IDAHO GROWN Legumes

Chef Recipes for Child Nutrition Programs

TEAM NUTRITION • USDA

IDAHO CNP CHILD NUTRITION PROGRAMS

DEPARTMENT OF EDUCATION • STATE OF IDAHO

IDAHO GROWN Legumes

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Grown in Idaho

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A USDA food

Legumes and Health Benefits

In 2009, the incidence of CHRONIC DISEASES AND CHILDHOOD OBESITY continued to rise. As a result, the USDA requested evidence of its Child Nutrition Programs' (CNP) efforts to address these concerns.

In addition to the assistance provided by CNP nationwide, the Institute of Medicine (IOM) released its annual report on school meals, providing further recommendations for school breakfasts, lunches, and snacks that would benefit the health of all children. Much of this report was used to compose the Healthy Hunger-Free kids Act of 2010, which included an exciting change: the requirement of legumes into the weekly meal pattern for school lunch.

Legumes, which are high in protein and fiber, are essential to a healthy diet. The nutrient contents of legumes are especially important to the vitality of school age children, as legumes' protein and fiber contents help student brains stay alert and stomachs full throughout the day, providing them with long-lasting energy that also enriches the digestive system. Legumes help students learn and stay active in school!

The benefits of including legumes in school lunches do not end there: not only are legumes a powerhouse of vitamins and minerals, containing folate, potassium, iron, and magnesium, they are also low in fat and contain zero cholesterol. Students thrive on legumes' B-vitamins, which support growing brains, nerves, muscles, and heart function – as well as maintain a healthy metabolism and immune system! It is no wonder researchers suggest that regular consumption of legumes may decrease the prevalence of diabetes, heart disease, and some types of cancer. Not only are legumes healthy, they are also very inexpensive, which makes them a perfect choice in providing nutrient-dense, low-cost meals for children – and they're easy to cook, too!

Legumes are required *in the weekly meal pattern for school lunch.*

Students thrive on legumes' B-vitamins

Preparing and Cooking Legumes

When incorporating dried beans, garbanzo beans (chickpeas), or whole peas into recipes, it is essential to soak them in water to make them soft before cooking.

SOAKING BEANS AND WHOLE PEAS

While soaking makes beans and whole peas easier to eat, it also provides an added benefit of removing the flatulence-causing sugars, called oligosaccharides. There are two methods used to soak beans: the Overnight Soak Method and the Quick Soak Method. For more information, visit the Institute of Child Nutrition's videos: http://theicn.org/ResourceOverview.aspx?ID=292.

When soaking dried beans using the **Overnight Soak Method** follow these steps:

1. Sort dried beans to remove any foreign matter.
   - The best way to spot foreign matter when cooking large batches of legumes is to spread them on a metal sheet pan in single layer batches. This will allow foodservice staff to easily spot any discolored or shriveled beans and any foreign matter, such as rocks and other debris. This is important because many rocks are the same size as the beans.
2. After all rocks and foreign matter have been removed, thoroughly rinse legumes with cold water in a colander to remove small particles such as dust and dirt.

3 Now it is time to follow the steps to soaking the legumes to soften beans:

- Place clean beans in a stockpot and cover with cold water (~10 cups of water for 1 pound of beans).

CHEF NOTE

It is important to avoid soaking beans in an acidic and/or salty ingredient such as tomato juice. Acids and salt will toughen the skin of the bean. In addition, forget the old wives tale about soaking beans in baking soda. When beans are soaked in baking soda it destroys the B vitamin, thiamin.

4 Choose one of the two methods for soaking legumes, quick soak method or the overnight soak method.

To use the **Quick Soak Method**:

- Bring beans to a boil.
- Reduce heat and simmer for 2-3 minutes.
- Remove from heat and cover the pot to allow the beans to soak for 1 hour until the beans expand two to three times their dry size.

To use the **Overnight Soak Method**:

- Cover pot of cold water and beans.
- Place in the refrigerator and soak overnight (for ~12 hours).

Preparing and Cooking Legumes

When using soaked-dried beans in your facility, it is always important to follow the directions of the National School Lunch Program (NSLP) and/or Child and Adult Care Food Program (CACFP) standardized recipe that was created by your district's menu planner.

Following standardized recipes is the best way to get the same product that your students are going to expect every time. Not only does this help with participation and customer satisfaction, it also keeps menu costs consistent and accurate.

COOKING SOAKED-DRIED BEANS AND WHOLE PEAS

When cooking **Soaked-Dried Beans and Whole Peas**, follow these steps:

1. Add soaked, dried beans or whole peas to a liquid according to the standardized recipe.
2. Bring the liquid to a boil.
3. Reduce heat to a simmer (~45-60 minutes) until the beans are tender.
4. When beans can easily be mashed by a fork, they are done.

COOKING LENTILS AND SPLIT PEAS

No soaking is required when cooking lentils and split peas.

To cook **lentils or split peas**, follow these steps:

1. In a similar manner to sorting dried beans, sort lentils and split peas to remove discolored or shriveled legumes and foreign matter.
2. Rinse well.
3. **Cooking Lentils:**
   - Add lentils to cool water (~two cups of water to every one cup of legumes).
   - Bring the liquid to a slow boil for about 15-20 minutes.
4. **Split Peas:**
   - Add split peas to cool water (~two cups of water to every one cup of legumes).
   - Bring the liquid to a slow boil for about 30-40 minutes.

Legume Lunch Meal Pattern

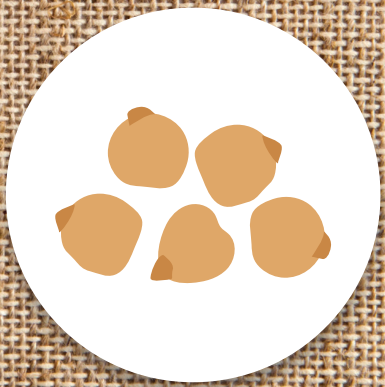
Legumes in Child Nutrition Programs

LENTILS

BLACK BEANS

DRY BEANS

SOY BEANS



GARBANZO BEANS (CHICKPEAS)

NATIONAL SCHOOL LUNCH PROGRAM (NSLP) LEGUME LUNCH MEAL PATTERN			
Amount of Legumes Required per Week (this is not the total daily vegetable component required)			
Beans/Peas (Legumes)	Grades K-5	Grades 6-8	Grades 9-12
	½ cup	½ cup	½ cup

CHILD AND ADULT CARE FOOD PROGRAM (CACFP) SUGGESTED LEGUME LUNCH MEAL PATTERN			
Amount of Legumes Recommended per Week (based on CACFP best practices)			
Beans/Peas (Legumes)	Ages 1-2	Ages 3-5	Ages 6-12 & 13-18
	¼ cup	⅜ cup	½ cup

CREDITING LEGUMES

When crediting legumes in child nutrition programs (CNP) it is important to utilize the *Food Buying Guide for Child Nutrition Programs* for CACFP and the *Food Buying Guide for School Nutrition Programs* and *The Food Buying Guide Calculator* for NSLP. Legumes are unique as they can be credited in USDA child nutrition programs as either a vegetable in the legume subgroup or as a meat/meat alternate (M/MA). It is important to note that they cannot be double credited in a dish as both a vegetable and a M/MA. The menu planner must choose how they will credit the legumes based on the meal pattern requirements for each age and grade groups. *The Food Buying Guides* are available to assist menu planners to determine legumes as purchased, purchase unit, servings per purchase unit, serving size per meal contribution, purchase units for 100 servings, and additional information.

Another important factor to note when crediting legumes into CNP meal patterns is the minimum amount of vegetable that can be credited toward the meal pattern which is ⅛ of a cup. For instance, if you are serving a soup that includes only 1 tablespoon of legumes per serving, it may not be credited. However, if the soup contains 1 tablespoon of another vegetable, the vegetables may be added together and counted as an "additional" vegetable subgroup. For example, if your soup contains 1 tablespoon of lentils per serving and 1 tablespoon of onions per serving; those two vegetables may be added together to total ⅛ cup (2 tablespoons) of "additional" vegetable subgroup.

A great way to introduce children to legumes is to serve them on salad bars in schools or family style meal service in child care centers. Schools may offer a daily salad bar line that offers multiple vegetable subgroups every day as a way to meet the weekly vegetable subgroup requirements, including legumes. This is acceptable as long as the salad bar is available to all children each day and offers all of the required weekly subgroups over the course of the week.

For more information on how to credit legumes in your CNP menus, visit the USDA's policy memo SP 10-2012.

Taste Testing and Marketing

All of the recipes in this book were taste tested by students in schools across Idaho.

We have provided student taste test scores throughout this book to give sponsors a better idea of how students responded to each recipe. Insight into student responses to each recipe provides schools and childcare facilities with a great advantage on how to promote each legume dish in their facility, such as conducting a taste test.

Now you may be asking, "Why should I conduct a taste test?" Taste testing provides children with the opportunity to decide what is served on the menu at their school or childcare facility. It is fun for students to be part of a taste test and know that their opinion counts. When children have an opportunity to provide a voice in what is being served they feel empowered in their choices. Taste tests are also an opportunity to have kids try a food they otherwise would refuse. A small sample is a great way to expose them to new choices.

Allowing children to select their own healthy choices is an exciting, evidence-based strategy! According to Cornell University's Center for Behavior Economics in Child Nutrition Programs, when a child is given a choice between two healthy foods, they continue to choose healthier foods simply because *they are able* to choose. The principle behind this behavior suggests that when students are given a choice about their decisions they feel a sense of ownership and joy. Providing children a choice of healthy foods, gives them the opportunity to feel proud of their decisions which encourages lifelong positive dietary habits. Not only does the taste test provide children with the opportunity to decide what is served on the menu for their whole school, it creates excitement and pride in the new food.

The best way to set up a taste test is with a testing table in the cafeteria, where your customers (i.e. students) can try and rate the new recipe. Convenience is important, but it is critical to have students provide immediate feedback on the taste test. If the opportunity to provide feedback isn't offered at the time of the taste, then students may forget their initial response or be swayed by the opinions of others.

Here is how we conducted the taste tests for the recipes in this book:

1 During the lunch period, each school set up a taste test table in a location that did not disrupt the serving line(s). One to two adults served students the sample and monitored the evaluation process.

2 Each student was provided with a sample of the dish, which included about two bites.

3 Each student was given an evaluation card that looked similar to this:

4 To further enhance the idea of ownership, students were asked to suggest a name for each legume dish they taste tested.

5 Students placed completed evaluation cards into a box. To encourage candid responses, all evaluation information remained confidential.

Each recipe in this book includes the results of the taste tests. Only those recipes with a combined score of more than 50% for "*I liked it, I would eat it at school*" and "*It's okay, I might eat it at school,*" made it into this book. It is important to note that marketing to children becomes *very* important when serving recipes that scored high in the "*It's okay, I might eat it at school*" category. If children are not sure about a food, they sometimes need to see it a number of times before they will begin eating it. Taste testing is a great way to introduce them to new foods. It only takes a small nudge to encourage a child to choose a nutritious food that may be unfamiliar to them. But once they do, a new healthy habit is born!

How to Use This Book

Double Crunch Tostada

Serving Size
1 tostada

Calories
296

Saturated Fat
8.04%

Sodium
520mg

INGREDIENTS	25 Servings Yield: 25 tostadas		100 Servings Yield: 100 tostadas	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Tomatoes, chopped	1 lb 10 ⅝ oz	3 cups 2 Tbsp	6 lbs 10 oz	3 qts ½ cup
Romaine lettuce, chopped	12 ¾ oz	1 qt 2 ¼ cups	3 lbs 4 oz	1 ½ gallons 1 cup
Green onions, chopped	15 oz	1 ½ cups 1 Tbsp	3 lbs 12 oz	1 qt 2 ¼ cups
USDA garbanzo beans, low-sodium, canned	2 lbs 13 ⅜ oz	1 qt 3 cups (~¼ #10 can)	11 lbs 6 oz	1 gallon 3 qts (~2 ¾ #10 cans)
Black olives, sliced	1 ½ cups 1 Tbsp	1 ½ cups 1 Tbsp	6 ¼ cups	1 qt 2 ¼ cup
USDA mozzarella cheese, shredded	6 ¾ oz		1 lb 10 oz	
Cumin, ground		¼ cup		1 cup
Chili powder		¼ cup		1 cup
Salt		½ Tbsp		2 Tbsp
USDA vegetable oil		½ cup		2 cups
Whole corn tostada shells* (at least 14 gm or ½ oz eq per tortilla)		25 shells		100 shells
USDA refried beans, low-sodium, canned	3 lbs 12 ⅝ oz	1 qt 2 ¼ cups (~¾ #10 can)	15 lbs 2 oz	1 ½ gallons 1 cup (~2 ¼ #10 cans)
USDA salsa, low-sodium, canned	1 lb 11 ¾ oz	3 cups 2 Tbsp (~½ #10 can)	7 lbs	3 qts ½ cup (~1 ⅓ #10 cans)
Sour cream, light		1 cup ½ Tbsp		1 qt 2 Tbsp

***WHOLE CORN TORTILLA CREDITING:** See Policy Memo SP 02-2013 for additional information.

Note: Amount of garbanzo beans have been increased to 28 cups. Makes 100 servings of ¼ cup based on a yield study.

