



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: American Chop Suey

Recipe Category: Main Dish

<i><b>Ingredients</b></i>	<i><b>Weight / Measure</b></i>	<i><b>Directions</b></i>
Peppers, green, large, raw	4 ea	Chop green peppers and onions. In a tilt skillet, sauté chopped green peppers and chopped onions in oil. Add cooked ground beef. Cook to 165° F. Add canned tomato sauce and diced tomatoes. Add salt, pepper and granulated garlic. Bring to 165° F. Cook pasta and add just before serving. Hold at 140° F.
Onions, fresh, large	2 1/2 ea	
<b>Oil, vegetable</b>	<b>1/4 cup</b>	
<b>Beef, ground, cooked</b>	<b>5 lb</b>	
Tomato sauce, Ragu light	18 cups	
<b>Tomatoes, diced, canned</b>	<b>1 1/2 cans (#10 can)</b>	
Salt, table	1 tsp	
Pepper, black	1/2 tsp	
Garlic, granulated	1 tsp	
<b>Macaroni</b>	<b>3 1/2 lb</b>	

Submitted by: Nora Goonan, Milton Public Schools

Adapted from: Original recipe

**Serving: 8 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 297	Carbohydrate 35.60g	Saturated Fat 3.16g	Vitamin A 1108 IU	Iron 3.74mg	Sodium 453mg
Protein 17.74g	Total Fat 9.14g	Cholesterol 38mg	Vitamin C 22.11mg	Calcium 41.04mg	Dietary Fiber 3.11g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Asian Rice Bowl with Chicken and Vegetables

Recipe Category: Main Dish

<b>Ingredients</b>	<b>Weight / Measure</b>	<b>Directions</b>
Minor's Vegetable Base	24 oz	<p>In a kettle or large stock pot combine 24 oz vegetable base, water, and soy sauce. Heat to a boil; stir until all is mixed well. Stir in 1 cup sesame oil. Reduce heat and hold at 140° F.</p> <p>Place rice in a 4" deep steam table pan. Add salt to 2 3/4 qts boiling water and pour over rice. Cover pans tightly and steam for 25 minutes. Let stand for additional 5 to 10 minutes. Hold in steam table at 140° F.</p> <p>Steam carrots until tender, approximately 5 minutes. Steam cabbage until tender, approximately 3 minutes. Steam broccoli until tender, approximately 5 minutes. Combine vegetables and toss with 1/4 cup sesame oil. Hold in steam table at 140° F.</p> <p>Shred chicken in food processor. Mix 45 gram vegetable base with water and pour over chicken to keep chicken moist. Heat in steamer 12-20 minutes to 145° F. Hold in steam table at 140° F.</p> <p>Heat sweet and sour sauce and Szechuan sauce separately to 140° F. Hold in steam table.</p> <p>In 32 oz bowl, place two 8 oz ladles of broth Add 1/2 cup rice Add 2 to 2 1/2 oz shredded chicken Add 1/2 cup vegetables Garnish with 1 oz preferred sauce in center of bowl.</p>
Water	7 gal	
Soy sauce, regular	3 cups	
Oil, sesame	1 cup	
<b>Rice, white, long, raw, enriched</b>	<b>2 lbs 13 oz</b>	
Salt, table	2 oz	
Water, boiling	2 3/4 qts	
Carrots, frozen, sliced, unprepared	6 lb	
Cabbage, fresh, thinly shredded, raw	5 lb	
Broccoli, florets, fresh, raw	12 lb	
Oil, sesame	1/4 cup	
<b>Chicken, diced, cooked, frozen</b>	<b>8 lb</b>	
Minor's Vegetable Base	45 gram	
Water, boiling	3 cups	
Minor's Sweet and Sour Sauce	25 oz	
Minor's Szechuan Sauce	25 oz	

Submitted by: Carla Tuttle, Milford Public Schools

Adapted from: Original recipe suggested by Candice from Nestle and modified by Carla Tuttle and Dotty Rose

**Serving: 16 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 352	Carbohydrate 34.46g	Saturated Fat 2.36g	Vitamin A 3742 IU	Iron 2.86mg	Sodium 1830mg
Protein 25.01g	Total Fat 12.68g	Cholesterol 65mg	Vitamin C 35.68mg	Calcium 66.67mg	Dietary Fiber 2.55g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Baked Mac and Cheese

Recipe Category: Main Dish

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Macaroni, elbow, dry, enriched</b> <b>Cheese, cheddar, lowfat</b> Salt, table Pepper, black Milk, 1%	<b>5 1/2 lbs</b> <b>4 1/2 lbs</b> 2 Tbsp 2 Tbsp 60 fl oz	Cook elbow macaroni until tender firm, approximately 8 minutes. Drain and rinse with cold water. Grate cheddar cheese. Layer in well-greased 4" hotel pan 1/3 cooked macaroni, 1/3 cheese and sprinkle with salt and pepper. Repeat step for a total of three layers of macaroni and cheese, salt and pepper. Pour milk over entire pan of pasta. Bake in preheated 350° F convection oven for 1 1/2 hours or 325° F convection oven for 45 minutes covered.

Submitted by: Karen Palmer, Greenfield Public Schools  
 Adapted from: Original recipe

**Serving: 1 cup**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 273	Carbohydrate 40.23g	Saturated Fat 2.12g	Vitamin A 157 IU	Iron 2.19mg	Sodium 549mg
Protein 17.61g	Total Fat 4.01g	Cholesterol 10mg	Vitamin C 0.05mg	Calcium 223.28mg	Dietary Fiber 1.27g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Chicken and Cheese Quesadilla

Recipe Category: Main Dish

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Chicken fajita strips</b>	<b>6 1/4 lb</b>	Place chicken fajita strips, 1/4 cup taco seasoning mix, onion powder, garlic powder and soy sauce in steam table pan and cook in steamer. Cook chicken until it reads 165° F. Drain chicken. Place 15 tortillas (3x5) on sheet pan (18"x26"). Place 2 oz of chicken mixture on each tortilla and spread evenly. Mix two cheeses with 2 Tbsp taco seasoning mix. Sprinkle 2 oz of cheese mixture on top of chicken mixture. Place a second tortilla on top of each one. Cover baking sheet with foil. Bake at 375° F in a convection oven for 5 to 7 minutes. Cut in half with pizza cutter. One half is serving size. Offer 1/2 cup shredded lettuce and diced tomatoes mixed together and 1 Tbsp salsa with this entrée.
Taco seasoning mix	1/4 cup + 2 Tbsp	
Onion powder	1 Tbsp	
Garlic powder	1 Tbsp	
Soy sauce	1 cup	
<b>Cheese, Mozzarella, shredded</b>	<b>25 oz</b>	
<b>Cheese, Cheddar, shredded</b>	<b>25 oz</b>	
Tortillas, 6"	25	
Lettuce, iceberg, fresh	18 3/4 cups	
Tomato, fresh, diced	6 1/4 cups	
<b>Salsa</b>	<b>50 Tbsp</b>	

Submitted by: Marie Sutton, Pittsfield Public Schools

Adapted from: Original recipe

**Serving: 1/2 tortilla**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 230	Carbohydrate 15.14g	Saturated Fat 4.22g	Vitamin A 728 IU	Iron 1.92mg	Sodium 1169mg
Protein 20.28g	Total Fat 10.04g	Cholesterol 66mg	Vitamin C 3.49mg	Calcium 282.97mg	Dietary Fiber 1.63g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Chicken Cacciatore

