Stir-Fry (Chicken, Beef, Pork)

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		1 cup		2 cups		1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups		
Ground ginger		1/2 tsp		1 tsp		
Granulated garlic		3 Tbsp		6 Tbsp		
White pepper		2 tsp		1 Tbsp 1 tsp		
Low-sodium chicken stock, non-MSG		2 qt		1 gal		2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
Fresh mixed vegetables:						**Prepare no more than 50 portions per batch.**
*Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal		
*Fresh carrots, peeled, 1/4" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt		4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
*Onions, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		
OR						
†Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb			
Vegetable oil		1/2 cup		1 cup		
Skinless, boneless chicken breasts, cut 2" x 2"	9 lb		18 lb			5. Saute chicken in oil for 3 to 5 minutes until no signs of pink remain. Add chicken to vegetables in steam table pan. Add sauce and mix to coat chicken and vegetables. Heat to serving temperature.
Vegetable oil		1 cup		2 cups		

*See Marketing Guide.

†If using Oriental vegetables, add frozen vegetables to sauteed chicken in Step 5.

(over)

SERVING: 1 cup (2 No. 8 scoops) provides 2 ounces of meat and 5/8 cup of vegetable

YIELD: 50 servings: 23 lb 4 oz
100 servings: 46 lb 8 oz

Variations

a. Beef Stir-Fry

50 servings: Follow Steps 1-4. In Step 5, use 10 lb 4 oz of boneless beef top round, cut in 1/2" cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

100 servings: Follow Steps 1-4. In Step 5, use 20 lb 8 oz of boneless beef top round, cut in 1/2" cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

b. Pork Stir-Fry

50 servings: Follow Steps 1-4. In Step 5, use 11 lb 9 oz of boneless pork shoulder or loin, cut in 1/2" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

100 servings: Follow Steps 1-4. In Step 5, use 23 lb 2 oz of boneless pork shoulder or loin, cut in 1/2" cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

Special Tips:

1) For an authentic Oriental flavor, substitute 1/4 cup of sesame oil for 1/4 cup of vegetable oil to saute chicken, for each 50 servings.

2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

Nutrients Per Serving

Calories	208	Saturated Fat	1.4 g	Iron	1.5 mg
Protein	22 g	Cholesterol	47 mg	Calcium	51 mg
Carbohydrate	12 g	Vitamin A	1355 RE/13640 IU	Sodium	251 mg
Total Fat	8.1 g	Vitamin C	46 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Broccoli	6 lb 15 oz	13 lb 14 oz ..	.....
Carrots	8 lb 1 oz	16 lb 2 oz	.....
Onions	1 lb 7 oz	2 lb 14 oz	.....

Chicken Fajitas

Meat • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Marinade: Vegetable stock, non-MSG ..... Cornstarch	....	2 cups ..... 1/4 cup	....	1 qt ..... 1/2 cup	....	1. Dissolve the cornstarch in the vegetable stock. 2. Heat over medium heat until thickened. Cool.
Vegetable oil	.....	2 cups	.....	1 qt	.....	3. Add the oil to the cooled, thickened stock mixture.
White vinegar ..... Sugar ..... White pepper ..... Garlic powder ..... Chili powder ..... Ground cumin ..... Dried oregano leaves	..... 12 oz	2 cups ..... 1 1/2 cups ..... 1 Tbsp 1 tsp .. 1 Tbsp 1 tsp .. 2 Tbsp ..... 1 1/4 tsp ..... 2 tsp	..... 1 lb 8 oz	1 qt ..... 3 cups ..... 2 Tbsp 2 tsp .. 2 Tbsp 2 tsp .. 1/4 cup ..... 2 1/2 tsp ..... 1 Tbsp 1 tsp	....	4. Combine the white vinegar, sugar, white pepper, garlic powder, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
Raw, boned, skinless chicken breasts, 1/2" slices	9 lb	.....	18 lb	.....	.....	5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator. 6. Drain the chicken, reserving the marinade. 7. Preheat grill to 350° F. For each batch of fajitas, pour 2 cups of the marinade on the heated grill. Add 9 lb of the sliced chicken and saute about 10 minutes, until no signs of pink remain. Remove to steam table pan.

(over)

Chicken Fajitas *(continued, page 2 of 2)*

SERVING: 1 fajita provides 2 ounces of cooked poultry, 1/8 cup of vegetable, and 1 serving of grains/breads

YIELD: 50 servings: 12 lb 4 oz (filling)
100 servings: 24 lb 8 oz (filling)

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned corn, drained	2 lb 4 oz	1/2 No. 10 can	4 lb 8 oz	1 No. 10 can		8. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.
OR						
Frozen corn	2 lb 4 oz		4 lb 8 oz			
*Onions, diced	12 oz	2 1/4 cups	1 lb 8 oz	1 qt 1/2 cup		
*Fresh green peppers, diced	8 oz	1 2/3 cups	1 lb	3 1/3 cups		
Canned tomatoes, drained, chopped	1 lb	1/4 No. 10 can	2 lb	1/2 No. 10 can		
Canned salsa	1 lb		2 lb			
Flour tortillas, 7-inch		50 each		100 each		9. For each serving, place 1/2 cup (3 1/2 oz) of filling on each tortilla. If desired, fold or roll tortilla over filling. Serve warm.

*See Marketing Guide.

