

# D. Main Dishes

## Food Safety Tips

1. *Always wash hands before beginning any food preparation.*
2. *Always wash hands after handling any raw animal products, such as meat, fish, poultry, and eggs. This is to prevent cross-contamination.*
3. *Heat or cook all hot foods to recommended temperatures.*
4. *Maintain the temperature of cold foods at 40°F.*
5. *Use refrigerator thermometers to ensure safety of all chilled foods.*
6. *Use oven thermometers to ensure accuracy of baking time and quality of end-product.*

Recipes	Recipe Number	Recipes	Recipe Number
Beef		Chili	
Beef and Rice Casserole .....	D-7	Chili Con Carne .....	D-25
Beef and Spaghetti Casserole .....	D-3	Vegetable Chili .....	D-26
Beef Patties (variation) .....	D-4d	Eggs	
Beef Stir-Fry (variation) .....	D18a	Baked Scrambled Eggs .....	D-15
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Burritos		Vegetable Frittata .....	D-1
Bean Burrito (variation) .....	D-21a	Fish	
Beef or Pork Burrito .....	D-21	Fish Nuggets (variation) .....	D-9a
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Cheese		Tuna Patties .....	D-10
Macaroni and Cheese .....	D-20	Lasagna	
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Chicken Nuggets (variation) .....	D-9b	Meat Loaf .....	D-28
Chicken Pie with Biscuits .....	D-11	Beef-Turkey Loaf .....	D-4
Chicken Stir-Fry .....	D-18	Glazed Meat Loaf .....	D-4a
Mexican Chicken (variation) .....	D-6a	Mexican Meat Loaf .....	D-4b
Oven-Baked Chicken .....	D-29	Tiny Meat Loaves .....	D-4c
Oven-Baked Parmesan Chicken .....	D-5		
Sweet-and-Sour Chicken .....	D-6		
Teriyaki Chicken .....	D-12		

*Recipes continued on back*

<b>Recipes</b>	<b>Recipe Number</b>
Pasta Toss with Vegetables .....	D-14
Pizza	
Mexican Pizza .....	D-13
Pizza with Cheese Topping (variation) ..	D-23a
Pizza with Ground Beef Topping .....	D-23
Pork	
Pork Stir-Fry .....	D-18b
Tacos	
Bean Taco (variation) .....	D-24a
Beef or Pork Taco .....	D-24

# Vegetable Frittata

Meat Alternate • Vegetable

Main Dishes D-1

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh large eggs .....	.....	15 each .....	.....	30 each .....	.....	1. In a mixing bowl, use the paddle attachment on low speed to blend the eggs, egg whites, milk, salt, pepper, potatoes, vegetables, and cheese. Blend for 2 minutes.
<b>OR</b>						
Frozen whole eggs, thawed ....	1 lb 13 oz .....	3½ cups 2 Tbsp	3 lb 10 oz .....	1 qt ¾ cups	.....	
Fresh large egg whites .....	.....	13 each .....	.....	26 each .....	.....	
<b>OR</b>						
Frozen egg whites, thawed ....	1 lb .....	2 cups .....	2 lb .....	1 qt .....	.....	
Lowfat milk .....	.....	2 cups .....	.....	1 qt .....	.....	
Salt .....	.....	1 tsp .....	.....	2 tsp .....	.....	
White pepper .....	.....	½ tsp .....	.....	1 tsp .....	.....	
*Fresh potatoes, peeled, grated .....	1 lb .....	2½ cups .....	2 lb .....	1 qt 1 cup .....	.....	
Frozen mixed vegetables, thawed .....	2 lb .....	1 qt ½ cup .....	4 lb .....	2 qt 1 cup .....	.....	
Lowfat cheddar cheese, shredded .....	4 oz .....	1 cup .....	8 oz .....	2 cups .....	.....	
Vegetable oil .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	

\*See Marketing Guide.

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Vegetable Frittata (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat cheddar cheese, shredded .....	4 oz .....	1 cup.....	8 oz.....	2 cups .....	.....	<p>2. Pour 3 qt 1 cup (7 lb ) of egg mixture into each lightly oiled steamtable pan (12" x 20" x 2<sup>1</sup>/<sub>2</sub>"). For 25 servings, use 1 steamtable pan. For 50 servings, use 2 steamtable pans.</p> <p>3. <b>To Bake or Steam:</b>                      Conventional Oven                          375°F, 35 minutes                      Convection Oven                          350°F, 25 minutes                      Compartment Steamer                          20 minutes</p> <p>Bake or steam until eggs are thoroughly cooked. (A knife inserted in the center will come out clean when eggs are cooked.)</p> <p>4. Sprinkle 1 cup (4 oz) of cheese over each pan. Bake or steam until cheese is melted, about 5 minutes.</p> <p>5. Cut each pan in 25 pieces (5 x 5).</p>

**Vegetable Frittata (continued, page 3 of 3)**

**SERVING:** 1 piece provides the equivalent of  
1<sup>1</sup>/<sub>2</sub> oz of cooked lean meat and  
1/4 cup of vegetable

**YIELD:** 25 servings: 6 lb 2 oz  
50 servings: 12 lb 4 oz

**Nutrients Per Serving**

Calories	124	Saturated Fat	1.7 g	Iron	1.0 mg
Protein	10 g	Cholesterol	142 mg	Calcium	89 mg
Carbohydrate	10 g	Vitamin A	255 RE/2021 IU	Sodium	248 mg
Total Fat	4.9 g	Vitamin C	6 mg	Dietary Fiber	2 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Potatoes .....	1 lb 4 oz .....	2 lb 8 oz .....	.....



# Deviled Eggs

Meat Alternate

Main Dishes D-2

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Whole large eggs .....	.....	25 each .....	.....	50 each .....	.....	1. Place eggs in a large pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate.
Lowfat mayonnaise .....	7 oz .....	<sup>3</sup> / <sub>4</sub> cup 2 Tbsp	14 oz.....	1 <sup>3</sup> / <sub>4</sub> cups .....	.....	2. Combine mayonnaise, vinegar, dry mustard, prepared mustard, sugar, and salt in a bowl. Allow to set for 5 minutes. 3. Peel eggs and cut in half. Remove yolks and place in a second bowl. 4. Mash egg yolks. Combine with mayonnaise mixture. 5. Place 1 Tbsp ( <sup>1</sup> / <sub>2</sub> oz) of yolk mixture in each egg white half. 6. Cover and chill until ready to serve.
Vinegar .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Dry mustard .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Prepared mustard .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	1 Tbsp .....	.....	
Sugar .....	.....	2 Tbsp .....	.....	<sup>1</sup> / <sub>4</sub> cup .....	.....	
Salt .....	.....	1 tsp .....	.....	2 tsp .....	.....	

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**Deviled Eggs (continued, page 2 of 2)**

**SERVING:** 2 halves provide 1 egg or the equivalent  
of 2 oz of cooked lean meat

**YIELD:** 25 servings: 3 lb 2 oz  
50 servings: 6 lb 4 oz

**Nutrients Per Serving**

Calories	121	Saturated Fat	2.2 g	Iron	.6 mg
Protein	6 g	Cholesterol	212 mg	Calcium	26 mg
Carbohydrate	3 g	Vitamin A	84 RE/280 IU	Sodium	187 mg
Total Fat	9.1 g	Vitamin C	0 mg	Dietary Fiber	0 g



# Beef and Spaghetti Casserole

Meat • Vegetable • Grains/Breads

Main Dishes D-3

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Ground beef (no more than 24% fat) .....	3 lb 4 oz .....	.....	6 lb 8 oz .....	.....	.....	1. In a heavy pot, brown beef and onions until no signs of pink remain. Drain excess grease and discard. Return beef and onions to pot.
*Onions, minced .....	6 oz .....	3/4 cup .....	12 oz.....	1 1/2 cups .....	.....	
<b>OR</b> Dehydrated onion flakes .....	.....	3 Tbsp .....	.....	1/4 cup 2 Tbsp .....	.....	
Tomato paste .....	1 lb 2 oz .....	2 cups .....	2 lb 4 oz .....	1 qt .....	.....	2. Add tomato paste, water, sugar, basil, oregano, salt, garlic powder, and pepper to meat mixture. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally.
Water .....	.....	1 qt 1/2 cup ...	.....	2 qt 1 cup .....	.....	
Sugar .....	.....	1 Tbsp 1 tsp ..	.....	2 Tbsp 2 tsp .....	.....	
Dry basil leaves .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Dry oregano leaves .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Salt .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Garlic powder .....	.....	2 tsp .....	.....	1 Tbsp 1 tsp .....	.....	
Black pepper .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Spaghetti, broken in quarters, or elbow macaroni .....	13 oz .....	2 1/2 cups.....	1 lb 10 oz .....	1 qt 1 cup .....	.....	3. Cook spaghetti or macaroni in boiling water for 8 to 10 minutes until tender. Drain and stir into meat sauce.

\*See Marketing Guide.

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**Beef and Spaghetti Casserole (continued, page 2 of 2)**

**SERVING:** 1/2 cup (No. 8 scoop) provides  
1 1/2 oz of meat, 1/4 cup of vegetable,  
and the equivalent of 1/2 slice of bread

**YIELD:** 25 servings: 7 lb 2 oz  
50 servings: 14 lb 4 oz  
**VOLUME:** 25 servings: 3 qt 1 cup  
50 servings: 1 gal 2 qt 2 cups

**Nutrients Per Serving**

Calories	194	Saturated Fat	3.1 g	Iron	2.1 mg
Protein	15 g	Cholesterol	42 mg	Calcium	18 mg
Carbohydrate	15 g	Vitamin A	51 RE/510 IU	Sodium	109 mg
Total Fat	8.0 g	Vitamin C	12 mg	Dietary Fiber	2 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions .....	7 oz .....	14 oz .....	.....

# Beef-Turkey Loaf

Meat • Vegetable • Grains/Breads

Main Dishes D-4

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Ground beef (no more than 24% fat) .....	1 lb 4 oz .....	.....	2 lb 8 oz .....	.....	.....	<ol style="list-style-type: none"> <li>In a mixing bowl, use the paddle attachment on low speed to combine all ingredients. Mix on low speed for 5 minutes, until blended.</li> <li>For 25 servings, shape 5 lb 4 oz of meat mixture into a meat loaf. Place on a paper-lined half-sheet pan (18" x 13" x 1").</li> <li><b>To Bake:</b> Conventional Oven 350°F, 50 minutes Convection Oven 325°F, 60 minutes</li> <li>Slice meat loaf into 25 portions, 3 oz each.</li> </ol>
Ground turkey .....	1 lb 4 oz .....	.....	2 lb 8 oz .....	.....	.....	
*Onions, minced .....	.....	1/4 cup .....	4 oz.....	1/2 cup .....	.....	
<b>OR</b>						
Dehydrated onion flakes .....	.....	2 tsp .....	.....	1 Tbsp 1 tsp .....	.....	
*Fresh celery, 1/4" dice .....	8 oz .....	1 2/3 cups.....	1 lb .....	3 1/3 cups .....	.....	
Rolled oats .....	6 oz .....	2 cups .....	12 oz.....	1 qt .....	.....	
Dry bread crumbs .....	5 oz .....	1 cup.....	10 oz.....	2 cups .....	.....	
Frozen whole eggs, thawed ....	10 oz .....	1 1/4 cups.....	1 lb 4 oz .....	2 1/2 cups .....	.....	
<b>OR</b>						
Fresh large eggs .....	.....	5 each .....	.....	10 each .....	.....	
Tomato sauce .....	12 oz .....	1 1/4 cups.....	1 lb 8 oz .....	2 1/2 cups .....	.....	
Tomato paste .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Worcestershire sauce .....	.....	1 Tbsp 1 tsp ..	.....	2 Tbsp 2 tsp .....	.....	
Salt .....	.....	2 tsp .....	.....	1 Tbsp 1 tsp .....	.....	
Black pepper .....	.....	1 tsp .....	.....	2 tsp .....	.....	

\*See Marketing Guide.

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## Beef-Turkey Loaf (*continued, page 2 of 3*)

**SERVING:** 1 slice provides the equivalent of 1½ oz of cooked lean meat, ⅛ cup of vegetable, and the equivalent of ½ slice of bread

**YIELD:** 25 servings: 4 lb 12 oz  
50 servings: 9 lb 8 oz

## Variations:

### a. Glazed Meat Loaf

**25 servings:** Prepare meat loaf as directed in Steps 1 and 2. In a saucepan over low heat, dissolve ½ cup (4 oz) brown sugar and 1½ tsp dry mustard in 1⅓ cups (12 oz) catsup until smooth. In Step 3, baste one 5 lb 4 oz meat loaf evenly with 1 cup of glaze. Bake meat loaf for half of the directed baking time. Remove from oven and baste with ½ cup of glaze. Bake for remainder of directed time. Follow Step 4 as directed.

**50 servings:** Prepare meat loaf as directed in Steps 1 and 2. In a saucepan over low heat, dissolve 1 cup (8 oz) brown sugar and 1 Tbsp dry mustard in 2⅔ cups (1 lb 8 oz) catsup until smooth. In Step 3, baste each 5 lb 4 oz meat loaf evenly with 1 cup of glaze. Bake meat loaves for half of the directed baking time. Remove from oven and baste each meat loaf with ½ cup of glaze. Bake for remainder of directed time. Follow Step 4 as directed.

### b. Mexican Meat Loaf

**25 servings:** Prepare meat loaf as directed in Steps 1 and 2. Prepare Salsa (C-3) for 25 portions. In Step 3, baste one 5 lb 4 oz meat loaf evenly with ⅔ cup of salsa. Bake meat loaf for 15 minutes as directed. Remove from oven and baste with ⅔ cup of salsa. Bake meat loaf for 15 more minutes as directed. Remove from oven and baste with ⅔ cup of salsa. Bake as directed until final baking time is reached. Follow Step 4 as directed.

**50 servings:** Prepare meat loaf as directed in Steps 1 and 2. Prepare Salsa (C-3) for 50 portions. In Step 3, baste each 5 lb 4 oz meat loaf evenly with ⅔ cup of salsa. Bake meat loaves for 15 minutes as directed. Remove from oven and baste each with ⅔ cup of salsa. Bake meat loaves for 15 more minutes as directed. Remove from oven and baste each with ⅔ cup of salsa. Bake as directed until final baking time is reached. Follow Step 4 as directed.