Recipe Category: Main Dish

Ingredients	Weight / Measure	Directions
<b>Marinara Sauce:</b> <b>Salsa</b> <b>Tomatoes, diced, with juice, canned</b> <b>Tomato sauce, canned</b> Tomato paste, canned Italian seasoning mix Parmesan cheese, grated Sugar, granulated Garlic powder	<b>4 cups</b> <b>10 cups</b> <b>6 qt</b> 1 cup 1 cup 2 cups 2 cups 2 Tbsp	<b>Prepare Marinara Sauce:</b> Mash the diced tomatoes with juice using Hobart chopper/mixer or hand mixer. Add to steam jacketed kettle and mix with salsa, tomato sauce and tomato paste. Bring to a simmer; add Italian seasoning, grated Parmesan cheese, sugar, and garlic powder and let simmer approximately 45 minutes. Cook to and hold at or above 145° F; 165° F if reheated.  Sauté peppers in olive oil over medium heat for approximately 4 minutes until soft. Add onion and sauté for 2 minutes. Combine with Marinara Sauce, simmer approximately 20 minutes. Meanwhile, heat chicken in steamer for approximately 15 minutes until heated through. Combine chicken with sauce. Heat to 165° F and hold at 145° F.
Peppers, canned, medium-dice Olive oil Onion, medium-diced, fresh <b>Chicken, diced and cooked</b>  <b>Spaghetti, dry</b> Olive oil	10 cups 1/3 cup 5 cups <b>7 1/2 lb</b>  <b>6 1/4 lb</b> 1/2 cup	
		Prepare spaghetti in steam jacketed kettle according to package directions. Drain and toss with olive oil. Pour sauce over spaghetti and mix together. Transfer to steam table pan. Hold at 140° F and serve.

Submitted by: Joe Arruda and Yvonne Levesque, North Attleboro Middle School

Adapted from: Original Recipe

**Serving: 1 1/2 cups**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 502	Carbohydrate 69.97g	Saturated Fat 2.67g	Vitamin A 1031 IU	Iron 5.71mg	Sodium 945mg
Protein 31.76g	Total Fat 11.21g	Cholesterol 64mg	Vitamin C 46.57mg	Calcium 103.53mg	Dietary Fiber 4.88g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Chicken Fajitas

Recipe Category: Main Dish

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Oil, vegetable</b>	<b>1/4 cup</b>	Using a tilt skillet, heat oil. Add carrots, onions, green and red peppers, and garlic. Sauté until onions are clear. Add chicken fajita meat. Add Schezuen sauce. Bring to 165° F. Serve with 2 8-inch tortilla shells. Serve with 2 oz cups of lettuce, 1 oz cheese and 1 oz salsa
Carrots, raw, shredded	3.2 oz	
Onions, raw, chopped	1.6 oz	
Pepper, green, chopped	1.6 oz	
Pepper, red, chopped	1.6 oz	
Garlic, crushed, fresh	1/2 clove	
<b>Chicken fajita meat</b>	<b>5 lb</b>	
Schezuen sauce, Minor's	2.4 oz	
Tortillas, 8"	100 each	
<b>Cheese, mozzarella, shredded, part skim</b>	<b>3 1/8 lb</b>	
Lettuce, iceberg, shredded	12 1/2 cups	
<b>Salsa</b>	<b>6 1/4 cups</b>	

Submitted by: Brenda Tangney, Milton Public Schools

Adapted from: I Move

**Serving: 2 each**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 367	Carbohydrate 39.03g	Saturated Fat 5.09g	Vitamin A 633 IU
Protein 20.04g	Total Fat 14.52g	Cholesterol 61mg	Vitamin C 4.27mg
			Iron 2.80mg
			Calcium 349.35mg
			Sodium 935mg
			Dietary Fiber 1.24g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Chicken Tikki Masala

Recipe Category: Main Dish

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Chicken Fajita Strips</b> Margarine, tub Garlic cloves Coriander, dried Cumin, dried Paprika Garam Masala Salt, table <b>Tomato Sauce, canned</b> Yogurt, plain, non-fat	<b>11 lb</b> 3/4 cup 24 ea 1/2 cup 1/4 cup 1/4 cup 1/4 cup 1/8 cup <b>6 lb</b> 3 qts	Defrost chicken. Melt margarine on medium heat in tilt skillet. Peel and chop garlic. Add garlic to melted margarine; cook for 3 minutes. Stir in coriander, cumin, paprika, Garam Masala, salt and tomato sauce. Simmer for 15 minutes. Stir in yogurt; simmer to thicken about 5 minutes. Add chicken. Heat to 165° F. Hold at 140° F. Serve with 6 oz. ladle Serve over Indian style rice.

Submitted by: Liz Hart, Waltham Public Schools

Adapted from: <http://www.recipezaar.com/25587>

**Serving: 3/4 cup**

**Yield: 50 Servings**

**Volume: 2 1/2 gallons**

#### Nutrients Per Serving

Calories 217	Carbohydrate 10.09g	Saturated Fat 2.85g	Vitamin A 360 IU	Iron 2.54	Sodium 1032mg
Protein 21.16g	Total Fat 11.42g	Cholesterol 94mg	Vitamin C 6.29mg	Calcium 58.80mg	Dietary Fiber 2.33g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Irish Nachos

Recipe Category: Main Dish

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Beef, ground, raw, 20% fat</b> Onions, fresh, chopped 1/4-inch Taco seasoning mix Cheddar cheese sauce, prepared <b>Potato wedges, frozen</b> <b>Salsa, prepared</b> Sour cream, low-fat	<b>6 lb 7 oz</b> 5 oz 1/4 cup + 1 1/2 tsp 50 oz <b>16 lbs</b> <b>9 1/3 cups</b> 3 1/8 cups	Brown beef and drain. Add onions and taco seasoning and cook until onions are translucent. Spread in single layer on full size baking sheet. Bake at 400° F until browned. Heat cheddar cheese sauce to serving temperature and keep warm. Portion 3 Tbsp salsa into portion cups using #32 scoop Portion 1 Tbsp lowfat sour cream into 1 oz portion control cups . Spread potatoes on full-size sheet pan. Bake at 400° F until golden brown (12 to 15 minutes). Place 1 heaping cup (5 oz) of prepared potato wedges onto serving plate. Top with 2 oz taco meat on top of potatoes. Ladle on 1 oz of prepared cheddar cheese sauce. Serve with salsa sauce and low fat sour cream if desired.

