

SIDE DISHES

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Sweet potatoes, fresh, whole	18 #		36#		9 #	Preheat oven to 375° F. Prick sweet potatoes with a fork and bake 45-60 minutes until tender. Peel when cooled. Slice into lengthwise wedges.
100% apple juice, unsweetened*	2 quart		1 gallon		1 quart	Place apple juice in steam kettle, tilt skillet or sauté pan and reduce to ¼ over medium high heat.
Nutmeg, ground	1 oz	2 tsp	2 oz	1 Tb	1 tsp	Add nutmeg, cinnamon and salt to apple glaze and stir in pats of butter. Reduce heat.
Cinnamon, ground		2 Tb		¼ cup	1 Tb	Add sweet potatoes to apple-spice glaze, continue to stir until well coated and heated through.
Salt		2 Tb		1/8 cup	1 Tb	Hold warm until service in 200° F oven. 4 wedges per serving.
Butter, unsalted, cut into 1" pats	8 oz	1 cup	1 #	2 cups	½ cup or 4 oz	

* 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		
Potatoes – medium sized*		25 each		50 each	13 each	Peel potatoes and cut into chunks. Boil 10-15 minutes until tender. Mash or run through food mill.
Oil		1 cup		2 cup	½ cup	Heat oil in large sauté pan or tilt skillet.
Onion, diced	2 #		4 #		3 each	Skin and dice onions. Sweat in oil approximately 10 minutes until slightly translucent.
Broccoli, chopped	4 #		8#		2 #	Add chopped broccoli to onions.
Carrot, diced, fresh or frozen*	2 #		4 #		1 #	Add carrots to broccoli and onion mixture. Cook for 5 minutes over medium heat. This mixture should be bright and vibrant in color. Do not overcook.
Salt		2 Tb		4 Tb	1 Tb	Season with salt and pepper.
Black pepper, ground		2 tsp		4 tsp	1 tsp	Add milk to mashed potatoes and blend to smooth consistency.
Milk, 2% or dry reconstituted*		1 ½ quart		3 quart	3 cup	Mix in sautéed vegetables mixture into potatoes and keep warm until service. Serve ½ cup portion (#8 scoop)

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Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Broccoli, fresh or frozen, cuts	4 #		8 #		2 #	Steam broccoli and carrots until bright and slightly tender.
Baby carrots, fresh or frozen	2 #		4 #		1 #	Heat water chestnuts thoroughly in saucepan until heated through.
Water chestnuts, canned or frozen	2 #		4 #		1 #	In a saucepan combine orange zest, orange juice and honey. Bring mixture to a boil.
Orange zest, minced		2 Tb		4 Tb	3 tsp	Combine soy sauce and corn starch to make a slurry.
100% orange juice, unsweetened*		3 cup		1 ½ quart	1 ½ cup	While whisking, pour soy and corn starch slurry into boiling orange juice and honey mixture to thicken.
Soy sauce, reduced sodium		¼ cup		½ cup	2 Tb	Pour sauce over hot vegetables and toss lightly to coat.
Cornstarch		¼ cup		½ cup	2 Tb	Serve 1/2 cup vegetables per person.

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Nutrients Per Serving

Serving Size: 95.6 g (3.3 oz-wt.)

Calories	35.3
Protein	1.8 g
Carbohydrates	7.7 g
Dietary Fiber	2.1 g
Total Fat	.1 g
Saturated Fat	0.0 g
Cholesterol	0.0 mg
Vitamin A IU	3572.3 IU
Vitamin C	25.6 mg
Calcium	29.3 mg
Iron	0.6 mg
Sodium	62.8 mg

Approximate preparation time: 25 minutes

5 A Day Serving: 1 serving

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

Family-Size Recipe Name: “Orange-Sauced
Vegetables” can be found in the appendix.

Recipe source: Produce for Better Health Foundation/Polyp
Prevention Trial

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

NOTES



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Baby Red potatoes, unpeeled	12 #		24 #		6 #	In a large stockpot or steam kettle boil potatoes until just fork tender approximately 20 minutes.
Basil, dry		½ cup		¾ cup	6 Tb	While potatoes are cooking combine basil, chives, lemon juice pepper and oil in a saucepan and heat to simmer.
Chives, dry		½ cup		¾ cup	6 Tb	Drain potatoes once tender, and let the steam evaporate. Allow potatoes to air dry slightly before coating with oil mixture.
Lemon juice		½ cup		¾ cup	6 Tb	Pour hot herb and oil mixture over the cooked potatoes and toss lightly to evenly coat.
Black pepper, ground		1 ½ tsp		1 Tb	¾ tsp	Serve immediately or hold in 200° F oven until service.
Vegetable oil		2/3 cup		1 1/3 cup	1/3 cup	Serve 5-6 potatoes per person.