**c. Tiny Meat Loaves**

**25 servings:** Prepare meat loaf as directed in Step 1. Omit Step 2. Using a No. 12 scoop, portion meat mixture (3 x 4) on paper-lined half-sheet pans (18" x 13" x 1") and shape into meat loaves. In Step 3, bake in a 350°F conventional oven for 30 minutes or in a 325°F convection oven for 30 minutes. If desired, baste tiny meat loaves with meat glaze (see Variation a. Glazed Meat Loaf) or Salsa (C-3) before baking. Bake for 15 minutes as directed. Remove from oven, baste meat loaves again and continue baking for 15 minutes. Omit Step 4.

**50 servings:** Prepare meat loaf as directed in Step 1. Omit step 2. Using a No. 12 scoop, portion meat mixture (3 x 4) on paper-lined half-sheet pans (18" x 13" x 1") and shape into meat loaves. In Step 3, bake in a 350°F conventional oven for 30 minutes or in a 325°F convection oven for 30 minutes. If desired, baste tiny meat loaves with meat glaze (see Variation a. Glazed Meat Loaf) or Salsa (C-3) before baking. Bake for 15 minutes as directed. Remove from oven, baste meat loaves again and continue baking for 15 minutes. Omit Step 4.

**Nutrients Per Serving**

Calories	167	Saturated Fat	2.9 g	Iron	1.7 mg
Protein	12 g	Cholesterol	83 mg	Calcium	35 mg
Carbohydrate	11 g	Vitamin A	40 RE/253 IU	Sodium	386 mg
Total Fat	8.5 g	Vitamin C	3 mg	Dietary Fiber	1 g

**d. Beef Patties**

**25 servings:** In Step 1, omit ground turkey and use an additional 1 lb 4 oz of ground beef (no more than 24% fat). Continue with Step 1 as directed. Omit Step 2. Using a No. 12 scoop, portion meat mixture (3 x 4) on paper-lined half-sheet pans (18" x 13" x 1") and shape into patties. In Step 3, bake in a 350°F conventional oven for 30 minutes or in a 325°F convection oven for 30 minutes. If desired, baste beef patties with meat glaze (see Variation a. Glazed Meat Loaf) or Salsa (C-3) before baking. Bake for 15 minutes as directed. Remove from oven, baste patties again and continue baking for 15 minutes. Omit Step 4.

**50 servings:** In Step 1, omit ground turkey and use an additional 2 lb 8 oz of ground beef (no more than 24% fat). Continue with Step 1 as directed. Omit Step 2. Using a No. 12 scoop, portion meat mixture (3 x 4) on paper-lined half-sheet pans (18" x 13" x 1") and shape into patties. In Step 3, bake in a 350°F conventional oven for 30 minutes or in a 325°F convection oven for 30 minutes. If desired, baste beef patties with meat glaze (see Variation a. Glazed Meat Loaf) or Salsa (C-3) before baking. Bake for 15 minutes as directed. Remove from oven, baste patties again and continue baking for 15 minutes. Omit Step 4.

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions .....	3 oz .....	5 oz .....	.....
Celery .....	10 oz .....	1 lb 4 oz .....	.....



# Oven-Baked Parmesan Chicken

Meat

Main Dishes D-5

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat mayonnaise .....	4 oz .....	1/2 cup .....	8 oz.....	1 cup .....	.....	1. Combine mayonnaise and mustard in a bowl.
Prepared mustard .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Parmesan cheese, grated .....	4 oz .....	1/2 cup .....	8 oz.....	1 cup .....	.....	2. In another bowl, combine Parmesan cheese, bread crumbs, salt, and pepper.
Dry bread crumbs .....	.....	1/4 cup 2 Tbsp	4 oz.....	3/4 cup .....	.....	
Salt .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Black pepper .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Skinless, boneless chicken thighs .....	2 lb 15 oz .....	25 each .....	5 lb 14 oz .....	50 each .....	.....	3. Using a pastry brush, coat chicken with the mayonnaise mixture. 4. Dredge chicken in the crumb mixture. Place 25 pieces of chicken on each half-sheet pan (18" x 13" x 1"). 5. <b>To Bake:</b> Conventional Oven 350°F, 25 minutes Convection Oven 325°F, 20 minutes 6. Slice chicken into 2-oz portions.

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Oven-Baked Parmesan Chicken *(continued, page 2 of 2)*

**SERVING:** 2 oz provide 1½ oz of cooked poultry

**YIELD:** 25 servings: 3 lb 4 oz  
50 servings: 6 lb 8 oz

**Nutrients Per Serving**

Calories	115	Saturated Fat	1.8 g	Iron	.7 mg
Protein	13 g	Cholesterol	48 mg	Calcium	73 mg
Carbohydrate	3 g	Vitamin A	16 RE/58 IU	Sodium	229 mg
Total Fat	5.7 g	Vitamin C	1 mg	Dietary Fiber	0 g



# Sweet-and-Sour Chicken

Meat

Main Dishes D-6

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Skinless chicken thighs, about 4 oz each ..... <b>OR</b> Skinless chicken drumsticks, about 3.7 oz each .....	5 lb 9 oz .....	25 each .....	11 lb 2 oz .....	50 each .....	.....	1. Place 12 to 13 chicken thighs or drumsticks in each glass casserole dish (13" x 9" x 2") or quarter-sheet pan. 2. <b>First Bake:</b> Conventional Oven 425°F, 30 minutes Convection Oven 375°F, 30 minutes Bake until lightly browned and liquid has no signs of pink. Drain and discard liquid and fat.
	5 lb 13 oz .....	25 each .....	11 lb 10 oz .....	50 each .....	.....	
<b>Sweet-and-Sour Sauce:</b>						3. In a sauce pan, combine soy sauce, oil, lemon juice, vinegar, sugar, mustard, garlic powder, and pineapple juice. Add peach puree (or bottled sweet-and-sour sauce) and the additional pineapple juice. Simmer for 15 minutes.
Soy sauce .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Vegetable oil .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Lemon juice .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Vinegar .....	.....	3/4 cup .....	.....	1 1/2 cups .....	.....	
Sugar .....	6 oz .....	3/4 cup .....	12 oz .....	1 1/2 cups .....	.....	
Dry mustard .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Garlic powder .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Pineapple juice .....	.....	1 cup .....	.....	2 cups .....	.....	

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Sweet-and-Sour Chicken (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned peaches, drained and pureed .....	4 oz .....	1/2 cup .....	8 oz.....	1 cup .....	.....	<p>4. If using pureed peaches, dissolve cornstarch in cold water. Add to simmering liquid and stir until thickened. (Do not add cornstarch if using bottled sweet-and-sour sauce.)</p> <p>5. Pour 1½ cups of sauce over each casserole dish of chicken.</p> <p>6. <b>Second Bake:</b>            Conventional Oven                350°F, 30 minutes            Convection Oven                325°F, 30 minutes            Bake until golden brown.            Baste every 15 minutes for a glazed appearance.</p>
<b>OR</b>						
Bottled sweet-and-sour sauce	1 lb 4 oz .....	2 cups .....	2 lb 8 oz .....	1 qt .....	.....	
Pineapple juice .....	.....	1 cup.....	.....	2 cups .....	.....	
Cornstarch .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Cold water .....	.....	3/4 cup .....	.....	1½ cups .....	.....	

## Sweet-and-Sour Chicken *(continued, page 3 of 3)*

**SERVING:** 3 oz provide 1½ oz of cooked chicken

**YIELD:** 25 servings: 5 lb 2 oz  
50 servings: 10 lb 4 oz

**Special Tip:** The Sweet-and-Sour Sauce from Steps 3 and 4 may be used on baked fish or baked pork.

## Variation:

### a. Mexican Chicken

**25 servings:** In Step 1, prepare a seasoning mix by combining 1 Tbsp garlic salt, 1 Tbsp paprika, and 1 Tbsp celery salt. Place 25 chicken pieces on each half-sheet pan (18" x 13" x 1"). Sprinkle 3 Tbsp of the seasoning mix evenly over each pan of chicken. Bake in a 375°F conventional oven for 30 minutes, until no signs of pink remain. Omit Steps 2, 3, 4, 5, and 6.

In a half-steamtable pan (12" x 10" x 2½"), combine: ⅔ cup (5 oz) minced onions (or 2 Tbsp dehydrated onion flakes); ½ cup (3 oz) diced green peppers; 1 Tbsp dried parsley flakes; 1 cup (7 oz) canned, chopped tomatoes (drained); 1 Tbsp chili powder; 2 cups (15 oz) white rice; and 1 qt chicken stock. Cover with plastic wrap and foil. Steam in a compartment steamer for 25 minutes. Serve 1 piece of chicken over ⅓ cup (No. 12 scoop) rice.

**50 servings:** In Step 1, prepare a seasoning mix by combining 2 Tbsp garlic salt, 2 Tbsp paprika, and 2 Tbsp celery salt. Place 25 chicken pieces on each half-sheet pan (18" x 13" x 1"). Sprinkle 3 Tbsp of the seasoning mix evenly over each pan of chicken. Bake in a 375°F conventional oven for 30 minutes, until no signs of pink remain. Omit Steps 2, 3, 4, 5, and 6.

In a steamtable pan (12" x 20" x 2½"), combine: 1⅓ cups (10 oz) minced onions (or ¼ cup dehydrated onion flakes); 1 cup (6 oz) diced green peppers; 2 Tbsp dried parsley flakes; 2 cups (14 oz) canned, chopped tomatoes (drained); 2 Tbsp chili powder; 1 qt (1 lb 14 oz) white rice; and 2 qt chicken stock. Cover with plastic wrap and foil. Steam in a compartment steamer for 25 minutes. Serve 1 piece of chicken over ⅓ cup (No. 12 scoop) rice.

### Nutrients Per Serving

Calories	138	Saturated Fat	1.5 g	Iron	.7 mg
Protein	11 g	Cholesterol	40 mg	Calcium	8 mg
Carbohydrate	10 g	Vitamin A	11 RE/53 IU	Sodium	121 mg
Total Fat	5.8 g	Vitamin C	1 mg	Dietary Fiber	0 g



# Beef and Rice Casserole

Meat • Vegetable • Grains/Breads

Main Dishes D-7

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
White rice .....	12 oz .....	1½ cups.....	1 lb 8 oz .....	3 cups .....	.....	1. Add ¾ cup (6 oz) rice and 1½ cups water to each half-steamtable pan (12" x 10" x 2½"). Cover with plastic wrap and foil. 2. <b>To Steam:</b> Compartment Steamer 20 minutes <b>To Bake:</b> Conventional Oven 350°F, 25 to 30 minutes  Bake or steam until tender.
Water .....	.....	3 cups .....	.....	1 qt 2 cups ...	.....	
Ground beef (no more than 24% fat).....	3 lb 4 oz .....	.....	6 lb 8 oz .....	.....	.....	3. In a pot, brown beef until no signs of pink remain. Drain fat and discard. Add onions, peppers, and celery. Cook for 2 minutes.
*Onions, minced .....	7 oz .....	1 cup.....	14 oz.....	2 cups .....	.....	
<b>OR</b> Dehydrated onion flakes .....	1 oz .....	¼ cup 2 Tbsp	2 oz.....	¾ cup .....	.....	
*Fresh green peppers, ¼" dice .....	5 oz .....	1 cup.....	10 oz.....	2 cups .....	.....	
*Fresh celery, ¼" dice .....	7 oz .....	1½ cups.....	14 oz.....	3 cups .....	.....	

\*See Marketing Guide.

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## Beef and Rice Casserole *(continued, page 2 of 3)*

Ingredients	25 Servings		50 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water .....	.....	1 qt 1 cup .....	.....	2 qt 2 cups ...	.....	4. Add water, catsup, tomato puree, honey, chili powder, oregano, salt, pepper, Worcestershire sauce, and vinegar to meat mixture. Stir to blend. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 15 minutes.
Catsup .....	12 oz .....	1½ cups .....	1 lb 8 oz .....	3 cups .....	.....	
Tomato puree .....	1 lb .....	2 cups .....	2 lb .....	1 qt .....	.....	
Honey .....	.....	3 Tbsp .....	.....	¼ cup 2 Tbsp	.....	
Chili powder .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Dry oregano leaves .....	.....	¾ tsp .....	.....	1½ tsp .....	.....	
Salt .....	.....	¾ tsp .....	.....	1½ tsp .....	.....	
Black pepper .....	.....	¼ tsp .....	.....	½ tsp .....	.....	
Worcestershire sauce .....	.....	¼ cup .....	.....	½ cup .....	.....	
Vinegar.....	.....	¼ cup .....	.....	½ cup .....	.....	
Frozen mixed vegetables, thawed (optional) .....	1 lb .....	3½ cups.....	2 lb .....	1 qt 3 cups ...	.....	5. Distribute 8 oz (1¾ cups) of mixed vegetables (optional) over each pan of rice. 6. Top each pan with 3 lb 3 oz (1 qt 2 cups) of the meat mixture. Cover with foil. 7. <b>To Bake:</b> Conventional Oven 375°F, 20 minutes Convection Oven 350°F, 20 minutes 8. Cut each pan into 25 portions (5 x 5).

**Beef and Rice Casserole (continued, page 3 of 3)**

**SERVING:** 1 portion provides 1½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of ½ slice of bread

**YIELD:** 25 servings: 10 lb 1 oz  
50 servings: 20 lb 2 oz

**Nutrients Per Serving**

Calories	180	Saturated Fat	3.1 g	Iron	2 mg
Protein	14 g	Cholesterol	42 mg	Calcium	22 mg
Carbohydrate	14 g	Vitamin A	54 RE/536 IU	Sodium	305 mg
Total Fat	8.0 g	Vitamin C	14 mg	Dietary Fiber	1 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions .....	8 oz .....	1 lb.....	.....
Green peppers .....	6 oz .....	12 oz .....	.....
Celery .....	8 oz .....	1 lb.....	.....