Submitted by: Lynn Petrowski, Middleborough Public Schools  
 Adapted from: USDA Recipe #D-13

**Serving: 5 3/4 oz total**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 433	Carbohydrate 62.87g	Saturated Fat 4.68g	Vitamin A 650 IU	Iron 4.99mg	Sodium 572mg
Protein 21.73g	Total Fat 10.61g	Cholesterol 44mg	Vitamin C 36.90mg	Calcium 189.16mg	Dietary Fiber 4.44g





## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Pasta Primavera

Recipe Category: Main Dish

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Rotini</b>	<b>3 lbs + 12 ozs</b>	Cook rotini in boiling water for 10 minutes. Drain, cool, set aside. Melt 1 lb 6 1/2 oz margarine and whisk in flour to form a roux. Cook roux until flour is cooked but do not brown. Reconstitute dry milk in cold water. Add milk to hot roux slowly while stirring with a whisk. Whisk until smooth and thickened. Season with salt, pepper and lemon juice. Heat to 165° F or higher for at least 15 seconds. Julienne carrots and zucchini. Mince garlic. Sauté in 7 1/2 oz margarine: garlic, carrots, broccoli and squash until al dente or crisp to the bite. Spray a 2-inch hotel pan with food release. Mix pasta, veggies, shredded mozzarella and cream sauce in the 2-inch hotel pan. Heat in combi oven until temperature reaches 165° F, approximately 30 minutes. Hold at 135° F or higher. Serve with appropriate size solid spoodle.
Water, boiling	7 1/2 gals	
Margarine	1 lb + 6 1/2 oz	
<b>Flour, AP</b>	<b>1 lb + 6 1/2 oz</b>	
Milk, dry nonfat powder	1 lb + 14 oz	
Water, cold	1 3/4 gals + 2 cups	
Salt, table	11 1/4 oz	
Pepper, black	3 3/4 oz	
Lemon juice, canned/bottled	11 1/4 oz	
Carrots, fresh, raw	2 lb + 5 1/2 oz	
Squash, summer/zucchini, raw	2 lb + 5 1/2 oz	
Garlic, fresh	1/3 cup + 6 1/2 tsp	
Margarine	7 1/2 oz	
Broccoli, florettes, fresh, raw	2 lb + 5 1/2 oz	
<b>Cheese blend, Mozzarella / Mozzarella sub, shredded</b>	<b>2 lb + 5 1/2 oz</b>	

Submitted by: Melanie Binnall, Oxford Public Schools  
 Adapted from : Original recipe, adapted from a home recipe

**Serving: 6 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 433	Carbohydrate 51.31g	Saturated Fat 4.37g	Vitamin A 3446 IU
Protein 19.23g	Total Fat 17.05g	Cholesterol 11mg	Vitamin C 27.45mg
			Iron 3.06mg
			Calcium 430.81mg
			Sodium 2886mg
			Dietary Fiber 3.16g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Paula's Greek Pastitio

Recipe Category: Main Dish

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Pasta, dry, enriched</b>	<b>6 1/4 lb</b>	<p>In a large pot, boil pasta until done, but not mushy. Run under cold water and set aside.</p> <p>In a 20 cup saucepan, melt the margarine. Add flour and stir until bubbly. Add 15 cups of the milk. Stir occasionally until it begins to thicken (about 5 minutes). Add the nutmeg and stir. Shut off the heat.</p> <p>Cook the ground beef in a tilt skillet or fry pan. Add the cinnamon, allspice, garlic, and salt and pepper and stir into the beef.</p> <p>When cooked through (155 ° F) and no longer pink, drain off any excess fat.</p> <p>Set drained beef aside in a bowl.</p> <p>In a large bowl, whisk 15 eggs. Add a few cups of the hot milk mixture to the eggs and stir to mix.</p> <p>Pour the egg and milk mixture back into the large pot of milk and margarine.</p> <p>Add half of the parmesan cheese, stirring until the cheese begins to melt.</p> <p>Take the remaining eggs and milk and whisk them together. Add this, and the remaining cheese to the pasta. Fold all the ingredients together.</p> <p>Using 2 hotel pans (12x20x4"), spray with pan spray. Layer 1/4 pasta, 1/2 meat, 1/4 pasta, then pour 1/2 milk and cheese sauce over the layers. Repeat for second pan. Sprinkle on paprika.</p> <p>Bake at 350 ° F for 40 minutes on the middle rack.</p> <p>Dish is cooked when the top is brown and cracked like a cheese cake.</p> <p>Cut each pan 5x5. Serve with spatula.</p>
Margarine, corn	5/8 lb	
<b>Flour, AP</b>	<b>16 7/8 oz</b>	
Milk, 2%	25 cups (3 1/8 qt)	
Nutmeg, ground	2 1/2 tsp	
<b>Beef, ground, raw, 80/20</b>	<b>8 1/2 lbs</b>	
Cinnamon, ground	2 1/2 tsp	
Allspice, ground	2 1/2 tsp	
Garlic, fresh	5 tsp	
Salt, table	1 tsp	
Pepper, black	1/2 tsp	
<b>Eggs, whole</b>	<b>25 eggs</b>	
Cheese, parmesan, grated	7 1/2 cups	
Paprika	1 Tbsp	

Submitted by: Paula Santarpio, Reading Public Schools  
Adapted from: Original recipe, adapted from home recipe

**Serving: 1 1/2 cup**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 564	Carbohydrate 56.71g	Saturated Fat 8.39g	Vitamin A 676 IU	Iron 4.44mg	Sodium 413mg
Protein 32.77g	Total Fat 21.84g	Cholesterol 171mg	Vitamin C 0.51mg	Calcium 310.92mg	Dietary Fiber 1.79g



## Food Service Created, Kid Approved Commodity Recipe Contest



### Recipe Title: Scampi-Style Chicken with Spaghetti

Recipe Category: Main Dish

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Spaghetti</b>	80 oz (5 lb)	Boil spaghetti for 9 minutes; drain and toss lightly with oil. Keep warm. Over medium heat, stir olive oil, crushed tomatoes, garlic powder and onion powder in skillet until it reaches a slow boil. Add water to thin the sauce to desired consistency. Add lemon juice and sugar. Simmer 10 minutes. Add red pepper flakes, chicken and basil leaves. Cook until chicken reaches 160° F. Hold at 150° F. Stir in Parmesan cheese 5 minutes before serving. Serve over cooked spaghetti. Serve using spaghetti server and 3 oz solid spoodle.
Olive oil	20 oz	
Garlic powder	3 oz	
Onion powder	5 Tbsp	
<b>Tomatoes, crushed, canned</b>	2 #10 cans	
Water	3 quarts	
Lemon juice	1 1/2 cups	
Sugar, granulated	3 Tbsp and 1 tsp	
Pepper flakes, red, dehydrated	1 1/4 tsp	
<b>Chicken Fajita strips</b>	7 lb	
Basil leaves, dried	1/2 cup + 2 Tbsp	
Cheese, Parmesan, grated	1 cup	

Submitted by: Sharon Russell, Pittsfield Public Schools

Adapted from: "ReaLemon" brand lemon juice recipe for "Tomato Shrimp Scampi with Fettuccine"

**Serving: 3/4 cup**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 419	Carbohydrate 45.74g	Saturated Fat 3.43g	Vitamin A 560 IU	Iron 3.86mg	Sodium 512mg
Protein 20.85g	Total Fat 18.05g	Cholesterol 61mg	Vitamin C 15.36mg	Calcium 63.04mg	Dietary Fiber 3.20g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Spanish Rice with Ham and Beans

