portion with 4-oz. ladle or spoodle (1/2 cup).</p>
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Calories	149	Iron	1.86 Mg	Protein	6.26 G	16.80% Calories from Prot
Cholesterol	0 Mg	Calcium	59 Mg	Carbohydrates	30.68 G	82.28% Calories from Carb
Sodium	536 Mg	Vitamin A	230 IU	Total Fat	1.90 G	11.44% Calories from T Fat
Dietary Fiber	6.15 G	Vitamin C	4.4 Mg	Saturated Fat	0.40 G	2.42% Calories from S Fat
* - Denotes Missing Nutrient Values						

**BAKED STUFFED POTATOES**

(HVG-25A)

R'04

Portion Size – ½ Potato

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5	12 ½	25		Red potatoes
¾ cup + 3 tbsp.	2 ¼ cup + 1 ½ tbsp.	4 ½ cup + 3 tbsp.		Carrots, diced
¾ cup + 3 tbsp.	2 ¼ cup + 1 ½ tbsp.	4 ½ cup + 3 tbsp.		Green bell pepper, diced
2 tbsp. + 1 ½ tsp.	¼ cup + ¼ tsp.	¾ cup + 1 ½ tsp.		Vegetable oil
1 ¼ tsp.	1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.		Coriander, ground
5/8 tsp.	1 5/8 tsp.	1 tbsp. + ¼ tsp.		Turmeric
1/8 tsp.	3/8 tsp.	¾ tsp.		Cardamon, ground
1/8 tsp.	¼ tsp.	3/8 tsp.		Cloves, ground
5 oz.	12 ½ oz.	1 lb. + 9 oz.		Cream cheese, room temperature
				Spicy yogurt sauce
				Salt and pepper to taste

**METHOD**

**STEP 1**

Scrub the potatoes well and bake them in a 400 degree F oven for one hour or until done.

**STEP 2**

While the potatoes are baking prepare the filling; Sauté the onions and carrots in the oil until they are tender, for about 10 minutes. Add the bell pepper and spices and continue to sauté another minute or two. Add a little water to prevent sticking, cover the pot and cook for 5 minutes, or until the bell pepper is tender. Stir in the cream cheese and salt and pepper to taste. Set this mixture aside off the heat.

**STEP 3**

When the potatoes are baked and cool enough to handle, cut them in half lengthwise and scoop them out, leaving ½ inch of the potato clinging to the skin. Mash the scooped-out potato.

**STEP 4**

Lower the oven temperature to 350 degrees F. Fill the potato skins with the cream cheese-potato mixture and place them in an oiled baking pan. Cover with aluminum foil and bake for 30 minutes. Serve topped with spicy yogurt sauce.

**COMPONENTS PER PORTION**

½ cup vegetables

**NUTRIENT**

**Amount per Serving**

- Calories
- Protein
- Carbohydrates
- Fat-total
- Saturated Fat
- Cholesterol
- Vitamin A (RE)
- Vitamin C
- Iron
- Calcium
- Sodium
- Fiber
- % Protein
- % Carbohydrate
- % Total Fat
- % Saturated Fat

**BASIC COOKED COUSCOUS (HVG-30)**

Portion Size – ½ Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
5 tbsp.	4 cups + 1 tbsp.	2 quarts + ½ cup	Couscous	
1 tbsp. + 2 tsp.	¼ cup + ½ tsp.	½ cup + 1 tsp.	Vegetable oil	
¾ cup + 1 ½ tbsp.	2 cups + 1 tbsp.	4 cups + 2 ½ tbsp.	Cold water	
3/8 tsp.	1 tsp.	2 1/8 tsp.	Salt	
3/4 cup + 1 ½ tsp.	2 cups + 1 tbsp.	4 cups + 2 ½ tbsp.	Hot water	

**METHOD**

**STEP 1**  
Combine the couscous with the oil in a medium-sized bowl. Stir well, and then pour into a fine holed colander set over simmering stock or water for 20 minutes.

**STEP 2**  
Return the couscous to the bowl and stir in the cold water, breaking up all lumps with a fork. Return the mixture to the colander and steam for 20 minutes longer.

**STEP 3**  
Transfer the couscous to the bowl once more, and stir in the salt and hot water, breaking up any lumps with a fork.

**COMPONENTS PER PORTION**

1 serving of bread/grains

**STEP 4**  
Place the couscous in the colander and steam for the last 20 minutes or until tender. Fluff with a fork. Portion with a # 8 scoop.