# Broccoli Quiche

Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-8

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
10-inch pie shells, unbaked ...	1 lb 11 oz .....	3 each .....	3 lb 6 oz .....	6 each .....	.....	1. Prick the bottom and sides of pie shells. 2. <b>To Bake:</b> Conventional Oven 425°F, 5 to 7 minutes Convection Oven 400°F, 5 minutes  Bake pie shells until lightly browned. Set aside for Step 7.
*Fresh broccoli, chopped .....	2 lb 1 oz .....	2 qt 2 cups ....	4 lb 2 oz .....	1 gal 1 qt .....	.....	3. Steam or boil until tender. <b>To Steam:</b> Place broccoli in a steamtable pan (12" x 20" x 2½"). Steam in a compartment steamer for 10 minutes. <b>To Boil:</b> Place broccoli in a pot of boiling water to cover. Reduce heat to simmer. Cook 10 to 12 minutes.
*Onions, minced .....	4 oz .....	¾ cup .....	8 oz.....	1½ cups .....	.....	5. In a small pan, saute onions in margarine or butter until tender, about 3 to 5 minutes. Set aside to cool.
<b>OR</b> Dehydrated onion flakes .....	.....	2 tsp .....	.....	1 Tbsp 1 tsp	.....	
Margarine or butter .....	.....	¼ cup 2 Tbsp	6 oz.....	¾ cup .....	.....	

\*See Marketing Guide.

(over)

Broccoli Quiche (continued, page 2 of 4)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat milk .....	.....	1 qt .....	.....	2 qt .....	.....	6. In a bowl, combine milk, eggs, salt, and pepper. Add onions and stir to blend.
Fresh large eggs .....	.....	6 each .....	.....	12 each .....	.....	
<b>OR</b> Frozen whole eggs, thawed ....	12 oz .....	1½ cups.....	1 lb 8 oz .....	3 cups .....	.....	
Salt.....	.....	½ tsp .....	.....	1 tsp .....	.....	
Black pepper .....	.....	½ tsp .....	.....	1 tsp .....	.....	
Dry bread crumbs .....	4 oz .....	¾ cup .....	8 oz.....	1½ cups .....	.....	7. Combine bread crumbs and shredded cheese. Sprinkle 1 cup of this crumb mixture in the bottom of each baked crust. Next, add 11 oz (2½ cups) of steamed broccoli to each crust. Finally, pour 2⅓ cups (15 oz) of egg mixture over the broccoli in each crust.
Lowfat cheddar cheese, shredded .....	14 oz .....	3½ cups.....	1 lb 12 oz .....	1 qt 3 cups ...	.....	
Cheddar cheese, shredded.....	4 oz .....	1 cup 2 Tbsp	8 oz.....	2¼ cups .....	.....	8. <b>First Bake:</b> Conventional Oven 375°F, 30 to 35 minutes Convection Oven 350°F, 30 to 35 minutes
						9. Top each quiche with ½ cup (2 oz) of cheese. Cover with foil.

## Broccoli Quiche (continued, page 3 of 4)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>10. <b>Second Bake:</b>            Conventional Oven            375°F, 15 minutes            Convection Oven            350°F, 15 minutes            Bake until knife inserted in center            comes out clean.</p> <p>11. Cut each pie into 9 slices.</p>

## Variation:

### a. Spanish Quiche

**25 servings:** Complete Steps 1 and 2. Omit Steps 3 and 4. In Step 5, saute 1 oz ( $\frac{1}{4}$  cup) diced green peppers with the onion. In Step 6, add to the egg mixture:  $\frac{1}{8}$  tsp dry oregano leaves,  $\frac{1}{8}$  tsp paprika,  $\frac{1}{2}$  tsp dried parsley flakes, and  $\frac{1}{8}$  tsp dry basil leaves. In Step 7, omit broccoli and distribute 7 oz ( $1\frac{1}{4}$  cups) canned diced tomatoes over the bread crumbs and cheese in each crust. Pour egg mixture over each crust as directed. Top each quiche with 2 oz ( $\frac{1}{2}$  cup) of cheese. In Step 8, bake in a 375°F conventional oven for 40 minutes or in a 350°F convection oven for 35 minutes. Bake until knife inserted in center comes out clean. Omit Steps 9 and 10.

**50 servings:** Complete Steps 1 and 2. Omit Steps 3 and 4. In Step 5, saute 2 oz ( $\frac{1}{2}$  cup) diced green peppers with the onion. In Step 6, add to the egg mixture:  $\frac{1}{4}$  tsp dry oregano leaves,  $\frac{1}{4}$  tsp paprika, 1 tsp dried parsley flakes, and  $\frac{1}{4}$  tsp dry basil leaves. In Step 7, omit broccoli and distribute 7 oz ( $1\frac{1}{4}$  cups) canned diced tomatoes over the bread crumbs and cheese in each crust. Pour egg mixture over each crust as directed. Top each quiche with 2 oz ( $\frac{1}{2}$  cup) of cheese. In Step 8, bake in a 375°F conventional oven for 40 minutes or in a 350°F convection oven for 35 minutes. Bake until knife inserted in center comes out clean. Omit Steps 9 and 10.

**Broccoli Quiche (continued, page 4 of 4)**

**SERVING:** 1 piece provides the equivalent of 1¼ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice of bread

**YIELD:** 25 servings: 7 lb 6 oz  
50 servings: 14 lb 12 oz

**Nutrients Per Serving**

Calories	290	Saturated Fat	5.3 g	Iron	1.6 mg
Protein	12 g	Cholesterol	67 mg	Calcium	202 mg
Carbohydrate	24 g	Vitamin A	161 RE/912 IU	Sodium	513 mg
Total Fat	16.8g	Vitamin C	30 mg	Dietary Fiber	2 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Broccoli .....	2 lb 9 oz .....	5 lb 2 oz .....	.....
Onions .....	5 oz .....	10 oz .....	.....

# Oven-Baked Fish

Meat Alternate

Main Dishes D-9

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry bread crumbs .....	4 oz .....	3/4 cup .....	8 oz.....	1 1/2 cups .....	.....	1. In a small bowl, combine bread crumbs, salt, and pepper.
Salt.....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Black pepper .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Frozen fish, 2-oz portions, thawed .....	3 lb 2 oz .....	25 each .....	6 lb 4 oz .....	50 each .....	.....	2. In another bowl, coat fish with mayonnaise or yogurt. 3. Roll fish portions in bread crumbs to coat. 4. Place 12 to 13 fish portions in a single layer on each lightly greased half-sheet pan (18" x 13" x 1"). 5. <b>To Bake:</b> Conventional Oven 500°F, 17 minutes Convection Oven 450°F, 15 minutes Bake until fish flakes easily with a fork.
Lowfat mayonnaise .....	.....	1/3 cup .....	6 oz.....	2/3 cup .....	.....	
<b>OR</b> Lowfat plain yogurt .....	.....	1/3 cup .....	6 oz.....	2/3 cup .....	.....	

(over)

## Oven-Baked Fish *(continued, page 2 of 2)*

**SERVING:** 1 piece provides 1½ oz  
of cooked fish

**YIELD:** 25 servings: 2 lb 5 oz  
50 servings: 4 lb 10 oz

**Special Tip:** This may be served with Fruity Dip (C-2).

## Variations:

### a. Fish Nuggets

**25 and 50 servings:** In Step 2, cut the 2-oz fish portions in half and pat dry with paper towels. Continue with Steps 2, 3, 4, and 5 as directed.

### b. Chicken Nuggets

**25 servings:** In Step 2, in place of the fish substitute 3 lb 6 oz of boneless, skinless chicken, cut into 1-oz pieces. Continue with Steps 2, 3, and 4 as directed. In Step 5, bake in a 500°F conventional oven for 20 to 22 minutes or in a 450°F convection oven for 18 to 20 minutes until no signs of pink remain.

**50 servings:** In Step 2, in place of the fish substitute 6 lb 12 oz of boneless, skinless chicken, cut into 1-oz pieces. Continue with Steps 2, 3, and 4 as directed. In Step 5, bake in a 500°F conventional oven for 20 to 22 minutes or in a 450°F convection oven for 18 to 20 minutes until no signs of pink remain.

## Nutrients Per Serving

Calories	74	Saturated Fat	.4 g	Iron	.5 mg
Protein	9 g	Cholesterol	21 mg	Calcium	16 mg
Carbohydrate	4 g	Vitamin A	5 RE/18 IU	Sodium	220 mg
Total Fat	2.2 g	Vitamin C	0 mg	Dietary Fiber	0 g

# Tuna Patties

Meat • Grains/Breads

Main Dishes D-10

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh celery, minced .....	4 oz .....	1 cup .....	8 oz .....	2 cups .....	.....	1. In a pan, saute celery, carrots, and onions in vegetable oil for 5 minutes until tender. Stir in the salt, oregano, and lemon juice. Set aside to cool slightly.
*Fresh carrots, shredded .....	4 oz .....	1¼ cups .....	8 oz .....	2½ cups .....	.....	
*Onions, minced .....	.....	½ cup .....	4 oz .....	1 cup .....	.....	
<b>OR</b>						
Dehydrated onion flakes .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Vegetable oil .....	.....	2 Tbsp .....	.....	¼ cup .....	.....	
Salt .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Dry oregano leaves .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Lemon juice .....	.....	2 Tbsp .....	.....	¼ cup .....	.....	
Fresh large eggs .....	.....	4 each .....	.....	8 each .....	.....	2. In a bowl, beat eggs with a wire whip until foamy.
<b>OR</b>						
Frozen whole eggs, thawed ....	8 oz .....	1 cup .....	1 lb .....	2 cups .....	.....	
Canned tuna, water-packed, drained .....	3 cans .....	1 qt .....	6 cans .....	2 qt .....	.....	3. To the eggs, add cooked vegetables, tuna, bread crumbs, and mayonnaise. Mix until thoroughly blended. Chill 20 minutes.
	(12½ oz each)		(12½ oz each)			
Dry bread crumbs .....	8 oz .....	1½ cups .....	1 lb .....	3 cups .....	.....	
Lowfat mayonnaise .....	12 oz .....	1½ cups .....	1 lb 8 oz .....	3 cups .....	.....	

\*See Marketing Guide.

(over)

**Tuna Patties (continued, page 2 of 2)**

**SERVING:** 1 patty provides the equivalent of  
1<sup>3</sup>/<sub>4</sub> oz cooked fish and 1/2 slice of bread

**YIELD:** 25 servings: 3 lb 4 oz  
50 servings: 6 lb 8 oz

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry bread crumbs .....	3 oz .....	1/2 cup .....	6 oz.....	1 cup .....	.....	4. Using a No. 16 scoop, portion fish mixture and shape into cakes. Roll cakes in crumbs and place (3 x 4) on lightly greased half-sheet pans (18" x 13" x 1"). Spray tops of cakes with vegetable spray to aid in the browning process. 5. <b>To Bake:</b> Conventional Oven 375°F, 20 minutes Convection Oven 350°F, 15 minutes Bake until golden brown.
Vegetable spray .....	.....	.....	.....	.....	.....	

**Special Tip:** This may also be served in a sandwich with lettuce, tomato, and tartar sauce.

**Nutrients Per Serving**

Calories	191	Saturated Fat	1.7 g	Iron	1.6 mg
Protein	14 g	Cholesterol	51 mg	Calcium	42 mg
Carbohydrate	12 g	Vitamin A	133 RE/1171 IU	Sodium	410 mg
Total Fat	9.5 g	Vitamin C	1 mg	Dietary Fiber	1 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ____-Serving Recipe
Celery .....	5 oz .....	10 oz .....	.....
Carrots .....	6 oz .....	12 oz .....	.....
Onions .....	3 oz .....	5 oz .....	.....



# Chicken Pie with Biscuits

Meat • Vegetable • Grains/Breads

Main Dishes D-11

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	1 lb .....	3 cups .....	2 lb .....	1 qt 2 cups ...	.....	1. Combine flour, salt, margarine or butter, and water. Mix by hand for 2 to 3 minutes until dough is moistened. Cover and hold in refrigerator until Step 7.
Salt .....	.....	<sup>3</sup> / <sub>4</sub> tsp .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	
Margarine or butter .....	.....	<sup>1</sup> / <sub>4</sub> cup .....	4 oz.....	<sup>1</sup> / <sub>2</sub> cup .....	.....	
Water, cold .....	.....	<sup>1</sup> / <sub>2</sub> cup .....	.....	1 cup .....	.....	
Margarine or butter .....	4 oz .....	<sup>1</sup> / <sub>2</sub> cup .....	8 oz.....	1 cup .....	.....	2. In a heavy pot, melt margarine or butter. Add celery and onions and cook over medium heat until vegetables are tender, about 5 minutes.
*Fresh celery, <sup>1</sup> / <sub>2</sub> " dice .....	10 oz .....	2 <sup>1</sup> / <sub>4</sub> cups.....	1 lb 4 oz .....	1 qt <sup>1</sup> / <sub>2</sub> cup ...	.....	
*Onions, minced .....	10 oz .....	2 <sup>1</sup> / <sub>4</sub> cups.....	1 lb 4 oz .....	1 qt <sup>1</sup> / <sub>2</sub> cup ...	.....	
<b>OR</b> Dehydrated onion flakes .....	.....	<sup>1</sup> / <sub>4</sub> cup 2 Tbsp	.....	<sup>3</sup> / <sub>4</sub> cup .....	.....	
All-purpose flour .....	8 oz .....	1 <sup>1</sup> / <sub>2</sub> cups.....	1 lb .....	3 cups .....	.....	3. Slowly add flour to vegetables, stirring constantly. Cook over medium heat until golden brown, about 5 minutes. 4. Slowly add stock and pepper. Blend well and cook over medium heat, whisking frequently until slightly thickened, about 10 minutes. Set aside.
Chicken stock .....	.....	2 qt .....	.....	1 gal .....	.....	
White pepper .....	.....	<sup>3</sup> / <sub>4</sub> tsp .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	

\*See Marketing Guide.