Recipe Category: Main Dish

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Oil, salad</b>	<b>1 cup</b>	<p>In an 8 quart saucepan, heat the oil.            Add the smoked turkey and ham and stir until heated.            Add the onions, peppers and the chicken bouillon.            Add salsa, olives, paprika, garlic powder, onion powder, black pepper and oregano.            Add the garbanzo beans            Add the water.            When mixture begins to boil, add the rice and wait until the mixture boils again.            Reduce the heat to medium/low (let the mixture lightly simmer) and cover for 30 to 40 minutes.  <b>STIR MIXTURE EVERY 10 MINUTES.</b>            Rice is done when the rice kernels have opened and mixture is liquid free.</p> <p>Variations:            Instead of using garbanzo beans, substitute 3 quarts of diced Chicken Fajita meat or Italian sausage or Baked chicken parts (without the bones), or roast pork or roast turkey.</p>
<b>Turkey roast, frozen, roasted, chopped/diced</b>	<b>1 cup</b>	
<b>Ham, cooked, diced</b>	<b>1/2 cup</b>	
Onions, fresh, chopped	1 cup	
Peppers, green, raw, chopped	1 cup	
Bouillon, chicken, dry	1/2 cup	
<b>Salsa</b>	<b>8 oz</b>	
Olives, ripe, canned	1/2 cup	
Paprika	1 Tbsp	
Garlic powder	1 Tbsp	
Onion powder	1 tsp	
Pepper, black	1/4 oz	
Oregano, dried	1 tsp	
<b>Garbanzo beans, canned</b>	<b>108 oz</b>	
Water	14 cups	
<b>Rice, white, long, cooked with salt</b>	<b>11 cups</b>	

Submitted by: Rosa Badillo, Boston Public Schools

Adapted from

**Serving: 6 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 173	Carbohydrate 25.10g	Saturated Fat 0.87g	Vitamin A 125 IU	Iron 1.57mg	Sodium 572mg
Protein 5.33g	Total Fat 5.81g	Cholesterol 3mg	Vitamin C 5.86mg	Calcium 30.83mg	Dietary Fiber 3.15g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Vegetarian Pizza

Recipe Category: Main Dish

<i><b>Ingredients</b></i>	<i><b>Weight / Measure</b></i>	<i><b>Directions</b></i>
Pizza shell (ingredients listed below)	6 lb (2 3-lb shells)	Spread pizza dough in 2 18"x26"x1" sheet pans. Par bake the pizza shells in 350° F oven 6 to 7 minutes or until dough pulls away from edges. Brush melted margarine on pizza shells. Sprinkle garlic powder, half on each shell. Mix mozzarella and cheddar cheese together. Spread half of cheese on each shell. Mix tomato, green peppers, broccoli, oregano, salt and pepper together. Spread half on each pizza shell. Cook at 325° F convection oven for 15 minutes. Cut 5x5 slice with a pizza cutter. Each pizza serves 25  <i>Pizza shell:</i> Dissolve dry yeast in warm water. Let stand for 4 to 5 minutes. Place flour in large mixer bowl. Make well in center. Pour in dissolved yeast, oil, salt, and sugar. Gradually work into the flour using dough hook on low speed. Knead for 15 minutes. Divide and shape dough into 2 lb 4 oz balls Let rest for 20 minutes. (This recipe will make 2 1/2 shells.)
Margarine	1 cup	
Garlic powder	4 tsp	
<b>Cheese, mozzarella, shredded</b>	<b>4 lb</b>	
<b>Cheese, cheddar, shredded</b>	<b>2 lb</b>	
<b>Tomatoes, diced, canned</b>	<b>2 cups</b>	
Peppers, green, diced	2 cups	
Broccoli, cut up	2 bunches (2 lb)	
Oregano, dried	2 Tbsp	
Salt, table	2 tsp	
Pepper, black	1 tsp	
<i>Pizza shell</i>		
Yeast, active, dry	1 oz	
Water, warm, 110° F	1 qt + 1/4 cup	
<b>Flour, AP or bread</b>	<b>3 1/2 lb</b>	
<b>Oil, vegetable</b>	<b>1/3 cup</b>	
Salt, table	1 1/4 tsp	
Sugar	1/8 cup + 1 tsp	

Submitted by: Carol Carmel, Pittsfield Public Schools  
Adapted from: a government recipe

**Serving: 1 slice**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 307	Carbohydrate 28.64g	Saturated Fat 5.59g	Vitamin A 650 IU	Iron 1.96mg	Sodium 525mg
Protein 19.13g	Total Fat 12.81g	Cholesterol 22mg	Vitamin C 22.04mg	Calcium 449.49mg	Dietary Fiber 1.75g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Vegetarian Pizza

Recipe Category: Main Dish

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
Broccoli, chopped, raw	3 lb	<p>Chop vegetables (broccoli through spinach) into bite-size pieces. Blanch in steamer about 3 minutes. Mix olive oil, garlic powder and oregano. Spread pizza dough in 2 18"x26"x1" pans. Pre-bake shell approximately 6 to 7 minutes until edges come away from the pan edges. Brush each shell with 1/4 cup olive oil mixture. Spread half of vegetables on one shell and half on the other shell. Sprinkle 3 lbs shredded mozzarella cheese on each pizza. Bake at 350° F convection oven for 12 to 15 minutes. Cut pizza into 25 pieces (5x5).</p> <p><i>Pizza shell:</i> Dissolve dry yeast in warm water. Let stand for 4 to 5 minutes Place flour in large mixer bowl. Make well in center. Pour in dissolved yeast, oil, salt, and sugar. Gradually work into the flour using dough hook on low speed. Knead for 15 minutes. Divide and shape dough into 2 lb 4 oz balls Let rest for 20 minutes. (This recipe will make 2 1/2 shells.)</p>
Onion, diced, fresh	1 lb	
Pepper, green, sliced, raw	1 lb	
<b>Tomato, diced</b>	<b>3 lb</b>	
Spinach, chopped, fresh	1/2 lb	
Oil, olive	1/2 cup	
Garlic powder	2 tsp	
Oregano, dried	2 tsp	
Pizza shells (ingredients listed below)	2 (3 lb each)	
<b>Cheese, mozzarella, shredded</b>	<b>6 lb</b>	
Pizza shells		
Yeast, active dry	1 oz	
Water, warm 110° F	1 qt + 1/4 cup	
<b>Flour, AP or bread</b>	<b>3 1/2 cups</b>	
<b>Oil, vegetable</b>	<b>1/3 cup</b>	
Salt, table	1 1/4 tsp	

Submitted by: Joyce Palmer, Pittsfield Public Schools  
Adapted from: Original recipe

**Serving: 1 slice**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 200	Carbohydrate 11.25g	Saturated Fat 4.27g	Vitamin A 908 IU	Iron 0.97mg	Sodium 355mg
Protein 16.81g	Total Fat 9.76g	Cholesterol 19mg	Vitamin C 16.86mg	Calcium 414.46mg	Dietary Fiber 1.18g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Beef Minestrone Soup

Recipe Category: Soup

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Sloppy Joe Mix</b>	<b>3 3/4 lbs</b>	Mix all ingredients together except elbow macaroni in a large stock pot or kettle. Simmer for 2 hours. Add elbows before serving. Use 12 oz soup ladle to serve  Serve with oyster crackers
Beef broth	7 1/2 qt	
<b>Tomato sauce</b>	<b>3 3/4 qt</b>	
Beans, kidney, canned, drained	2 1/2 qt	
Peas, canned, drained	2 1/2 qt	
<b>Beef, ground, cooked, drained</b>	<b>3 3/4 lbs</b>	
Garlic powder	5 Tbsp	
Onion powder	5 Tbsp	
<b>Beans, green, canned</b>	<b>2 1/2 qt</b>	
Tomatoes, raw, diced	5 cups	
<b>Pasta, elbow, cooked</b>	<b>5 qt</b>	