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	135
<b>Protein</b>	3.91 g
<b>Carbohydrates</b>	23.74 g
<b>Fat-total</b>	2.47 g
<b>Saturated Fat</b>	0.35 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	0 RE
<b>Vitamin C</b>	0.0 mg
<b>Iron</b>	0.33 mg
<b>Calcium</b>	8 mg
<b>Sodium</b>	101 mg
<b>Fiber</b>	1.53 g
<b>% Protein</b>	11.56
<b>% Carbohydrate</b>	70.16
<b>% Total Fat</b>	16.40
<b>% Saturated Fat</b>	2.34

**BOSTON BAKED BEANS****(HVG-40)****Portion Size – ½ Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10 ( ¼ pan)</u>	<u>25 ( ½ pan)</u>	<u>50 ( 1 pan )</u>	
3/8 # 10 can	1 1/8 # 10 can	2 1/8 # 10 cans	Vegetarian beans, canned	
½ oz.	1 1/3 oz.	2 5/8 oz.	Onions, chopped	
3 tbsp. + ¾ tsp.	½ cup	1 cup	Molasses	
1 ¼ tsp.	1 tbsp.	2 tbsp.	Dry mustard	
¾ oz.	1 7/8 oz.	3 ¾ oz.	Brown sugar	
¼ cup + 2 ½ tbsp.	1 cup	2 cups	Water	
3 tbsp. + ¾ tsp.	½ cup	1 cup	Tomato paste	

**METHOD****STEP 1**

Pour canned beans into 4” full steam table pans.

**STEP 2**

Combine onions, molasses, dry mustard, brown sugar, water, and tomato paste. Blend well.

**STEP 3**

Pour mixture over beans. Stir to combine. Cover.

**STEP 4****Bake:**

Conventional oven: 350 degrees F for 2 ¼ hours

Convection oven: 325 degrees F for 1 ¼ hours

**Remove cover during last ½ hour to brown beans****STEP 5**

Portion with 4-oz. ladle (1/2 cup).

**COMPONENTS PER PORTION**

½ cup vegetables

**NUTRIENT****Amount per Serving**

<b>Calories</b>	156
<b>Protein</b>	6.62 g
<b>Carbohydrates</b>	35.57 g
<b>Fat-total</b>	0.61 g
<b>Saturated Fat</b>	0.15 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	35 RE
<b>Vitamin C</b>	8.1 mg
<b>Iron</b>	0.85 mg
<b>Calcium</b>	85 mg
<b>Sodium</b>	522 mg
<b>Fiber</b>	6.87 g
<b>% Protein</b>	16.91
<b>% Carbohydrate</b>	90.85
<b>% Total Fat</b>	3.53
<b>% Saturated Fat</b>	0.89

**BROWN RICE PILAF (HVG-50)**

Portion Size – ½ Cup

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
4 ¾ oz.	11 ½ oz.	1 lb. + 7 oz.	Brown Rice, raw	
4 ¾ oz.	11 ½ oz.	1 lb. + 7 oz.	White Rice, raw	
2 ½ cups + 1 ½ tbsp.	6 ½ cups	3 quarts + 1 cup	Chicken Stock	
1/8 tsp.	¼ tsp.	½ tsp.	Black Pepper	
7/8 oz.	2 oz.	4 oz.	Onions, chopped	
<b><u>COMPONENTS PER PORTION</u></b>				
1 serving of bread/grains				
<b><u>NUTRIENT</u></b> <b><u>Amount per Serving</u></b>				
<b>Calories</b>	117			
<b>Protein</b>	3.44 g			
<b>Carbohydrates</b>	22.69 g			
<b>Fat-total</b>	1.18 g			
<b>Saturated Fat</b>	0.29 g			
<b>Cholesterol</b>	1 mg			
<b>Vitamin A (RE)</b>	0 RE			
<b>Vitamin C</b>	0.2 mg			
<b>Iron</b>	0.94 mg			
<b>Calcium</b>	7 mg			
<b>Sodium</b>	89 mg			
<b>Fiber</b>	0.67 g			
<b>% Protein</b>	11.70			
<b>% Carbohydrate</b>	77.24			
<b>% Total Fat</b>	9.01			
<b>% Saturated Fat</b>	2.23			

**METHOD****STEP 1**

In a large bowl combine both rice. Run cold water through the rice until the water runs clear. Drain well. Stir the rice so that it is evenly mixed. Transfer the rice to 2 ½ inch hotel pans.

**STEP 2**

Bring the chicken stock, black pepper and chopped onions to a boil. Add the seasoned stock to the pans of rice so that the liquid comes one inch above the top of the rice layer. Cover the pans tightly with foil and place in a 350 degree F oven for 40-50 minutes or until all of the liquid has been absorbed and the rice is tender. Remove the rice from the oven and allow to sit, covered, for 5 minutes. Remove the foil; fluff up the grains with two forks to prevent mashing the rice down. Serve hot. Portion with a # 8 scoop.

