

# G. Snacks

## Food Safety Tips

1. Always wash hands *before* beginning any food preparation.
2. Be sure that cold foods are kept at a temperature of 40°F.

Recipes	Recipe Number
Bean Dip .....	G-2
Peanut Butter Dip .....	G-1
Yogurt Fruit Dip .....	G-4
Nachos (Quesadillas) .....	G-3



# Peanut Butter Dip

Meat Alternate

Snacks G-1

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Peanut butter, creamy .....	1 lb 7 oz .....	2½ cups .....	2 lb 14 oz .....	1 qt 1 cup .....	.....	1. In a mixing bowl, use the paddle attachment on medium speed to cream peanut butter, honey, and cinnamon. Mix for 5 minutes until smooth.
Honey .....	14 oz .....	1 cup 2 Tbsp	1 lb 12 oz .....	2¼ cups .....	.....	
Ground cinnamon .....	.....	1 tsp .....	.....	2 tsp .....	.....	

(over)

**Peanut Butter Dip (continued, page 2 of 2)**

**SERVING:** 2 Tbsp provides 1½ Tbsp of peanut butter

**YIELD:** 25 servings: 2 lb 5 oz

50 servings: 4 lb 10 oz

**VOLUME:** 25 servings: 3 cups 2 Tbsp  
50 servings: 1 qt 2¼ cups

**Special Tip:** This dip may be served with fruit, vegetables, or pretzels, or spread on graham crackers.

**Nutrients Per Serving**

Calories	203	Saturated Fat	2.7 g	Iron	.6 mg
Protein	7 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	18 g	Vitamin A	0 RE/0 IU	Sodium	122 mg
Total Fat	13.3 g	Vitamin C	0 mg	Dietary Fiber	2 g

# Bean Dip

Meat Alternate or Vegetable

Snacks G-2

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned garbanzo beans, drained .....	1 lb 6 oz .....	3½ cups .....	2 lb 12 oz .....	1 qt 3 cups ...	.....	1. Mash or blend all ingredients, either by hand or by using a food processor. 2. Refrigerate until ready to serve.
Lemon juice .....	.....	1½ tsp .....	.....	1 Tbsp .....	.....	
Granulated garlic .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Vegetable oil .....	.....	2 Tbsp .....	.....	¼ cup .....	.....	
Low-sodium soy sauce .....	.....	½ tsp .....	.....	1 tsp .....	.....	
Black pepper .....	.....	⅛ tsp .....	.....	¼ tsp .....	.....	
Dried parsley flakes .....	.....	2 Tbsp .....	.....	¼ cup .....	.....	
Water .....	.....	¼ cup .....	.....	½ cup .....	.....	

(over)

## Bean Dip *(continued, page 2 of 2)*

**SERVING:** 2 Tbsp provide 2 Tbsp of meat alternate  
or vegetable

**YIELD:** 25 servings: 1 lb 9 oz  
50 servings: 3 lb 2 oz

**VOLUME:** 25 servings: 3 cups  
50 servings: 1 qt 2 cups

**Special Tip:** For a tasty snack, serve this dip with whole wheat pita wedges.

### Nutrients Per Serving

Calories	32	Saturated Fat	.2 g	Iron	.6 mg
Protein	2 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	4 g	Vitamin A	2 RE/25 IU	Sodium	109 mg
Total Fat	1.2 g	Vitamin C	0 mg	Dietary Fiber	1 g

# Nachos (Quesadillas)

Meat • Grains/Breads

Snacks G-3

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Taco pieces.....	10 oz .....	1 gal.....	1 lb 4 oz .....	2 gal .....	.....	1. Spread 5 oz (2 qt) of taco pieces on each half-sheet pan (18" x 13" x 1"). 2. Top each pan with $\frac{3}{4}$ cup (6 oz) of salsa and $1\frac{1}{2}$ cups 2 Tbsp ( $6\frac{1}{2}$ oz) of cheese. 3. <b>To Bake:</b> Conventional Oven 375°F, 7 minutes Convection Oven 350°F, 5 minutes Bake until cheese melts. For best results, serve immediately. 4. Each pan serves 13.
Salsa.....	12 oz .....	$1\frac{1}{2}$ cups.....	1 lb 8 oz .....	3 cups .....	.....	
Cheddar cheese, shredded.....	13 oz .....	$3\frac{1}{4}$ cups.....	1 lb 10 oz .....	1 qt $2\frac{1}{2}$ cups	.....	

(over)

## Nachos (Quesadillas) *(continued, page 2 of 2)*

**SERVING:** 1 oz with topping provides the equivalent of 1/2 oz of cooked lean meat and the equivalent of 1/4 slice of bread

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

**Special Tip:** For an attractive garnish, use 1 Tbsp of lowfat sour cream or yogurt and 1 Tbsp of Salsa (C-3).

### Nutrients Per Serving

Calories	88	Saturated Fat	3.2 g	Iron	.4 mg
Protein	4 g	Cholesterol	15 mg	Calcium	132 mg
Carbohydrate	6 g	Vitamin A	56 RE/274 IU	Sodium	145 mg
Total Fat	5.2 g	Vitamin C	3 mg	Dietary Fiber	1 g



# Yogurt Fruit Dip

Meat Alternate • Fruit

Snacks G-4

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat plain yogurt .....	3 lb 4 oz .....	1 qt 2 <sup>1</sup> / <sub>4</sub> cups	6 lb 8 oz .....	3 qt 1/2 cup ...	.....	1. In a bowl, combine yogurt, peaches, applesauce, and honey. Stir to blend. 2. Refrigerate until ready to serve.
Canned peaches, diced, drained .....	1 lb 2 oz .....	2 cups .....	2 lb 4 oz .....	1 qt .....	.....	
Canned applesauce .....	1 lb 2 oz .....	2 cups .....	2 lb 4 oz .....	1 qt .....	.....	
Honey .....	.....	1/4 cup .....	6 oz.....	1/2 cup .....	.....	

(over)

## Yogurt Fruit Dip *(continued, page 2 of 2)*

**SERVING:**  $\frac{3}{8}$  cup (No. 10 scoop) provides  $\frac{1}{4}$  cup of yogurt and  $\frac{1}{8}$  cup of fruit

**YIELD:** 25 servings: 5 lb 9 oz  
50 servings: 11 lb 2 oz

**VOLUME:** 25 servings: 2 qt 2 cups  
50 servings: 1 gal 1 qt

**Special Tip:** This makes a good snack for dipping fruit and crackers.

### Nutrients Per Serving

Calories	63	Saturated Fat	.1 g	Iron	.2 mg
Protein	4 g	Cholesterol	1 mg	Calcium	119 mg
Carbohydrate	13 g	Vitamin A	13 RE/121 IU	Sodium	47 mg
Total Fat	.1 g	Vitamin C	1 mg	Dietary Fiber	1 g