Submitted by: Judy Carnes, Dover-Sherborn Regional School District

Adapted from: Original recipe

**Serving: 12 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 325	Carbohydrate 41.82g	Saturated Fat 3.01g	Vitamin A 840 IU	Iron 4.51mg	Sodium 1651mg
Protein 21.47g	Total Fat 8.35g	Cholesterol 34mg	Vitamin C 14.38mg	Calcium 73.06mg	Dietary Fiber 8.55g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Corn Chowder

Recipe Category: Soup

<i><b>Ingredients</b></i>	<i><b>Weight / Measure</b></i>	<i><b>Directions</b></i>
Potato, raw, washed	5 lb	Wash and dice potatoes into 1/4-inch pieces. Set aside in water. Using 20 qt sauce pan, melt margarine over medium heat. Add reconstituted onion, salt, pepper, garlic powder, and parsley to melted margarine and sauté. Reconstitute milk with water and add to sauce pan, stirring. Add drained whole corn and cream style corn as is to sauce pan. Rewash diced potatoes, drain and add to pan. Cook on medium heat. Stir it constantly so not to stick. Do not let boil! Cook until potatoes are done, approximately 45 to 60 minutes.
Margarine, melted	1 lb	
Onion, dehydrated (reconstituted)	3 oz	
Salt, table	2 1/2 oz	
Pepper, white	1/2 oz	
Garlic powder	1 oz	
Parsley flakes, dried	1 oz	
Milk, dry, non-fat powder w/o Vit A	28 oz	
Water	1 gal + 4 oz	
<b>Corn, whole, drained</b>	<b>1 #10 can</b>	
Corn, cream style, as is	1 #10 can	

Submitted by: Dorothy Duffy, Leominster Public Schools

Adapted from: Original recipe

**Serving: 4 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 247	Carbohydrate 38.00g	Saturated Fat 1.62g	Vitamin A 464 IU	Iron 1.42mg	Sodium 984mg
Protein 9.09g	Total Fat 8.16g	Cholesterol 3mg	Vitamin C 12.72mg	Calcium 225.50mg	Dietary Fiber 2.79g





## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Minestrone Soup, Low Sodium

Recipe Category: Soup

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
Water	5 gal	Using a tilt skillet, add water and bouillon. Bring to a simmer. Add dill weed, celery seed, thyme, garlic powder, granulated garlic, salt, mustard and tomatoes. Add carrots, green beans, corn, and peas. Bring to a boil; reduce heat and add garbanzo beans; simmer for 20 minutes. Add dry pasta 20 minutes before serving. Pasta will cook in soup. Bring to 165° F and hold at 140° F.
Bouillon, beef, powder, low-sodium	80 grams	
Dill weed, dried	1 Tbsp	
Celery seed	2 Tbsp	
Thyme, ground	2 Tbsp	
Garlic powder	1 Tbsp	
Garlic, granulated	1 Tbsp	
Salt, table	3/4 Tbsp	
Mustard, powder, dry	1 tsp	
<b>Tomatoes, whole, canned</b>	<b>45 oz</b>	
Carrots, frozen, unprepared	2 1/2 lbs	
<b>Beans, green, frozen, boiled</b>	<b>2 1/2 lbs</b>	
<b>Corn, sweet yellow, frozen, kernels</b>	<b>1 1/2 lbs</b>	
<b>Peas, green, frozen, boiled</b>	<b>1/2 lb</b>	
<b>Garbanzo beans, canned</b>	<b>30 oz</b>	
<b>Macaroni, dry, enriched</b>	<b>2 1/2 lb</b>	

Submitted by: Suzeanne Greene, Milton Public Schools  
Adapted from: Original recipe

**Serving: 8 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 148	Carbohydrate 29.75g	Saturated Fat 0.13g	Vitamin A 2969 IU	Iron 2.10mg	Sodium 253mg
Protein 5.29g	Total Fat 1.23g	Cholesterol 0mg	Vitamin C 7.54mg	Calcium 53.91mg	Dietary Fiber 3.70g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Cubano Pork Sandwich

Recipe Category: Sandwich

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Pork, fresh, cooked</b>	<b>6 lb</b>	<p>Marinate pork roast in lime juice, orange juice, oil, garlic powder, oregano, parsley, salt and pepper, coating all surfaces, in a plastic bag. Refrigerate at least 4 hours or overnight. Remove meat from bag, reserving the marinade. Place roast in roasting pan and cook uncovered in at 325° F oven for 2 3/4 to 3 1/2 hours or until meat thermometer registers at 165° F, basting frequently with marinade the first two 2 hours of cooking time. Cool. Slice pork roast and ham in 1 oz thin slices. Slice cheese into 1/2 oz slices. Lightly brush tops and bottoms of sub rolls with 1/2 Tbsp vegetable oil and place sandwiches on sheet pan.</p> <p>Assemble sandwiches: On bottom of roll with all ingredients except the lettuce, tomato and pickle (1 oz pork, 1 oz ham, 1 oz cheese, 1/2 Tbsp mayonnaise, 1/2 Tbsp mustard). Place top of roll on sandwich. Place parchment paper on top of sandwiches and cover with several sheet pans to weight them down. Bake until cheese is melted and bread is flat and brown. Serve with tomatoes, pickles, lettuce, on the side.</p>
<b>Orange juice, frozen concentrate, unsweetened</b>	<b>1 cup</b>	
Lime juice, unsweetened	1 cup	
Oil, Salad type	6 Tbsp	
Garlic powder	3 Tbsp	
Oregano, ground	3 Tbsp	
Parsley	1/4 cup	
Pepper, black	3 Tbsp	
Salt, table	3/4 tsp	
<b>Ham, cured, cooked</b>	<b>6 lb cooked weight</b>	
<b>Cheese, cheddar</b>	<b>50 oz</b>	
Bread, Italian sub rolls	50 large rolls	
<b>Oil, vegetable</b>	<b>1 cup</b>	
Mayonnaise	1 1/2 cups	
Mustard, yellow prepared	3 cups	
Pickles, cucumber, dill chips	20 oz	
Lettuce	4 lbs	
Tomatoes, fresh, red ripe	50 oz	

Submitted by: Gail Mazzola, Boston Public Schools

Adapted from: Original recipe

**Serving: 1 sandwich**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 609	Carbohydrate 41.01g	Saturated Fat 8.57g	Vitamin A 700 IU	Iron 4.71mg	Sodium 1593mg
Protein 43.29g	Total Fat 29.28g	Cholesterol 112mg	Vitamin C 20.27mg	Calcium 328.46mg	Dietary Fiber 1.37g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Banana Chocolate Chip Muffins

Recipe Category: Grain/Bread

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
Sugar, granulated	2 1/2 cups	Preheat convection oven to 325° F. Cream sugar, oil, mashed bananas, yogurt and vanilla until fluffy. Beat in eggs. Mix together flour, baking soda and salt. Add flour mixture to sugar mixture and stir just until moistened. Fold in chocolate chips. Spray muffin tin with cooking spray. Fill muffins tins with a #20 scoop. Bake muffins in a 325° F convection oven for approximately 12 to 15 minutes or until toothpick comes out clean when inserted in the center of the muffin. Let cool 5 minutes and remove from pan.
<b>Oil, vegetable</b>	<b>1 1/4 cups</b>	
Bananas, ripe, mashed until smooth	5	
Yogurt, low-fat, any flavor	1 1/4 cups	
Vanilla	2 1/2 tsp	
<b>Eggs</b>	<b>5</b>	
<b>Flour, AP</b>	<b>5 cups</b>	
Baking soda	2 1/2 tsp	
Salt, table	3/4 tsp	
Chocolate chips	2 1/2 cups	