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butternut squash, average size (use local produce, if desired)	20 #		40 #		10 #	Preheat oven to 350° F. Cut squash lengthwise into four wedges. Remove seeds from squash. Place wedges onto baking sheet that has been coated with non-stick cooking spray.
Allspice		2 tsp		1 Tb + 1tsp	1 tsp	In a small bowl mix together allspice, salt and pepper. Mist each wedge with cooking spray and dust each with allspice seasoning.
Salt		2 Tb		4 Tb	1 Tb	Bake squash 30-40 minutes until tender.
Pepper, black ground		2 tsp		1 Tb + 1 tsp	1 tsp	Serve one wedge
Spray oil, as needed to lightly coat baking sheet						

Nutrients Per Serving

Serving Size: 182.2 g (6.4 oz-wt.)

Calories	72.7
Protein	1.6 g
Carbohydrates	19.1 g
Dietary Fiber	5.1 g
Total Fat	.1 g
Saturated Fat	0.0 g
Cholesterol	0.0 mg
Vitamin A IU	12703.0 IU
Vitamin C	27.4 mg
Calcium	75.0 mg
Iron	1.1 mg
Sodium	286.3 mg

Approximate preparation time: 30 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
(1 wedge) provides ½ cup of vegetable

Family-Size Recipe Name: “Roasted Butternut Squash”
can be found in the appendix.

Recipe Source: National Cancer Institute

NOTES



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
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Butter, unsalted	¼ #	½ cup	½ #	1 cup	1/4 cup	In a large saucepan or steam kettle melt butter. Preheat oven to 375° F
Onion, skinned, diced	2 #		4 #		1 #	Add onions, celery and carrots to melted butter and cook over medium heat for 10 minutes.
Celery, diced	2 #		4 #		1 #	Add mushrooms, dry sage, poultry seasoning, pepper and peas.
Carrots, diced, fresh or frozen*	4 #		8 #		2 #	Add broth and simmer until volume of broth has reduced by ½.
Mushrooms, button, sliced	2 #		4 #		1 #	Add cubed bread and stir until evenly moistened and vegetables are uniformly spread throughout stuffing.
Frozen Green Peas*		8 cups		16 cups	4 cups	Place stuffing into 4 inch hotel pan that has been sprayed with non-stick cooking spray.
Sage, dry, ground		2 Tb		4 Tb	1 Tb	Bake uncovered for 30-45 minutes until top is slightly crispy and golden brown.
Poultry seasoning		2 Tb		4 Tb	1 Tb	Cut each hotel pan into 25 portions. Serve 1 portion per person.
Black pepper, ground		2 Tb		4 Tb	1 Tb	
Chicken broth, low sodium		3 quart		6 quart	1 ½ quart	
Bread, day-old, sliced into 1" cubes		4 #		8 #	32 slices or 2 #	

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Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Potatoes, medium sized*		50 each		100 each	25 each	Scrub potatoes clean. Prick and bake at 425°F for approximately 1 hour or until tender.
Broccoli, cuts chopped, frozen or fresh, chopped	4- 10 oz bags		8- 10 oz bags		2-10 oz bag	Cut potatoes in half lengthwise and scoop out leaving about ½ inch of potato inside. Mash pulp or run through food mill. Preheat oven to 375°F.
Milk, 1% (can use reconstituted)*		3 cup		1 ½ quart	1.5 cup	Steam broccoli cuts until tender. Add milk and cottage cheese to potatoes. Add steamed broccoli to mixture.
Cottage Cheese, low fat (1%)		9 cup		2 quart	4 ½ cup	Mix in garlic powder and dill weed. Add hot pepper sauce.
Garlic powder		2 Tb		4 Tb	1 Tb	Using a #6 scoop, place ¾ cup mashed vegetables back into potato shells and place on sheet pan lined with parchment paper.
Dill weed		2 Tb		4 Tb	1 Tb	Sprinkle each with Parmesan cheese.
Hot pepper sauce		2 Tb		4 Tb	1 Tb	Place potatoes in 375°F oven. Bake approximately 20 minutes until golden brown.
Parmesan cheese, grated		½ cup		1 cup	4 Tb	Serve one filled potato shell per person.

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