Special Tips:

1) If a grill is not available, a steam-jacketed kettle may be used to saute the chicken.
2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.
3) This makes an attractive lunch plate when served with Refried Beans (I-15).

Nutrients Per Serving

Calories	306	Saturated Fat	1.5 g	Iron	2.3 mg
Protein	23 g	Cholesterol	47 mg	Calcium	68 mg
Carbohydrate	33 g	Vitamin A	29 RE/261 IU	Sodium	379 mg
Total Fat	8.9 g	Vitamin C	8 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	14 oz	1 lb 12 oz	
Green peppers	10 oz	1 lb 4 oz	

Chicken Tomato Bake

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Elbow macaroni, uncooked ...	3 lb	2 qt 3¼ cups	6 lb	5 qts 2½ cups	.....	1. Cook elbow macaroni in a stock pot or steam-jacketed kettle, until firm-tender, about 8 minutes.
Chicken, cooked, diced	3 lb 2 oz	3 qt	6 lb 4 oz	1 gal 2 qt	.....	2. Combine the pasta, chicken, tomato paste, tomato sauce, cheddar cheese, marjoram, and salt in a large bowl. Mix well.
Tomato paste	12 oz	1⅛ cup	1 lb 8 oz	2¼ cups	.....	
Tomato sauce	4 lb	1 qt 3¼ cups	8 lb	3 qt 2½ cups	.....	
Water	.....	2 cups	.....	1 qt	.....	
Lowfat cheddar cheese, shredded	6 oz	2 cups	12 oz	1 qt	.....	3. Place 13 lb 6 oz of this mixture into each 12" x 20" x 2½" steam table pan.
Dried marjoram	.....	2 tsp	.....	1 Tbsp 1 tsp ..		
Salt	.....	2 tsp	.....	1 Tbsp 1 tsp ..		
Dry bread crumbs	2 oz	½ cup	4 oz	1 cup	.....	4. Top each pan with ½ cup of breadcrumbs. Cover with foil or lid. 5. **To Bake:** Conventional Oven 350°F, 30 minutes Convection Oven 325°F, 30 minutes 6. Score each pan 5x10 with a spatula.

(over)

Chicken Tomato Bake *(continued, page 2 of 2)*

SERVING: 1 cup
provides 1 ounce of meat,
1/4 cup of vegetable,
and 1 serving of grains/breads

YIELD: 50 servings: 13 lb 3 oz
100 servings: 26 lb 6 oz

Special Tip: For a zestier flavor, substitute spaghetti sauce for the tomato sauce.

Nutrients Per Serving

Calories	176	Saturated Fat	.8 g	Iron	1.9 mg
Protein	13 g	Cholesterol	24 mg	Calcium	34 mg
Carbohydrate	25 g	Vitamin A	59 RE/547 IU	Sodium	368 mg
Total Fat	2.8 g	Vitamin C	8 mg	Dietary Fiber	2 g

Chicken Tetrazzini

Meat • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		3 gal		6 gal		1. Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain and hold in cold water. Set aside.
Salt		2 tsp		1 Tbsp 1 tsp		
Spaghetti, broken in thirds	3 lb 1 oz		6 lb 2 oz			
Vegetable oil		1/4 cup		1/2 cup		2. In a steam-jacketed kettle or large saucepan, heat the vegetable oil. Add the vegetable mix or frozen vegetables, mushrooms, and pimientos (optional). Saute vegetables 5 minutes or until tender. Set aside.
Vegetable Mix:						
*Onions, diced	1 lb	3 cups	2 lb	1 qt 2 cups		
*Fresh carrots, diced	1 lb	3 cups	2 lb	1 qt 2 cups		
*Fresh celery, diced	8 oz	2 cups	1 lb	1 qt		
*Fresh green peppers, diced	4 oz	1 cup	8 oz	2 cups		
OR						
Frozen mixed vegetables	2 lb 8 oz		5 lb			
*Fresh mushrooms, sliced	1 lb 4 oz	1 3/4 cups	2 lb 8 oz	3 1/2 cups		
OR						
Canned sliced mushrooms, drained	10 oz	1 2/3 cups	1 lb 4 oz	3 1/3 cups		
Canned pimientos, diced, drained (optional)	8 oz	1 cup	1 lb	2 cups		
Margarine or butter	8 oz	1 cup	1 lb	2 cups		3. Melt the margarine or butter in a steam-jacketed kettle or stock pot. Add flour and cook for 3 minutes.
All-purpose flour	8 oz	1 1/2 cups	1 lb	3 cups		
Lowfat milk, hot		2 qt 2 cups		1 gal 1 qt		
Chicken stock		1 qt 2 cups		3 qt		4. Slowly add the milk to the flour mixture. Simmer, stirring frequently, until mixture is thickened at 180°F. Add chicken stock, pepper, onion powder, and garlic, and simmer for 5 minutes.
White pepper		1 tsp		2 tsp		
Onion powder		2 tsp		1 Tbsp 1 tsp		
Granulated garlic		2 tsp		1 Tbsp 1 tsp		

*See Marketing Guide.