IDAHO GROWN LEGUMES
— 20 —

Prepared Recipe Image

Each legume recipe includes a photograph depicting the completed recipe.

Ingredient list

Ingredient quantities are for 25 servings for CACFP participants and 100 servings for grades K-12.

Legumes Featured in Recipe

Each of the recipes featured in this book contain legumes that are grown in Idaho, some of which are also offered via USDA foods. Farmer Ida provides nutrient tidbits for each legume found in the recipes!

Recipe Nutrition Facts

Includes the calories, saturated fat, and sodium for one serving. This nutrient analysis is based on the products used during testing. Nutrient facts may vary when a different product is used: always check food labels for nutrition facts.

Recipe Notes

Notes are provided for policy memos and yeild studies.

Disclaimer: Wooden spoons cannot be used in child nutrition programs for food safety reasons. Used only as a design element in this book.

Student Votes
Student feedback on whether they would eat this at school.

Idaho Grown Legumes
Idaho grown legumes in each recipe.

Recipe Directions
Recipe directions are included in clear, individual steps.

Meal Components
Includes how specific ingredients contribute to meal components. The creditable amounts are based on the products used during testing.

Chef Tips
Chef Brenda provides tips and tricks for preparing and serving each recipe.

Bistro Chickpea Salad Sandwich

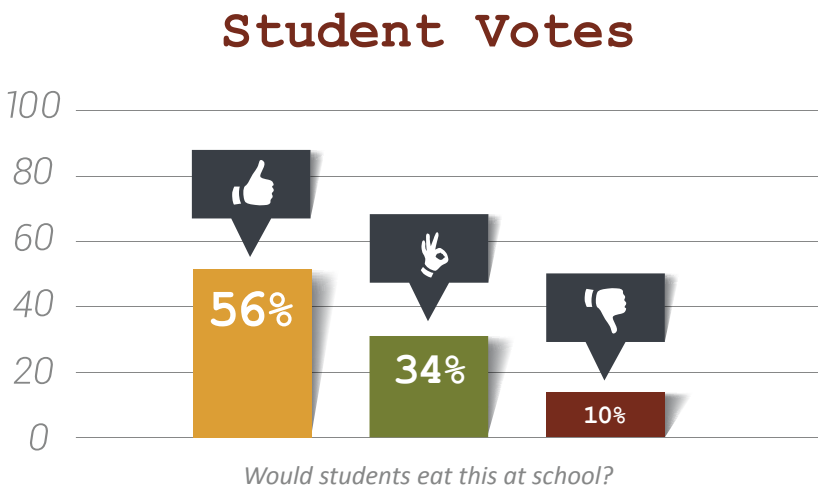
Serving Size
1 Sandwich

Calories
341

Saturated Fat
2.99%

Sodium
582mg

INGREDIENTS	25 Servings Yield: 25 sandwiches		100 Servings Yield: 100 sandwiches	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Celery, chopped	8 ¼ oz	3 cups 2 Tbsp	2 lb 2 oz	3 qts ½ cup
Green peppers, chopped	10 ⅜ oz	1 ½ cups 1 Tbsp	2 lbs 10 oz	1 qt 2 ¼ cups
Green onion, chopped	15 oz	1 ½ cups 1 Tbsp	3 lbs 12 oz	1 qt 2 ¼ cups
USDA chickpeas, low-sodium, canned	5 lbs 2 oz	3 qts ½ cup (~1 ¼ #10 cans)	20 lbs 8 oz	3 gallons 2 cups (~4 ⅞ #10 cans)
USDA mayonnaise, reduced calorie		1 ½ cups 1 Tbsp		1 qt 2 ¼ cups
Sweet pickle relish		¼ cup		1 cup
Dijon mustard		2 Tbsp		½ cup
Whole grain-rich bread (at least 28 gm or 1 oz eq each slice)		50 slices		200 slices
Spinach	1 lb	1 qt 2 ¼ cups	4 lbs	1 ½ gallons 1 cup



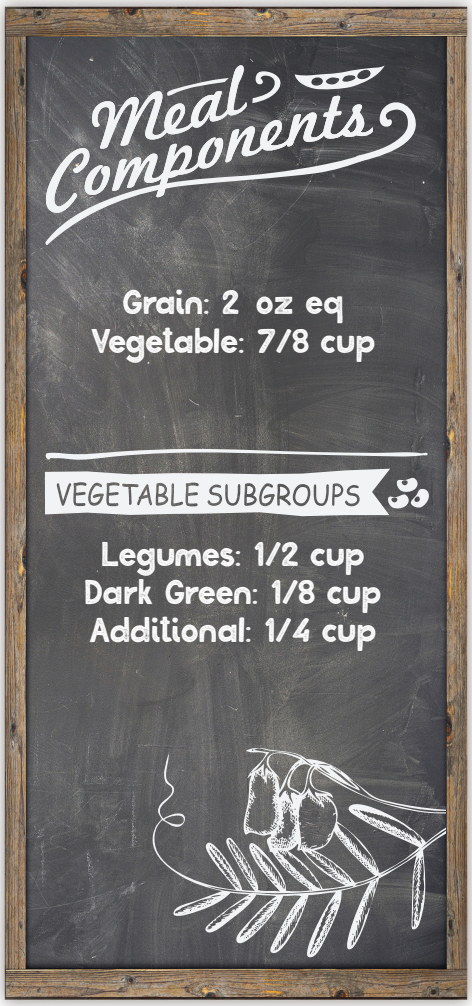
DIRECTIONS

Prepare Ingredients
Chop celery, green peppers, and green onions. Drain and rinse chickpeas.

Prepare Sauce
In a bowl or a mixer add mayonnaise, relish, and mustard.

Make Chickpea Mixture
Stir celery, green peppers, green onions, chickpeas, and sauce; mix well.

Make Sandwich
Measure 3/4 cup chickpea mixture and spread evenly on a bread slice. Top with 1/4 cup of spinach and second slice of bread. Serve chilled.



Chef Brenda's Tips

- For a different variation, add 2 tablespoons of curry powder for servings of 100.
- To give the sandwich a versatile texture that also helps hold it together, mash half of the chickpeas. However, make sure some of the chickpeas are left whole: the USDA NSLP requires that they remain identifiable.

Chopped Bean Salad

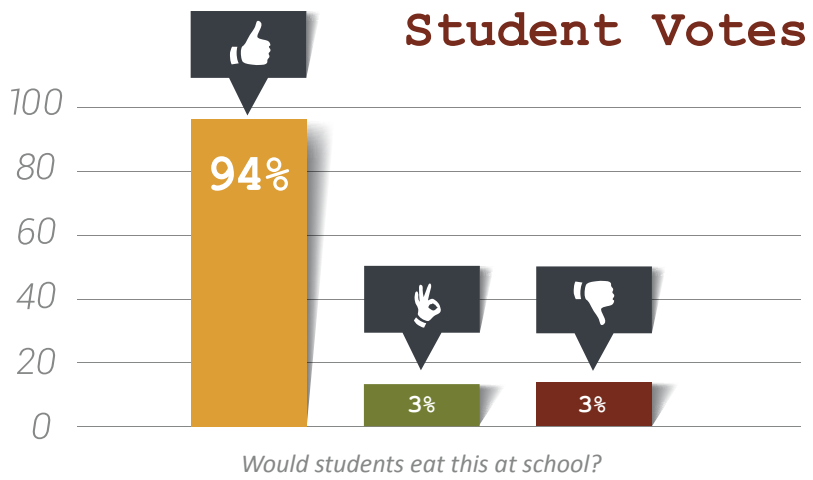
Serving Size
1 salad

Calories
279

Saturated Fat
7.36%

Sodium
420mg

INGREDIENTS	25 Servings Yield: 25 salads		100 Servings Yield: 100 salads	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Romaine lettuce, chopped	6 lbs 7 oz	3 gallons 2 cups	25 lbs 10 oz	12 ½ gallons
Tomatoes, chopped	1 lb 7 oz	3 cups 2 Tbsp	5 lbs 12 oz	3 qts ½ cup
Red onion, chopped	8 oz	1 ½ cups 1 Tbsp	2 lbs	1 qt 2 ¼ cups
Celery, chopped	8 ¼ oz	1 ½ cups 1 Tbsp	2 lbs 2 oz	1 qt 2 ¼ cups
Carrots, shredded	13 oz	3 cups 2 Tbsp	3 lbs 4 oz	3 qts ½ cup
USDA mozzarella cheese, shredded	12 ½ oz		3 lbs 2 oz	
USDA corn, frozen	1 lb 2 ¼ oz	3 cups 2 Tbsp	4 lbs 10 Tbsp	3 qts ½ cup
USDA peas, frozen	1 lb 5 oz	3 cups 2 Tbsp	5 lbs 4 oz	3 qts ½ cup
USDA chicken breast, diced	1 lb 9 oz		6 lbs 4 oz	
Cranberry beans, cooked		3 qts ½ cup		3 gallons 2 cups
Italian dressing, low-calorie		1 ½ cups 1 Tbsp		1 qt 2 ¼ cups



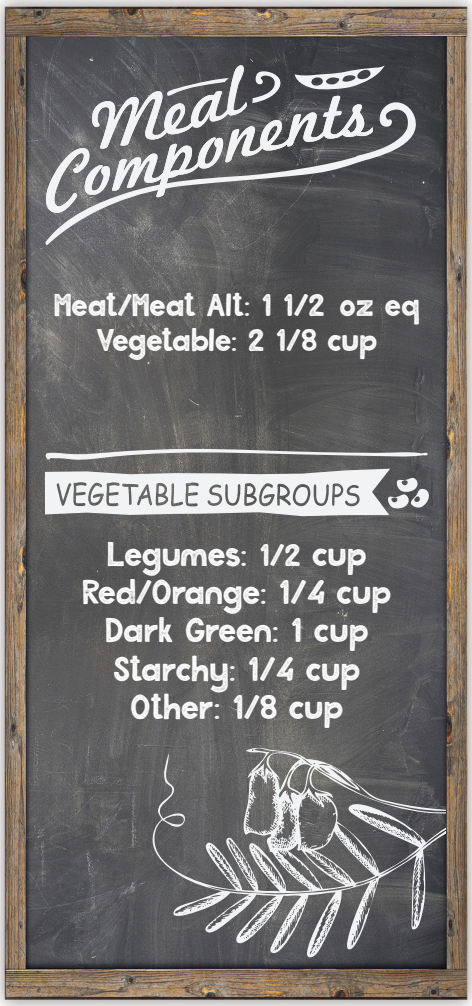
DIRECTIONS

Prepare Ingredients

Chop lettuce, tomatoes, onions, celery, and shred carrots. Shred cheese. Thaw corn, peas, and diced chicken.

Assemble Salad

Toss 2 cups lettuce, 2 tablespoons tomatoes, 1 tablespoon onions, 1 tablespoon celery, 2 tablespoons carrots, ½ ounce cheese, 2 tablespoons corn, 2 tablespoons peas, and 1 ounce chicken. Top with ½ cup of beans. Serve 1 tablespoon dressing on the side.



Chef Brenda's Tips

- If your beans are uncooked, cook beans according to package directions.
- A good substitute for cranberry beans is USDA pinto beans.
- Not only does this recipe include many vegetables grown in Idaho, it also makes an excellent dish for a grab-and-go meal service!