# Chartwells School Dining Services

**003356 - "Buttered" Noodles**

Source: HVG- 53  
 Number of Portions: 100.0000  
 Size of Portion: 1/2 cup

Meat/Alt 0 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.5 Cup  
 Milk 0 FLOZ

020099 MACARONI, DRY, ENR..... 5 LB 993368 Liquid butter alternative, Elite Golden Award..... 2 CUP 002029 PARSLEY, DRIED..... 1/4 CUP	<p><b><u>STEP 1</u></b>                  Cook macaroni in salted water to "al dente."</p> <p><b><u>STEP 2</u></b>                  Add liquid butter alternative and parsely to the hot cooked noodles.</p> <p><b>CCP:</b> Hold at 140 degrees F or above until service.</p> <p><b>NOTE:</b> May substitute other salt -free seasonings for parsely.</p>
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Calories	126	Iron	0.84 Mg	Protein	2.98 G	9.44%	Calories from Prot
Cholesterol	0 Mg	Calcium	5 Mg	Carbohydrates	17.04 G	53.98%	Calories from Carb
Sodium	33 Mg	Vitamin A	4 IU	Total Fat	4.83 G	34.39%	Calories from T Fat
Dietary Fiber	0.74 G	Vitamin C	0.0 Mg	Saturated Fat	0.86 G	6.15%	Calories from S Fat
* - Denotes Missing Nutrient Values							

**CAJUN BARBEQUE BEANS (HVG-55)**

**Portion Size – 1/2 Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
2 tbsp. + 2 tsp.	1/3 cup	2/3 cup	Vegetable oil
2 cups	1 qt.	2 qt.	Spanish onion, 1/2 inch dice
3/4 cup + 1 tbsp.	1 2/3 cups	3 1/3 cups	Celery, 1/2 inch dice
1 1/2 tbsp.	3 tbsp.	1/3 cup + 2 tsp.	Cayenne pepper
1 tbsp.	2 tbsp.	1/4 cup	Thyme, dried
2 1/2 leaves	5 leaves	10 leaves	Bay leaf
1/3 cup + 2 tsp.	3/4 cup	1 1/2 cups	Tomato puree
1 3/4 cups	3 1/2 cups	1 qt. + 3 cups	Barbecue sauce
1 can	2 cans	4 cans	Kidney beans, #10 cans
6 1/4 oz.	12 1/2 oz.	1 lb. + 9 oz.	Turkey ham, diced
6 1/4 oz.	12 1/2 oz.	1 lb. + 9 oz.	Italian sausage, cooked, sliced
2 tbsp. + 2 tsp.	1/3 cup	2/3 cup	Parsley, dried
1 tbsp.	2 tbsp.	1/4 cup	Cracked black pepper
<b><u>COMPONENTS PER PORTION</u></b>			
1/2 cup vegetables			Portion cost = \$0.24

**METHOD**

**STEP 1**

In a large pot, heat the oil and sauté the onion and celery until tender.

**STEP 2**

Add the cayenne, thyme, bay leaves, tomato puree and barbecue sauce.

**STEP 3**

Add the beans, ham and sausage. Bring to a simmer.

**STEP 4**

After 30 minutes remove the bay leaves and add the parsley and black pepper. Mix well. Serve hot.

**STEP 5**

Portion with a 4 oz. spoodle.

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	136
<b>Protein</b>	7.54 g
<b>Carbohydrates</b>	17.51 g
<b>Fat-total</b>	4.27 g
<b>Saturated Fat</b>	1.03 g
<b>Cholesterol</b>	10 mg
<b>Vitamin A (RE)</b>	41 RE
<b>Vitamin C</b>	4.4 mg
<b>Iron</b>	1.94 mg
<b>Calcium</b>	38 mg
<b>Sodium</b>	571 mg
<b>Fiber</b>	6.10 g
<b>% Protein</b>	22.10
<b>% Carbohydrate</b>	51.34
<b>% Total Fat</b>	28.18
<b>% Saturated Fat</b>	6.81

**CAJUN BLACK EYED PEAS (HVG-57)**

**Portion Size – ½ Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>10</u>	<u>25</u>	<u>50</u>	
2 cups + 3 tbsp.	5 ½ cups	2 quarts + 3 cups	Black-eyed peas dried
2 cups + 3 tbsp.	5 ½ cups	2 quarts + 3 cups	White long grain rice cooked
2 ¼ oz.	5 ½ oz.	11 oz.	Turkey ham, diced
1 tbsp. + ¼ tsp.	2 tbsp. + 2 ¼ tsp.	¼ cup + 1 ½ tbsp.	Vegetable oil
1 cup + 1 1/2tbsp.	2 ¾ cups	5 ½ cups	Onion, chopped
1 tsp.	2 tsp.	1 tbsp.	Tabasco sauce
2 tbsp. + ¾ tsp.	¼ cup + 1 ½ tbsp.	½ cup + 3 tbsp.	Cider vinegar
1 ¼ tsp.	1/3 cup	¾ cup	<b>Cajun Spice Rub, recipe MSR-20</b>

<u>COMPONENTS PER PORTION</u>	Portion cost = \$0.14
¼ cup vegetables, ½ serving bread/grains	

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	131
<b>Protein</b>	5.54 g
<b>Carbohydrates</b>	22.36 g
<b>Fat-total</b>	2.17 g
<b>Saturated Fat</b>	0.40 g
<b>Cholesterol</b>	3 mg
<b>Vitamin A (RE)</b>	5 RE
<b>Vitamin C</b>	1.7 mg
<b>Iron</b>	1.92 mg
<b>Calcium</b>	21 mg
<b>Sodium</b>	394 mg
<b>Fiber</b>	3.01 g
<b>% Protein</b>	16.92
<b>% Carbohydrate</b>	68.25
<b>% Total Fat</b>	14.93
<b>% Saturated Fat</b>	2.78

**METHOD**

**STEP 1**

Soak the black-eyed peas in cold water overnight. Drain. Put the peas in a saucepan. Cover with salted water and simmer until tender; about one hour.

