

# *MAIN DISHES*

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive oil		1 ½ cup		3 cup	1 cup	Heat oil in large tilt skillet
Chicken Breast, boneless, skinless 2 oz. size when cooked		50 each		100 each	25 each	Sauté chicken 3 minutes on each side in hot oil.
Onion, Spanish, diced	2 #		4 #		1 #	Add onion, eggplant, zucchini, green pepper and mushrooms.
Eggplant, diced	2 #		4 #		1 #	Continue to stir occasionally about 10 minutes.
Zucchini, diced	2 #		4 #		1 #	Add garlic and cook 1 minute.
Green pepper, diced	2 #		4 #		1 #	Add tomatoes, including the juice from the tomatoes to the chicken and vegetables.
Mushrooms, fresh or canned, sliced	2 #		4#		1#	Add the dried basil, parsley and black pepper.
Tomatoes, canned, chopped*		2- #10 can		4- #10 can	1- #10 can	Simmer chicken until thermometer reads 165° F internal temperature.
Garlic, minced	2 oz		4 oz		6 clove	Serve 1 chicken breast with ½ cup (#8 scoop) vegetables over chicken
Dried Parsley		4 Tb		½ cup	2 Tb	
Black pepper, ground		2 Tb		1/4 cup	1 Tb	
Dried Basil Leaves		4 Tb		½ cup	2 Tb	

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Vegetable oil		1 cup		2 cup	½ cup	Heat oil in large stockpot, tilt skillet or steam kettle.
Tomatoes, fresh, medium diced	25 #		50 #		12.5 #	Add the tomatoes and onions to the pan. Saute for 15 minutes over medium high heat, stirring occasionally.
Onion, diced		6 cup		12 cup	3 cup	Add garlic and spices to tomato and onions and stir to combine fully.
Garlic, minced		2 Tb		1/8 cup	1 Tb	Add kidney beans and return to simmer. Add dried parsley to mixture. Remove from heat.
Chili powder, ground		2 Tb		¼ cup	1 Tb	Preheat tortillas by microwave, 1-2 minutes until warm or wrap tortillas tightly with aluminum foil and heat in 350° F oven 15 minutes.
Cumin, ground		2 tsp		1 Tb+1 tsp	1 tsp	Once tortillas are warm place ¾ cup of the filling in the center of tortilla.
Red kidney beans, canned, drained and rinsed*	8 #	4 quart	16 #	8 quart	4# or 8 cups	Sprinkle each tortilla with 2 Tb shredded cheese and fold one side over the mixture towards the center.
Parsley, dried		2 Tb		1/4 cup	1 Tb	Fold the two opposite sides toward the center and then fold onto remaining side to make a burrito.
Flour tortillas, enriched, 10 inch		50 each		100 each	25 each	Line burritos up closely onto parchment paper lined sheet pans and wrap <u>tightly</u> with plastic wrap and then top with foil.
Mozzarella or cheddar cheese, shredded*		2 ½ cup		5 cups	1 ¼ cup	To keep burritos soft until service the pan must be covered tightly. Hold in 200° F oven.

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	Weight	Measure	Weight	Measure		
Olive oil		½ cup		1 cup	¼ cup	Heat water to cook pasta. The amount of water should be in a 4:1 ratio (water to pasta). Add pasta and cook to al dente. Place cooked pasta in sprayed hotel pans, cover tightly with wrap and hold until service in 200° F oven.
Garlic, minced		1/3 cup		2/3 cup	3 Tb	In a large skillet, heat olive oil over medium heat.
Rosemary, dried		1 Tb + 1 tsp		3 Tb	2 tsp	Add minced garlic and dried rosemary to oil to infuse the flavor into the oil. Do not brown garlic, heat approximately 2 minutes.
Red pepper flakes, crushed		1 tsp		2 tsp	½ tsp	Add crushed red pepper flakes and chopped tomatoes w/ juice.
Tomatoes, canned, diced, undrained*		2 - #10 can		4- #10 can	1- #10 can	Increase heat to medium high and simmer sauce until it begins to thicken. Approximately 8-10 minutes.
Garbanzo beans, rinsed*	7.5 #		15 #		6 cups or 3.75 #	Add garbanzo beans and dried parsley to sauce and heat thoroughly.
Parsley, dried leaves		¼ cup		½ cup	2 Tb	Place sauce in hotel pans and hold in 200° F oven until service.
Rotini pasta*	9 #		18 #		4.5 #	Serve ½ cup sauce over 1 cup cooked pasta.
Parmesan cheese, grated		1.75 cup		3 cup	¾ cup	Finish pasta with a sprinkling of Parmesan cheese.

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Butter	1 ¼ #		2 ½ #		1 ¼ cup	For primavera sauce: melt butter over medium heat in large saucepan or kettle.
Flour		3 cup		6 cup	1 ½ cup	Add flour to melted butter and whisk over medium heat, making a roux.
Skim milk		2 gallon		4 gallon	1 gallon	Whisk roux continuously for approximately 5 minutes. Do not brown flour.
White pepper		2 tsp		1 Tb + 1 tsp	1 tsp	Slowly whisk milk into roux and continue whisking until fully incorporated.
Bay leaf		4 each		6 each	2 each	Add bay leaves, white pepper and garlic powder and cook white sauce on medium.
Parmesan cheese, grated	2 #		4 #		3 cup	Boil water for pasta and cook to al dente.
Lemon juice		2 Tb		¼ cup	1 Tb	Steam broccoli, cauliflower and carrots until they are bright and crisp.
Garlic powder		1 Tb		2 Tb	1 ½ tsp	Steam zucchini and peas just until heated through.
Broccoli, fresh or frozen, cut into bite size pieces.	4 #		8 #		2 #	Drain cooked pasta and place into hotel pan sprayed with non-stick spray. Hold in 200° F oven until service.
Cauliflower, fresh or frozen, cut into bite size pieces.	4 #		8 #		2 #	Place steamed vegetables in hotel pan sprayed with non-stick spray and hold in 200° F oven until service.
Carrots, baby, fresh or frozen	4 #		8 #		2 #	Add lemon juice, and ¾ of total parmesan cheese to sauce and remove from heat.
Zucchini, sliced into ½ “ x 2” strips	4 #		8 #		2 #	For service, place 1 cup pasta on plate, put ½ cup vegetables over pasta and cover vegetables with ½ cup cheese sauce.
Peas, frozen*	2 #		4 #		1 #	Can also be layered into hotel pans coated generously with non-stick spray oil and held in 200° F oven until service.
Fettuccini or other pasta*	12 #		24 #		6 #	To serve, finish with a sprinkling of remaining parmesan cheese.

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