(over)

Chicken Tetrazzini *(continued, page 2 of 2)*

SERVING: 3/4 cup provides 2 ounces of meat, 1/8 cup of vegetable, and 1 serving of grains/breads

YIELD: 50 servings: 24 lb 13 oz
100 servings: 49 lb 10 oz

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken, cooked, diced	6 lb 4 oz	1 gal 2 qt	12 lb 8 oz	3 gal	.....	5. In each 12" x 20" x 2½" steam table pan, combine 3 lb 12 oz (3 qt) of cooked spaghetti, 3 lb 2 oz (3 qt) of cooked diced chicken, 1 qt of cooked vegetables, and 2 qt 1 cup of sauce. 6. Sprinkle ½ cup of Parmesan cheese on top of each pan. 7. **To Bake:** Conventional Oven 350°F, 30 minutes Convection Oven 350°F, 40 minutes Bake until golden brown. 8. Cut each pan 5x5.
Parmesan cheese, shredded	4 oz	1 cup	8 oz	2 cups	.....	

Special Tip: Roasted turkey can be easily substituted for chicken.

Nutrients Per Serving

Calories	301	Saturated Fat	2.8 g	Iron	2.1 mg
Protein	22 g	Cholesterol	51 mg	Calcium	112 mg
Carbohydrate	28 g	Vitamin A	319 RE/2613 IU	Sodium	400 mg
Total Fat	10.4 g	Vitamin C	4 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Green peppers	5 oz	10 oz	.....
Onions	1 lb 3 oz	2 lb 5 oz	.....
Carrots	1 lb 7 oz	2 lb 14 oz	.....
Celery	10 oz	1 lb 4 oz	.....
Mushrooms	1 lb 4½ oz ...	2 lb 9 oz	.....

Beef Shepherd's Pie

Meat • Vegetable

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Ground beef, no more than 24% fat	8 lb 12 oz	1 gal 3 cups	17 lb 8 oz	2 gal 1 qt 2 cups		1. Brown ground beef in a steam-jacketed kettle until no signs of pink remain. Drain fat and discard.
*Onions, diced	8 oz	2 cups	1 lb	1 qt		2. Add onions to ground beef and saute for 5 minutes or until translucent.
OR						
Dried onions	1 oz	1/4 cup 1 Tbsp	2 oz	1/2 cup 2 Tbsp		
Frozen peas	2 lb 6 oz		4 lb 12 oz			3. Mix frozen carrots and frozen peas into ground beef mixture. Set aside.
Frozen sliced carrots	2 lb 6 oz		4 lb 12 oz			
OR						
Frozen mixed vegetables	4 lb 12 oz		9 lb 8 oz			
Beef stock, low-sodium, non-MSG		2 qt		1 gal		4. Heat beef stock in a steam-jacketed kettle to a boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Reheat to a boil.
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups		
Cold water		1 cup		2 cups		
Thyme leaf		1 Tbsp		2 Tbsp		
Onion salt		2 tsp		1 Tbsp 1 tsp		5. Add thyme, onion salt, black pepper, and salt to cornstarch gravy.
Ground black pepper		2 tsp		1 Tbsp 1 tsp		
Salt		2 tsp		1 Tbsp 1 tsp		6. Add gravy to ground beef mixture.
						7. Pour 3 qt 3 cups (7 lb 8 oz) of ground beef mixture into each 12" x 20" x 2 1/2" steam table pan.

*See Marketing Guide.

(over)

Beef Shepherd's Pie *(continued, page 2 of 2)*

SERVING: 1 piece provides 2 ounces of meat and 3/4 cup of vegetable

YIELD: 50 servings: 26 lb 6 oz
100 servings: 52 lb 12 oz

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Boiling water		1 gal 2 cups		2 gal 1 qt		8. Place boiling water and hot milk in a large mixer bowl. Add margarine, potato flakes, and salt. Mix with a paddle for 1 minute, until well blended.
Lowfat milk		1 qt 2 cups		3 qt		
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups		
Potato flakes	2 lb		4 lb			
Salt		2 1/2 tsp		1 Tbsp 2 tsp		
Paprika		1 tsp		2 tsp		9. Spread 3 qt (6 lb 5 oz) of mashed potatoes over the ground beef mixture in each steam table pan. Spray top of potatoes lightly with vegetable oil. Sprinkle with paprika.
						10. **To Bake:** Conventional Oven 375°F, 45 minutes; Convection Oven 350°F, 30 minutes. Bake until thoroughly heated.
						11. Each pan serves 25.

Special Tip: A variety of frozen vegetables, such as corn, green and red peppers, and mushrooms may be used to increase the flavor combinations.

Nutrients Per Serving

Calories	319	Saturated Fat	5.5 g	Iron	2.3 mg
Protein	21 g	Cholesterol	57 mg	Calcium	67 mg
Carbohydrate	24 g	Vitamin A	505 RE/4709 IU	Sodium	437 mg
Total Fat	15.4 g	Vitamin C	19 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	9 oz	1 lb 2 oz	

Honey-Lemon Chicken

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		1 qt		2 qt		1. Combine water, honey, lemon juice, salt, and pepper in a bowl. Set aside.
Honey	1 lb 7 oz	2 cups	2 lb 14 oz	1 qt		
Lemon juice		1 cup		2 cups		
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
White pepper		2 tsp		1 Tbsp 1 tsp		
Chicken thighs	14 lb 12 oz	50 ea	29 lb 8 oz	100 ea		2. Remove skin from thighs. Discard. Place 25 chicken thighs in each 12" x 20" x 2½" steam table pan. 3. **To Bake:** Conventional Oven 400°F, 20 minutes Convection Oven 375°F, 20 minutes 4. Drain fat and discard. 5. Pour 3½ cups of honey-lemon mixture over each pan of chicken thighs. 6. **Return To Bake:** Conventional Oven 350°F, 15 minutes Convection Oven 325°F, 15 minutes Bake until golden brown. 7. For glazed appearance, baste after 10 minutes.