**STEP 2**

Sauté the diced ham in the vegetable oil until they turn brown. With a slotted spoon transfer them to drain on paper towels. In the same pan, sauté the onion until tender and golden brown. Stir in the Tabasco sauce.

**STEP 3**

When the black-eyed peas are tender, drain them, reserving some cooking liquid. Mix together the peas, onion mixture, cooked rice and vinegar. Do this very gently so that the peas are not mashed; the handle of the spoon or chopsticks works well. Season with Cajun Spice Rub Mix.

**STEP 4**

Transfer the mixture to a 2-½ inch deep hotel pan that has been sprayed with pan spray. Dribble some of the cooking liquid over the mixture. Shake the pan; it should be moist and separate not dry. Add more liquid if necessary. Sprinkle the diced ham and parsley over the top, and bake in a preheated 350-degree oven for about 20 minutes. Serve hot.

**STEP 4**

Portion with a 4 oz. spoodle.

**Serving suggestion:** For grades 7-12, offer a 1 cup portion in order to promote higher calorie intake and to supply ½ cup vegetables and 1 serving of bread grains toward the Enhanced Food Based menu pattern.

# Chartwells School Dining Services

**003644 - Cheddar Potato Strips**

Source: HVG- 61  
 Number of Portions: 100  
 Size of Portion: 1/2 cup

Meat/Alt 0 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.5 Cup  
 Milk 0 FLOZ

011365 POTATOES,BLD,CKD IN SKN,FLESH,WO/SALT. 001079 MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED 004044 OIL,SOYBN,SALAD OR COOKING..... 001168 CHEESE,LOFAT,CHEDDAR OR COLBY..... 002026 ONION POWDER..... 011297 PARSLEY,RAW..... 002030 PEPPER,BLACK.....	100 medium 2 GAL + 2 CUP 1 1/4 CUP 2 1/2 LB 1 CUP 1 CUP 1 TBSP	<p><b><u>STEP 1</u></b>                  Cut potatoes into 1/2" strips. Arrange in a single layer in a 2" hotel pan.</p> <p><b><u>STEP 2</u></b>                  Pour milk over potatoes. Stir in oil. Sprinkle with onion powder, parsley, and pepper.</p> <p><b><u>STEP 3</u></b>                  Cover and bake at 425 in a conventional oven for 30 minutes or until potatoes are tender.</p> <p><b><u>STEP 4</u></b>                  Uncover, sprinkle with cheese, return to oven uncovered for 5 minutes or until cheese is melted.</p> <p><b>CCP:</b> Hold for hot service at 140 degrees F.</p> <p><b><u>STEP 5</u></b>                  Portion with a 4 ounce spoodle.</p>
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Calories	198	Iron	0.55 Mg	Protein	7.98 G	16.09% Calories from Prot
Cholesterol	9 Mg	Calcium	156 Mg	Carbohydrates	30.27 G	61.05% Calories from Carb
Sodium	109 Mg	Vitamin A	235 IU	Total Fat	5.30 G	24.04% Calories from T Fat
Dietary Fiber	2.35 G	Vitamin C	17.4 Mg	Saturated Fat	1.96 G	8.88% Calories from S Fat
* - Denotes Missing Nutrient Values						

**CORNBREAD STUFFING****(HVG-65)****Portion Size – 1/3 Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
7 ½ oz.	1 lb. + 2 ¾ oz.	2 lbs. + 5 ½ oz.	White bread	
7 ½ oz.	1 lb. + 2 ¾ oz.	2 lbs. + 5 ½ oz.	Cornbread	
3 ¼ oz.	8 oz.	1 lb.	Celery, diced	
1/3 oz.	7/8 tsp.	1 ¾ oz.	Onions, diced	
5/8 tsp.	1 ½ tsp.	1 tbsp.	Poultry seasoning	
3/8 tsp.	¾ tsp.	1 ½ tsp.	Pepper, black	
5/8 tsp.	1 ½ tsp.	1 tbsp.	Garlic powder	
2 1/8 oz.	5 ¼ oz.	10 ½ oz.	Margarine	
2 ¼ cups + 2 tbsp.	6 cups	3 quarts	Chicken stock	

**METHOD****STEP 1**

Cube bread. Crumble cornbread. Combine bread cubes, cornbread, celery, onions, poultry seasoning, pepper, garlic powder and margarine. Mix lightly until well blended.

**STEP 2**

Add chicken stock to bread mixture. Mix gently to moisten.