(over)

Chicken Pie with Biscuits (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cooked chicken, diced .....	2 lb 6 oz .....	2 qt 1 cup .....	4 lb 12 oz .....	1 gal 2 cups ..	.....	<p>5. Place 1 lb 3 oz (1 qt 1/2 cup) of chicken in each half-steamtable pan (12" x 10" x 2 1/2"). Add 13 oz (3 cups) of mixed vegetables to the chicken in each pan.</p> <p>6. Pour 1 qt 1 1/2 cups of gravy evenly over each pan of chicken and vegetables. Stir to combine.</p> <p>7. On a lightly floured surface, roll 15 oz of dough into a rectangle (12" x 10"). Cover each pan of chicken with one pastry rectangle and seal dough on sides of pan. Brush top of pastry with a pastry brush dipped in milk. Cut slits in pastry.</p> <p>8. <b>To Bake:</b>            Conventional Oven                400°F, 20 minutes            Convection Oven                350°F, 15 minutes            Bake until crust is golden brown and filling is bubbling.</p> <p>9. Cut each pan into 25 portions (5 x 5).</p>
Frozen mixed vegetables .....	1 lb 10 oz .....	1 qt 2 cups .....	3 lb 4 oz .....	3 qt .....	.....	

**Chicken Pie with Biscuits (continued, page 3 of 3)**

**SERVING:** 1 piece provides 1½ oz of cooked poultry,  
¼ cup of vegetable, and the equivalent of  
1¾ slices of bread

**YIELD:** 25 servings: 10 lb 11 oz  
50 servings: 21 lb 6 oz

**Special Tip:** In place of prepared dough, you may use purchased pie crust, biscuit mix, Cut Biscuits(A-9), or refrigerated biscuits.

**Nutrients Per Serving**

Calories	256	Saturated Fat	2.1 g	Iron	2.2 mg
Protein	16 g	Cholesterol	36 mg	Calcium	31 mg
Carbohydrate	27 g	Vitamin A	222 RE/1695 IU	Sodium	664 mg
Total Fat	9.2 g	Vitamin C	4 mg	Dietary Fiber	3 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Celery .....	12 oz .....	1 lb 8 oz .....	.....
Onions .....	12 oz .....	1 lb 8 oz .....	.....



# Teriyaki Chicken

Meat

Main Dishes D-12

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lemon juice .....	.....	1/2 cup .....	.....	1 cup .....	.....	1. In a bowl, whisk together lemon juice, soy sauce, vegetable oil, catsup, pepper, and garlic powder. Whisk until smooth, then set aside.
Soy sauce .....	.....	1/4 cup 2 Tbsp	.....	3/4 cup .....	.....	
Vegetable oil .....	.....	1/3 cup .....	.....	2/3 cup .....	.....	
Catsup .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	
Black pepper .....	.....	1/4 tsp .....	.....	1/2 tsp .....	.....	
Garlic powder .....	.....	1/4 tsp .....	.....	1/2 tsp .....	.....	
Skinless chicken drumsticks <b>OR</b>	5 lb 13 oz .....	25 each .....	11 lb 10 oz ...	50 each .....	.....	2. Place 25 chicken pieces in each lightly greased half-steamtable pan (12" x 10" x 2 1/2"). Pour 1 1/4 cups of marinade evenly over each pan of chicken. Cover and refrigerate overnight. 3. <b>To Bake:</b> Conventional Oven 350°F, 65 minutes Convection Oven 325°F, 60 minutes Bake until golden brown.
Skinless chicken thighs .....	5 lb 13 oz .....	25 each .....	11 lb 10 oz ...	50 each .....	.....	

(over)

**Teriyaki Chicken (continued, page 2 of 2)**

**SERVING:** 1 portion provides  
1½ oz of cooked poultry

**YIELD:** 25 servings: 6 lb  
50 servings: 12 lb

**Nutrients Per Serving**

Calories	108	Saturated Fat	1.1 g	Iron	.7 mg
Protein	13 g	Cholesterol	41 mg	Calcium	7 mg
Carbohydrate	1 g	Vitamin A	11 RE/55 IU	Sodium	322 mg
Total Fat	5.4 g	Vitamin C	2 mg	Dietary Fiber	0 g

# Mexican Pizza

Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-13

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour tortillas, 6-inch (1 oz each) .....	.....	13 each .....	.....	26 each .....	.....	1. Place 4 tortillas in a single layer on each half-sheet pan (18" x 13" x 1").
Tomato paste .....	.....	1/4 cup 2 Tbsp	6 oz.....	3/4 cup .....	.....	2. In a bowl, combine tomato paste and salsa.
Mild salsa, chunky .....	1 lb 3 oz .....	2 1/4 cups.....	2 lb 6 oz .....	1 qt 1/2 cup ...	.....	
Refried beans .....	1 lb 10 oz .....	3 cups .....	3 lb 4 oz .....	1 qt 2 cups ...	.....	3. Spread each tortilla with: a No. 20 scoop (2 oz) of refried beans; a No. 30 scoop (1 oz) of the salsa mixture; and 1/2 cup (2 oz) of cheese.
Lowfat mozzarella cheese, shredded .....	1 lb 10 oz .....	1 qt 2 1/2 cups	3 lb 4 oz .....	3 qt 1 cup .....	.....	
						4. <b>To Bake:</b> Conventional Oven 375°F, 9 minutes Convection Oven 350°F, 9 minutes Bake until thoroughly heated (165°F) and cheese is melted.
						5. Cut each pizza into four pieces.

(over)

## Mexican Pizza *(continued, page 2 of 2)*

**SERVING:** 2 pieces (1/2 pizza) provide the equivalent of 1 1/2 oz of cooked lean meat, 1/8 cup of vegetable, and the equivalent of 1/2 slice of bread

**YIELD:** 25 servings: 4 lb 4 oz  
50 servings: 8 lb 8 oz

**Special Tip:** Salsa (C-3) may be used instead of pre-prepared salsa.

### Nutrients Per Serving

Calories	159	Saturated Fat	3.3 g	Iron	1.3 mg
Protein	10 g	Cholesterol	19 mg	Calcium	231 mg
Carbohydrate	15 g	Vitamin A	75 RE/399 IU	Sodium	356 mg
Total Fat	6.2 g	Vitamin C	8 mg	Dietary Fiber	3 g



# Pasta Toss with Vegetables

Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-14

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Elbow macaroni .....	12 oz .....	1 qt .....	1 lb 8 oz .....	2 qt .....	.....	1. Cook pasta in boiling water until tender but still firm (al dente), about 10 minutes. Drain and toss with vegetable oil in a large bowl. Cool to room temperature, stirring occasionally.
Vegetable oil .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	
*Fresh broccoli florets .....	1 lb 10 oz .....	2 qt 2 cups .....	3 lb 4 oz .....	1 gal 1 qt .....	.....	2. Cook broccoli in steamer for 2 to 3 minutes until just tender. Quickly cool in ice water and drain.
*Fresh carrots, peeled, shredded .....	7 oz .....	1 1/2 cups .....	14 oz .....	3 cups .....	.....	3. In a bowl, combine cooled pasta, broccoli, carrots, and cheese. Mix thoroughly.
Lowfat mozzarella cheese, 1/2" cubes .....	1 lb 3 oz .....	1 qt .....	2 lb 6 oz .....	2 qt .....	.....	
Prepared mustard .....	.....	1 tsp .....	.....	2 tsp .....	.....	4. In a bowl, whisk together mustard, vinegar, garlic, chives, basil, sugar, salt, and pepper. Continue to whisk while slowly adding oil. 5. Pour dressing over pasta and vegetables and mix thoroughly. 6. Chill prior to serving.
Vinegar .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	
Garlic powder .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Dried, minced chives .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Dry basil leaves .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Sugar .....	.....	2 tsp .....	.....	1 Tbsp 1 tsp	.....	
Salt .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Black pepper .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Vegetable oil .....	.....	1 cup .....	.....	2 cups .....	.....	

\*See Marketing Guide.

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**Pasta Toss with Vegetables (continued, page 2 of 2)**

**SERVING:** 1/2 cup (No. 8 scoop) provides 3/4 oz of cheese, 1/4 cup of vegetable, and the equivalent of 1/2 slice of bread

**YIELD:** 25 servings: 5 lb 14 oz  
 50 servings: 11 lb 12 oz  
**VOLUME:** 25 servings: 1 gal  
 50 servings: 2 gal

**Nutrients Per Serving**

Calories	214	Saturated Fat	3.9 g	Iron	.9 mg
Protein	8 g	Cholesterol	12 mg	Calcium	161 mg
Carbohydrate	13 g	Vitamin A	319 RE/2930 IU	Sodium	207 mg
Total Fat	14.7 g	Vitamin C	25 mg	Dietary Fiber	2 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Broccoli .....	2 lb .....	4 lb .....	.....
Carrots .....	10 oz .....	1 lb 4 oz .....	.....

# Baked Scrambled Eggs

Meat Alternate

Main Dishes D-15

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh large eggs .....	.....	25 each .....	.....	50 each .....	.....	1. Beat eggs thoroughly. 2. Add milk and salt. Mix until well blended. 3. For 25 servings, pour 3 lb 12 oz (1 qt 3 <sup>3</sup> / <sub>4</sub> cups) egg mixture into a lightly greased steamtable pan (12" x 20" x 2 <sup>1</sup> / <sub>2</sub> "). For 50 servings, use 2 steamtable pans.  4. Bake or steam. <b>To Bake:</b> Conventional Oven 350°F, 20 minutes Stir once after 15 minutes.  Convection Oven 300°F, 15 minutes Stir once after 10 minutes.  <b>To Steam:</b> 5 lb pressure, 3 to 5 minutes  <b>DO NOT STIR WHILE STEAMING.</b> <b>DO NOT OVERCOOK.</b>
<b>OR</b>						
Frozen whole eggs, thawed ....	2 lb 12 <sup>1</sup> / <sub>2</sub> oz	1 qt 1 <sup>1</sup> / <sub>2</sub> cups	5 lb 9 oz .....	2 qt 3 cups ...	.....	
Reconstituted instant nonfat dry milk .....	.....	2 cups .....	.....	1 qt .....	.....	
Salt .....	.....	<sup>3</sup> / <sub>4</sub> tsp .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	

(over)

**Baked Scrambled Eggs (continued, page 2 of 2)**

**SERVING:** 1/4 cup (No. 16 scoop) provides  
1 large egg

**YIELD:** 25 servings: 1 steamtable pan  
50 servings: 2 steamtable pans

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						5. Remove from oven or steamer. Stir well. Eggs will be cooked completely but still have a slightly moist appearance.
Butter or margarine (optional) .....		2 Tbsp 2 tsp ..		1/3 cup .....	.....	6. To each pan, add approximately 1 1/4 oz (2 Tbsp 1 1/2 tsp) butter or margarine (optional). Stir. 7. Sprinkle 7 oz (2 cups) cheese (optional) over each pan. 8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.
Cheddar cheese, shredded (optional) .....	7 oz .....	2 cups .....	14 oz.....	1 qt .....	.....	

**Nutrients Per Serving**

Calories	82	Saturated Fat	1.6 g	Iron	.7 mg
Protein	7 g	Cholesterol	215 mg	Calcium	50 mg
Carbohydrate	2 g	Vitamin A	96 RE/321 IU	Sodium	144 mg
Total Fat	5.1 g	Vitamin C	0 mg	Dietary Fiber	0 g

# Beef-Vegetable Stew

Meat • Vegetable

Main Dishes D-16

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Boneless beef, 1" cubes .....	5 lb 13 oz .....	.....	11 lb 10 oz ...	.....	.....	1. Trim all visible fat from beef cubes. 2. Brown beef cubes in oil. Drain.
Vegetable oil .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	
*Onions, quartered .....	8 oz .....	1 1/4 cups 2 Tbsp	1 lb .....	2 3/4 cups .....	.....	3. Add onions, flour, garlic powder, paprika, pepper, and thyme.
<b>OR</b> Dehydrated onions .....	.....	1/4 cup 1 1/2 tsp	.....	1/2 cup 1 Tbsp	.....	
All-purpose flour .....	6 oz .....	1 1/4 cups 2 Tbsp	12 oz.....	2 3/4 cups .....	.....	
Garlic powder .....	.....	2 1/4 tsp .....	.....	1 Tbsp 1 1/2 tsp	.....	
Paprika.....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Black pepper .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Flaked thyme .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Water or beef stock.....	.....	3 qt .....	.....	1 1/2 gal .....	.....	4. Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for approximately 1 1/2 hours, or until meat is tender.
Canned sliced carrots, drained .....	1 lb 5 1/2 oz ...	1 qt .....	2 lb 11 oz .....	2 qt .....	.....	5. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes. 6. Pour into serving pans. 7. Portion with 8-oz ladle (1 cup).
Canned small whole potatoes, drained .....	1 lb 11 oz .....	1 qt 1/2 cup ...	3 lb 6 oz .....	2 qt 1 cup .....	.....	
Canned green peas, drained ...	1 lb 10 oz .....	1 qt 1/2 cup ...	3 lb 4 oz .....	2 qt 1 cup .....	.....	

\*See Marketing Guide.

(over)

**Beef-Vegetable Stew (continued, page 2 of 2)**

**SERVING:** 1 cup (8-oz ladle) provides 2 oz of cooked lean meat and 1/2 cup of vegetable

**YIELD:** 25 servings: 1 gal 2 qt 2 cups (approximately)  
50 servings: 3 gal 1 qt (approximately)

**Nutrients Per Serving**

Calories	238	Saturated Fat	2.3 g	Iron	3.9 mg
Protein	25 g	Cholesterol	64 mg	Calcium	25 mg
Carbohydrate	16 g	Vitamin A	364 RE/3629 IU	Sodium	277 mg
Total Fat	7.9 g	Vitamin C	5 mg	Dietary Fiber	3 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions .....	9 oz .....	1 lb 2 <sup>1</sup> / <sub>2</sub> oz ..	.....