Double Crunch Tostada

Serving Size
1 tostada

Calories
296

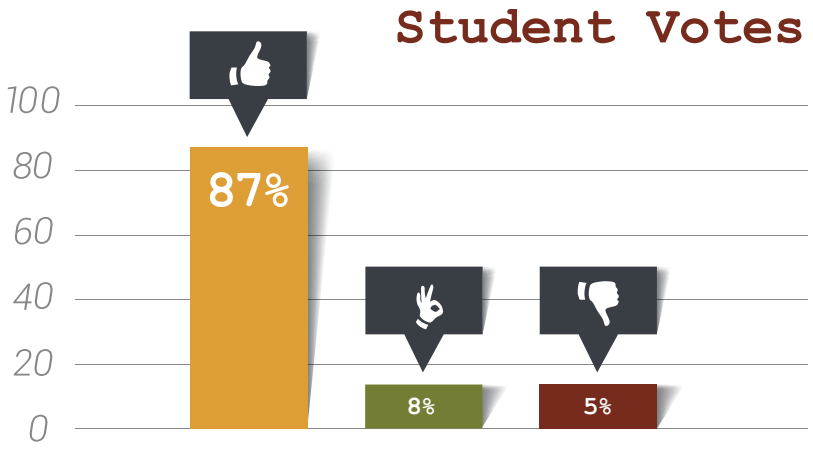
Saturated Fat
8.04%

Sodium
520mg

INGREDIENTS	25 Servings Yield: 25 tostadas		100 Servings Yield: 100 tostadas	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Tomatoes, chopped	1 lb 10 ⅜ oz	3 cups 2 Tbsp	6 lbs 10 oz	3 qts ½ cup
Romaine lettuce, chopped	12 ⅞ oz	1 qt 2 ¼ cups	3 lbs 4 oz	1 ½ gallons 1 cup
Green onions, chopped	15 oz	1 ½ cups 1 Tbsp	3 lbs 12 oz	1 qt 2 ¼ cups
USDA garbanzo beans, low-sodium, canned	2 lbs 13 ⅝ oz	1 qt 3 cups (~⅔ #10 can)	11 lbs 6 oz	1 gallon 3 qts (~2 ⅔ #10 cans)
Black olives, sliced	1 ½ cups 1 Tbsp	1 ½ cups 1 Tbsp	6 ¼ cups	1 qt 2 ¼ cup
USDA mozzarella cheese, shredded	6 ⅓ oz		1 lb 10 oz	
Cumin, ground		¼ cup		1 cup
Chili powder		¼ cup		1 cup
Salt		½ Tbsp		2 Tbsp
USDA vegetable oil		½ cup		2 cups
Whole corn tostada shells* (at least 14 gm or ½ oz eq per tortilla)		25 shells		100 shells
USDA refried beans, low-sodium, canned	3 lbs 12 ⅜ oz	1 qt 2 ¼ cups (~⅝ #10 can)	15 lbs 2 oz	1 ½ gallons 1 cup (~2 ⅛ #10 cans)
USDA salsa, low-sodium, canned	1 lb 11 ⅞ oz	3 cups 2 Tbsp (~⅓ #10 can)	7 lbs	3 qts ½ cup (~1 ⁷⁄₁₆ #10 cans)
Sour cream, light		1 cup ½ Tbsp		1 qt 2 Tbsp

***WHOLE CORN TORTILLA CREDITING:**
See Policy Memo SP 02-2013 for additional information.

Note: Amount of garbanzo beans have been increased to 28 cups. Makes 100 servings of ¼ cup based on a yield study.



Would students eat this at school?

DIRECTIONS

Prepare Ingredients

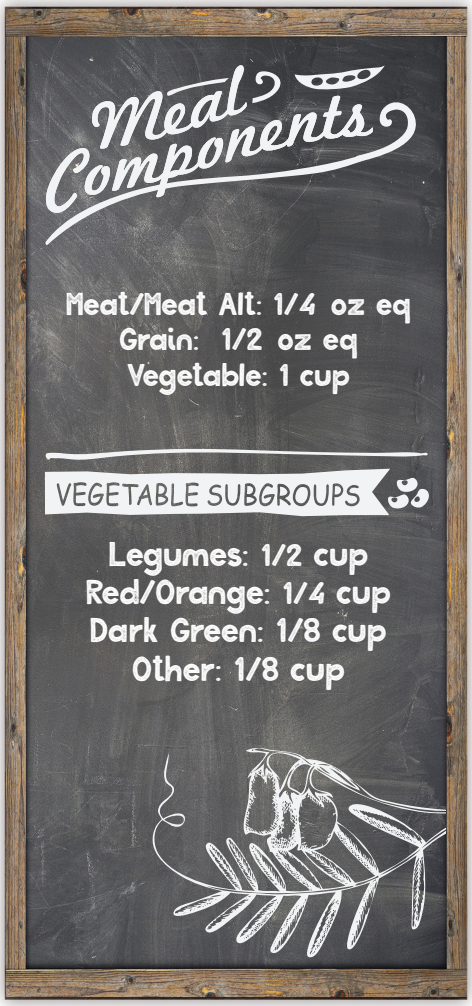
Chop tomatoes, lettuce, and onions. Drain and rinse garbanzo beans. Drain and slice olives. Shred cheese.

Roast Seasoned Garbanzo Beans

In a large bowl toss garbanzo beans, cumin, chili powder, salt, and oil. Spread evenly and into a single layer onto baking sheets lined with parchment paper. Bake for 17 minutes or until lightly roasted. Serve hot or chilled.

Prepare Double Crunch Tostada and Serve

Spread tostada shell with ¼ cup refried beans, top with 2 tablespoons salsa, 2 tablespoons tomatoes, ¼ cup lettuce, 1 tablespoon onions, 1 tablespoon olives, ¼ ounce shredded cheese, 2 teaspoons sour cream, and ¼ cup seasoned garbanzo beans.



Chef Brenda's Tips

Adding the sour cream before the seasoned garbanzo beans will help them stick to the top of the tostada, giving this recipe even more texture and flavor!

Farmers' Market Chips and Salsa

Serving Size

1 cup salsa
1 oz chips

Calories

427

Saturated Fat

6.29%

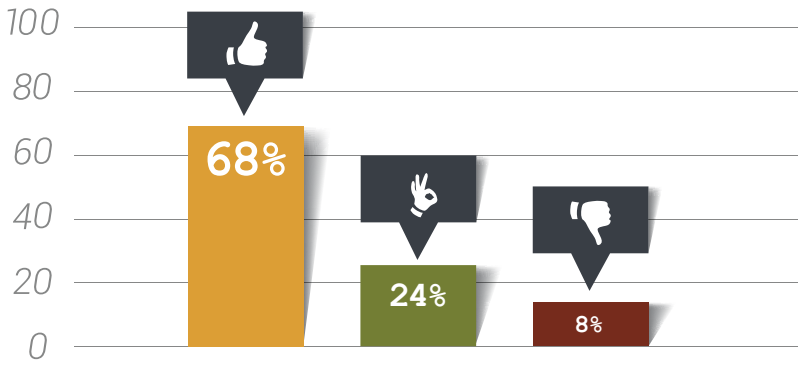
Sodium

414mg

INGREDIENTS	25 Servings Yield: 25 – 1 cup salsa with 1 oz chips		100 Servings Yield: 100 – 1 cup salsa with 1 oz chips	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Jalapeno peppers, chopped		¼ cup		1 cup
Green onions, chopped	6 ¾ oz	1 ½ cups 1 Tbsp	1 ⅔ lbs	1 qt 2 ¼ cups
Green peppers, chopped	10 ⅜ oz	1 ½ cups 1 Tbsp	2 ⅝ lbs	1 qt 2 ¼ cups
USDA black beans, low-sodium, canned	6 lbs 15 oz	3 qts ½ cup (1 ⅞ #10 cans)	27 ⅝ lbs	3 gallons 2 cups (~7 ¼ #10 cans)
Peaches, diced, canned, extra light syrup	3 lbs 9 ⅓ oz	1 qt 2 ¼ cups (~3/4 #10 can)	14 ⅓ lbs	1 ½ gallon 1 cup (~3 #10 cans)
White vinegar		1 ½ cups 1 Tbsp		1 qt 2 ¼ cups
Sugar		¼ cup		1 cup
USDA vegetable oil		1 ½ cups 1 Tbsp		1 qt 2 ¼ cups
Salt		2 ¼ tsp		3 Tbsp
Whole corn tortilla chips* (at least 28 gm or 1 oz eq per serving)	1 lb 9 oz		6 lbs 4 oz	

***WHOLE CORN TORTILLA CREDITING:**
See Policy Memo SP 02-2013 for additional information.

Student Votes



Would students eat this at school?

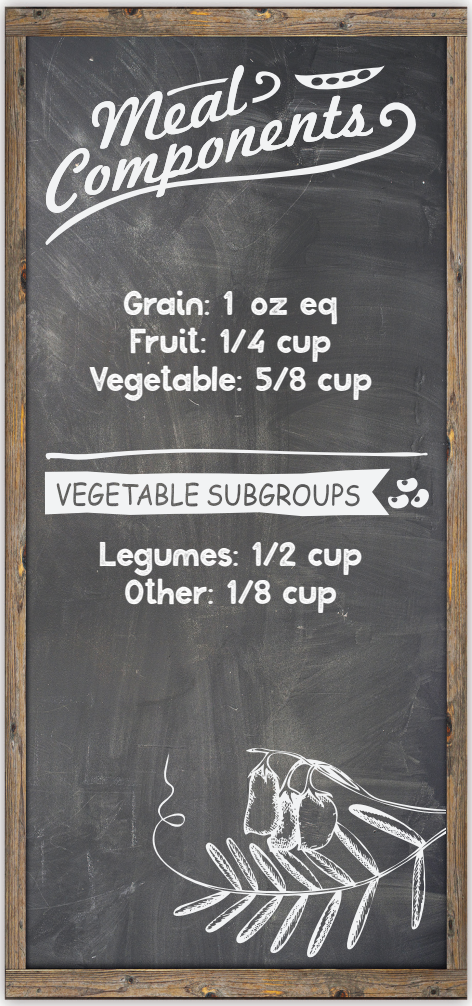
DIRECTIONS

Prepare Ingredients
Chop jalapenos, green onions, and green peppers. Drain and rinse black beans. Drain peaches.

Prepare Bean Mixture
In a large bowl toss jalapeno, green onion, red peppers, black beans, and peaches.

Prepare Dressing
In a small bowl whisk together vinegar, sugar, oil, and salt.

Prepare and Serve Farmers' Market Chips and Salsa
Toss bean mixture with dressing and chill. Serve 1 cup of salsa with 1 ounce of whole corn tortilla chips.



Chef Brenda's Tips

- Capsaicin — the irritant in peppers that produces their famous burning sensation — can be removed from the jalapeno by removing as many of the seeds and as much of white membrane (skin) as possible. It is a good idea to wear gloves when handling hot peppers. If you would like to keep this recipe mild, green peppers may be substituted.
- Place beans and peaches in the refrigerator the day before to chill.

Garbanzo Firecracker Patties

Serving Size
1 patty
1 tsp sauce

Calories
191

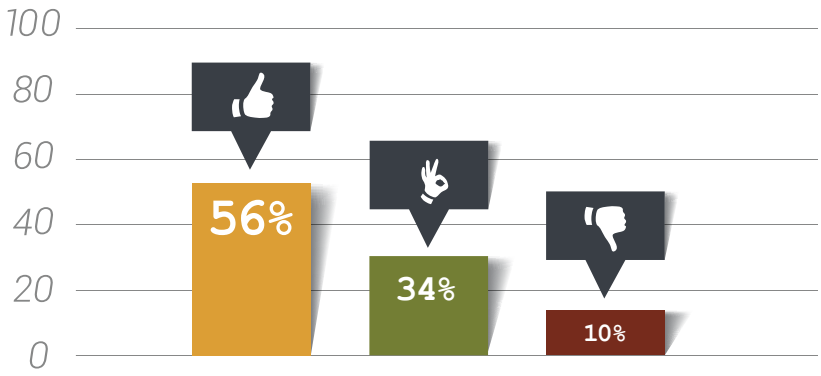
Saturated Fat
3.05%

Sodium
212mg

INGREDIENTS	25 Servings Yield: 25 patties with 1 tsp sauce		100 Servings Yield: 100 patties with 1 tsp sauce	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Onion, chopped	1 lb	3 cups 2 Tbsp	4 lbs	3 qts ½ cup
USDA garbanzo beans, low-sodium, canned	5 lbs 2 oz	3 qts ½ cup (~1 ¼ #10 cans)	20 ½ lbs	3 gallons 2 cups (~4 ⅞ # 10 cans)
Pimentos, diced, canned	1 lb 7 ⅛ oz	3 cups 2 Tbsp (~⅓ #10 can)	5 ⅞ lbs	3 qts ½ cup (~1 ¼ #10 cans)
USDA corn, canned	2 lbs 13 ⅜ oz	1 qt 2 ¼ cups	11 ⅓ lbs	1 ½ gallons 1 cup
Sour cream, reduce fat		½ cup 1 ½ tsp		2 cups 2 Tbsp
Sriracha hot chili sauce		¾ tsp		1 Tbsp
USDA vegetable oil		1 Tbsp		¼ cup
Whole wheat bread crumbs, seasoned		1 cup		1 qt
Thyme, dried		1 Tbsp		¼ cup

Note: Per USDA NSLP policy, a portion of the whole garbanzo beans and corn must be identifiable to count as components in this recipe.