(over)

Honey-Lemon Chicken *(continued, page 2 of 2)*

SERVING: 1 piece
provides 2 ounces of cooked poultry

YIELD: 50 servings: 9 lb 3 oz
100 servings: 18 lb 6 oz

Special Tips:

1) To remove skins easily, use a paper towel to grasp skin.

2) A honey-lemon sauce can be made from the baked pan liquids. For each 50 servings, dissolve 1 cup cornstarch in 1/2 cup cold water. Drain liquid from cooked chicken, remove fat, and strain. Heat 1 qt of honey-lemon sauce until it simmers, 180°F. Add cornstarch-water mixture and simmer until thickened. Pour over chicken before serving. This can be used as a sauce for vegetables or rice.

3) The unbaked honey-lemon sauce may also be used as a marinade. Pour the sauce over the chicken thighs and refrigerate overnight before baking.

Nutrients Per Serving

Calories	122	Saturated Fat	1.7 g	Iron	.8 mg
Protein	15 g	Cholesterol	54 mg	Calcium	7 mg
Carbohydrate	1 g	Vitamin A	11 RE/37 IU	Sodium	62 mg
Total Fat	6.2 g	Vitamin C	0 mg	Dietary Fiber	0 g

Beef Taco Pie

Meat • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lean ground beef, no more than 24% fat	5 lb 14 oz		11 lb 12 oz			1. Brown the ground beef in a steam-jacketed kettle until no signs of pink juices remain.
Taco seasoning mix	6 oz	1 cup	12 oz	2 cups		2. Drain the fat from the ground beef and discard.
OR						
†Mexican Seasoning Mix	4 oz	3/4 cup	8 oz	1 1/2 cups		3. Sprinkle the taco seasoning mix over the drained beef.
Water		2 1/2 cups		1 qt 1 cup		4. Add water and allow to simmer for 15 minutes.
Salsa	2 lb	3 1/2 cups	4 lb	1 qt 3 cups		5. In a bowl, combine salsa, tomato paste, water, and taco seasoning mix.
Tomato paste	2 lb	1 qt	4 lb	2 qt		
Water		1 qt		2 qt		6. Cut tortillas in halves.
Taco seasoning mix	4 oz	3/4 cup	8 oz	1 1/2 cups		
OR						
†Mexican Seasoning Mix	3 oz	1/2 cup	6 oz	1 cup		
Flour tortillas, 8-inch		40 each		80 each		
Lowfat cheddar cheese, grated	2 lb	2 qt	4 lb	1 gal		

†Mexican Seasoning Mix (See G-1, Sauces, Gravies, and Seasoning Mixes. Add 1/4 cup of sugar and 1 Tbsp salt per each quart of mix.)

(over)

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						Assembly: 7. Coat or spray bottom of pan with vegetable oil. Into each 12" x 20" x 2½" steam table pan, lay 16 half-tortillas to form the bottom layer. (See diagram for placement.) 8. On top of the tortillas, distribute 1 lb 3 oz (3½ cups) of the meat mixture. Next, spread 2 cups (1 lb 3 oz) of the taco sauce over the meat mixture and sprinkle 1½ cups (6 oz) of the grated cheese over the taco sauce. 9. For the middle layer, lay 12 half-tortillas on top of the taco sauce. Repeat Step 8. For the top layer, lay 12 half-tortillas on top of the taco sauce. Spread 2 cups (1 lb 3 oz) of taco sauce on top. Sprinkle 1 cup (4 oz) of grated cheese evenly over the taco sauce. 10. **To Bake:** Conventional Oven 350°F, 30 minutes, covered Convection Oven 325°F, 20 minutes, covered Bake until thoroughly heated. 11. Let pie rest for 5 minutes before portioning. Cut each pan into 25 pieces.

(over)

SERVING: 1 piece provides 2 ounces of meat, 1/4 cup of vegetable, and 3/4 serving of grains/breads

YIELD: 50 servings: 16 lb 13 oz
100 servings: 33 lb 10 oz

Variations

a. Taco Pie with Salad Topping

50 servings: Combine 1 lb diced tomatoes and 2 lb shredded lettuce to place on top of taco pie, 1 oz (1/4 cup) per serving. A dollop (1 Tbsp) of lowfat sour cream or lowfat yogurt may be used to garnish each serving.

100 servings: Combine 2 lb diced tomatoes and 4 lb shredded lettuce to place on top of taco pie, 1 oz (1/4 cup) per serving. A dollop (1 Tbsp) of lowfat sour cream or lowfat yogurt may be used to garnish each serving.

Note: The salad topping adds 1/4-cup serving of vegetable.

b. Taco Pie with Beans

50 servings: Replace the lean ground beef with an equal weight of drained vegetarian beans. Complete the rest of the recipe as directed.

100 servings: Replace the lean ground beef with an equal weight of drained vegetarian beans. Complete the rest of the recipe as directed.

