

*MISCELLANEOUS*

TITLE: Cool Clementines

Recipe M-1

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Clementines		50 each		100 each	25 each	Peel each clementine and divide into segments.
						Onto a parchment covered sheet pan arrange clementine sections individually onto sheet pan.
						Place sheet pan into freezer for at least ½ hr to freeze solid.
						Enjoy as a refreshing treat. Once frozen these can be placed into individual portion cups and held in the freezer until service. Serve one Clementine or ½ cup fruit.



TITLE: Go Bananas Orange Dip

Recipe M-2

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Banana, peeled		25 each		50 each	12 each	Place bananas in large blender or food processor.
Yogurt, plain or vanilla (Note: if using plain add 2 Tb honey per qt)		3 ½ qt		6 quart	1 ¾ quart	Add yogurt to bananas and blend on low speed until thoroughly mixed.
Oranges, peeled and sectioned* see note below		50 each		100 each	25 each	Place dip in serving bowl or into individual ½ cup portions.
						Arrange oranges onto serving platter or onto individual plates.
Note: Any type of fruit or vegetable that makes a good dipper may be used Favorite dippers include; strawberries, kiwi sections, watermelon, melon, apples, pineapple, carrots, celery, cucumbers, peppers, broccoli and cauliflower.						This recipe can be nicely presented with the dip located in the center of the tray and the bright and colorful dippers arranged surrounding.
						If age appropriate fruit can be skewered and stuck into a piece of dense fruit as a base, such as melon or pineapple for a dramatic presentation.

\* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Grapes, seedless, red and/or green**		25 cup		50 cup	12 ½ cup	Wash grapes well and remove stems.
						Onto a parchment covered sheet pan arrange grapes individually onto sheet pan.
						Place sheet pan into freezer for at least ½ hr to freeze solid.
						Enjoy as a refreshing treat. Once frozen these can be placed into individual ½ cup portion cups and held in the freezer until service

\*\*Please note: Grapes represent a choking hazard for young children. Please cut grapes in half for service or do not serve to young children.

Nutrients Per Serving

Serving Size: 89.6 g

Calories 63.6  
Protein .5 g  
Carbohydrates 15.9 g  
Dietary Fiber .9 g  
Total Fat 15.0 g  
Saturated Fat .1 g  
Cholesterol 0.0 mg  
Vitamin A IU 65.4  
Vitamin C 9.6 mg  
Calcium 9.8 mg  
Iron .2 mg  
Sodium 1.7 mg

Approximate preparation time: 30 minutes

5 A Day Serving: 1 Serving

Child Nutrition Program Serving: 1 portion  
provides ½ cup of fruit

Family-Size Recipe Name: See Polar Berries in the appendix.

Recipe source: California Table Grape Commission/"Kids...Get  
Cookin'!" California 5 A Day Campaign

NOTES



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
100% pineapple juice, unsweetened, canned	2- 48 oz cans		4- 48 oz cans		1-48 oz can	Add pineapple juice, strawberries and yogurt in a gallon container. Use immersion blender to puree until smooth.* (See note below.)
Strawberries, fresh or frozen*	4 #	8 quart	16 #	16 quart	4 # or 4 quart	Add honey, milk and lemon juice to fruit puree and blend until completely incorporated.
Vanilla yogurt	4 #	2 quart	8 #	4 quart	2 # or 1 quart	Chill until service. Serve 1 ½ cup portion per person
Honey		2/3 cup		1 1/3 cup	5 Tb or 1/3 cup	* if immersion blender is not available mixture can be divided into smaller batches and blended in upright blender or robocoupe.
Milk, 2%		4 quart		1 gallon	2 quart	
Lemon juice, full strength		¼ cup		½ cup	2 Tb	

\* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 265.0 g (9.3 oz-wt.)

Calories	149.2
Protein	5.5 g
Carbohydrates	28.1 g
Dietary Fiber	1.6 g
Total Fat	2.3 g
Saturated Fat	1.3 g
Cholesterol	8.5 mg
Vitamin A IU	237.0 IU
Vitamin C	37.7 mg
Calcium	196.4 mg
Iron	0.7 mg
Sodium	72.1 mg

Approximate preparation time: 20 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion  
½ cup of fruit

Family-Size Recipe Name: “Strawberry Yogurt Shake” can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health Foundation. For more information, please visit the Produce Marketing Association’s Web site: [www.aboutproduce.com](http://www.aboutproduce.com)

**NOTES**



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Zucchini, sliced		10 each		20 each	5 each	Slice zucchini in half lengthwise and then into thin slices, place in large bowl.
Grated Carrots		1 ½ quart		3 quart	3 cups	Peel and grate carrots and place in bowl with zucchini.
Red wine or Balsamic vinegar		2 cup		1 quart	1 cup	Add vinegar to bowl and toss well to mix.
Bell pepper, sliced		10 each		15 each	5 each	Core, seed and slice pepper into thin strips, add to mix.
Red onion, sliced		8 each		12 each	4 each	Skin and cut onion in half lengthwise. Slice onion into thin slices.
Salt and pepper		2 tsp each		4 tsp each	1 tsp each	Add salt, black pepper and oil to mixture. Marinate 1-2 hours or refrigerate up to 3 days.
Olive oil		3 cup		1 ½ cup	6 Tb	Serve ½ cup (#8 scoop) portion onto sandwich. Use as booster to sandwiches, or excellent on crusty French bread with slice of cheese.