Student Votes



Would students eat this at school?

DIRECTIONS

Preheat oven to 400° F.

Prepare Ingredients
Chop onions. Drain and rinse garbanzo beans. Drain pimentos and corn.

Puree Half Garbanzo Beans and Corn
In a food processor puree half garbanzo beans with half of the corn. Set aside.

Prepare Sriracha Sour Cream
In a small bowl combine sour cream and sriracha sauce.

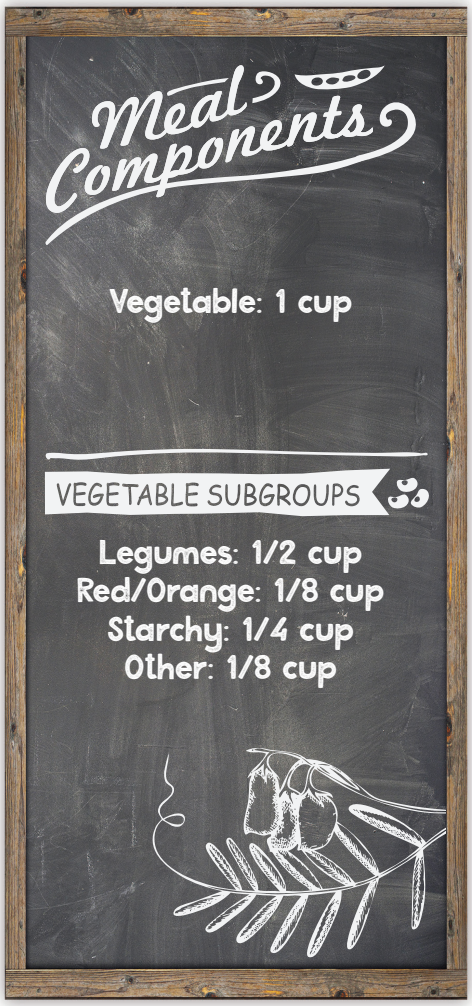
Prepare Garbanzo Firecracker Patties
In a mixer combine onions, pureed garbanzo beans and corn, pimentos, vegetable oil, bread crumbs, and thyme. Stir in whole garbanzo beans and corn.

Prepare Patties and Cook
Spray a 6 ounce label with a flat bottom with cooking spray. Scoop ¾ cup of garbanzo mixture into the ladle and shape into ladle to make a patty. Place on a baking sheet lined with parchment paper. Bake for 15-20 minutes or until internal temperature reaches 165° F.

Serve Garbanzo Firecracker Patties
Top with 1 teaspoon of sriracha sour cream and serve.

Chef Brenda's Tips

These delicious patties can be served alone, on a bun, or on top of a green salad.



Idaho Cowboy Caviar

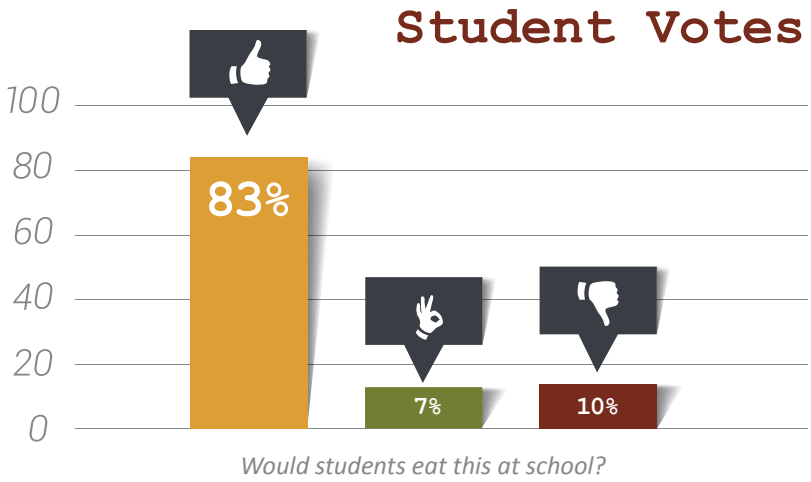
Serving Size
3/4 cup

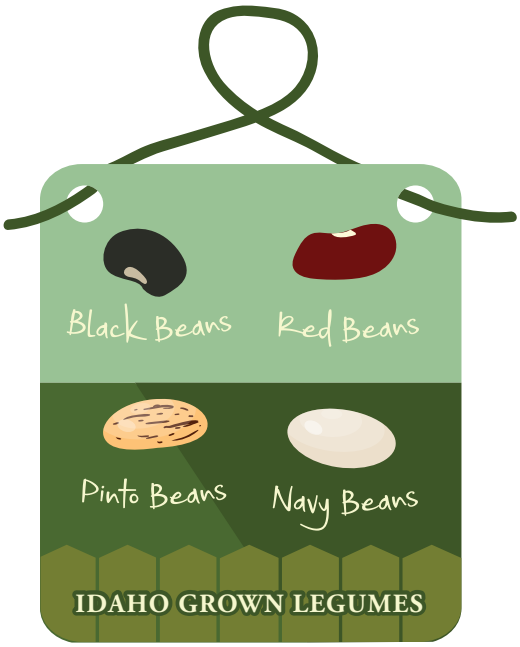
Calories
187

Saturated Fat
2.58%

Sodium
257mg

INGREDIENTS	25 Servings Yield: 25 – ¾ cup		100 Servings Yield: 100 – ¾ cup	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Navy beans, dry		3 cups 2 Tbsp		3 qts ½ cup
USDA black beans, canned, drained	1 lb 12 oz	3 cups 2 Tbsp (~½ #10 can)	7 lbs	3 qts ½ cup (~1 ⅞ #10 cans)
Small red beans, canned, drained	1 lb 12 ½ oz	3 cups 2 Tbsp (~½ #10 can)	7 lbs 2 oz	3 qts ½ cup (~1 ⅝ #10 cans)
USDA pinto beans, canned, drained	1 lb 6 ¾ oz	3 cups 2 Tbsp (~⅜ #10 can)	5 lbs 11 oz	3 qts ½ cup (~1 ⅜ #10 cans)
USDA corn, frozen	1 lb 2 ¼ oz	3 cups 2 Tbsp	4 lbs 10 oz	3 qts ½ cup
Onions, raw, chopped	8 oz	1 ½ cups 1 Tbsp	2 lbs	1 qt 2 ¼ cups
Green peppers, chopped	10 ⅜ oz	1 ½ cups 1 Tbsp	2 lbs 10 oz	1 qt 2 ¼ cups
Water, hot		2 Tbsp		½ cup
Sugar, granulated		½ cup		2 cups
Salt		½ Tbsp		2 Tbsp
Black pepper, ground		¾ tsp		1 Tbsp
Cider vinegar		¾ cup		3 cups
USDA vegetable oil		1/3 cup 2 tsp		1 ½ cups



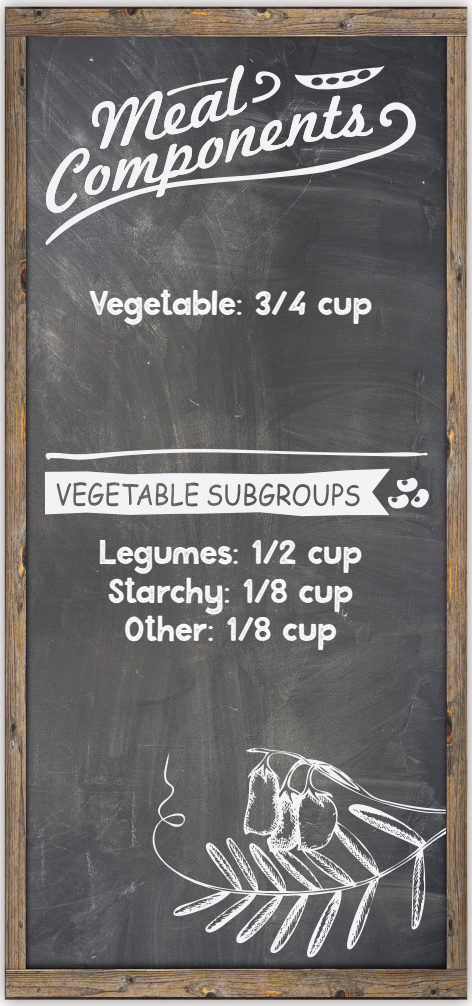


DIRECTIONS

Prepare Ingredients
Cook navy beans according to manufacturer's directions. Drain and rinse black beans, small red beans, and pinto beans. Thaw corn. Chop onions and green peppers.

Prepare Dressing
In a large bowl combine hot water, sugar, and salt. Stir until sugar and salt are dissolved. Add black pepper, cider vinegar, and oil.

Prepare Idaho Cowboy Caviar
Toss ingredients with the dressing. Serve chilled.



Chef Brenda's Tips

- Store cooked navy beans and cans of black beans, small red beans, and pinto beans in the refrigerator to chill to prepare a ready to serve chilled salad.
- Prepare this recipe the night before and store overnight (at least 8 hours) for optimal flavor.

Layered Bean Dip Cups

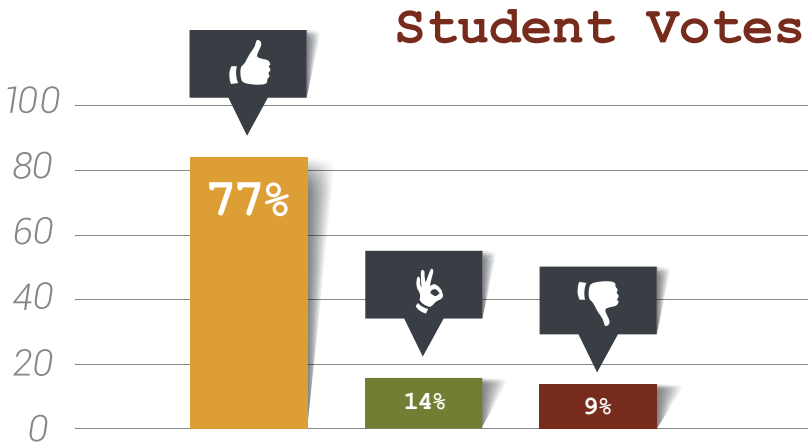
Serving Size
1 cup

Calories
239

Saturated Fat
6.23%

Sodium
391mg

INGREDIENTS	25 Servings Yield: 25 – 1 cup		100 Servings Yield: 100 – 1 cup	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Tomatoes, fresh, chopped	1 lb 7 oz	3 cups 2 Tbsp	5 lbs 12 oz	3 qts ½ cup
Green onions, chopped	1 lb 14 oz	3 cups 2 Tbsp	7 lbs 8 oz	3 qts ½ cup
Black olives, sliced		3 cups 2 Tbsp		3 qts ½ cup
Cheddar cheese, low-fat, shredded	12 ½ oz		3 lbs 2 oz	
USDA refried beans, low-sodium, canned	7 lbs 9 oz	3 qts ½ cup (~ 1 1/16 #10 cans)	30 lbs 4 oz	3 gallons 2 cups (~ 4 ¼ #10 cans)
USDA, salsa, canned	1 lb 11 ⅞ oz	3 cups 2 Tbsp	7 lbs	3 qts ½ cup
Sour cream, fat-free		3 cups 2 Tbsp		3 qts ½ cup



Would students eat this at school?