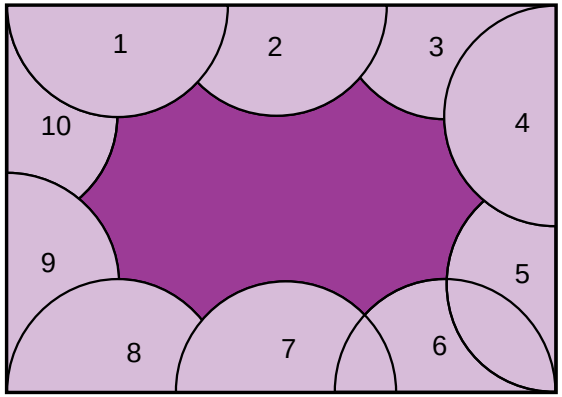
Nutrients Per Serving

Calories	311	Saturated Fat	4.0 g	Iron	4.2 mg
Protein	20 g	Cholesterol	42 mg	Calcium	161 mg
Carbohydrate	31 g	Vitamin A	166 RE/1585 IU	Sodium	462 mg
Total Fat	11.9 g	Vitamin C	10 mg	Dietary Fiber	4 g

Bottom Layer

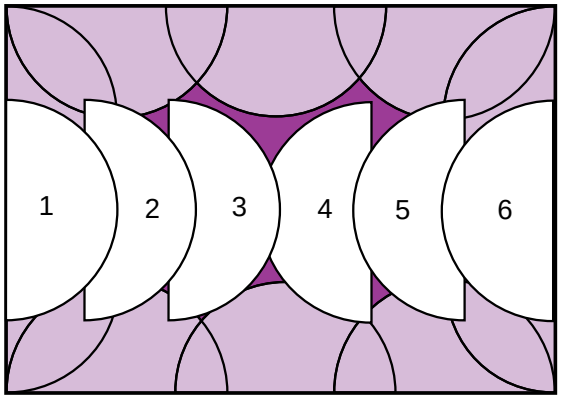
Step 1

Place 10 half-tortilla shells up against the edge of the pan.

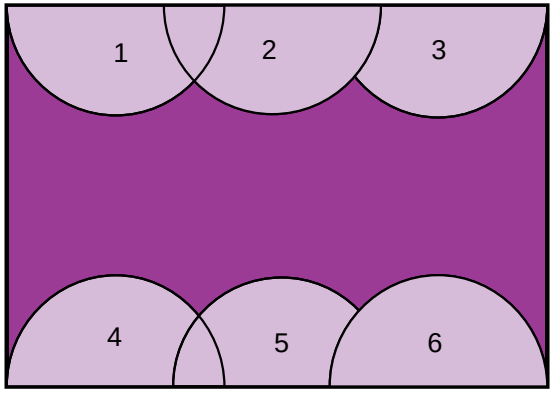


Step 2

Place six half-tortilla shells down the middle of pan.

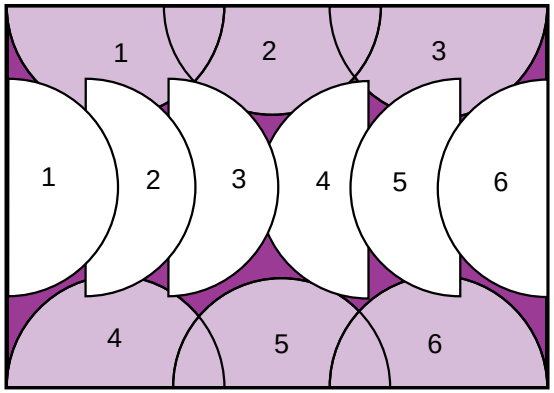


Middle and Top Layers



Step 1

Place six half-tortilla shells around outside of the pan.



Step 2

Place six half-tortilla shells down the center of the pan.

Baked Cajun Fish

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Paprika		2 tsp		1 Tbsp 1 tsp		1. Mix seasonings in a small bowl. Place in a spice shaker.
Granulated garlic		2 tsp		1 Tbsp 1 tsp		
Onion salt		2 tsp		1 Tbsp 1 tsp		
Red pepper		3/4 tsp		1 1/2 tsp		
Black pepper		3/4 tsp		1 1/2 tsp		
White pepper		3/4 tsp		1 1/2 tsp		
Ground oregano		1 tsp		2 tsp		
Ground thyme		1 tsp		2 tsp		
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each		2. Place 25 fish portions into each ungreased 12" x 20" x 2 1/2" steam table pan.
Margarine or butter, melted	6 oz	3/4 cup	12 oz	1 1/2 cups		3. Sprinkle 1/4 cup of lemon juice and 3 Tbsp 1 tsp of seasoning mix over the top of each pan.
Lemon juice		1/2 cup		1 cup		4. Drizzle 3/8 cup of melted margarine over the seasonings.
						5. **To Bake:** Conventional Oven 350°F, 20 minutes Convection Oven 350°F, 15 minutes Until fish flakes easily with a fork.

(over)

Baked Cajun Fish *(continued, page 2 of 2)*

SERVING: 1 portion
provides 2 ounces of cooked fish

YIELD: 50 servings: 7 lb 14 oz
100 servings: 15 lb 12 oz

Special Tips:

1) For best results, batch-cook fish throughout the meal.

2) Boneless, skinless chicken breasts or thighs may be substituted for the fish.