**STEP 3**

Spread stuffing evenly into steam table pans which have been sprayed with vegetable spray.

**STEP 4**

Bake until lightly browned:  
 Conventional oven: 350 degrees F for 30-40 minutes  
 Convection oven: 300 degrees F for 20-30 minutes

**STEP 5**

Portion with # 12 scoop (1/3 cup).

**STEP 6**

If desired, serve with chicken or turkey gravy.

**COMPONENTS PER PORTION**

1 serving of bread/grains

**NUTRIENT****Amount per Serving**

<b>Calories</b>	174
<b>Protein</b>	3.73 g
<b>Carbohydrates</b>	22.51 g
<b>Fat-total</b>	7.77 g
<b>Saturated Fat</b>	1.70 g
<b>Cholesterol</b>	13 mg
<b>Vitamin A (RE)</b>	75 RE
<b>Vitamin C</b>	1.4 mg
<b>Iron</b>	1.15 mg
<b>Calcium</b>	47 mg
<b>Sodium</b>	681 mg
<b>Fiber</b>	1.28 g
<b>% Protein</b>	8.55
<b>% Carbohydrate</b>	51.56
<b>% Total Fat</b>	40.05
<b>% Saturated Fat</b>	8.78

# Chartwells School Dining Services

**007084 - Corn Pudding**

Source: HVG- 70  
 Number of Portions: 50  
 Size of Portion: 1 Serving

Meat/Alt 0.5 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.25 Cup  
 Milk 0 FLOZ

001155 MILK, DRY, NONFAT, INST, WO/ VIT A..... 020081 WHEAT FLR, WHITE, ALL-PURPOSE, ENR, BLEA 001123 EGG, WHOLE, RAW, FRESH..... 004044 OIL, SOYBN, SALAD OR COOKING..... 019335 SUGARS, GRANULATED..... 002030 PEPPER, BLACK.....	2 CUP 12 OZ 14 large 1/2 CUP 2 TBSP 1 TSP	1. Combine reconstituted dry milk, flour, eggs, oil, sugar, pepper, and nutmeg (optional) in mixer bowl. Mix with whip for 2 minutes on low speed, 1 minute on medium speed, and 1 minute on high speed.						
011172 CORN, SWT, YEL, CND, WHL KERNEL, DRND SOL 011174 CORN, SWT, YEL, CND, CRM STYLE, REG PK.....	2/3 #10 Can, drained 2/3 #10 Can	2. Change to paddle. Add whole-kernel corn, cream style corn, and onions (optional). Mix for 2 minutes on low speed.  3. Pour 10 lb 12 oz (1 gal 1 2/3 qt) into each steamtable pan (12" x 20" x 2 ." ) which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.  4. Bake until golden brown: Conventional oven: 375° F for 50-60 minutes Convection oven: 325° F for 30-40 minutes  <b>CCP: Heat to 145° F or higher for 3 minutes.</b>  5. <b>CCP: Hold for hot service at 135° F or higher.</b>  Cut each pan 5 x 10 (50 pieces per pan).						
		<b>Food as Purchased</b>  <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;"><b>50 Servings</b></td> <td style="text-align: center;"><b>100 Servings</b></td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">5 oz</td> <td style="text-align: center;">10 oz</td> </tr> </table>		<b>50 Servings</b>	<b>100 Servings</b>	Mature onions	5 oz	10 oz
	<b>50 Servings</b>	<b>100 Servings</b>						
Mature onions	5 oz	10 oz						
		<b>Special Tip</b>  <b>For 50 servings,</b> use 7 oz (2 ¼ cups 2 Tbsp) dried whole eggs and 2 ¼ cups 2 Tbsp water in place of eggs.  <b>For 100 servings,</b> use 13 ½ oz (1 qt ½ cup) dried whole eggs and 1 qt ½ cup water in place of eggs.						
		<b>Serving</b>  1 piece provides ½ oz equivalent meat/meat alternate and ¼ cup of vegetable.						

Calories	138	Iron	1.09 Mg	Protein	5.17 G	15.02% Calories from Prot
Cholesterol	60 Mg	Calcium	45 Mg	Carbohydrates	21.97 G	63.80% Calories from Carb
Sodium	235 Mg	Vitamin A	130 IU	Total Fat	4.23 G	27.63% Calories from T Fat

# Chartwells School Dining Services

Dietary Fiber	1.48 G	Vitamin C	5.4 Mg	Saturated Fat	0.85 G	5.58% Calories from S Fat
* - Denotes Missing Nutrient Values						

# Chartwells School Dining Services

## 002117 - Creamy Scalloped Potatoes

Source: HVG- 75  
 Number of Portions: 50  
 Size of Portion: 1/2 Cup

Meat/Alt 0 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.5 Cup  
 Milk 0 FLOZ