# Chicken and Noodles

Meat • Grains/Breads

Main Dishes D-17

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken stock .....	.....	1 gal .....	.....	2 gal .....	.....	1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered, for 6 minutes. <b>DO NOT DRAIN.</b>
<b>OR</b> Low-sodium chicken stock ....	.....	1 gal .....	.....	2 gal .....	.....	
Noodles .....	1 lb 4 oz .....	3 qt 3 cups ....	2 lb 8 oz .....	1 gal 3½ qt ..	.....	
*Onions, chopped .....	7 oz .....	1 cup 2 Tbsp	14 oz.....	2¼ cups .....	.....	
<b>OR</b> Dehydrated onions .....	.....	¼ cup .....	.....	½ cup .....	.....	
*Carrots, shredded (optional)	4 oz .....	1 cup.....	8 oz.....	2 cups .....	.....	
Butter or margarine .....	.....	¼ cup .....	4 oz.....	½ cup .....	.....	2. Melt butter or margarine. Add flour and stir until smooth.
All-purpose flour .....	.....	¼ cup 3 Tbsp	4 oz.....	¾ cup 2 Tbsp	.....	
Reconstituted instant nonfat dry milk .....	.....	3 cups .....	.....	1 qt 2 cups ...	.....	3. To noodles, add: flour mixture, milk, pepper, marjoram (optional), parsley flakes (optional), and chicken or turkey. Stir gently to combine. 4. Cook over medium heat, stirring occasionally until thickened, 6 to 8 minutes. 5. Pour into serving pans. Hold for 30 minutes on a 180°F to 190°F steamtable to allow sufficient time for mixture to thicken properly. 6. Portion with 8-oz ladle (1 cup).
Black or white pepper .....	.....	¾ tsp .....	.....	1½ tsp .....	.....	
Flaked marjoram (optional) ...	.....	¾ tsp .....	.....	1½ tsp .....	.....	
Parsley flakes (optional) .....	.....	¼ cup .....	.....	½ cup .....	.....	
*Cooked chicken or turkey, chopped.....	3 lb 3 oz .....	2 qt 2 cups ....	6 lb 6 oz .....	1 gal 1 qt .....	.....	

\*See Marketing Guide.

(over)

**Chicken and Noodles (continued, page 2 of 2)**

**SERVING:** 1 cup (8-oz ladle) provides 2 oz of cooked poultry and the equivalent of 1 slice of bread

**YIELD:** 25 servings: 1 gal 2 qt (approximately)  
50 servings: 3 gal (approximately)

**Nutrients Per Serving**

Calories	242	Saturated Fat	2.6 g	Iron	1.9 mg
Protein	21 g	Cholesterol	75 mg	Calcium	66 mg
Carbohydrate	21 g	Vitamin A	38 RE/138 IU	Sodium	1032 mg
Total Fat	7.4 g	Vitamin C	1 mg	Dietary Fiber	1 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions .....	8 oz .....	1 lb.....	.....
Carrots .....	6 oz .....	11 <sup>1</sup> / <sub>2</sub> oz .....	.....
Chicken, whole, without neck and giblets .....	8 lb 14 oz ....	17 lb 12 oz ..	.....
<b>OR</b>			
Turkey, whole, without neck and giblets .....	6 lb 13 oz ....	13 lb 10 oz ..	.....



# Chicken Stir-Fry

Meat • Vegetable

Main Dishes D-18

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce .....	.....	1/2 cup .....	.....	1 cup .....	.....	1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch .....	.....	1/4 cup 3 Tbsp	4 oz.....	3/4 cup 2 Tbsp	.....	
Ground ginger .....	.....	1/4 tsp .....	.....	1/2 tsp .....	.....	
Granulated garlic .....	.....	1 Tbsp 1 1/2 tsp	.....	3 Tbsp .....	.....	
White pepper .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Low-sodium chicken stock, non-MSG .....	.....	1 qt .....	.....	2 qt .....	.....	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
<b>Fresh mixed vegetables:</b>						<b>Prepare no more than 50 portions per batch.</b>  4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steamtable pan. Keep warm.
*Fresh broccoli, chopped .....	2 lb 13 oz .....	1 gal .....	5 lb 10 oz .....	2 gal .....	.....	
*Fresh carrots, peeled, 1/4" slices .....	2 lb 13 oz .....	2 qt 1 cup .....	5 lb 10 oz .....	1 gal 2 cups ..	.....	
*Onions, diced .....	10 oz .....	2 cups .....	1 lb 4 oz .....	1 qt .....	.....	
<b>OR</b> +Frozen mixed Oriental vegetables .....	6 lb 4 oz .....	1 gal 3 qt .....	12 lb 8 oz .....	3 gal 2 qt .....	.....	
Vegetable oil .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	

\*See Marketing Guide.

+If using Oriental vegetables, add frozen vegetables to sauteed chicken in Step 5.

(over)

## Chicken Stir-Fry (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Skinless, boneless chicken breasts, cut 1/2" x 1/2" .....	4 lb 8 oz .....	.....	9 lb .....	.....	.....	5. Saute chicken in oil for 3 to 5 minutes until no signs of pink remain. Add chicken to vegetables in steamtable pan. Add sauce and mix to coat chicken and vegetables. Heat to serving temperature, (165°F).
Vegetable oil .....	.....	1/2 cup .....	.....	1 cup .....	.....	

- Special Tips:**
- 1) For an authentic Oriental flavor, when sauteing chicken in Step 5, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.
  - 2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

**Chicken Stir-Fry (continued, page 3 of 3)**

**SERVING:** 1 cup (2 No. 8 scoops) provides  
2 oz of meat and 5/8 cup of vegetable

**YIELD:** 25 servings: 11 lb 10 oz  
50 servings: 23 lb 4 oz

**Variations:**

**a. Beef Stir-Fry**

**25 servings:** Follow Steps 1 through 4. In Step 5, use 5 lb 2 oz of boneless beef top round, cut in 1/2" cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

**50 servings:** Follow Steps 1 through 4. In Step 5, use 10 lb 4 oz of boneless beef top round, cut in 1/2" cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

**b. Pork Stir-Fry**

**25 servings:** Follow Steps 1 through 4. In Step 5, use 5 lb 12 oz of boneless pork shoulder or loin, cut in 1/2" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

**50 servings:** Follow Steps 1 through 4. In Step 5, use 11 lb 9 oz of boneless pork shoulder or loin, cut in 1/2" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

**Nutrients Per Serving**

Calories	208	Saturated Fat	1.4 g	Iron	1.5 mg
Protein	22 g	Cholesterol	47 mg	Calcium	51 mg
Carbohydrate	12 g	Vitamin A	1355 RE/13640 IU	Sodium	251 mg
Total Fat	8.1 g	Vitamin C	46 mg	Dietary Fiber	3 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Broccoli .....	3 lb 8 oz .....	6 lb 15 oz ....	.....
Carrots .....	4 lb .....	8 lb 1 oz .....	.....
Onions .....	12 oz .....	1 lb 7 oz .....	.....



# Meat Lasagna

Meat/Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-19

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat) .....	1 lb 10 oz .....	.....	3 lb 4 oz .....	.....	.....	1. Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes.
*Onions, chopped .....	1 lb 8 oz .....	1 qt .....	3 lb .....	2 qt .....	.....	
<b>OR</b>						
Dehydrated onions .....	.....	<sup>3</sup> / <sub>4</sub> cup 2 Tbsp	6 oz.....	1 <sup>3</sup> / <sub>4</sub> cups .....	.....	
Garlic powder .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	2. Add pepper, parsley flakes, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat.
Black pepper .....	.....	<sup>1</sup> / <sub>2</sub> tsp .....	.....	1 tsp .....	.....	
Parsley flakes .....	.....	2 Tbsp .....	.....	<sup>1</sup> / <sub>4</sub> cup .....	.....	
Canned tomatoes, with liquid, chopped .....	2 lb 2 oz .....	1 qt .....	4 lb 4 oz .....	2 qt .....	.....	
Tomato paste .....	14 oz .....	1 <sup>1</sup> / <sub>2</sub> cups.....	1 lb 12 oz .....	3 cups .....	.....	
Water .....	.....	1 qt 2 cups....	.....	3 qt .....	.....	
<b>Seasonings:</b>						
Flaked basil .....	.....	1 Tbsp 1 <sup>1</sup> / <sub>2</sub> tsp	.....	3 Tbsp .....	.....	
Flaked oregano .....	.....	1 Tbsp 1 <sup>1</sup> / <sub>2</sub> tsp	.....	3 Tbsp .....	.....	
Flaked marjoram .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	1 Tbsp .....	.....	
Flaked thyme .....	.....	<sup>1</sup> / <sub>2</sub> tsp .....	.....	1 tsp .....	.....	

\*See Marketing Guide.

(over)

**Meat Lasagna (continued, page 2 of 3)**

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lasagna noodles, uncooked ...	1 lb 1 oz .....	.....	2 lb 2 oz .....	.....	.....	<b>3. To Assemble:</b> For 25 servings, use 1 steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 steamtable pans. Assemble as follows: <ul style="list-style-type: none"> <li>• 1st layer - 1 qt 1/2 cup sauce</li> <li>• 2nd layer - 10 uncooked noodles lengthwise</li> <li>• 3rd layer - 1 qt 1/2 cup sauce</li> <li>• 4th layer - 6 1/2 oz processed American cheese (1 3/4 cups) and 10 oz mozzarella cheese (2 1/2 cups)</li> <li>• 5th layer - 10 uncooked noodles crosswise</li> <li>• 6th layer - 1 qt 3/4 cup sauce</li> <li>• 7th layer - 6 oz processed American cheese (1 1/2 cups 2 Tbsp) and 9 oz mozzarella cheese (2 1/4 cups)</li> </ul> <b>4.</b> Tightly cover pans.
Processed American cheese, shredded .....	12 oz .....	3 1/4 cups 2 Tbsp	1 lb 9 oz .....	1 qt 2 3/4 cups	.....	
Mozzarella cheese, shredded..	1 lb 3 oz .....	1 qt 3/4 cup ....	2 lb 6 oz .....	2 qt 1 1/2 cups	.....	
						<b>5. To Bake:</b> Conventional Oven 350°F, 1 1/4 hours to 1 1/2 hours Convection Oven 325°F, 45 minutes <b>6.</b> Remove pans from oven. Uncover. Let stand for 15 minutes before serving. <b>7.</b> Cut each pan 5 x 5 (25 pieces).

**Meat Lasagna (continued, page 3 of 3)**

**SERVING:** 1 piece provides the equivalent of 2 oz of cooked lean meat, <sup>3</sup>/<sub>8</sub> cup of vegetable, and the equivalent of <sup>3</sup>/<sub>4</sub> slice of bread

**YIELD:** 25 servings: 1 steamtable pan  
50 servings: 2 steamtable pans

**Nutrients Per Serving**

Calories	271	Saturated Fat	6.6 g	Iron	2.5 mg
Protein	17 g	Cholesterol	44 mg	Calcium	270 mg
Carbohydrate	23 g	Vitamin A	149 RE/992 IU	Sodium	396 mg
Total Fat	12.3 g	Vitamin C	15 mg	Dietary Fiber	2 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions .....	1 lb 12 oz ....	3 lb 7 oz .....	.....





# Macaroni and Cheese

Meat Alternate • Grains/Breads

Main Dishes D-20

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Elbow macaroni .....	1 lb 5 oz .....	1 qt 1 cup .....	2 lb 10 oz .....	2 qt 2 cups ...	.....	1. Cook macaroni in boiling water until firm-tender, 8 minutes. Drain and rinse in cold water.
Margarine or butter .....	6 oz .....	<sup>3</sup> / <sub>4</sub> cup .....	12 oz.....	1 <sup>1</sup> / <sub>2</sub> cups .....	.....	2. Melt margarine or butter in a stock pot or sauce pan. 3. Combine flour, salt, dry mustard, white pepper, and paprika in a bowl. Add to the melted margarine or butter. Cook this for 2 minutes over medium heat, stirring continuously. Do not brown.
All-purpose flour .....	6 oz .....	1 cup 2 Tbsp	12 oz.....	2 <sup>1</sup> / <sub>4</sub> cups .....	.....	
Salt.....	.....	2 <sup>1</sup> / <sub>2</sub> tsp .....	.....	1 Tbsp 2 tsp	.....	
Dry mustard .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	1 Tbsp .....	.....	
White pepper .....	.....	<sup>1</sup> / <sub>2</sub> tsp .....	.....	1 tsp .....	.....	
Paprika.....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	1 Tbsp .....	.....	
Lowfat milk or reconstituted instant nonfat dry milk .....	.....	2 qt 2 cups ....	.....	1 gal 1 qt .....	.....	4. In a stock pot or sauce pan, heat milk to a simmer. Slowly add this heated milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
Worcestershire sauce .....	.....	1 tsp .....	.....	2 tsp .....	.....	5. Add Worcestershire sauce, shredded cheddar cheese, and grated Parmesan to the white sauce. Stir over low heat until cheese melts.
Lowfat cheddar cheese, shredded .....	1 lb 4 oz .....	1 qt 1 cup .....	2 lb 8 oz .....	2 qt 2 cups ...	.....	
Parmesan cheese, grated.....	.....	<sup>1</sup> / <sub>2</sub> cup .....	4 oz.....	1 cup .....	.....	

(over)

Macaroni and Cheese (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>6. Combine well-drained macaroni and sauce. Mix well.</p> <p>Place 10 lb 6 oz (1 gal 1 qt) into each 12" x 20" x 2½" steamtable pan. Cover with a lid or foil.</p> <p><b>To Bake:</b>            Conventional Oven                350°F, 30 minutes            Convection Oven                325°F, 25 minutes            Bake until thoroughly heated (165°F).</p>
Soft bread crumbs ..... Lowfat cheddar cheese, shredded.....	..... 8 oz .....	1 cup..... 2 cups .....	6 oz..... 1 lb .....	2 cups ..... 1 qt .....	..... .....	<p>7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each steamtable pan.</p> <p>8. Bake an additional 5 minutes, uncovered, until lightly browned.</p> <p>9. Each pan provides 25 servings.</p>

## Macaroni and Cheese (continued, page 3 of 3)

**SERVING:** 1 cup provides 1 oz of cheese and the equivalent of 1½ slices of bread

**YIELD:** 25 servings: 10 lb 14 oz  
50 servings: 21 lb 12 oz

### Special Tips:

- 1) Macaroni and cheese can also be combined in the steamtable pan as follows:  
Place 3 lb 1 oz (2 qt 2 cups) of well-drained macaroni and 7 lb 5 oz (2 qt 3 cups) of sauce in each 12" x 20" x 2½" steamtable pan. Stir to combine, then proceed with Step 6.
- 2) Fresh sliced tomatoes (½ oz per portion) make an excellent garnish.