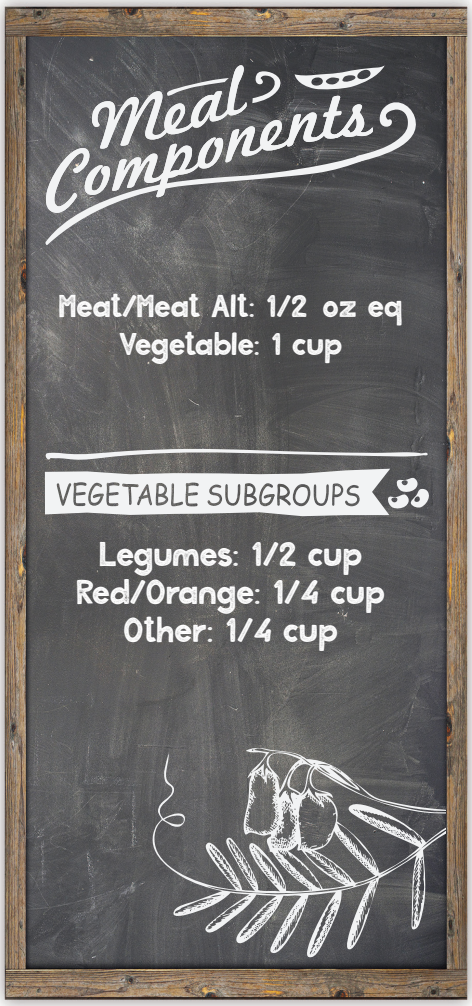
DIRECTIONS

Prepare Ingredients

Chop tomatoes and green onions. Drain and slice olives. Shred cheese.

Make Layered Bean Dip

In 10 ounce clear plastic cups layer each with ½ cup refried beans, 2 tablespoons salsa, 2 tablespoons tomatoes, 2 tablespoons sour cream, 2 tablespoons olives, 2 tablespoons green onions, and ½ ounce of cheese. Serve chilled.



Chef Brenda's Tips

- If your budget does not permit serving this dip in individual cups, prepare the recipe in a steam table pan and serve each student 1 cup scoops.
- Serve with zucchini, carrot, pepper, celery, or jicama sticks for dipping.

Lentil Sloppy Joes

Serving Size
1 sandwich

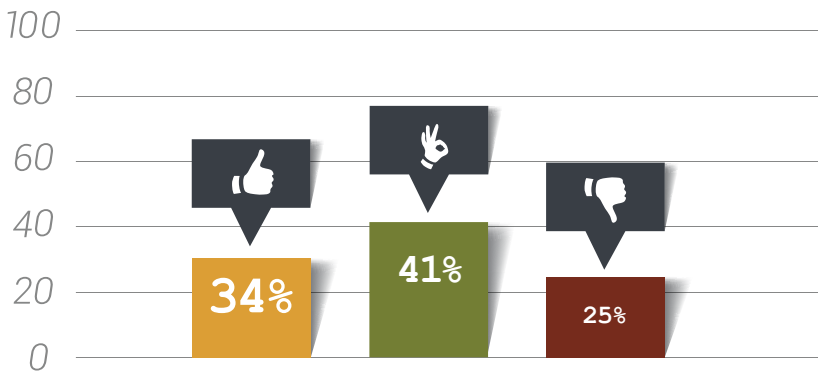
Calories
331

Saturated Fat
7.59%

Sodium
398mg

INGREDIENTS	25 Servings Yield: 25 sandwiches		100 Servings Yield: 100 sandwiches	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Lentils, cooked, frozen		1 qt 2 ¼ cup		1 ½ gallons 1 cup
Onions, raw, diced	8 oz		2 lbs	
Celery, raw, diced	8 ¼ oz	1 ½ cups 1 Tbsp	2 lbs 2 oz	1 qt 2 ¼ cups
USDA beef, ground	2 lbs 1 ⅝ oz	1 ½ cups 1 Tbsp	8 lbs 6 oz	1 qt 2 ¼ cups
USDA vegetable oil		1 Tbsp		¼ cup
USDA tomato paste, canned	4 oz	1/4 cup 3 Tbsp	1 lb	1 ¾ cups
Water (for deglazing)		½ cup		2 cups
USDA tomato sauce, canned		1 ½ cups 1 Tbsp (~⅛ #10 can)		1 qt 2 ¼ cups (~ ½ #10 can)
Garlic powder	1 lb 1 ¼ oz	2 Tbsp 2 tsp	3 lbs 5 ⅝ oz	⅔ cups
Brown sugar, packed		⅜ cups		1 ½ cups
Mustard powder		1 Tbsp		¼ cup
Worcestershire sauce		½ Tbsp		2 Tbsp
Salt		½ Tbsp		2 Tbsp
Black pepper, ground		¾ Tbsp		3 Tbsp
Whole grain-rich hamburger bun (at least 56 gm or 2 oz eq)		25 buns		100 buns

Student Votes



Would students eat this at school?

DIRECTIONS

Prepare Ingredients

Thaw lentils. Dice onions and celery.

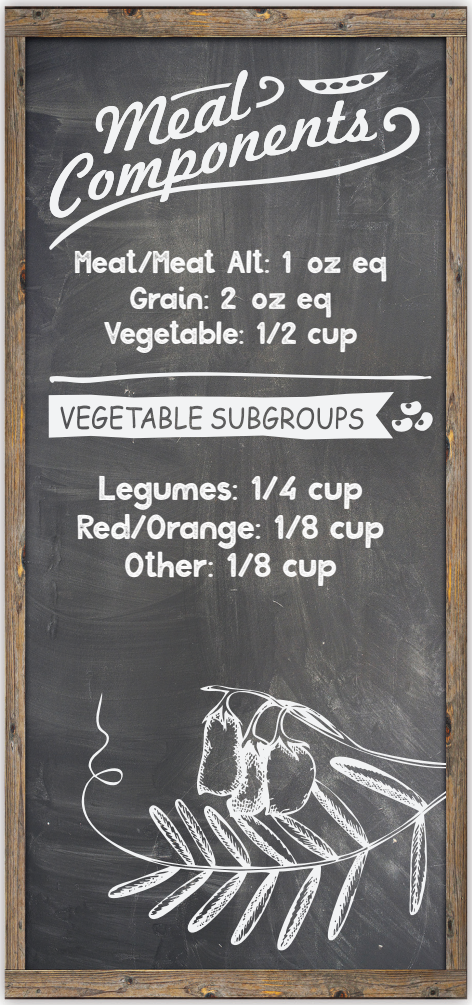
Prepare Ground Beef and Cook Vegetables

Heat tilt skillet to medium-high heat and add ground beef. When beef is browned, no longer pink, and reaches 165° F, remove beef from the tilt skillet — leaving the beef drippings — and set aside.

Add ¼ cup (per 100 servings) oil in the tilt skillet used to brown the beef. Sauté onions and celery until onions are tender and have lifted the beef drippings that may have cooked (not burned) to the tilt skillet. Stir in tomato paste. Cook and stir continuously until paste begins to turn a deep red (be careful to not burn the paste). Add water to lift the paste from the tilt skillet, this is called deglazing. Add tomato sauce, garlic powder, brown sugar, dry mustard, Worcestershire sauce, salt, and pepper. Add browned hamburger and cooked lentils; bring to a boil. Simmer for 10 minutes.

Assemble Lentil Sloppy Joes

Using a #8 scoop, place lentil sloppy joes between hamburger buns and serve hot.



Chef Brenda's Tips

When substituting dry lentils for frozen lentils, the amount of water required for this recipe will change. The water listed in the ingredients for this recipe is meant only to deglaze the tomato paste from the tilt skillet. You will need additional water for preparing the lentils. Consult lentil packaging for additional cooking instructions.

Use the water listed in the ingredients only to deglaze the tomato paste from the tilt skillet. Deglazing is a culinary technique that utilizes a liquid (usually water or broth) to lift cooked food that may stick to the pan. A valued chef secret, deglazing is essential to the preparation of many rich and flavorful recipes, such as sloppy joes, soups, and stews!

For optimal browning and taste, do not crowd ground beef: crowding may cause the juices to pool around the meat. Pooling causes the juices to steam the beef rather than browning it, making it less flavorful.

Cooking onions until they are opaque brings out the sweet flavor of their natural sugars.

To give the dish a richer flavor, cook the tomato paste until deep red and then add water. Because tomato paste burns easily, it is important to stir continuously and not over-cook.

To enhance the flavors in this recipe, prepare the night before and reheat for service.

Mediterranean Wrap with Pesto White Bean Hummus

Serving Size
1 wrap

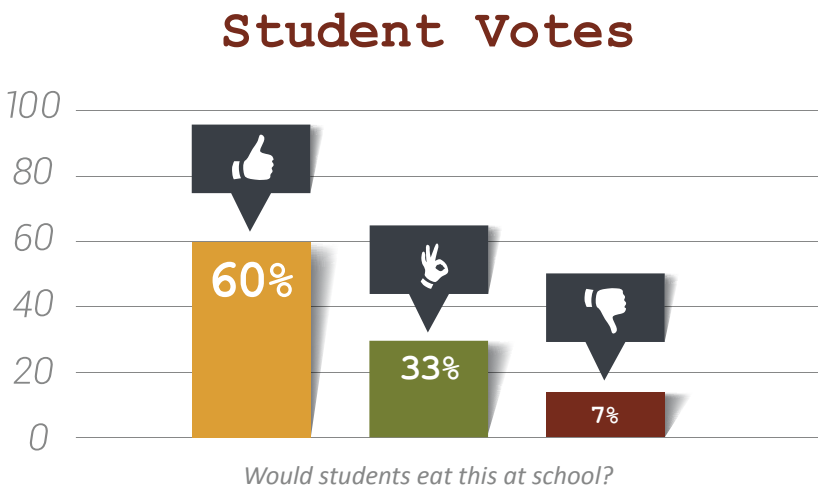
Calories
479

Saturated Fat
5.84%

Sodium
630mg

INGREDIENTS	25 Servings Yield: 25 wraps with 25 – ½ cups hummus		100 Servings Yield: 100 wraps with 100 – ½ cups hummus	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Pesto White Bean Hummus				
Great northern beans, canned	7 lbs 15 oz (~1 ⅞ #10 can)	3 qts 3 cups	31 lbs 10 oz	3 gallons 12 cups (~7 ½ #10 cans)
Basil, fresh, chopped		¾ cup		3 cups
Granulated garlic		½ Tbsp		2 Tbsp
USDA vegetable oil		1 ¼ cups		1 qt 1 cup
Lemon juice		¼ cup		1 cup
Salt		½ Tbsp		2 Tbsp
Mediterranean Wrap with Hummus				
Red peppers, sliced	1 lb 4 ⅝ oz	3 cups 2 Tbsp	5 lbs 4 oz	3 qts ½ cup
Cucumbers, sliced	1 lb 3 ¼ oz	3 cups 2 Tbsp	4 lbs 14 oz	3 qts ½ cup
Olives, sliced		3 cups 2 Tbsp (~⅓ #10 can)		3 qts ½ cup (~1 ¼ #10 cans)
USDA chicken breast, frozen, diced	1 lb 9 oz		6 lbs 4 oz	
Pesto White Bean Hummus	1 lb	3 qts ½ cup	4 lbs	3 gallons 2 cups
Spinach		1 qt 2 ¼ cups		1 ½ gallons 1 cup
USDA whole grain-rich flour tortilla (at least 42 gm or 1 ½ oz eq per tortilla)		25 tortillas		100 tortillas

Note: Beans have been increased to 60 cups for 100 1/2 cup servings based on a yield study.



DIRECTIONS

Prepare Ingredients
Drain and rinse beans. Chop basil.

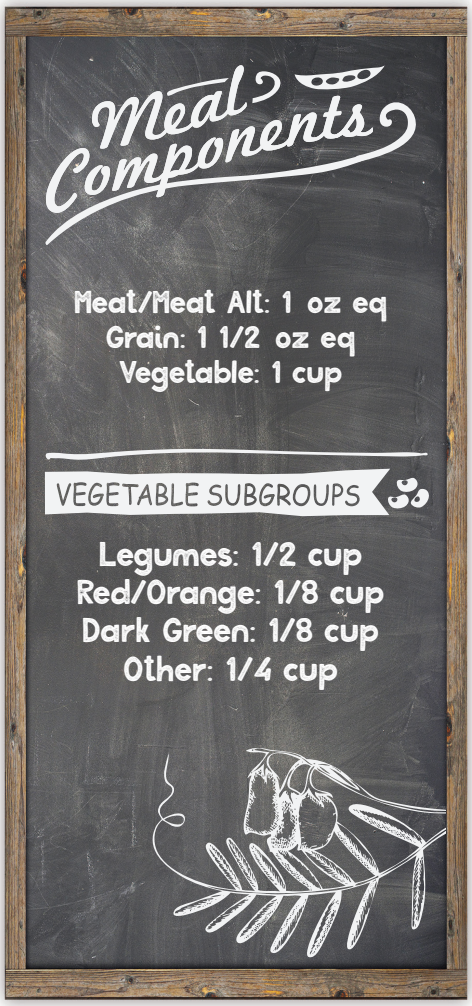
Prepare Pesto White Bean Hummus
In a food processor, combine beans, granulated garlic, oil, lemon juice, and salt. Blend until very smooth. Stir in chopped basil. Serve chilled.