Nutrients Per Serving

Calories	141	Saturated Fat	1.3 g	Iron	.4 mg
Protein	16 g	Cholesterol	51 mg	Calcium	25 mg
Carbohydrate	0 g	Vitamin A	69 RE/275 IU	Sodium	136 mg
Total Fat	7.8 g	Vitamin C	1 mg	Dietary Fiber	0 g

Baked Fish Scandia

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry bread crumbs	8 oz	2 cups	1 lb	1 qt		1. In a bowl, mix bread crumbs, lemon juice, onion salt, white pepper, hot pepper sauce, and parsley.
Lemon juice		1/2 cup		1 cup		
Onion salt		2 tsp		1 Tbsp 1 tsp		
White pepper		1/2 tsp		1 tsp		
Hot pepper sauce		1/2 tsp		1 tsp		
Dried parsley		1/4 cup		1/2 cup		
Vegetable oil		1/4 cup		1/2 cup		2. Oil each 12" x 20" x 2 1/2" steam table pan with 2 Tbsp oil.
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each		3. Place 25 portions into each oiled steam table pan.
Plain lowfat yogurt	1 lb 10 oz	3 1/4 cups	3 lb 4 oz	1 qt 2 1/2 cups		4. Cover each portion with a No. 60 scoop (1 Tbsp) of lowfat yogurt.
Lowfat cheddar cheese, grated	6 oz	1 1/2 cups	12 oz	3 cups		5. Sprinkle 3 oz of cheese, per pan, on top of lowfat yogurt. 6. Sprinkle 1 Tbsp of crumb mixture on top of each portion. 7. **To Bake:** Conventional Oven 400°F, 25 minutes Convection Oven 350°F, 25 minutes Until fish flakes easily with a fork.

(over)

Baked Fish Scandia *(continued, page 2 of 2)*

SERVING: 1 portion
provides 2 ounces of cooked fish

YIELD: 50 servings: 9 lb 6 oz
100 servings: 18 lb 12 oz

Nutrients Per Serving

Calories	159	Saturated Fat	1.3 g	Iron	.7 mg
Protein	19 g	Cholesterol	53 mg	Calcium	75 mg
Carbohydrate	5 g	Vitamin A	35 RE/135 IU	Sodium	176 mg
Total Fat	6.8 g	Vitamin C	1 mg	Dietary Fiber	0 g

Arroz con Queso (Rice with Cheese)

Meat Alternate • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Long-grain white rice	2 lb 4 oz	1 qt 1 cup	4 lb 8 oz	2 qt 2 cups		1. Cook rice in stockpot or steam-jacketed kettle, covered, for 12 minutes or until tender.
Water		2 qt 1 cup		1 gal 2 cups		
*Onions, chopped	1 lb 8 oz	2 qt 2 cups	3 lb	1 gal 1 qt		
OR						
†Dried onions	3 oz	1 cup	6 oz	2 cups		
*Canned mild green chiles, drained, chopped	12 oz	1½ cups	1 lb 8 oz	3 cups		2. Combine all ingredients and add to rice. Spread 1 gal 1 qt (11 lb) in each 12" x 20" x 2½" steam table pan. **To Bake:** Conventional Oven: 350°F, 35 minutes Convection Oven: 325°F, 30 minutes Bake until thoroughly heated.
*Canned jalapeno peppers, drained, chopped	4 oz	1 cup	8 oz	2 cups		
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Lowfat plain yogurt	3 lb	1 qt 2 cups	6 lb	3 qt		
Lowfat milk		1 qt 1 cup		2 qt 2 cups		
Salt		2 tsp		1 Tbsp 1 tsp		
Monterey Jack cheese, shredded	2 lb	2 qt 2 cups	4 lb	1 gal 1 qt		
Lowfat cheddar cheese, shredded	1 lb 8 oz	1 qt 2½ cups	3 lb	3 qt 1 cup		
Canned pinto beans, drained	4 lb		8 lb			
*Fresh tomatoes, finely chopped	1 lb 8 oz	1 qt 2 cups	3 lb	3 qt		3. Sprinkle 3 cups (12 oz) of chopped tomatoes and 3¼ cups (12 oz) of cheddar cheese over top and bake for 5 minutes, until cheese is melted. 4. Cut each pan 5x5 (25 portions per pan).
Cheddar cheese, shredded	1 lb 8 oz	1 qt 2½ cups	3 lb	3 qt 1 cup		

*See Marketing Guide.
†When using dried vegetables, add an equal amount of water. Do not drain before using.

(over)

Arroz con Queso *(continued, page 2 of 2)*

SERVING: $\frac{1}{2}$ cup (No. 8 scoop)
provides the equivalent of $1\frac{1}{2}$ ounces of meat alternate, $\frac{1}{8}$ cup of vegetable, and $\frac{3}{4}$ serving of grains/breads
– or –
provides the equivalent of 1 oz of cheese, $\frac{1}{4}$ cup of vegetable, and $\frac{3}{4}$ serving of grains/breads

YIELD: 50 servings: 23 lb 9 oz
100 servings: 47 lb 2 oz

VOLUME: 50 servings: 1 gal 2 qt 1 cup
100 servings: 3 gal 2 cups

Nutrients Per Serving

Calories	291	Saturated Fat	7.4 g	Iron	2.0 mg
Protein	17 g	Cholesterol	36 mg	Calcium	399 mg
Carbohydrate	28 g	Vitamin A	120 RE/582 IU	Sodium	659 mg
Total Fat	12.0 g	Vitamin C	8 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	1 lb 11 oz	3 lb 7 oz	.....
Tomatoes	1 lb 9 oz	3 lb 1 oz	.....