### Nutrients Per Serving

Calories	277	Saturated Fat	3.7 g	Iron	1.6 mg
Protein	16 g	Cholesterol	12 mg	Calcium	296 mg
Carbohydrate	30 g	Vitamin A	158 RE/599 IU	Sodium	604 mg
Total Fat	10.1 g	Vitamin C	1 mg	Dietary Fiber	1 g

## Variation:

### a. Macaroni and Cheese with Ham

**25 servings:** Follow Steps 1 through 4. In Step 5, use 1 lb (1 qt) shredded cheese and 8 oz (1½ cups) diced cooked ham. Continue with Steps 6 through 9.

**50 servings:** Follow Steps 1 through 4. In Step 5, use 2 lb (2 qt) shredded cheese and 1 lb (3 cups) diced cooked ham. Continue with Steps 6 through 9.



# Beef or Pork Burrito

Meat/Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-21

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat) .....	2 lb 3 oz .....	.....	4 lb 5 oz .....	.....	.....	1. Brown ground beef or pork. Drain.
<b>OR</b> Raw ground pork (no more than 24% fat) .....	2 lb 3 oz .....	.....	4 lb 5 oz .....	.....	.....	
*Onions, chopped .....	.....	1/4 cup 3 Tbsp	5 oz.....	3/4 cup 2 Tbsp	.....	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 30 minutes.
<b>OR</b> Dehydrated onions .....	.....	2 Tbsp 1 tsp ..	.....	1/4 cup 2 tsp ..	.....	
Garlic powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Black pepper .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Tomato paste .....	14 oz .....	1 1/2 cups.....	1 lb 12 oz .....	3 cups .....	.....	
Water .....	.....	3 cups .....	.....	1 qt 2 cups ...	.....	
<b>Seasonings:</b>						
Chili powder .....	.....	1 Tbsp 1 1/2 tsp	.....	3 Tbsp .....	.....	
Ground cumin .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Paprika .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Onion powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Cheddar cheese, shredded.....	1 lb 10 oz .....	1 qt 3 1/4 cups	3 lb 3 oz .....	3 qt 2 1/2 cups	.....	3. Combine shredded cheese with meat mixture.

\*See Marketing Guide.

(over)

**Beef or Pork Burrito (continued, page 2 of 4)**

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour tortillas (at least 1.1 oz each) .....	.....	25 each .....	.....	50 each .....	.....	<p>4. Steam tortillas for 3 minutes or until warm.</p> <p>5. Portion meat-cheese mixture (from Step 3) with No. 12 scoop (1/3 cup) onto each tortilla. Fold tortilla around filling "envelope style." (See illustration on page 4.)</p> <p>6. Place folded burritos seam side down on lightly oiled sheet pans (18" x 26" x 1"), 33 to 35 burritos per pan.</p> <p>7. <b>To Bake:</b>            Conventional Oven                375°F, 15 minutes            Convection Oven                325°F, 15 minutes</p>
Cheddar cheese, shredded (optional) .....	7 oz .....	1 3/4 cups 2 Tbsp	13 oz.....	3 3/4 cups .....	.....	<p>8. Sprinkle shredded cheese (optional) evenly over burritos before serving.</p>

**Beef or Pork Burrito (continued, page 3 of 4)**

**SERVING:** 1 burrito provides the equivalent of 2 oz of cooked lean meat, 1/4 cup of vegetable, and the equivalent of 1 slice of bread

**YIELD:** 25 servings: 25 burritos (3/4 sheet pan)  
50 servings: 50 burritos (1 1/2 sheet pans)

**Variation:**

**a. Bean Burrito**

**25 servings:** Omit Step 1. In Step 2, use 2 cups water. Simmer tomato mixture 15 minutes. In Step 3, in place of meat, use 2 lb 5 oz (1 qt 2 1/4 cups) cooked dry pinto beans (see Marketing Guide and preparation note) or 1 qt 3 1/2 cups canned, drained pinto beans. Mash beans to a smooth consistency. Continue with Steps 4 through 8.

**50 servings:** Omit Step 1. In Step 2, use 1 qt water. Simmer tomato mixture 15 minutes. In Step 3, in place of meat, use 4 lb 10 oz (3 qt 1/2 cup) cooked dry pinto beans (see Marketing Guide and preparation note) or 1 No. 10 can + 3 cups drained pinto beans. Mash beans to a smooth consistency. Continue with Steps 4 through 8.

**Preparation Note:  
Soaking Beans**

**Overnight method:** Add 1 3/4 qt cold water to each 1 lb dry beans. Cover. Let stand overnight in refrigerator.

**Quick-soak method:** Boil 1 3/4 qt cold water for each 1 lb dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

**Cooking Beans**

Once the beans have been soaked, add 1/2 tsp salt (optional) for each 1 lb dry beans. Boil gently with lid tilted until tender, about 2 hours.

1 lb dry beans = approximately 2 1/2 cups dry beans  
1 lb dry beans = 6 1/4 cups cooked beans

**Marketing Guide for Selected Items  
Beef or Pork Burrito**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions .....	3 oz .....	6 oz .....	.....

**Marketing Guide for Selected Items  
Bean Burrito**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions .....	3 oz .....	6 oz .....	.....
Pinto beans, dry .....	1 lb .....	2 lb .....	.....

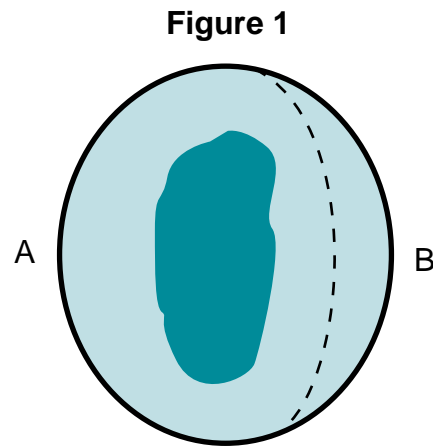
**Nutrients Per Serving**

Calories	341	Saturated Fat	8.6 g	Iron	2.9 mg
Protein	18 g	Cholesterol	55 mg	Calcium	274 mg
Carbohydrate	27 g	Vitamin A	151 RE/942 IU	Sodium	408 mg
Total Fat	17.8 g	Vitamin C	8 mg	Dietary Fiber	2 g

## Beef or Pork Burrito (continued, page 4 of 4)

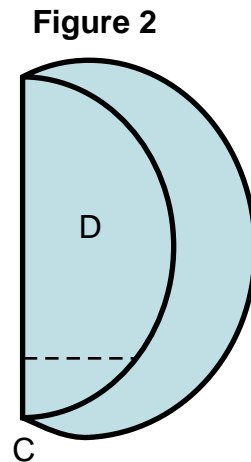
### Step 1

Place one scoop of filling in an oblong shape in the middle of a tortilla. Fold edge A to B (on dotted line). (Figure 1)

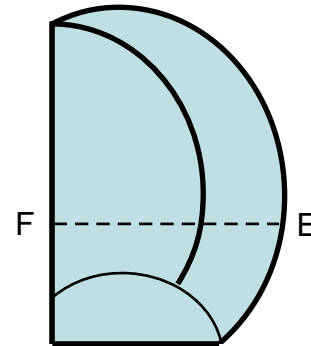


### Step 2

Fold edge C to line D (on dotted line), approximately 2 inches from bottom edge. (Figure 2)



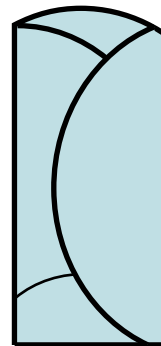
### Figure 3



### Step 3

Fold edge E to opposite edge, F. (Figure 3)

### Figure 4



### Step 4

A finished burrito should look like Figure 4.



# Ground Beef and Spanish Rice

Meat • Vegetable • Grains/Breads

Main Dishes D-22

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat) .....	4 lb 5 oz .....	.....	8 lb 10 oz .....	.....	.....	1. Brown ground beef. Drain off fat. 2. Add onions and green peppers. Cook approximately 5 minutes.
*Onions, chopped .....	8 oz .....	1¼ cups .....	15 oz .....	2½ cups .....	.....	
<b>OR</b>						
Dehydrated onions .....	.....	¼ cup .....	.....	½ cup .....	.....	
*Fresh green pepper, chopped	6 oz .....	1 cup .....	10½ oz .....	2 cups .....	.....	
Beef stock or water .....	.....	1 qt 3½ cups	.....	3 qt 3 cups ...	.....	3. Add beef stock or water, tomatoes, tomato paste, and seasonings. Bring to a boil.
Canned tomatoes, with liquid, chopped .....	1 lb 4 oz .....	2¼ cups .....	2 lb 6½ oz ....	1 qt ½ cup ...	.....	
Tomato paste .....	7 oz .....	¾ cup .....	14 oz .....	1½ cups .....	.....	
<b>Seasonings:</b>						
Chili powder .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Ground cumin .....	.....	2¼ tsp .....	.....	1 Tbsp 1½ tsp	.....	
Paprika .....	.....	¾ tsp .....	.....	1½ tsp .....	.....	
Onion powder .....	.....	¾ tsp .....	.....	1½ tsp .....	.....	
White rice .....	1 lb 8 oz .....	3½ cups .....	2 lb 15 oz .....	1 qt 3 cups ...	.....	4. Stir in rice. Return to a boil. Reduce heat and cover tightly. Cook over low heat for 20 to 30 minutes or until rice is tender. 5. Pour into serving pans or bowls. 6. Portion with No. 6 scoop (⅔ cup).

\*See Marketing Guide.

(over)

**Ground Beef and Spanish Rice (continued, page 2 of 2)**

**SERVING:** 2/3 cup (No. 6 scoop) provides 2 oz of cooked lean meat, 1/4 cup of vegetable, and the equivalent of 1 slice of bread

**YIELD:** 25 servings: 1 gal 2 cups (approximately)  
50 servings: 2 gal 1 qt (approximately)

**Nutrients Per Serving**

Calories	272	Saturated Fat	4.2 g	Iron	2.9 mg
Protein	17 g	Cholesterol	48 mg	Calcium	31 mg
Carbohydrate	26 g	Vitamin A	51 RE/515 IU	Sodium	498 mg
Total Fat	10.9 g	Vitamin C	12 mg	Dietary Fiber	1 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions .....	9 oz .....	1 lb 1 <sup>1</sup> / <sub>2</sub> oz ..	.....
Green pepper .....	7 oz .....	13 <sup>1</sup> / <sub>2</sub> oz .....	.....

# Pizza with Ground Beef Topping

Meat/Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-23

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Pizza dough in pans (18" x 26" x 1") .....	.....	1 1/4 sheet pans	.....	2 1/2 sheet pans	.....	1. For pizza crust, use Pizza Crust recipe (A-17).
Raw ground beef (no more than 24% fat).....	2 lb 3 oz .....	.....	4 lb 6 oz .....	.....	.....	2. <b>For pizza topping:</b> Brown ground beef. Drain off fat and discard. Add onions and garlic powder. Cook for 5 minutes.
*Onions, chopped .....	8 oz .....	1 1/3 cups.....	1 lb .....	2 1/2 cups 2 Tbsp	.....	
<b>OR</b> Dehydrated onions .....	.....	1/4 cup 1 1/2 tsp	.....	1/2 cup 1 Tbsp	.....	
Garlic powder .....	.....	1 tsp .....	.....	2 1/4 tsp .....	.....	
Black pepper .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	3. Add pepper, tomato paste, water, and seasonings. Simmer for 15 minutes.
Tomato paste .....	14 oz .....	1 1/2 cups.....	1 lb 12 oz .....	3 cups .....	.....	
Water .....	.....	3 1/2 cups.....	.....	1 qt 3 cups .....	.....	
<b>Seasonings:</b> Flaked basil .....	.....	1 Tbsp 1 1/2 tsp	.....	3 Tbsp .....	.....	
Flaked oregano .....	.....	1 Tbsp 1 1/2 tsp	.....	3 Tbsp .....	.....	
Flaked marjoram .....	.....	1 Tbsp 1 1/2 tsp	.....	3 Tbsp .....	.....	
Flaked thyme .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	

\*See Marketing Guide.

(over)

**Pizza with Ground Beef Topping (continued, page 2 of 3)**

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Mozzarella cheese, shredded..	1 lb 9 oz .....	1 qt 2 <sup>1</sup> / <sub>4</sub> cups	3 lb 2 oz .....	3 qt 1/2 cup ...	.....	4. Sprinkle 8 oz (2 cups) shredded cheese evenly over each pizza crust. 5. Spread 1 qt 1 cup beef mixture over cheese in each pan. 6. Sprinkle 12 oz (3 cups) shredded cheese evenly over topping in each pan.
						7. <b>To Bake:</b> Conventional Oven 475°F, 15 to 18 minutes Convection Oven 450°F, 15 minutes Bake until crust is lightly browned. 8. Cut each pan 4 x 5 (20 pieces per pan).

**Pizza with Ground Beef Topping (continued, page 3 of 3)**

**SERVING:** 1 piece provides the equivalent of 2 oz of cooked lean meat, 1/4 cup vegetable, and the equivalent of 2 slices of bread

**YIELD:** 25 servings: 1 1/4 sheet pans  
50 servings: 2 1/2 sheet pans

## Variation

### a. Pizza with Cheese Topping

**25 and 50 servings:** Omit ground beef and double the amount of mozzarella cheese. Proceed with recipe as written.

**Special Tip:** In the Pizza with Ground Beef Topping recipe: If *reduced-fat* mozzarella cheese is substituted for the *regular* part-skim mozzarella, calories are reduced by 9, total fat by 1.4 grams, saturated fat by .9 grams, and cholesterol by 7 mg.

In the Pizza with Cheese Topping variation (above): If *reduced-fat* mozzarella cheese is substituted for the *regular* part-skim mozzarella, calories are reduced by 17, total fat by 3.0 grams, saturated fat by 1.8 grams, and cholesterol by 14 mg.

### Nutrients Per Serving

Calories	307	Saturated Fat	5.2 g	Iron	3.2 mg
Protein	18 g	Cholesterol	41 mg	Calcium	215 mg
Carbohydrate	32 g	Vitamin A	95 RE/615 IU	Sodium	226 mg
Total Fat	11.8 g	Vitamin C	8 mg	Dietary Fiber	2 g

### Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions .....	9 oz .....	1 lb 2 oz .....	.....