011831 POTATOES,BLD,CKD IN SKN,FLESH,W/SALT.... 004044 OIL,SOYBN,SALAD OR COOKING..... 990173 ONIONS,FRESH,RED..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR S 002026 ONION POWDER..... 002030 PEPPER,BLACK..... 002028 PAPRIKA.....	10 LB,raw wgt + 2 OZ,raw wgt 3/4 CUP 4 1/2 OZ 4 1/2 OZ 2 QT + 1 CUP 1 TBSP 1 TSP 1 3/4 TSP	<p><b>STEP 1</b>                  Cook the potatoes in boiling water until just tender. Drain and cut into 1/8-inch slices. Reserve.</p> <p><b>STEP 2</b>                  In the pot, heat the oil over medium heat; add the onions and saut é until transparent but not browned.</p> <p><b>STEP 3</b>                  Add the flour; stir until the flour has absorbed all of the oil and onions. Do not allow the flour to brown.</p> <p><b>STEP 4</b>                  Add the cold skim milk and stir until smooth and creamy. Bring to a boil; reduce to a simmer and cook for another 5 minutes. Season with onion powder and pepper.</p> <p><b>STEP 5</b>                  Place the sliced potatoes in hotel pans that have been sprayed with vegetable cooking spray.</p> <p><b>STEP 6</b>                  Pour the cream sauce over the potatoes. Shake the pan gently to distribute the sauce.</p> <p><b>STEP 7</b>  <b>CCP:</b> Sprinkle the top of each pan with paprika and place them in a 300 degree F oven for approximately 30 minutes or until heated thoroughly to 145 degrees F for 15 seconds.</p> <p><b>CCP:</b> Hold for hot service at 140 degrees F.</p> <p><b>STEP 8</b>                  Portion with a 4 oz. spoodle or # 8 scoop.</p>
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Calories	136	Iron	0.46 Mg	Protein	3.55 G	10.44% Calories from Prot
Cholesterol	1 Mg	Calcium	62 Mg	Carbohydrates	23.32 G	68.51% Calories from Carb
Sodium	243 Mg	Vitamin A	132 IU	Total Fat	3.44 G	22.74% Calories from T Fat
Dietary Fiber	2.03 G	Vitamin C	12.4 Mg	Saturated Fat	0.54 G	3.60% Calories from S Fat

\* - Denotes Missing Nutrient Values

**CREOLE RATATOUILLE (HVG-80)**

Revised Aug. 2007

Portion Size – 1/2 Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
2 lb. + 8 oz.	5 lb.	10 lbs.	Eggplant, 1-inch dice
1 lb. + 4 oz.	2 lb. + 8 oz.	5 lb.	Onion, minced
1 ¼ tsp.	2 ½ tsp.	1 tbsp. + 2 tsp.	Garlic, minced
5 oz.	10 oz.	1 lb. + 4 oz.	Vegetable oil
3 ¾ oz.	7 ½ oz.	15 oz.	Chili sauce
5/8 tsp.	1 ¼ tsp.	2 ½ tsp.	Cracked black pepper
1 ¼ tsp.	2 ½ tsp.	1 tbsp. + 2 tsp.	Basil, dried
1 lb. + 4 oz.	2 lb. + 8 oz.	5 lb.	Mushrooms, canned
1 ¼ oz.	2 ½ oz.	5 oz.	Parsley, dried
<u>COMPONENTS PER PORTION</u>			<b>Portion cost = \$0.30 if all ingredients are purchased</b>
1/2 cup vegetables			
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	121		
Protein	2.12 g		
Carbohydrates	9.74 g		
Fat-total	9.13 g		
Saturated Fat	1.33 g		
Cholesterol	0 mg		
Vitamin A (RE)	42 RE		
Vitamin C	9.7 mg		
Iron	2.79 mg		
Calcium	55 mg		
Sodium	389 mg		
Fiber	2.61 g		
% Protein	7.00		
% Carbohydrate	32.21		
% Total Fat	67.95		
% Saturated Fat	9.92	NK1939	

**METHOD****STEP 1**

In a hot saucepan sauté the onions and garlic until transparent but not browned. Add the eggplant. Sauté until the garlic turns a golden brown. Remove from heat. Transfer to a 2" hotel pan.

**STEP 2**

Add the chili sauce, black pepper, basil, mushrooms, and parsley.

**STEP 3**

Place in a 350 degree F oven for 15 minutes or until the vegetables reach an internal temperature of 140 degrees F.

**STEP 3**

Hold vegetables at 140 degrees F or higher until served. Portion with a 4 oz. spoodle.