Vegetable Chili

Meat Alternate • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		1/4 cup		1/2 cup		1. Heat the oil in a steam-jacketed kettle.
*Onions, chopped	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt		2. Add the chopped onions and saute 3 minutes, until translucent.
OR						
†Dehydrated onions	3 1/2 oz	1 cup	7 oz	2 cups		3. Add the chopped green peppers and saute 2 minutes, until tender.
*Fresh green peppers, chopped	9 oz	2 cups	1 lb 2 oz	1 qt		
OR						
†Dried green peppers	1/2 oz	1/3 cup	1 oz	2/3 cup		
Chili powder	3 oz	3/4 cup	6 oz	1 1/2 cups		4. Add the chili powder, cumin, granulated garlic, onion salt, brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
Cumin	1 oz	1/4 cup	2 oz	1/2 cup		
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Onion salt		2 tsp		1 Tbsp 1 tsp		
Red hot sauce (optional)		1/4 cup		1/2 cup		
Brown sugar	4 oz	1/2 cup	8 oz	1 cup		
Canned crushed tomatoes	6 lb 11 oz	1 No. 10 can	13 lb 6 oz	2 No. 10 cans		
Canned diced tomatoes, drained	1 lb	2 1/2 cups	2 lb	1 qt 1 cup		
Canned kidney beans, drained	8 lb 1 oz	3 qt 1/2 cup	16 lb 2 oz	1 gal 2 qt 1 cup		5. Add the kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
No. 3 bulgur wheat	1 lb	3 cups	2 lb	1 qt 2 cups		6. Add yogurt and stir to blend.
Water		1 qt		2 qt		7. Sprinkle 1/4 cup of cheddar cheese on top of each serving.
Lowfat plain yogurt	2 lb	1 qt	4 lb	2 qt		
Lowfat cheddar cheese, shredded	3 lb 2 oz	3 qt 1/2 cup	6 lb 4 oz	1 gal 2 qt 1 cup		

*See Marketing Guide.
†When using dried vegetables, rehydrate in an equal amount of water. Do not drain before using.

(over)

SERVING: 3/4 cup (6-oz ladle) provides the equivalent of 2 ounces of cooked lean meat, 3/8 cup of vegetable, and 1/4 serving of grains/breads

YIELD: 50 servings: 20 lb 6 oz
100 servings: 40 lb 12 oz

VOLUME: 50 servings: 1 gal 3 qt 2 cups
100 servings: 3 gal 3 qt

Special Tip: This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).

Nutrients Per Serving

Calories	201	Saturated Fat	1.7 g	Iron	2.5 mg
Protein	15 g	Cholesterol	7 mg	Calcium	214 mg
Carbohydrate	27 g	Vitamin A	126 RE/1130 IU	Sodium	637 mg
Total Fat	4.5 g	Vitamin C	17 mg	Dietary Fiber	7 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	1 lb 7 oz	2 lb 14 oz	.....
Green peppers	12 oz	1 lb 7 oz	.....

Vegetable Lasagna

Meat Alternate • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lasagna noodles	2 lb 13 oz	45 each	5 lb 10 oz	90 each		1. Cook lasagna noodles in a stockpot or steam-jacketed kettle for 10 to 12 minutes, until tender. Drain. Hold in cold water.
Vegetable oil		1/4 cup		1/2 cup		2. In a pan, heat the vegetable oil. Add the zucchini, mushrooms, and onions. Saute for 3 minutes, until tender. Stir in flour and cook for 3 minutes. Remove from heat and set aside.
*Fresh zucchini, sliced	1 lb	2 1/2 cups	2 lb	1 qt 1 cup		
*Fresh mushrooms, sliced	12 oz	1 qt 1 cup	1 lb 8 oz	2 qt 2 cups		
OR						
Canned mushrooms, sliced, drained	8 oz	1 cup	1 lb	2 cups		
*Onions, chopped	9 oz	1 1/2 cups	1 lb 2 oz	3 cups		
All-purpose flour	2 oz	1/2 cup	4 oz	1 cup		
Frozen broccoli pieces	2 lb 8 oz	3 qt	5 lb	1 gal 2 qt		3. Place broccoli in a 12" x 20" x 2 1/2" steam table pan and steam for 6 minutes, or until tender. Drain well and set aside.
Tomato sauce	8 lb 1 oz	1 No. 10 can + 3 cups	16 lb 2 oz	2 No. 10 cans + 1 qt 2 cups		4. In a steam kettle, heat the tomato sauce and tomato paste. Add the oregano and garlic powder. Simmer, uncovered, for 30 minutes.
Tomato paste	2 lb	3 1/2 cups	4 lb	1 qt 3 cups		
Dried oregano leaves		1/4 cup 2 Tbsp		3/4 cup		
Garlic powder		1 3/4 tsp		1 Tbsp 1/2 tsp		5. Add the sauteed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.

*See Marketing Guide.