# Beef or Pork Taco

Meat/Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-24

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat) .....	3 lb 4 oz .....	.....	6 lb 7 oz .....	.....	.....	1. Brown ground beef or pork. Drain.
<b>OR</b> Raw ground pork (no more than 24% fat) .....	3 lb 4 oz .....	.....	6 lb 7 oz .....	.....	.....	
*Onions, chopped .....	.....	1/4 cup 3 Tbsp	5 oz.....	3/4 cup 2 Tbsp	.....	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Bring to a boil. Reduce heat and simmer for 25 to 30 minutes.
<b>OR</b> Dehydrated onions .....	.....	2 Tbsp 1 tsp ..	.....	1/4 cup 2 tsp ..	.....	
Garlic powder .....	.....	2 1/4 tsp .....	.....	1 Tbsp 1 1/2 tsp	.....	
Black pepper .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Tomato paste .....	7 oz .....	3/4 cup .....	14 oz.....	1 1/2 cups .....	.....	
Water .....	.....	2 cups .....	.....	1 qt .....	.....	
<b>Seasonings:</b>						
Chili powder .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Ground cumin .....	.....	2 1/4 tsp .....	.....	1 Tbsp 1 1/2 tsp	.....	
Paprika .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Onion powder .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	

\*See Marketing Guide.

(over)

**Beef or Pork Taco (continued, page 2 of 3)**

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cheddar cheese, shredded..... *Fresh tomatoes, chopped ..... *Fresh lettuce, shredded.....	13 oz ..... 10 oz ..... 1 lb 1 oz .....	3 <sup>3</sup> / <sub>4</sub> cups ..... 1 <sup>1</sup> / <sub>2</sub> cups..... 2 qt <sup>1</sup> / <sub>2</sub> cup ...	1 lb 10 oz ..... 1 lb 4 oz ..... 2 lb 2 oz .....	1 qt 3 <sup>1</sup> / <sub>2</sub> cups 3 cups ..... 1 gal 1 cup ...	..... ..... .....	3. <b>For topping:</b> Set cheese aside for Step 4. Combine tomatoes and lettuce. Toss lightly and set aside for Step 4.
Taco shells (at least 0.45 oz each) .....	.....	50 each .....	.....	100 each .....	.....	4. <b>Serving suggestions:</b> Serve 2 tacos per person one of the following ways: A. Before serving, fill each taco shell with 2 Tbsp meat mixture. On each plate serve: 2 tacos; No. 10 scoop ( <sup>3</sup> / <sub>8</sub> cup) lettuce-tomato mixture; and <sup>1</sup> / <sub>2</sub> oz (2 Tbsp 1 tsp) shredded cheese. <b>OR</b> B. 1. Pre-portion No. 10 scoop ( <sup>3</sup> / <sub>8</sub> cup) lettuce-tomato mixture and <sup>1</sup> / <sub>2</sub> oz (2 Tbsp 1 tsp) shredded cheese into individual souffle cups. Refrigerate until service. 2. Transfer meat mixture and taco shells to steamtable pans or place on tables. For each child, serve two unfilled taco shells; No. 16 scoop ( <sup>1</sup> / <sub>4</sub> cup) meat mixture; 1 pre-portioned souffle cup of lettuce-tomato mixture; and 1 pre-portioned souffle cup of shredded cheese. Instruct children to "build" their own tacos.

\*See Marketing Guide.



**Beef or Pork Taco (continued, page 3 of 3)**

**SERVING:** 2 tacos provide the equivalent of 2 oz of cooked lean meat, 1/2 cup of vegetable, and the equivalent of 1 slice of bread

**YIELD:** 25 servings: 50 tacos  
50 servings: 100 tacos

## Variation:

### a. Bean Taco

**25 servings:** Omit Step 1. In Step 2, use 3 lb 9 oz (2 qt 1 1/2 cups) cooked dry pinto beans (see Marketing Guide and preparation note below) or 2 qt 2 1/2 cups drained canned pinto beans. Puree beans to a smooth consistency. Continue with Steps 3 and 4.

**50 servings:** Omit Step 1. In Step 2, use 7 lb 2 oz (1 gal 3 cups) cooked dry pinto beans (see Marketing Guide and preparation note below) or 1 No. 10 can + 2 qt 1 cup drained pinto beans. Puree beans to a smooth consistency. Continue with Steps 3 and 4.

## Preparation Note:

### SOAKING BEANS

**Overnight method:** Add 1 3/4 qt cold water to each 1 lb dry beans. Cover. Let stand overnight in refrigerator.

**Quick-soak method:** Boil 1 3/4 qt water for each 1 lb dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

### COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt (optional) for each 1 lb dry beans. Boil gently with lid tilted until beans are tender, about 2 hours.

1 lb dry beans = approximately 2 1/2 cups dry beans  
1 lb dry beans = approximately 6 1/4 cups cooked beans

## Marketing Guide for Selected Items Beef or Pork Taco

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions .....	3 oz .....	5 3/4 oz .....	.....
Tomatoes .....	10 oz .....	1 lb 4 1/2 oz ..	.....
Head lettuce .....	1 lb 7 oz .....	2 lb 13 oz ....	.....

## Marketing Guide for Selected Items Bean Taco

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Pinto beans, dry .....	1 lb 8 oz .....	3 lb .....	.....
Mature onions .....	3 oz .....	5 3/4 oz .....	.....
Tomatoes .....	10 oz .....	1 lb 4 1/2 oz ..	.....
Head lettuce .....	1 lb 7 oz .....	2 lb 13 oz ....	.....

## Nutrients Per Serving

Calories	311	Saturated Fat	7.0 g	Iron	2.2 mg
Protein	17 g	Cholesterol	51 mg	Calcium	165 mg
Carbohydrate	20 g	Vitamin A	101 RE/724 IU	Sodium	232 mg
Total Fat	18.7 g	Vitamin C	7 mg	Dietary Fiber	3 g



# Chili Con Carne

Meat/Meat Alternate • Vegetable

Main Dishes D-25

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat) .....	3 lb 8 oz .....	.....	7 lb .....	.....	.....	1. Brown ground beef. Drain off fat.
*Onions, chopped .....	8 oz .....	1 <sup>1</sup> / <sub>3</sub> cups .....	1 lb .....	2 <sup>2</sup> / <sub>3</sub> cups .....	.....	2. Add onions, garlic powder, green pepper (optional), black pepper, and seasonings. Cook for 5 minutes.
<b>OR</b>						
Dehydrated onions .....	.....	1/4 cup 1 <sup>1</sup> / <sub>2</sub> tsp	.....	1/2 cup 1 Tbsp	.....	
Garlic powder .....	.....	2 <sup>1</sup> / <sub>4</sub> tsp .....	.....	1 Tbsp 1 <sup>1</sup> / <sub>2</sub> tsp	.....	
Fresh green pepper, chopped (optional) .....	4 oz .....	3/4 cup .....	8 oz .....	1 <sup>1</sup> / <sub>2</sub> cups .....	.....	
Black pepper .....	.....	1 tsp .....	.....	2 tsp .....	.....	
<b>Seasonings:</b>						
Chili powder .....	.....	1 Tbsp 1 <sup>1</sup> / <sub>2</sub> tsp	.....	3 Tbsp .....	.....	
Paprika .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	1 Tbsp .....	.....	
Onion powder .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	1 Tbsp .....	.....	
Ground cumin .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Canned tomatoes, with liquid, chopped .....	1 lb 10 oz .....	3 cups .....	3 lb 3 oz .....	1 qt 2 cups ...	.....	3. Stir in tomatoes, water, and tomato paste. Mix well. Bring to a boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
Water .....	.....	1 qt 1/2 cup ...	.....	2 qt 1 cup .....	.....	
Tomato paste .....	14 oz .....	1 <sup>1</sup> / <sub>2</sub> cups .....	1 lb 12 oz .....	3 cups .....	.....	

\*See Marketing Guide.

(over)

## Chili Con Carne (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned pinto or kidney beans, drained .....	1 lb 11 oz .....	3 cups .....	3 lb 6 oz .....	1 qt 2 cups ...	.....	4. Stir in beans. Cover and simmer about 10 minutes or until hot (165°F).
<b>OR</b> *Cooked dry pinto or kidney beans .....	1 lb .....	2 <sup>3</sup> / <sub>4</sub> cups .....	2 lb 1 oz .....	1 qt 1 <sup>1</sup> / <sub>2</sub> cups	.....	
(See preparation note)						
Cheddar cheese, shredded (optional) .....	12 oz .....	3 <sup>1</sup> / <sub>2</sub> cups .....	1 lb 8 oz .....	1 qt 3 cups ...	.....	5. Pour into serving pans or bowls. 6. Portion with 4-oz ladle (1/2 cup). Garnish with cheese (optional).

\*See Marketing Guide.

**Chili Con Carne (continued, page 3 of 3)**

**SERVING:** 1/2 cup (4-oz ladle) provides 2 oz of cooked lean meat and 3/8 cup of vegetable

**YIELD:** 25 servings: 3 qt (approximately)  
50 servings: 1 gal 2 qt (approximately)

## Preparation Note:

### SOAKING BEANS

**Overnight method:** Add 1 3/4 qt cold water to each 1 lb dry beans. Cover. Let stand overnight in refrigerator.

**Quick-soak method:** Boil 1 3/4 qt water for each 1 lb dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

### COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt (optional) for each 1 lb of dry beans. Boil gently with lid tilted until beans are tender, about 2 hours.

1 lb dry beans = approximately 2 1/2 cups dry beans  
1 lb dry beans = approximately 6 1/4 cups cooked beans

## Nutrients Per Serving

Calories	177	Saturated Fat	3.4 g	Iron	2.7 mg
Protein	14 g	Cholesterol	39 mg	Calcium	45 mg
Carbohydrate	11 g	Vitamin A	81 RE/814 IU	Sodium	228 mg
Total Fat	8.9 g	Vitamin C	13 mg	Dietary Fiber	2 g

## Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Mature onions .....	9 oz .....	1 lb 2 oz .....	.....
Green peppers .....	5 oz .....	10 1/4 oz .....	.....
Pinto or kidney beans, dry .....	7 oz .....	14 oz .....	.....



# Vegetable Chili

Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-26

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	1. Heat oil in a heavy pot. 2. Add chopped onions and saute 3 minutes, until translucent.
*Onions, chopped .....	10 oz .....	2 cups .....	1 lb 4 oz .....	1 qt .....	.....	
<b>OR</b> +Dehydrated onions .....	.....	1/2 cup .....	.....	1 cup .....	.....	
*Fresh green pepper, chopped <b>OR</b> +Dried green peppers .....	4 1/2 oz .....	1 cup .....	9 oz .....	2 cups .....	.....	3. Add chopped green peppers and saute 2 minutes, until tender.
.....	.....	2 Tbsp 2 tsp ..	.....	1/3 cup .....	.....	
Chili powder .....	.....	1/4 cup 2 Tbsp	.....	3/4 cup .....	.....	4. Add chili powder, cumin, granulated garlic, onion salt, brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
Cumin .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Granulated garlic .....	.....	2 tsp .....	.....	1 Tbsp 1 tsp	.....	
Onion salt .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Red hot sauce (optional) .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Brown sugar .....	.....	1/4 cup .....	4 oz .....	1/2 cup .....	.....	
Canned crushed tomatoes .....	3 lb 6 oz .....	1 qt 2 cups ...	6 lb 11 oz .....	1 No. 10 can	.....	
Canned diced tomatoes, drained .....	8 oz .....	1 1/4 cups .....	1 lb .....	2 1/2 cups .....	.....	
Canned kidney beans, drained .....	4 lb .....	1 qt 2 1/4 cups	8 lb 1 oz .....	3 qt 1/2 cup ...	.....	5. Add kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
No. 3 bulgur wheat .....	8 oz .....	1 1/2 cups .....	1 lb .....	3 cups .....	.....	
Water .....	.....	2 cups .....	.....	1 qt .....	.....	
Lowfat plain yogurt .....	1 lb .....	2 cups .....	2 lb .....	1 qt .....	.....	6. Add yogurt and stir to blend. 7. Sprinkle 1/4 cup of cheddar cheese on top of each serving.
Lowfat cheddar cheese, shredded .....	1 lb 9 oz .....	1 qt 2 1/4 cups	3 lb 2 oz .....	3 qt 1/2 cup ...	.....	

\*See Marketing Guide.

+When using dried vegetables, rehydrate in an equal amount of water. Do not drain before using.

(over)

**Vegetable Chili (continued, page 2 of 2)**

**SERVING:** 3/4 cup (6-oz ladle) provides the equivalent of 2 oz of cooked lean meat, 3/4 cup of vegetable, and the equivalent of 1/4 slice of bread

**YIELD:** 25 servings: 10 lb 3 oz  
 50 servings: 20 lb 6 oz  
**VOLUME:** 25 servings: 3 qt 3 cups  
 50 servings: 1 gal 3 qt 2 cups

**Special Tips:** This can be used as a filling in: Tacos (D-24); Taco Salad (E-13); or Burritos (D-21). If the chili becomes too thick, thin with water.

**Nutrients Per Serving**

Calories	201	Saturated Fat	1.7 g	Iron	2.5 mg
Protein	15 g	Cholesterol	7 mg	Calcium	214 mg
Carbohydrate	27 g	Vitamin A	126 RE/1130 IU	Sodium	637 mg
Total Fat	4.5 g	Vitamin C	17 mg	Dietary Fiber	7 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions .....	12 oz .....	1 lb 7 oz .....	.....
Green peppers .....	6 oz .....	12 oz .....	.....