Prepare Ingredients
Slice red peppers and cucumbers. Drain and slice olives. Thaw chicken.

Prepare Mediterranean Wrap With Hummus
Place ½ cup of hummus in the center of tortilla, top with 1 ounce of chicken, 2 tablespoon red peppers, 2 tablespoons cucumber, 2 tablespoons olives, and ¼ cup spinach. Fold into a wrap or fold in half. Serve chilled.

Chef Brenda's Tips

- To boost flavor, prepare hummus the day before and refrigerate overnight.
- If tortillas begin to stick together, remove them from their plastic bag, microwave tortillas for 1 minute, and use immediately.
- This recipe is excellent for grab-and-go service! Store finished product in a clear plastic container to display the beautiful colors this dish has to offer.



Palouse Red Beans and Beef Rotini

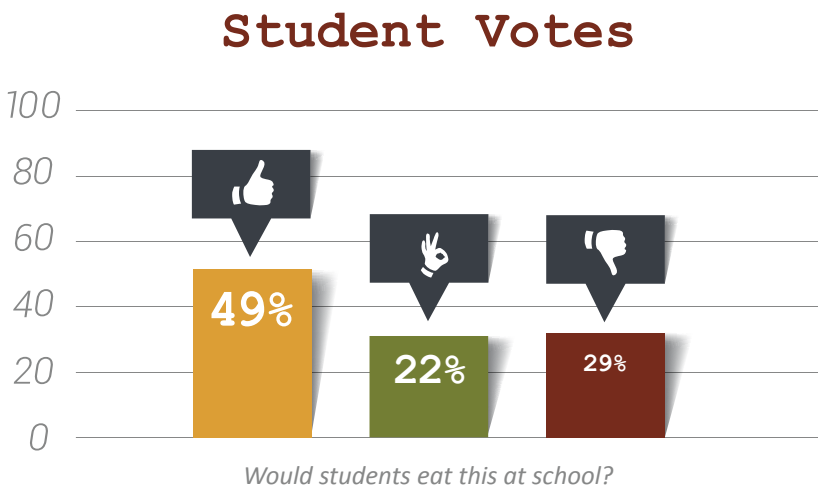
Serving Size
9 ounces

Calories
330

Saturated Fat
8.18%

Sodium
308mg

INGREDIENTS	25 Servings Yield: 25 – 9 ounce servings		100 Servings Yield: 100 – 9 ounce servings	
	WEIGHT	VOLUME	WEIGHT	VOLUME
USDA small red beans, canned, drained	7 lbs 2 oz	3 qts ½ cup (~1 ⅝ #10 cans)	28 lbs 8 oz	3 gallons 2 cups (~6 ½ #10 cans)
Green peppers, chopped	1 lb 10 oz	3 cups 2 Tbsp	4 lbs 4 oz	3 qts ½ cup
Onions, frozen, chopped	1 lb 9 ⅜ oz	3 cups 2 Tbsp	6 lbs 5 ⅝ oz	3 qts ½ cup
USDA mozzarella cheese, shredded	6 ⅜ oz		1 lb 10 oz	
USDA beef, ground	1 lb 10 oz		6 lbs 5 ½ oz	
USDA rotini, whole grain-rich	1 lb 10 oz	2qts ½ cup	6 lbs 4 oz	2 gallons 1 cup 10 Tbsp
USDA tomatoes and juice, diced, canned	1 lb 12 oz	3 1/8 cups (~⅝ #10 can)	6 lbs 12 oz	3 qts ½ cup (~1 1⁄16 #10 cans)
USDA tomato sauce, low-sodium, canned	1 lb 10 ½ oz	3 1/8 cups (~¼ #10 can)	6 lbs 10 oz	3 qts ½ cup (~1 #10 can)
Granulated garlic		1 Tbsp		¼ cup
Red pepper flakes		½ Tbsp		2 Tbsp
Parmesan cheese, grated		⅛ cup		½ cup



DIRECTIONS

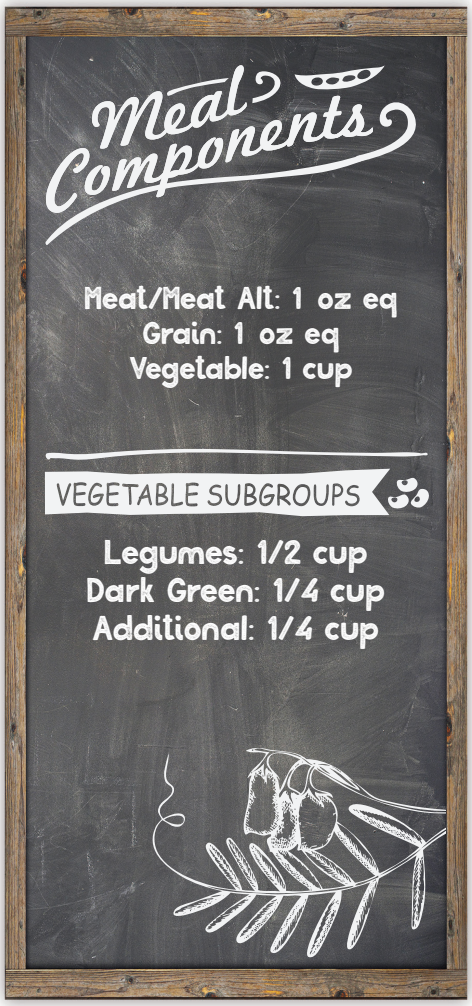
Preheat oven to 350° F.

Prepare Ingredients
Drain and rinse beans. Thaw green peppers and onions. Shred cheese.

Prepare Ground Beef
Heat tilt skillet to medium-high heat and add ground beef. When beef is browned, no longer pink, and reaches 165° F, drain cooked beef if needed. Remove from the tilt skillet and set aside.

Prepare Rotini
Cook according to manufacturer's instructions.

Cook Palouse Red Beans And Beef Rotini
Combine all ingredients and place into deep steam table pans. Cover and bake for 25 minutes or until 165° F. Serve hot.



Chef Brenda's Tips

- For optimal browning and taste, do not crowd ground beef: crowding may cause the juices to pool around the meat. Pooling causes the juices to steam the beef rather than browning it, making it less flavorful.
- Boil pasta until it is "al dente" (when it is tender, but still firm). When pasta has reached the desired texture, immediately rinse with cold water to prevent over-cooking.
- Do not coat pasta with oil; oiling noodles prevents them from absorbing the delicious flavors of the tomato sauce and seasonings.

Ranch Black Bean Sweet Potato Wrap

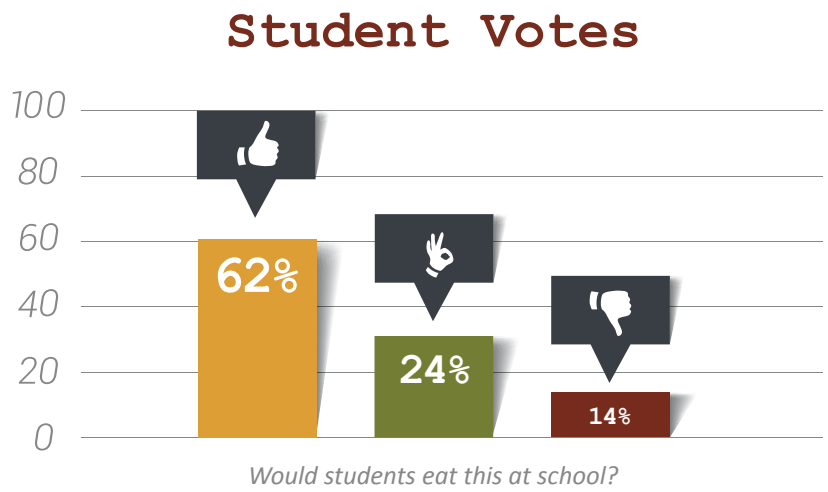
Serving Size
1 wrap

INGREDIENTS	25 Servings Yield:25 wraps		100 Servings Yield: 100 wraps	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Zucchini, small diced	15 ⅞ oz	3 cups 2 Tbsp	4 lbs	3 qts ½ cup
USDA black beans, low-sodium, canned	7 lbs	3 qts ½ cup (~1 ⅞ #10 cans)	28 lbs	3 gallons 2 cups (~7 ¼ #10 cans)
USDA tortilla, whole grain 8" (at least 42 gm or 1 ½ oz eq per tortilla)		25 tortillas		100 tortillas
Sweet potatoes, mashed, canned	7 lbs 3 oz	3 qts ½ cup (~1 ¹⁄₁₆ #10 cans)	28 5/8 lb	3 gallons 2 cups (~4 ¼ #10 cans)
USDA salsa, canned	1 lb 11 ⅞ oz	3 cups 2 Tbsp	7 lbs	3 qts ½ cup
Ranch dressing mix, dry	⅞ oz		3 ¼ oz	

Calories
390

Saturated Fat
1.51%

Sodium
776mg



DIRECTIONS

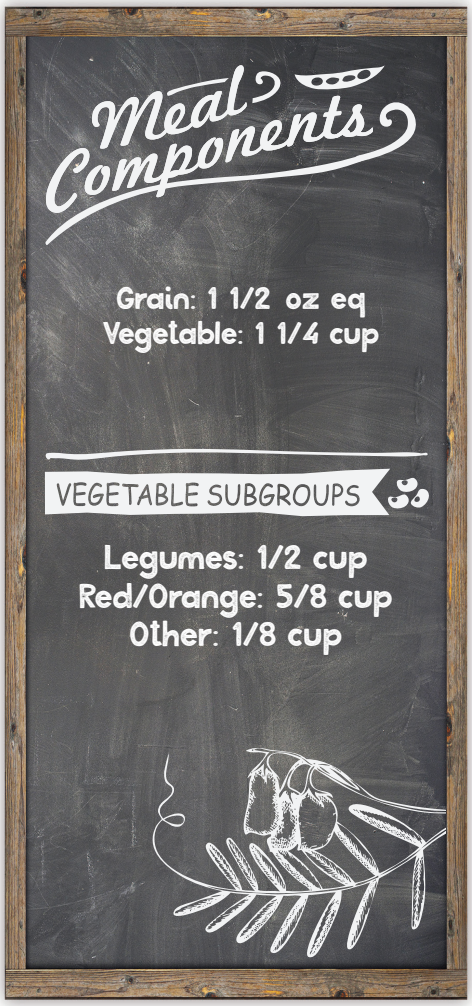
Preheat oven to 350° F.

Prepare Ingredients
Dice zucchini. Drain and rinse black beans.

Heat Tortillas
Do not remove tortillas from their plastic bags. Place tortillas in the warmer for 1 hour or until warm.

Season Sweet Potatoes
In a mixer combine sweet potatoes, salsa, and ranch dressing mix.

Prepare Wrap
Place ½ cup (#8 scoop) seasoned sweet potatoes on ½ of tortilla, top with ½ cup (#8 scoop) of black beans, and ⅛ cup (#30 scoop) of zucchini. Fold in half and place wrap on a baking sheet. Bake for 12-15 minutes or until temperature reaches 165° F.



Chef Brenda's Tips

- If tortillas begin to stick together, remove them from their plastic bag, microwave tortillas for 1 minute, and use immediately.
- Looking for more vegetables? Consider adding shredded carrots or thin red pepper strips.
- Students love to dip their foods in salsas, sauces, and dressings! USDA salsa or a hot sauce compliments the calmer flavors of this recipe. Remember: when adding new ingredients, be sure to re-standardize your recipe.