(over)

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat cottage cheese, drained	8 lb	1 gal	16 lb	2 gal		6. In a large bowl, combine the lowfat cottage cheese, dried parsley, garlic salt, and bread crumbs. Mix well.
Dried parsley		1/4 cup		1/2 cup		
Garlic salt		2 tsp		1 Tbsp 1 tsp		7. Combine Parmesan cheese and mozzarella cheese.
Dry bread crumbs	8 oz	2 cups	1 lb	1 qt		
Parmesan cheese, grated	2 oz	1/2 cup	4 oz	1 cup		8. Spread 1 cup of vegetable sauce on the bottom of each 12" x 20" x 2 1/2" steam table pan to prevent sticking.
Lowfat mozzarella cheese, grated	1 lb 14 oz	1 qt 3 1/2 cups	3 lb 12 oz	3 qt 3 cups		

Assembly

First Layer:

a. 7 1/2 lasagna noodles
b. 1 qt cottage cheese mixture
c. 1 qt 1 cup vegetable sauce
d. 2 1/4 cups Parmesan-mozzarella cheese mixture

Second Layer:

Repeat first layer.

Third Layer:

e. 7 1/2 lasagna noodles
f. 2 1/2 cups vegetable sauce

(over)

SERVING: 1 piece provides 2 ounces of cheese, 3/4 cup of vegetable, and 1 serving of grains/breads

YIELD: 50 servings: 25 lb 12 oz
100 servings: 51 lb 8 oz

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Grated Parmesan cheese	4 oz	1 cup	8 oz	2 cups.....	.....	9. Sprinkle 1/2 cup of Parmesan cheese over each pan of lasagna. Cover with plastic wrap and foil. **To Bake:** Conventional Oven 375°F, 50 minutes Convection Oven 350°F, 40 minutes Bake until bubbling. 10. Remove from oven and allow to set for 15 minutes before serving. Cut each pan 5x5 (25 portions per pan).

Nutrients Per Serving

Calories	268	Saturated Fat	3.3 g	Iron	2.8 mg
Protein	21 g	Cholesterol	15 mg	Calcium	264 mg
Carbohydrate	32 g	Vitamin A	213 RE/1823 IU	Sodium	1017 mg
Total Fat	6.8 g	Vitamin C	29 mg	Dietary Fiber	4 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Zucchini	1 lb 1 oz	2 lb 2 oz	.....
Mushrooms.....	12 oz	1 lb 8 oz	.....
Onions	10 oz	1 lb 4 oz	.....

New Macaroni and Cheese

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Elbow macaroni	2 lb 10 oz	2 qt 2 cups	5 lb 4 oz	1 gal 1 qt		1. Cook macaroni in steam-jacketed kettle until firm-tender, 8 minutes. Drain and rinse in cold water.
Margarine or butter	12 oz	1½ cups	1 lb 8 oz	3 cups		2. Melt margarine or butter in a stock pot or steam-jacketed kettle.
All-purpose flour	12 oz	2¼ cups	1 lb 8 oz	1 qt ½ cup		
Salt		1 Tbsp 2 tsp		3 Tbsp 1 tsp		3. Combine flour, salt, dry mustard, white pepper, and paprika in a bowl. Add to the melted margarine. Cook this for 2 minutes over medium heat, stirring continuously. Do not brown.
Dry mustard		1 Tbsp		2 Tbsp		
White pepper		1 tsp		2 tsp		
Paprika		1 Tbsp		2 Tbsp		
Lowfat milk or reconstituted nonfat dry milk		1 gal 1 qt		2 gal 2 qt		4. Heat milk in a stockpot to a simmer, then slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
Worcestershire sauce		2 tsp		1 Tbsp 1 tsp		5. Add Worcestershire sauce, shredded cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts.
Lowfat cheddar cheese, shredded	2 lb 8 oz	2 qt 2 cups	5 lb	1 gal 1 qt		
Parmesan cheese, grated	4 oz	1 cup	8 oz	2 cups		6. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 6 oz (1 gal 1 qt) into each 12" x 20" x 2½" steam table pan. Cover with a lid or foil.

(over)

New Macaroni and Cheese *(continued, page 2 of 2)*

SERVING: 1 cup provides 1 ounce of cheese and 1 serving of grains/breads

YIELD: 50 servings: 21 lb 12 oz
100 servings: 43 lb 8 oz

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Soft bread crumbs	6 oz	2 cups	12 oz	1 qt		**To Bake:** Conventional Oven 350°F, 30 minutes Convection Oven 325°F, 25 minutes Until thoroughly heated. 7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each pan. 8. Bake an additional 5 minutes, uncovered, until lightly browned. 9. Each pan serves 25.
Lowfat cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt		

Special Tip:

1) Macaroni and cheese may also be combined in the steam table pan. Place 3 lb 1 oz (2 qt 2 cups) of well-drained macaroni and 7 lb 5 oz (2 qt 3 cups) of sauce in each 12" x 20" x 2½" steam table pan. Stir to combine, then proceed with Step 6.

2) Fresh sliced tomatoes (½ ounce/portion) make an excellent garnish.

Nutrients Per Serving

Calories	277	Saturated Fat	3.7 g	Iron	1.6 mg
Protein	16 g	Cholesterol	12 mg	Calcium	296 mg
Carbohydrate	30 g	Vitamin A	158 RE/599 IU	Sodium	604 mg
Total Fat	10.1 g	Vitamin C	1 mg	Dietary Fiber	1 g