Submitted by: Tina Stockley, Pittsfield Public Schools

Adapted from: Original recipe

**Serving: 1 each**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 194	Carbohydrate 28.02g	Saturated Fat 2.52g	Vitamin A 32 IU	Iron 0.96mg	Sodium 110mg
Protein 2.65g	Total Fat 8.81g	Cholesterol 19mg	Vitamin C 1.08mg	Calcium 18.84mg	Dietary Fiber 1.14g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Sweet Potato Muffins

Recipe Category: Grains/Breads

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Vegetable shortening, USDA</b>	<b>3 cups</b>	Melt shortening on stovetop. Cool. Sift together flour, salt, baking powder, baking soda, allspice, nutmeg, cinnamon, and cloves. Set aside. Combine sugar with shortening. Blend on low speed until light and fluffy. Add sweet potatoes and blend on low speed until blended. Add eggs, mix on low speed until blended. Add flour mixture to sugar mixture and blend on low speed to combine. Using #20 scoop, place in muffin tin. Mix together oat bran, flour, sugar, cinnamon, and butter and sprinkle on top of muffins.
<b>Flour, AP, sifted</b>	<b>6 cups</b>	
Salt, table	2 tsp	
Baking powder, double acting	1 Tbsp	
Baking soda	4 tsp	
Allspice, ground	1/2 tsp	
Nutmeg, ground	1 tsp	
Cinnamon, ground	1 tsp	
Cloves, ground	1/4 tsp	
Sugar, granulated	3 1/2 cups	
<b>Potatoes, sweet, canned, drained and mashed</b>	<b>5 3/4 cups</b>	
<b>Applesauce</b>	<b>1 cup</b>	
<b>Eggs</b>	<b>1/3 cup</b>	
<i>Topping</i>		
Oat bran, cooked	1 cup	
<b>Flour, AP</b>	<b>1 cup</b>	
Sugar, brown	1 cup, packed	
Cinnamon, ground	1 tsp	
Butter, with salt	1/2 cup	

Submitted by: Lisa Lundin, Middleborough Public Schools  
 Adapted from: USDA Recipes #b-18

**Serving: 1 each**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 300	Carbohydrate 38.38g	Saturated Fat 6.58g	Vitamin A 65 IU	Iron 1.29mg	Sodium 258mg
Protein 2.37g	Total Fat 15.41g	Cholesterol 21mg	Vitamin C 1.79mg	Calcium 30.50mg	Dietary Fiber 1.33g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Fruit Ambrosia

Recipe Category: Dessert

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Rice, long grain</b> <b>Fruit cocktail</b> <b>Peaches, diced</b> Rich's Whipped Topping Sugar	<b>1 lb</b> <b>1 #10 can (118 oz)</b> <b>1/2 #10 can (59 oz)</b> 24 oz 1/4 cup	Cook, rinse, drain, and chill rice. Drain fruit cocktail and peaches. In a large bowl, mix all the ingredients together when rice is cool. Chill and serve. Portion using a #8 scoop.

Submitted by: Alberta Banks, Auburn Public Schools  
 Adapted from: *Betty Crocker Cookbook* (Old Edition)

**Serving: 1/2 cup**

**Yield: 50 Servings**

**Volume: 6 1/4 qts**

#### Nutrients Per Serving

Calories 109	Carbohydrate 20.30g	Saturated Fat 3.42g	Vitamin A 230 IU	Iron 0.39mg	Sodium 5mg
Protein 0.62g	Total Fat 3.48g	Cholesterol 0mg	Vitamin C 1.86mg	Calcium 5.42mg	Dietary Fiber 1.03g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Molasses Cookies

Recipe Category: Dessert

<i><b>Ingredients</b></i>	<i><b>Weight / Measure</b></i>	<i><b>Directions</b></i>
Margarine or butter	1/2 lb	Preheat oven to 325° F. Cream margarine, sugar, and salt until fluffy. Add egg and mix well. Add molasses and mix. Mix together all dry ingredients (flour through ginger) and add to sugar mixture. Mix only until blended. Using a #40 scoop, place dough on sheet pan (18"x26"x1") 35 cookies (7 x 5). Bake at 325° F in a convection oven for 10 minutes. Cookie should be slightly soft when removed from oven. Do not overbake.
Sugar, granulated	12 oz	
Salt, table	1/2 tsp	
<b>Eggs</b>	<b>1/4 cup</b>	
Molasses	1/2 cup	
<b>Flour, AP</b>	<b>14 oz</b>	
Baking soda	1 1/2 tsp	
Cinnamon, ground	1 1/2 tsp	
Cloves, ground	1/2 tsp	
Ginger, ground	1/2 tsp	

Submitted by: Florence Dodge, Pittsfield Public Schools

Adapted from: Jennifer House (a bakery)

**Serving: 1 cookie**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 100	Carbohydrate 15.51g	Saturated Fat 0.77g	Vitamin A 168 IU
Protein 1.02g	Total Fat 3.86g	Cholesterol 5mg	Vitamin C 0.05mg
			Iron 0.58mg
			Calcium 11.19mg
			Sodium 107mg
			Dietary Fiber 0.26g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Orange Sugar Cookies

Recipe Category: Dessert

<i><b>Ingredients</b></i>	<i><b>Weight / Measure</b></i>	<i><b>Directions</b></i>
Margarine	1 cup	Grate rind from medium orange and squeeze juice from orange. Cream the first seven ingredients, (margarine through orange rind and juice), until well blended. Mix baking soda, cream of tartar and flour together. Add dry ingredients to creamed mixture and mix only until blended. Use #40 scoop and place cookies on a sheet pan (18"x26"x1"), 35 per sheet pan (7x5). Bake at 350° F convection oven for 5 minutes. Turn and bake 3 additional minutes until slightly brown around the edges.
Sugar, confectionary	1 cup	
Sugar, granulated	1 cup	
<b>Eggs</b>	<b>2</b>	
<b>Oil</b>	<b>1 cup</b>	
Vanilla	2 tsp	
Orange, medium, juice and grated rind	1 ea	
Baking soda	1/4 tsp	
Cream of tartar	1 tsp	
<b>Flour, AP</b>	<b>5 cups</b>	

Submitted by: Judy Tatro, Pittsfield Public Schools  
 Adapted from: Original recipe

**Serving: 1 cookie**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 146	Carbohydrate 16.35g	Saturated Fat 1.43g	Vitamin A 176 IU	Iron 0.62mg	Sodium 52mg
Protein 1.58g	Total Fat 8.42g	Cholesterol 7mg	Vitamin C 1.40mg	Calcium 5.30mg	Dietary Fiber 0.40g