# Vegetable Lasagna

Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-27

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lasagna noodles .....	1 lb 7 oz .....	23 each .....	2 lb 13 oz .....	45 each .....	.....	1. Cook lasagna noodles in a stock pot or steam-jacketed kettle for 10 to 12 minutes, until tender. Drain.
Vegetable oil .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	2. In a pan, heat the vegetable oil. Add zucchini, mushrooms, and onions. Saute for 3 minutes, until tender. Stir in flour and cook for 3 minutes. Remove from heat and set aside.
*Fresh zucchini, sliced .....	8 oz .....	1 1/4 cups .....	1 lb .....	2 1/2 cups .....	.....	
*Fresh mushrooms, sliced .....	6 oz .....	2 1/2 cups .....	12 oz .....	1 qt 1 cup .....	.....	
<b>OR</b> Canned mushrooms, sliced, drained .....	4 oz .....	1/2 cup .....	8 oz .....	1 cup .....	.....	
*Onions, chopped .....	4 1/2 oz .....	3/4 cup .....	9 oz .....	1 1/2 cups .....	.....	
All-purpose flour .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	
Frozen broccoli pieces .....	1 lb 4 oz .....	1 qt 2 cups .....	2 lb 8 oz .....	3 qt .....	.....	3. Place broccoli in a steam basket or microwave and cook for 6 minutes, or until tender. Drain well and set aside.
Tomato sauce .....	4 lb .....	1 qt 3 1/2 cups	8 lb 1 oz .....	1 No. 10 can + 3 cups .....	.....	4. In a heavy kettle, heat the tomato sauce and tomato paste. Add the oregano and garlic powder. Simmer, uncovered, for 30 minutes.
Tomato paste .....	1 lb .....	1 3/4 cups .....	2 lb .....	3 1/2 cups .....	.....	
Dried oregano leaves .....	.....	3 Tbsp .....	.....	1/4 cup 2 Tbsp	.....	
Garlic powder .....	.....	3/4 tsp .....	.....	1 3/4 tsp .....	.....	

\*See Marketing Guide.

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Vegetable Lasagna (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						5. Add the sauteed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.
Lowfat cottage cheese, drained .....	4 lb .....	2 qt .....	8 lb .....	1 gal .....	.....	6. In a large bowl, combine the lowfat cottage cheese, dried parsley, garlic salt, and bread crumbs. Mix well. Set aside.
Dried parsley .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Garlic salt .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Dry bread crumbs .....	4 oz .....	1 cup .....	8 oz .....	2 cups .....	.....	
Parmesan cheese, grated .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	7. Combine Parmesan cheese and mozzarella cheese.
Lowfat mozzarella cheese, grated .....	15 oz .....	3 3/4 cups .....	1 lb 14 oz .....	1 qt 3 1/2 cups	.....	
						<b>Assembly</b> <i>First Layer:</i> a. 7 1/2 lasagna noodles b. 1 qt cottage cheese mixture c. 1 qt 1 cup vegetable sauce d. 2 1/4 cups Parmesan-mozzarella cheese mixture <i>Second Layer:</i> Repeat first layer. <i>Third Layer:</i> e. 7 1/2 lasagna noodles f. 2 1/2 cups vegetable sauce

**Vegetable Lasagna (continued, page 3 of 3)**

**SERVING:** 1 piece provides 2 oz of cheese, <sup>3</sup>/<sub>4</sub> cup of vegetable, and the equivalent of 1<sup>1</sup>/<sub>4</sub> slice of bread

**YIELD:** 25 servings: 12 lb 14 oz  
50 servings: 25 lb 12 oz

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Parmesan cheese, grated.....	.....	1/2 cup .....	4 oz.....	1 cup .....	.....	9. Sprinkle 1/2 cup of Parmesan cheese over each pan of lasagna. Cover with plastic wrap and foil. <b>To Bake:</b> Conventional Oven 375°F, 50 minutes Convection Oven 350°F, 40 minutes Bake until bubbling. 10. Remove from oven and allow to set for 15 minutes before serving. Cut each pan 5 x 5 (25 portions per pan).

**Nutrients Per Serving**

Calories	268	Saturated Fat	3.3 g	Iron	2.8 mg
Protein	21 g	Cholesterol	15 mg	Calcium	264 mg
Carbohydrate	32 g	Vitamin A	213 RE/1823 IU	Sodium	1017 mg
Total Fat	6.8 g	Vitamin C	29 mg	Dietary Fiber	4 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ____-Serving Recipe
Zucchini .....	8 oz .....	1 lb 1 oz .....	.....
Mushrooms.....	6 oz .....	12 oz .....	.....
Onions .....	5 oz .....	10 oz .....	.....



# Meat Loaf

Meat

Main Dishes D-28

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Tomato paste .....	7 oz .....	3/4 cup .....	14 oz.....	1 1/2 cups .....	.....	1. Combine tomato paste, water, stock, and dry milk in mixer. Mix on medium speed for 2 minutes.
Water .....	.....	1/2 cup .....	.....	1 cup .....	.....	
Beef stock .....	.....	1 cup.....	.....	2 cups .....	.....	
Instant nonfat dry milk .....	.....	1/2 cup .....	.....	1 cup .....	.....	
Raw ground beef (no more than 24% fat) .....	4 lb 4 oz .....	.....	8 lb 8 oz .....	.....	.....	2. Add ground beef, oats, eggs, onions, celery, parsley flakes, pepper, garlic powder, and seasonings. Mix on low speed for 3 minutes or until blended. <b>DO NOT OVERMIX.</b> 3. For 50 servings, place 12 lb 14 oz (1 gal 3 3/4 qt) mixture into a steamtable pan (12" x 20" x 2 1/2"). For 25 servings, place 6 lb 7 oz (3 qt 3 1/2 cups) into a half-steamtable pan (12" x 10" x 2 1/2"). 4. Press mixture into steamtable pans. Smooth top. For 50 servings, separate mixture down the middle lengthwise into 2 equal loaves. For 25 servings, shape mixture into 1 loaf.
Rolled oats .....	7 oz .....	2 3/4 cups .....	14 oz.....	1 qt 1 1/2 cups	.....	
Fresh large eggs .....	.....	2 each .....	.....	4 each .....	.....	
<b>OR</b> Frozen whole eggs, thawed ....	4 oz .....	1/2 cup .....	8 oz.....	1 cup .....	.....	
*Onions, chopped .....	4 oz .....	2/3 cup .....	8 oz.....	1 1/3 cups .....	.....	
<b>OR</b> Dehydrated onions .....	.....	2 Tbsp 2 tsp ..	.....	1/3 cup .....	.....	
*Fresh celery, chopped .....	4 oz .....	3/4 cup 3 Tbsp	8 oz.....	1 3/4 cups 2 Tbsp	.....	
Parsley flakes .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Black pepper .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Garlic powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	

\*See Marketing Guide.

(over)

**Meat Loaf (continued, page 2 of 2)**

**SERVING:** 1 slice (3/4" thick) provides 2 oz of cooked lean meat and the equivalent of 1/4 slice of bread

**YIELD:** 25 servings: 1 loaf (25 slices)  
50 servings: 2 loaves (50 slices)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
<b>Seasonings:</b>						<b>5. To Bake:</b> Conventional Oven 350°F, 1¼ to 1½ hours Convection Oven 275°F, 1 to 1¼ hours <b>6.</b> Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices, each approximately ¾" thick.
Flaked basil .....	.....	1/2 tsp .....	.....	3/4 tsp .....	.....	
Flaked oregano .....	.....	1/2 tsp .....	.....	3/4 tsp .....	.....	
Flaked marjoram .....	.....	1/4 tsp .....	.....	1/2 tsp .....	.....	
Flaked thyme .....	.....	1/16 tsp .....	.....	1/8 tsp .....	.....	

**Variation:**

**a. Meat Balls**

**25 servings:** Follow Steps 1 and 2. In Step 3, portion with level No. 16 scoop (1/4 cup) into 2 steamtable pans, approximately 25 meat balls per pan. Omit Step 4. In Step 5, bake in a conventional oven at 375°F for 30 minutes or in a convection oven at 325°F for 20 minutes. In Step 6, drain fat from pans. Portion 2 meat balls per serving. Can be served as a meat-ball submarine sandwich.

**50 servings:** Follow Steps 1 and 2. In Step 3, portion with level No. 16 scoop (1/4 cup) into 4 steamtable pans, approximately 25 meat balls per pan. Omit Step 4. In Step 5, bake in a conventional oven at 375°F for 30 minutes or in a convection oven at 325°F for 20 minutes. In Step 6, drain fat from pans. Portion 2 meat balls per serving. Can be served as a meat-ball submarine sandwich.

**Nutrients Per Serving**

Calories	203	Saturated Fat	3.7 g	Iron	2.2 mg
Protein	16 g	Cholesterol	69 mg	Calcium	38 mg
Carbohydrate	9 g	Vitamin A	32 RE/265 IU	Sodium	130 mg
Total Fat	11.1 g	Vitamin C	4 mg	Dietary Fiber	1 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ____-Serving Recipe
Mature onions .....	4½ oz .....	9¼ oz .....	.....
Celery .....	5 oz .....	9¾ oz .....	.....

# Oven-Baked Chicken

Meat

Main Dishes D-29

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, cut up, thawed (USDA-donated, whole, cut into 8 pieces) .....	12 lb .....	.....	24 lb .....	.....	.....	1. Rinse chicken in cold water. Drain well.
<b>OR</b> Chicken, cut up, thawed (USDA-donated, whole, cut into 9 pieces) .....	11 lb .....	.....	22 lb .....	.....	.....	
All-purpose flour .....	8 oz .....	1 <sup>3</sup> / <sub>4</sub> cups .....	1 lb .....	3 <sup>1</sup> / <sub>2</sub> cups .....	.....	2. Combine flour, dry milk, poultry seasoning, pepper, paprika, and garlic powder. Mix well.
Instant nonfat dry milk .....	4 oz .....	1 <sup>1</sup> / <sub>2</sub> cups 2 Tbsp	8 oz .....	3 <sup>1</sup> / <sub>4</sub> cups .....	.....	
Poultry seasoning .....	.....	2 <sup>1</sup> / <sub>4</sub> tsp .....	.....	1 Tbsp 1 <sup>1</sup> / <sub>2</sub> tsp	.....	
Black pepper .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	1 Tbsp .....	.....	
Paprika .....	.....	<sup>3</sup> / <sub>4</sub> tsp .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	
Garlic powder .....	.....	2 <sup>1</sup> / <sub>4</sub> tsp .....	.....	1 Tbsp 1 <sup>1</sup> / <sub>2</sub> tsp	.....	
Vegetable oil .....	.....	<sup>3</sup> / <sub>4</sub> cup .....	.....	1 <sup>1</sup> / <sub>2</sub> cups .....	.....	3. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly. 4. Coat oiled chicken with seasoned flour. Place on ungreased sheet pans (18" x 26" x 1"), approximately 25 pieces per pan. 5. <b>To Bake:</b> Conventional Oven 400°F, 45 to 55 minutes Convection Oven 350°F, 30 to 35 minutes Bake until golden brown. 6. Transfer to steamtable pans or platters for serving.

(over)

**Oven-Baked Chicken** *(continued, page 2 of 2)*

**SERVING:** 1 portion (1 breast, or 1 drumstick and 1 wing, or 1 thigh with back) provides 2 oz of cooked poultry and the equivalent of 1/2 slice of bread

**YIELD:** 25 servings: 1 sheet pan  
50 servings: 2 sheet pans

**Nutrients Per Serving**

Calories	320	Saturated Fat	4.0 g	Iron	1.7 mg
Protein	29 g	Cholesterol	100 mg	Calcium	75 mg
Carbohydrate	10 g	Vitamin A	49 RE/198 IU	Sodium	105 mg
Total Fat	17.5 g	Vitamin C	2 mg	Dietary Fiber	0 g



# Turkey or Chicken Burrito

Meat/Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-30

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground turkey (no more than 13% fat) .....	2 lb 6 oz .....	.....	4 lb 11 oz .....	.....	.....	1. Cook the ground turkey or diced chicken over medium heat until no longer pink, about 10 to 15 minutes. Stir occasionally. Drain.
<b>OR</b> Raw diced chicken.....	2 lb 6 oz .....	.....	4 lb 11 oz .....	.....	.....	
*Onions, chopped .....	.....	1/4 cup 3 Tbsp	5 oz.....	3/4 cup 2 Tbsp	.....	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Simmer, covered, for 30 minutes.
<b>OR</b> Dehydrated onions .....	.....	2 Tbsp 1 tsp ..	.....	1/4 cup 2 tsp ..	.....	
Garlic powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
White pepper .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Tomato paste .....	14 oz .....	1 1/2 cups.....	1 lb 12 oz .....	3 cups .....	.....	
Water .....	.....	3 cups .....	.....	1 qt 2 cups ...	.....	
<b>Seasonings:</b>						
Chili powder .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Ground cumin .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Paprika .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Onion powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Salt .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Coriander (optional) .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Cheddar cheese, shredded.....	1 lb 10 oz .....	1 qt 3 1/4 cups	3 lb 3 oz .....	3 qt 2 1/2 cups	.....	3. Stir shredded cheese into turkey or chicken mixture.

\*See Marketing Guide.

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**Turkey or Chicken Burrito (continued, page 2 of 2)**

**SERVING:** 1 burrito provides the equivalent of 2 oz of cooked poultry, 1/4 cup of vegetable, and the equivalent of 1 slice of bread

**YIELD:** 25 servings: 25 burritos (3/4 sheet pan)  
50 servings: 50 burritos (1 1/2 sheet pans)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour tortillas (at least 0.9 oz each) .....	.....	25 (7" to 8" ea)	.....	50 (7" to 8" ea)	.....	4. Steam tortillas for 3 minutes or until warm. 5. Portion turkey or chicken mixture with No. 12 scoop (1/3 cup) onto each tortilla. Fold tortilla around meat "envelope style." See illustration for Beef or Pork Burrito (D-21). 6. Place folded burrito, seam side down, on lightly oiled sheet pans (18" x 26" x 1"), 33 to 35 burritos per pan. 7. <b>To Bake:</b> Conventional Oven 375°F, 15 minutes Convection Oven 325°F, 15 minutes
Cheddar cheese, shredded (optional) .....	7 oz .....	1 3/4 cups 2 Tbs	13 oz.....	3 3/4 cups .....	.....	8. Sprinkle shredded cheese (optional) evenly over burritos before serving.

**Nutrients Per Serving**

Calories	331	Saturated Fat	7.5 g	Iron	2.8 mg
Protein	19 g	Cholesterol	59 mg	Calcium	278 mg
Carbohydrate	27 g	Vitamin A	157 RE/994 IU	Sodium	558 mg
Total Fat	16.4 g	Vitamin C	7 mg	Dietary Fiber	2 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ____-Serving Recipe
Mature onions .....	3 oz .....	5 3/4 oz .....	.....