**CREOLE RATATOUILLE (HVG-80)**

Revised 2005

Portion Size – 1/2 Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
2 lb. + 8 oz.	5 lb.	10 lbs.	Eggplant, 1-inch dice
1 lb. + 4 oz.	2 lb. + 8 oz.	5 lb.	Onion, minced
1 ¼ tsp.	2 ½ tsp.	1 tbsp. + 2 tsp.	Garlic, minced
5 oz.	10 oz.	1 lb. + 4 oz.	Vegetable oil
3 ¾ oz.	7 ½ oz.	15 oz.	Chili sauce
5/8 tsp.	1 ¼ tsp.	2 ½ tsp.	Cracked black pepper
1 ¼ tsp.	2 ½ tsp.	1 tbsp. + 2 tsp.	Basil, dried
1 lb. + 4 oz.	2 lb. + 8 oz.	5 lb.	Mushrooms, canned
1 ¼ oz.	2 ½ oz.	5 oz.	Parsley, dried
<u>COMPONENTS PER PORTION</u>			
1/2 cup vegetables			<b>Portion cost = \$0.30 if all ingredients are purchased</b>
<u>NUTRIENT</u>	<u>Amount per Serving</u>		
Calories	121		
Protein	2.12 g		
Carbohydrates	9.74 g		
Fat-total	9.13 g		
Saturated Fat	1.33 g		
Cholesterol	0 mg		
Vitamin A (RE)	42 RE		
Vitamin C	9.7 mg		
Iron	2.79 mg		
Calcium	55 mg		
Sodium	389 mg		
Fiber	2.61 g		
% Protein	7.00		
% Carbohydrate	32.21		
% Total Fat	67.95		
% Saturated Fat	9.92		NK1939

**METHOD****STEP 1**

In a hot saucepan sauté the onions and garlic until transparent but not browned. Add the eggplant. Sauté until the garlic turns a golden brown. Remove from heat. Transfer to a 2" hotel pan.

**STEP 2**

Add the chili sauce, black pepper, basil, mushrooms, and parsley.

**STEP 3**

Place in a 350 degree F oven for 15 minutes or until the vegetables reach an internal temperature of 140 degrees F.

**STEP 3**

Hold vegetables at 140 degrees F or higher until served. Portion with a 4 oz. spoodle.

**CUBAN YELLOW RICE****(HVG-85)****Portion Size – ½ Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>10</u>	<u>25</u>	<u>50</u>	
2 ½ cups	6 ¼ cups	3 quarts + ½ cup	Long grain rice	
2 tbsp. + 1 ½ tsp.	¼ cup + 2 tbsp.	¾ cup + 1 ½ tsp.	Vegetable oil	
1 tbsp. + ¾ tsp.	3 tbsp. + ½ tsp.	¼ cup + 2 tbsp.	Garlic, chopped	
1 tbsp. + ¾ tsp.	3 tbsp. + ½ tsp.	3 cups + 2 tbsp.	Spanish onion, diced	
½ cup + 2 tbsp.	1 ½ cup + 1 tbsp.	6 ¼ cups	Green bell pepper, diced	
1 ¼ cup	3 cups + 2 tbsp.	2 tbsp. + ¼ tsp.	Green peas, frozen	
1 ¼ tsp.	1 tbsp. + ¼ tsp.	2 tbsp. + ¼ tsp.	Paprika	
1 ¼ tsp.	1 tbsp. + ¼ tsp.	¼ cup + 2 tbsp.	Salt	
1 tbsp. + ¾ tsp.	3 tbsp. + ½ tsp.	¼ cup + 2 tbsp.	<b>Annatto oil</b>	
			<b>(See recipe # MSR-05)</b>	
5 cups	3 quarts + ½ cup	6 quarts + 1 cup	Water	

**COMPONENTS PER PORTION**

1 serving of bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	234
<b>Protein</b>	4.51 g
<b>Carbohydrates</b>	40.83 g
<b>Fat-total</b>	5.52 g
<b>Saturated Fat</b>	0.81 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	35 RE
<b>Vitamin C</b>	10.9 mg
<b>Iron</b>	2.43 mg
<b>Calcium</b>	23 mg
<b>Sodium</b>	314 mg
<b>Fiber</b>	1.96 g
<b>% Protein</b>	7.72
<b>% Carbohydrate</b>	69.80
<b>% Total Fat</b>	21.25
<b>% Saturated Fat</b>	3.12

**METHOD****STEP 1**

Place the rice in a large bowl. Run cold water through the rice while stirring the rice around. Keep rinsing in cold water until the water runs clear. Drain the rice well and set it aside.

**STEP 2**

Heat a heavy covered pot and add the vegetable oil, garlic, onion and bell pepper. Sauté for a few minutes, until the vegetables are tender. Add the peas, paprika, salt and annatto oil, drained rice and water. Stir well to combine. Cover the pot and simmer over low heat for 20-25 minutes or until the rice is tender and the liquid has been absorbed.

**STEP 3**

Remove the pot from the heat. Do not remove the cover. Allow the rice to sit for 5 minutes.

**STEP 4**

Remove the cover from the pot. Using a fork fluff up the rice by gently separating the kernels. Serve hot. Portion using a # 8 scoop.