## Food Service Created, Kid Approved Commodity Recipe Contest



### Recipe Title: Sweet Potato Cake

Recipe Category: Dessert

<i><b>Ingredients</b></i>	<i><b>Weight / Measure</b></i>	<i><b>Directions</b></i>
Sugar, granulated	4 cups + 1/8 cup	<p>In a large mixing bowl, fitted with a paddle, combine sugar, sweet potato, oil, applesauce, and eggs. In a separate bowl combine flour, baking powder, baking soda, cinnamon, nutmeg, and salt. Add dry ingredients to the sweet potato mixture and mix until all ingredients are incorporated. Prepare a hotel pan (17" x 25" x2") by greasing and dusting with flour. Place batter into pan and distribute to edges evenly. Place pan in a preheated 325° F oven. Bake for 25 to 35 minutes or until a toothpick inserted into the center of cake comes out clean. Allow cake to cool completely. After cake is cool, cut cake with a knife into serving size pieces. Remove pieces from pan with a small spatula and serve.</p> <p>Cutting instructions: Make 5 equally spaced cuts across the 17" side, then make 10 equally spaced cuts across the 25" side.</p>
Potato, sweet, canned	1 lb + 15 1/4 oz	
<b>Oil, salad type</b>	<b>1 cup + 1/2 Tbsp</b>	
<b>Applesauce, canned, sweetened</b>	<b>1 cup + 1/2 Tbsp</b>	
<b>Eggs, frozen, whole</b>	<b>12 oz</b>	
<b>Flour, AP</b>	<b>4 cups + 1/8 cup</b>	
Baking powder, double acting	1 Tbsp + 1 1/8 tsp	
Baking soda	2 1/8 tsp	
Cinnamon, ground	2 1/8 tsp	
Nutmeg, ground	2 1/8 tsp	
Salt, table	1 tsp	

Submitted by: Jocelyn Shimmel, Leominster Public Schools

Adapted from: "A Taste of Home" magazine

**Serving: 2 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 174	Carbohydrate 29.66g	Saturated Fat 0.88g	Vitamin A 34 IU	Iron 0.92mg	Sodium 164mg
Protein 2.28g	Total Fat 5.35g	Cholesterol 29mg	Vitamin C 0.95mg	Calcium 34.33mg	Dietary Fiber 0.74g





## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Trail Mix Cookie

Recipe Category: Dessert

<i><b>Ingredients</b></i>	<i><b>Weight / Measure</b></i>	<i><b>Directions</b></i>
Butter	5 oz	Preheat convection oven to 350° F. Cream butter, sugars and vanilla until light and fluffy. Add eggs and mix well. Mix together dry ingredients (rolled oats through whole wheat flour) until well blended. Add dry ingredient mixture to the dough mixture and mix well. Add the trail mix and raisins and mix well. Using a #40 scoop, place 4 x 6 cookies on cookie sheet and bake for 10 minutes in 350° F convection oven.
Sugar, brown	5 oz	
Sugar, white	5 oz	
Vanilla	1 tsp	
<b>Eggs</b>	<b>2 large</b>	
Rolled oats	1 1/4 cups	
Baking powder	1/2 tsp	
Baking soda	1/2 tsp	
Salt	1/2 tsp	
<b>Flour, AP</b>	<b>2 cups</b>	
Flour, whole wheat	1/2 cup	
Trail mix, remove whole almonds from mix	8 oz	
<b>Raisins</b>	<b>1/2 cup</b>	

Submitted by: Mary Ricchi, Pittsfield Public Schools

Adapted from: Original recipe

**Serving: 1 cookie**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 92	Carbohydrate 14.11g	Saturated Fat 1.88g	Vitamin A 125 IU	Iron 0.50mg	Sodium 45mg
Protein 1.23g	Total Fat 3.62g	Cholesterol 16mg	Vitamin C 0.03mg	Calcium 9.82mg	Dietary Fiber 0.68g



## Food Service Created, Kid Approved Commodity Recipe Contest



### Recipe Title: Butternut Squash and Apple Casserole

Recipe Category: Vegetable

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
Butternut squash, fresh	10 lb	<p>Peel squash, scoop out seeds, and cut into bite size pieces (or purchase peeled and cut-up squash). Place squash and apple slices in 2 steam table pans (4"x10"x12").</p> <p>Blend remaining ingredients with fork or pastry cutter until crumbly.</p> <p>Distribute evenly over squash and apples.</p> <p>Cover and bake casserole at 350° F (325° F convection oven) for about 45 to 50 minutes.</p> <p>Serve with 3 ounce solid spoodle.</p> <p>Note: If commodity apples are not available, canned commodity sliced apples may be substituted.</p>
<b>Apples, peeled, cored, sliced</b>	<b>10 medium</b>	
Sugar, brown	1 1/4 cups	
Butter	1 1/4 cups	
<b>Flour, AP</b>	<b>5 Tbsp</b>	
Salt, table	5 tsp	
Cinnamon, ground	1 1/4 tsp	
Nutmeg, ground	1 1/4 tsp	

Submitted by: Pamela Aldrich, Pittsfield Public Schools

Adapted from: <http://www.dianaskitchen.com>

**Serving: 3 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 117	Carbohydrate 17.08g	Saturated Fat 3.57g	Vitamin A 1463 IU	Iron 0.71mg	Sodium 238mg
Protein 1.03g	Total Fat 5.82g	Cholesterol 15mg	Vitamin C 12.20mg	Calcium 32.65mg	Dietary Fiber 1.76g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Italian Style Green Beans

Recipe Category: Vegetable

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Green beans, frozen, cut</b> Butter or margarine Granulated garlic powder Salt, table Pepper, black Bread crumbs	<b>8 lb</b> 3/4 lb 1 1/2 tsp 1 tsp 1 tsp 3 cups	Blanche green beans in steamer (only until thawed). Melt butter or margarine in skillet. Add garlic powder, salt and pepper. Gently simmer together. Add green beans. Toss and cook together 8 to 10 minutes or until tender. Add bread crumbs and gently toss with green beans. Serve immediately using 4 oz solid spoodle.

Submitted by: Sylvana Bryan, Pittsfield Public Schools

Adapted from: Original recipe

**Serving: 1/2 cup**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 101	Carbohydrate 9.88g	Saturated Fat 1.00g	Vitamin A 577 IU	Iron 0.95mg	Sodium 241mg
Protein 1.90g	Total Fat 5.87g	Cholesterol 0mg	Vitamin C 7.43mg	Calcium 47.42mg	Dietary Fiber 0.37g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Cheese Sauce, Low-fat

Recipe Category: Sauces

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
Butter blend <b>Flour, AP</b> Milk, skim <b>Cheese blend, American</b> Garlic salt	6 oz <b>1 1/4 cups</b> 2 qt + 2 1/2 cups <b>3 1/3 lb</b> 1 tsp	Melt butter in tilt skillet and whisk in flour until smooth. Slowly add milk until all is whisked in. Bring sauce to a simmer. Add cheese in small blocks to help melting; stir until melted. Add garlic salt. Bring to a simmer. Turn temperature down to allow cheese sauce to thicken. Place in 2-inch hotel pan. Hold in warmer at 140° F.