Rockin' Lentil Salad

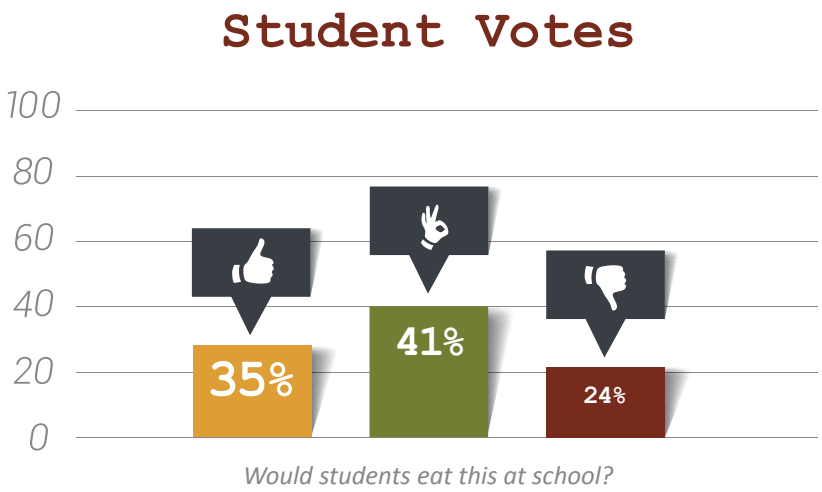
Serving Size
1 cup

Calories
259

Saturated Fat
6.95%

Sodium
149mg

INGREDIENTS	25 Servings Yield: 25 – 1 cup		100 Servings Yield: 100 – 1 cup	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Green peppers, chopped	2 lbs 9 ⅝ oz	1 qt 2 ¼ cups	10 lbs 6 oz	1 ½ gallons 1 cup
Tomatoes, chopped	2 lbs 14 oz	1 qt 2 ¼ cups	11 lbs 8 oz	1 ½ gallons 1 cup
Basil, fresh, chopped		¾ cup		3 cups
Mint, fresh, chopped		¾ cup		3 cups
Lentils, cooked		3 qts ½ cup		3 gallons 2 cups
USDA vegetable oil		1 ½ cups 1 Tbsp		1 qt 2 ¼ cups
White vinegar		3 cups 2 Tbsp		3 qts ½ cup
Thyme, dried		½ Tbsp		2 Tbsp
Granulated garlic		½ Tbsp		2 Tbsp
Salt		½ Tbsp		2 Tbsp
Black pepper, ground		½ Tbsp		2 Tbsp

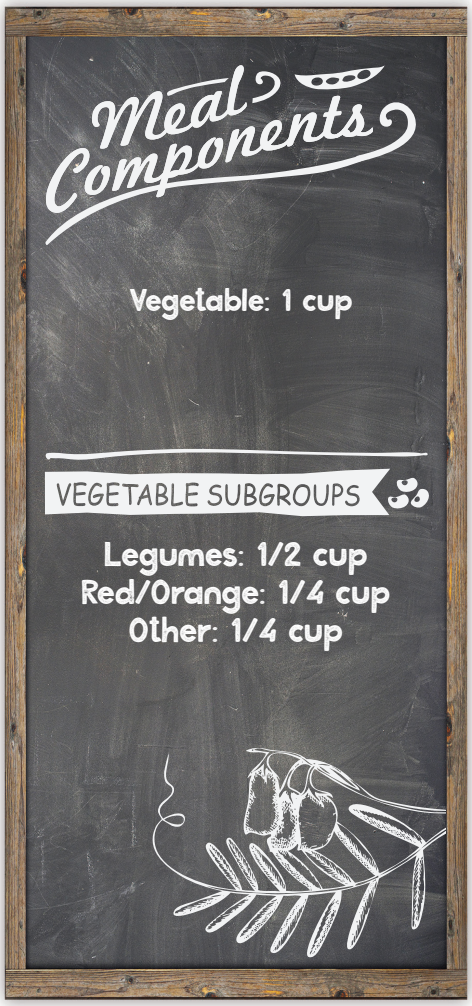


DIRECTIONS

Prepare Ingredients
Chop green peppers and tomatoes. Chop basil and mint.

Prepare Dressing
In a medium bowl combine oil, vinegar, dried thyme, granulated garlic, salt, and pepper.

Prepare Salad
Toss green peppers, tomatoes, basil, mint, and dressing. Serve chilled.



Chef Brenda's Tips

- If your lentils are uncooked, cook the lentils according to manufacturer's directions.
- Make lentil salad the day before and store in the refrigerator. Overnight storage will give the flavors time to marinate for enhanced taste.

Sassy Black Bean Hummus

Serving Size
1/2 cup

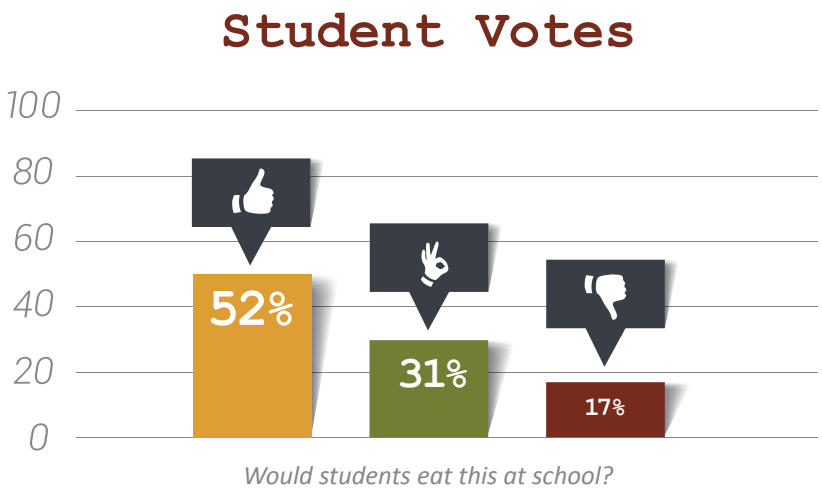
Calories
252

Saturated Fat
5.94%

Sodium
320mg

INGREDIENTS	25 Servings Yield: 25 – ½ cup		100 Servings Yield: 100 – ½ cup	
	WEIGHT	VOLUME	WEIGHT	VOLUME
USDA Black beans, drained	8 lbs 8 oz	3 qts 3 cups (~2 ¼ #10 cans)	33 lbs 14 oz	3 gallons 3 qts (~8 ¾ #10 cans)
Cilantro, fresh		½ cup		2 cups
USDA vegetable oil		1 ¼ cups		1 qt 1 cup
Lime juice, 100% juice		½ cup		2 cups
Pineapple juice, 100% juice		¼ cup		1 cup
Garlic flakes		2 Tbsp		½ cup
Cumin, ground		2 Tbsp		½ cup
Cayenne pepper, ground		1/16 tsp		¼ tsp
Salt		½ Tbsp		2 Tbsp
Black Pepper, ground		½ Tbsp		2 Tbsp

Note: Beans have been increased to 60 cups for 100 1/2 cup servings based on a yield study.



DIRECTIONS

Prepare Ingredients
Drain and rinse black beans.

Make Sassy Black Bean Hummus
In a food processor puree all ingredients until very smooth. Serve chilled.

Chef Brenda's Tips

- Prepare hummus the day before and refrigerate overnight to enhance the flavor.
- Sprinkle minced fresh parsley or fresh cilantro on top of hummus for a more appealing look.

Three Bean Sriracha Chili

Serving Size
1 1/4 cup

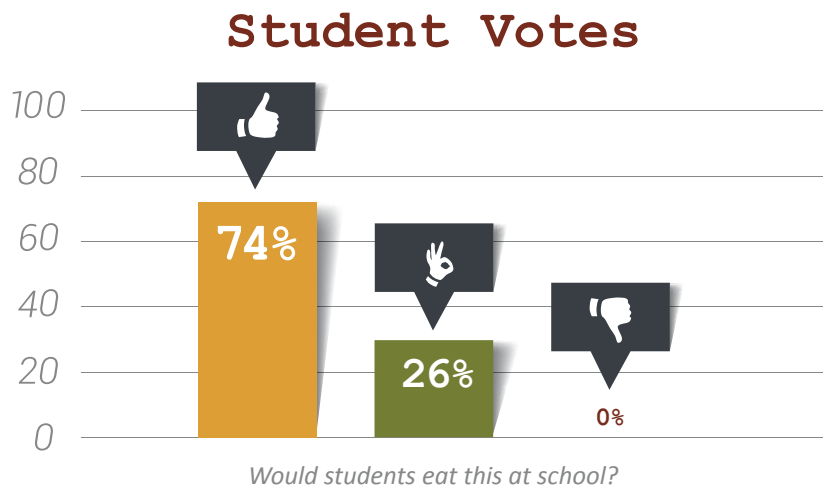
Calories
437

Saturated Fat
8.63%

Sodium
611mg

INGREDIENTS	25 Servings Yield: 25 – 1 ¼ cups		100 Servings Yield: 100 – 1 ¼ cups	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Cilantro, fresh, chopped		¾ cup ½ Tbsp		3 cups 2 Tbsp
USDA mozzarella cheese, shredded	1 lb 9 oz		6 lb 4 oz	
USDA pinto beans, canned, drained	3 lbs 12 ⅓ oz	2 qts ¼ cup (~1 #10 can)	15 lbs 2 oz	2 gallons 1 cup (~3 ⅝ #10 cans)
USDA black beans, canned, drained	4 lbs 10 ⅜ oz	2 qts ½ cup (~1 ¼ #10 cans)	18 lbs 10 oz	2 gallons 2 cups (~4 ⅞ #10 cans)
USDA corn, frozen	1 lb 2 ¼ oz	3 cups 2 Tbsp	4 lbs 9 oz	3 qts ½ cups
Onions, frozen, chopped	3 lbs 2 ⅞ oz	1 qt 2 ¼ cups	12 lbs 12 oz	1 ½ gallons 1 cup
USDA carrots, frozen, sliced	1 lb 4 ⅜ oz	3 cups 2 Tbsp	5 lbs 2 oz	3 qts ½ cup
USDA vegetarian beans, canned	5 lbs 1 oz	2 qts ¼ cup (~¾ #10 can)	20 lbs 4 oz	2 gallons 1 cup (~3 #10 cans)
USDA salsa, canned	3 lbs 7 ⅝ oz	1 qt 2 ¼ cups (~⅝ #10 can)	13 lbs 15 oz	1 ½ gallons 1 cup (~2 ⅛ #10 cans)
Granulated garlic		½ Tbsp		2 Tbsp
Chili powder		½ Tbsp		2 Tbsp
Cumin, ground		½ Tbsp		2 Tbsp
Oregano, dried		½ Tbsp		2 Tbsp
Celery seed		¾ tsp		1 Tbsp
Chicken broth, low-sodium		1 qt		1 gallon
Sriracha hot chili sauce		½ Tbsp		2 Tbsp
Whole corn tortilla chips* (at least 7 gm or ¼ oz eq per serving)	6 ¼ oz		1 lb 9 oz	
Sour cream, light		½ cup 1 ½ tsp		2 cups 2 Tbsp

***WHOLE CORN TORTILLA CREDITING:**
See Policy Memo SP 02-2013 for additional information.



DIRECTIONS

Prepare Ingredients

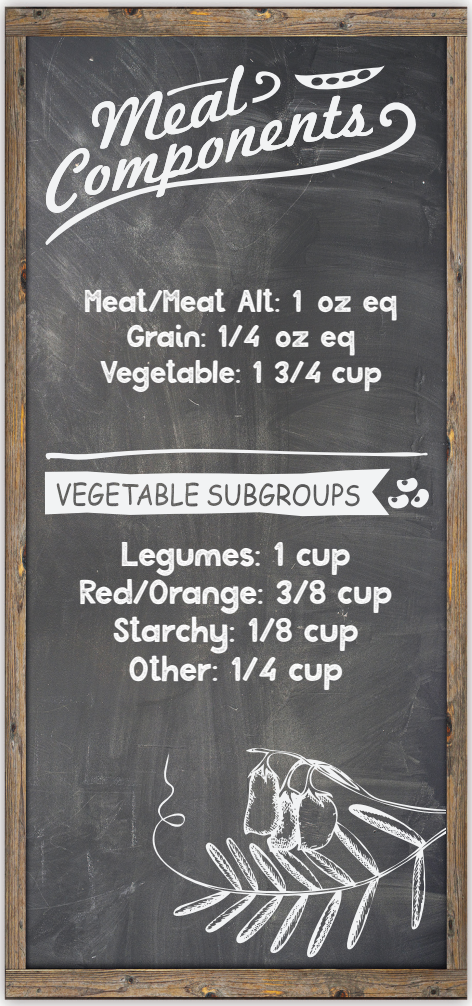
Chop cilantro. Shred cheese. Drain and rinse pinto beans and black beans. Thaw corn, onions, and carrots.

Cook Chili

In a large stockpot add pinto beans, black beans, undrained vegetarian beans, salsa, granulated garlic, chili powder, cumin, oregano, celery seed, chicken broth, and sriracha. Bring to a boil. Reduce heat and simmer for 30 minutes. Serve hot.

Serve Three Bean Sriracha Tortilla Chili

Place 1 1/4 cups of chili in a bowl and garnish with cilantro, cheese, and 1 teaspoon of sour cream. Serve ¼ ounce tortilla chips on the side.



Chef Brenda's Tips

- For a spicier flavor profile, add more Sriracha. As the sodium levels in this dish will change with the addition of more Sriracha, make sure to re-standardize your recipe.
- Give students the option to invigorate their meal by serving lime slices on the side.