# Chartwells School Dining Services

## 002003 - German Potato Dumplings

Source: HVG- 89  
 Number of Portions: 28.0000  
 Size of Portion: 2 Dumplings

Meat/Alt 0 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.5 Cup  
 Milk 0 FLOZ

014429 WATER,MUNICIPAL..... 002047 SALT, TABLE..... 011831 POTATOES,BLD,CKD IN SKN,FLESH,W/SALT.... 001123 EGG,WHOLE,RAW,FRESH..... 011674 POTATO,BKD,FLESH & SKN,WO/ SALT..... 008102 CEREALS,CREAM OF WHEAT,REG,DRY..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 002025 NUTMEG,GROUND..... 004034 OIL,SOYBN,SALAD OR COOKING,(HYDR)..... 018079 BREAD CRUMBS,DRY,GRATED,PLN..... 011297 PARSLEY,RAW.....	3 QT 1 TSP 3 LB,raw wgt 4 large 1 ea. 2.33"x4.75" 1/2 CUP 1/2 CUP 1/4 TSP 1/2 CUP 1 CUP 1/4 CUP, chopped	<p><b>STEP 1</b>                  Cook the potatoes in boiling water until tender, 15-20 minutes. Drain very well. Peel. Put the potatoes through potato ricer or food mill. Spread the riced potatoes on a sheet pan to dry a bit and cool.</p> <p><b>STEP 2</b>                  Place the riced potatoes in mixing bowl. Add the beaten eggs, grated fresh raw potatoes, cream of wheat, flour and nutmeg. Mix very well.</p> <p><b>STEP 3</b>                  Portion each dumpling with a # 16 scoop and roll into a ball. If the dumplings do not stick together well, gradually add enough of another beaten egg so that they do.</p> <p><b>STEP 4</b>                  *Flour for dusting, no quantity. Roll each ball in the flour for dusting to coat lightly. Set them aside not touching in a single layer.</p> <p><b>STEP 5</b>                  Bring a large pot of water to a boil. Reduce to a heavy simmer and cook the balls 15-20 minutes. They should be floating.</p> <p><b>STEP 6</b>                  While the balls are cooking, heat the oil in a frying pan. Toast the breadcrumbs in the pan.</p> <p><b>STEP 7</b>                  Arrange the cooked potato dumpling in a 2-½ inch deep hotel pan and garnish with the toasted breadcrumbs and chopped fresh parsley.  <b>CCP:</b> Hold for hot service at 140 degrees F.</p>
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Calories	130	Iron	1.58 Mg	Protein	3.09 G	9.53%	Calories from Prot
Cholesterol	30 Mg	Calcium	27 Mg	Carbohydrates	18.40 G	56.78%	Calories from Carb
Sodium	245 Mg	Vitamin A	82 IU	Total Fat	4.95 G	34.33%	Calories from T Fat
Dietary Fiber	1.52 G	Vitamin C	7.8 Mg	Saturated Fat	0.88 G	6.08%	Calories from S Fat
* - Denotes Missing Nutrient Values							

# Chartwells School Dining Services

**002030 - Glazed Baby Carrots w/ Squash**

Source: HVG- 95  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

Meat/Alt 0 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.5 Cup  
 Milk 0 FLOZ

Alternate Menu Name:      Glazed Baby Carrots w/  
    Squash & Mustard Greens

011124 CARROTS,RAW..... 011641 SQUASH,SMMR,ALL VAR,RAW..... 004044 OIL,SOYBN,SALAD OR COOKING..... 009209 ORANGE JUC,CHILLED,INCL FROM CONC..... 019334 SUGARS,BROWN..... 011270 MUSTARD GREENS,RAW..... 002030 PEPPER,BLACK.....	3 LB + 4 OZ 3 LB + 4 OZ 3/4 CUP 2/3 CUP 3/4 CUP, packed 3 LB + 4 OZ 1 TSP	<p><b>STEP 1</b> Cook the carrots until tender yet crisp.</p> <p><b>STEP 2</b> Cut the yellow squash into julienne the size of the baby carrots.</p> <p><b>STEP 3</b> In a skillet heat 1/2 of the oil. Toss in the cooked carrots. Add the orange juice. Stir well. Add the brown sugar. Stir until the brown sugar has dissolved.</p> <p><b>STEP 4</b> Remove the carrots to a large bowl and return the skillet to the heat.</p> <p><b>STEP 5</b> Add the remaining half of the oil to the skillet. When the oil is hot add the prepared squash. Sauté for one minute. Add the chopped mustard greens. Sauté for an additional minute.</p> <p><b>STEP 6</b> Return the carrots to the pan and stir well to combine all of the flavors and to coat the other vegetables with the glaze. Season with pepper.  <b>CCP:</b> Hold for hot service at 140 degrees F.</p> <p><b>STEP 7</b> Portion with a 4 oz. spoodle.</p>
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Calories	67	Iron	0.70 Mg	Protein	1.46 G	8.66%	Calories from Prot
Cholesterol	0 Mg	Calcium	48 Mg	Carbohydrates	8.83 G	52.41%	Calories from Carb
Sodium	30 Mg	Vitamin A	8114 IU	Total Fat	3.46 G	46.25%	Calories from T Fat
Dietary Fiber	2.14 G	Vitamin C	28.5 Mg	Saturated Fat	0.50 G	6.62%	Calories from S Fat
* - Denotes Missing Nutrient Values							