Tropical Bean Rice Bowl

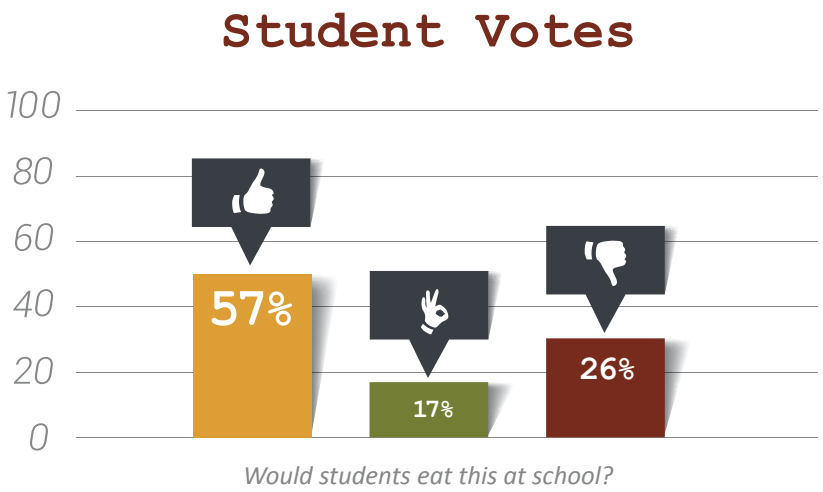
Serving Size
1 1/4 cup bean mixture over 1/2 cup rice

Calories
374

Saturated Fat
1.77%

Sodium
233mg

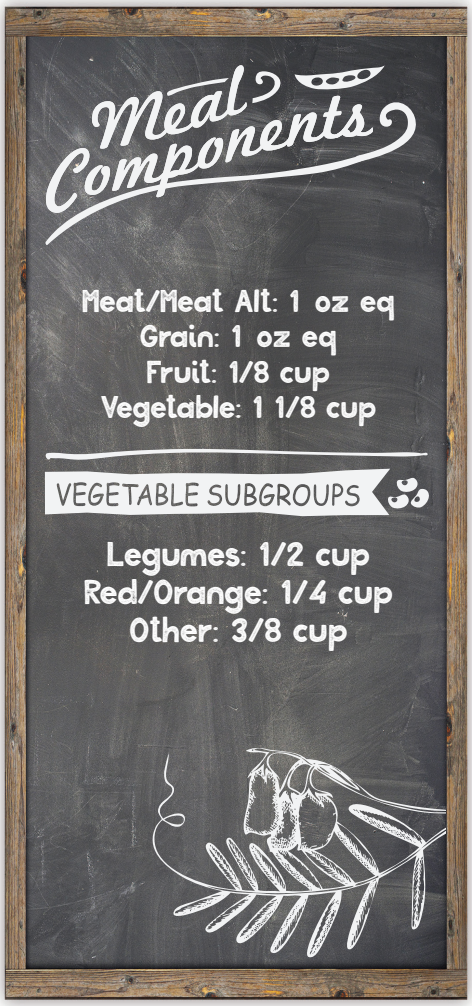
INGREDIENTS	25 Servings Yield: 25 bowls		100 Servings Yield: 100 bowls	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Red onions, diced	1 lb	3 cups 2 Tbsp	4 lbs	3 qts ½ cup
Red peppers, diced	1 lb 4 ⅞ oz	3 cups 2 Tbsp	5 lbs 4 oz	3 qts ½ cup
Cabbage, green, diced	1 lb 6 ⅞ oz	1 qt 2 ¼ cups	5 lbs 12 oz	1 ½ gallons 1 cup
Carrots, shredded	13 oz	3 cups 2 Tbsp	3 lbs 4 oz	3 qts ½ cup
Pink beans, cooked		3 qts ½ cup		3 gallons 2 cups
Pineapple tidbits, canned, extra light syrup or juice	1 lb 9 ¼ oz	3 cups 2 Tbsp (~¼ #10 can)	6 lbs 5 ⅝ oz	3 qts ½ cup (~1 #10 can)
USDA chicken breast, diced	1 lb 9 oz		6 lbs 4 oz	
USDA brown rice, cooked		3 qts ½ cup		3 gallons 2 cups
USDA vegetable oil		1 Tbsp		¼ cup
Sweet and sour sauce		3 cups 2 Tbsp		3 qts ½ cup



DIRECTIONS

Prepare Ingredients
Dice red onions, red peppers, and cabbage. Shred carrots. Drain pineapple. Thaw chicken.

Cook Tropical Bean Rice Bowl
In a large skillet add oil. When oil is hot, add onions, peppers, cabbage, and carrots; sauté until tender. Add pink beans, pineapple, and chicken. Cook until temperature of chicken reaches 165° F. Add sauce and cook until hot. Serve 1 ¼ cup of bean mixture over ½ cup cooked rice.



Chef Brenda's Tips

- Cook beans and rice according to manufacturer's directions.
- Let this recipe turn your kitchen into an island getaway during the dreary months of winter! Create a fun atmosphere at your school with some sunny decorations, Hawaiian costumes, and posters.

Turtle Taco

Serving Size
2 tacos

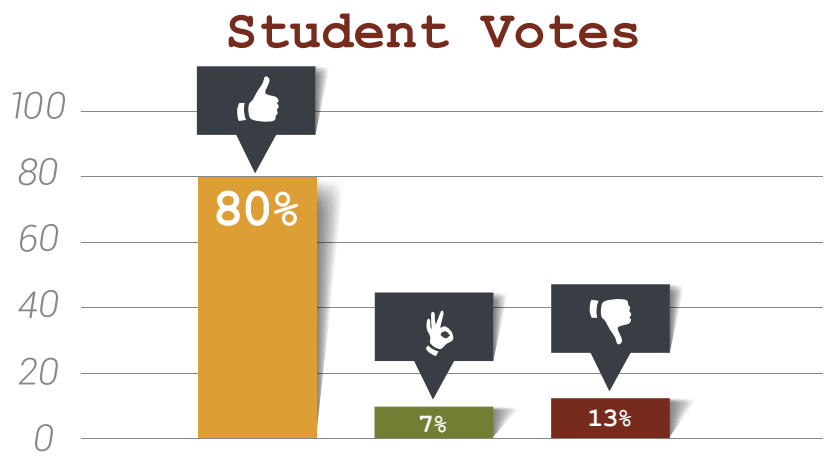
Calories
296

Saturated Fat
7.25%

Sodium
526mg

INGREDIENTS	25 Servings Yield: 50 tacos		100 Servings Yield: 200 tacos	
	WEIGHT	VOLUME	WEIGHT	VOLUME
Romaine lettuce, raw, shredded	12 7/8 oz	1 qt 2 ¼ cups	3 lbs 4 oz	1 ½ gallons 1 cup
Tomatoes, chopped	1 lb 7 oz	3 cups 2 Tbsp	5 lbs 12 oz	3 qts ½ cup
Cheddar cheese, reduced fat, shredded	12 ½ oz		3 lbs 2 oz	
USDA Black beans, canned, drained	7 lbs	3 qts ½ cup (~1 ⅞ #10 cans)	28 lbs	3 gallons 2 cups (~7 ¼ #10 cans)
Garlic Powder		1 Tbsp		¼ cup
Oregano, dried		¾ Tbsp		3 Tbsp
Onions, dehydrated flakes		¼ cup		1 cup
Celery seed		1 tsp		1 Tbsp 1 tsp
Chili powder		¼ cup		1 cup
Cumin, ground		2 Tbsp		½ cup
Red pepper flakes		¾ tsp		1 Tbsp
Salt		¾ Tbsp		3 Tbsp
Water		2 ½ cups		2 qts 2 cups
Whole corn tortillas* (at least 21 gm or ¾ oz eq per tortilla)		50 tortillas		200 tortillas
Sour cream, reduced fat		½ cup ½ Tbsp		2 cups 2 Tbsp

***WHOLE CORN TORTILLA CREDITING:**
See Policy Memo SP 02-2013 for additional information.



Would students eat this at school?

DIRECTIONS

Prepare Ingredients

Shred lettuce, chop tomatoes, and shred cheese.

Prepare Seasoned Black Bean Mixture

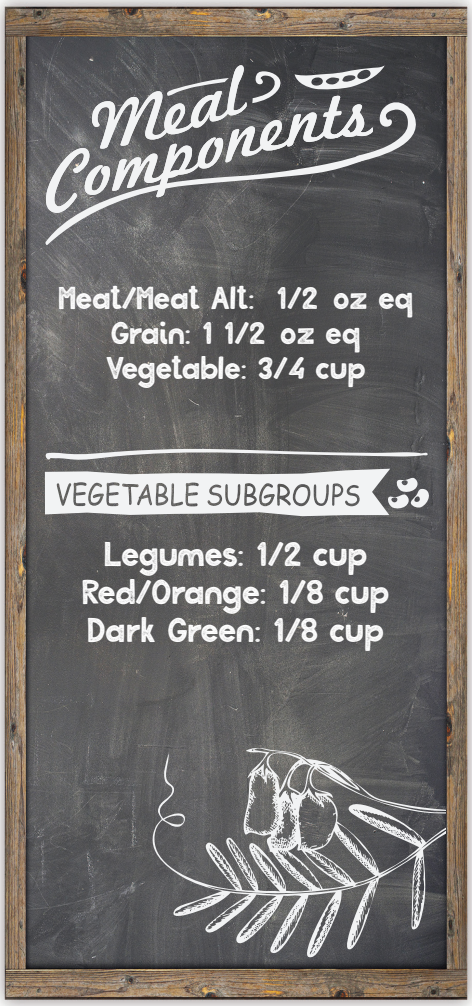
In a large stock-pot add black beans, garlic powder, oregano, dehydrated onions, celery seed, chili powder, cumin, red pepper flakes, salt, and water. Cook on medium-high heat stirring frequently. Cook until water is evaporated and seasonings are well incorporated into the beans.

Heat Tortillas

Do not remove tortillas from their plastic bags. Place tortillas in the warmer for 1 hour or until warm.

Assemble Each Taco

Spoon ¼ cup black beans onto each corn tortilla. Top with 2 tablespoons lettuce (#30 scoop), 1 tablespoon tomato, ½ teaspoon sour cream, and ¼ ounce (½ tablespoon) of cheese.



Chef Brenda's Tips

- The flavors in this recipe will be enhanced if the seasoned black beans are made the day before and refrigerated overnight.
- If tortillas begin to stick together, remove them from their plastic bag, microwave tortillas for 1 minute, and use immediately.
- To add different flavors to this recipe, try mixing the sour cream with adobo sauce, chipotle powder, or salsa.
- Greek yogurt may be used as a variation for sour cream.

USDA FOODS: HEALTHY CHOICES. AMERICAN GROWN.

Source: USDA Foods: Healthy Choices for Our Schools Fact Sheet

SERVING UP NUTRITIOUS OPTIONS

The USDA Foods program helps improve the nutritional value of school meals by offering more fruits, vegetables, and whole grains than ever before. Not only do these healthy foods taste good, but they are also lower in sugar, salt, and fat.

USDA FOODS
HEALTHY CHOICES
AMERICAN GROWN

FRUITS AND VEGETABLES:
Over $513 million in canned, fresh, frozen, and dried fruits and vegetables was purchased for schools through the USDA Foods program and the Department of Defense Fresh Fruit and Vegetable Program in Fiscal Year 2015.

WHOLE GRAINS:
USDA offers many whole grain options including quick cooking brown rice, rolled oats, whole grain dry kernel corn, whole wheat flour, and whole grain pancakes, pastas, and tortillas.

SUGAR:
USDA canned fruits are packed in extra light sucrose syrup or slightly sweetened fruit juice, and all applesauce is unsweetened.

FAT:
Low-fat meats and lean poultry products, as well as fat-free potato wedges, are available to schools. Shortening and butter were eliminated long ago from school purchasing options.

SODIUM:
USDA has reduced the sodium in all of the canned beans and vegetables in the USDA Foods program. Frozen vegetables with no added salt are also available. Both of these specifications greatly exceed the Food and Drug Administration's "healthy" labeling standard for sodium (less than 480mg per serving). These specifications are in line with the Dietary Guidelines for Americans recommendation to reduce sodium intake.

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov

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650 West State Street
PO Box 83720
Boise, Idaho 83720-0027
Toll Free: (800) 432-4601
Local: (208) 332-6800
Fax: (208) 334-2228
www.sde.idaho.gov/cnp/