Submitted by: Tula Todis, Milton Public Schools

Modification of recipe from Jodi Thompson, intern from Johnson & Wales

**Serving: 1/2 cup**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 156	Carbohydrate 5.56g	Saturated Fat 4.18g	Vitamin A 1043 IU	Iron 0.31mg	Sodium 577mg
Protein 8.97g	Total Fat 10.82g	Cholesterol 16mg	Vitamin C 0.03mg	Calcium 251.04mg	Dietary Fiber 0.08g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Broccoli Salad

Recipe Category: Salad

<i><b>Ingredients</b></i>	<i><b>Weight / Measure</b></i>	<i><b>Directions</b></i>
Broccoli florets	5 lbs	Wash broccoli. Cut florets into bite-size pieces. Dice stems. In a separate bowl, combine mayonnaise, low-fat mayonnaise, sugar, vinegar, and salt and mix well. Add to broccoli. Chop onion. Grate cheese. Add chopped onion, cheese, bacon bits, and salt to broccoli mixture. Stir to coat all pieces with dressing. Chill before serving. (For best results, chill for at least 2 hours before serving)
Mayonnaise	1 1/2 cups	
Mayonnaise, low-fat	16 oz	
Sugar, granulated	10 oz	
Vinegar, distilled	1 cup	
Onion, red, large	1 ea	
<b>Cheese, cheddar</b>	<b>16 oz</b>	
Bacon Bits-imitation	10 oz	
Salt, table	1 tsp	

Submitted by: Judith Whalen, Milton Public Schools

Adapted from: Original recipe

**Serving: 4 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 151	Carbohydrate 10.01g	Saturated Fat 2.23g	Vitamin A 178 IU	Iron 0.50mg	Sodium 330mg
Protein 5.80g	Total Fat 10.92g	Cholesterol 9mg	Vitamin C 12.86mg	Calcium 109.61mg	Dietary Fiber 1.36g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Chicken Salad

Recipe Category: Salad

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Chicken, diced</b> Celery, diced Salt, table Pepper, black Mayonnaise, low-fat Mayonnaise, regular	<b>5 lbs</b> 4 cups 1 tsp 1/2 tsp 20 oz 2 1/2 cups	Place chicken through the shredding blade of Robot Coupe food processor and set aside. Place celery through the shredding blade and squeeze out all liquid. Combine chicken and drained celery into a bowl. Add salt, pepper, low-fat mayonnaise and mayonnaise. Refrigerate until 40° F.

Submitted by: Debbie Abdon, Milton Public Schools

Adapted from: Original recipe

**Serving: 2 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 204	Carbohydrate 1.35g	Saturated Fat 2.66g	Vitamin A 99 IU
Protein 13.24g	Total Fat 16.00g	Cholesterol 47mg	Vitamin C 0.30mg
			Iron 0.63mg
			Calcium 12.74mg
			Sodium 239mg
			Dietary Fiber 0.16g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Garbanzo Bean Dip

Recipe Category: Salad

<i><b>Ingredients</b></i>	<i><b>Weight / Measure</b></i>	<i><b>Directions</b></i>
<b>Garbanzo beans</b> Garlic, granulated Lemon juice Pepper, white, ground <b>Vegetable oil</b> Liquid from beans	<b>2 lb</b> 1 Tbsp 1 1/3 Tbsp 3/4 tsp <b>3/4 cup + 3 Tbsp</b> 1 cup + 2 1/2 Tbsp	Drain beans, reserving liquid. Grind beans in blender. Put all ingredients in blender. Blend until smooth (approximately 3-5 minutes). Be careful not to liquefy. Using a #40 scoop, put into soufflé cups.  Serve with pita bread, vegetables or crackers.

Submitted by: Gail Cozzaglio, Greylock Elementary School

Adapted from: *Kids Around the World Cook*

**Serving: 1 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 58	Carbohydrate 4.28g	Saturated Fat 0.62g	Vitamin A 4 IU	Iron 0.26mg	Sodium 54mg
Protein 0.93g	Total Fat 4.41g	Cholesterol 0mg	Vitamin C 0.83mg	Calcium 6.08mg	Dietary Fiber 0.83g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Hummus

Recipe Category: Salads

<i><b>Ingredients</b></i>	<i><b>Weight / Measure</b></i>	<i><b>Directions</b></i>
<b>Garbanzo beans, canned</b> Lemon juice Tahini sesame paste Salt, table Garlic, fresh, chopped	<b>68 3/8 oz</b> 1 1/2 cups 8 oz 2 tsp 2 Tbsp	Drain garbanzo beans. Using a food processor with a steel blade, mix all ingredients together and process until the texture is smooth. Chill.

Submitted by: Kay Walsh, Milton Public Schools

Adapted from: Original Recipe

**Serving: 2 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 78	Carbohydrate 10.06g	Saturated Fat 0.47g	Vitamin A 10 IU	Iron 0.64mg	Sodium 211mg
Protein 2.82g	Total Fat 3.16g	Cholesterol 0mg	Vitamin C 3.36mg	Calcium 19.53mg	Dietary Fiber 2.17g





## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Oriental Chicken Salad

Recipe Category: Salad

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
<b>Chicken, diced, cooked, frozen</b>	<b>9 lbs + 6 oz</b>	Marinate diced chicken meat in teriyaki sauce overnight. Refrigerate until served. Drain pineapple and hold separately. Cut celery in 1/4 inch diagonal slices and hold separately. Slice spring onions and hold separately. Shred iceberg lettuce. Line salad plate with 2 loose leaf lettuce leaves. Place 5 oz iceberg lettuce in center of plate. Drain chicken meat and place 3 oz in center of iceberg lettuce. Place 1 oz each pineapple and celery around chicken meat. Sprinkle 1 Tbsp spring onions and 1 oz Chinese noodles over salad. Refrigerate until served. Serve with ginger vinaigrette dressing.  <b>Dressing</b> Whisk soy sauce, pineapple juice, lemon juice, minced garlic, ground mustard, ground ginger, honey, and pepper until well blended. Gradually whisk in vegetable oil. Chill to 40° F. Serve with 2 oz ladle.
Teriyaki sauce	3 lbs + 2 oz	
<b>Pineapple, canned, juice pack</b>	<b>3 lbs + 2 oz</b>	
Celery, fresh, raw	3 lbs + 2 oz	
Onions, spring (including tops and bulbs), raw, chopped	3 1/8 cups	
Lettuce, iceberg, fresh	15 lbs + 10 oz	
Lettuce, loose leaf, raw	100 leaves	
Noodles, Chinese, dry	3 lbs + 2 oz	
<i>Dressing</i>		
Soy sauce	1 2/3 cups	
<b>Pineapple juice, canned, unsweetened</b>	<b>2 1/2 cups</b>	
Lemon juice, canned/bottled	1 1/2 cups + 1 Tbsp	
Garlic, fresh, minced	1 1/2 cups + 1 Tbsp	
Mustard, dry	2 1/2 Tbsp	
Ginger, ground	1 1/2 cups + 1 Tbsp	
Honey	1/2 cup + 2 Tbsp	
Pepper, black	1 Tbsp + 2 tsp	
<b>Oil, vegetable</b>	<b>2 qts + 1/4 cup</b>	

Submitted by: Angie Scolaro, Oxford Public Schools

Adapted from: [www.recipes.com](http://www.recipes.com)

**Serving:**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 757	Carbohydrate 43.43g	Saturated Fat 8.52g	Vitamin A 2435 IU	Iron 4.24mg	Sodium 1078mg
Protein 30.44g	Total Fat 53.82g	Cholesterol 76mg	Vitamin C 17.36mg	Calcium 85.74mg	Dietary Fiber 4.48g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Taco Salad

Recipe Category: Salads

<i><b>Ingredients</b></i>	<i><b>Weight / Measure</b></i>	<i><b>Directions</b></i>
<b>Ground beef, 80/20, pre-cooked</b> <b>Taco seasoning</b> Water Lettuce, iceberg/romaine, shredded Tomato, diced Onion, red, diced <b>Cheese, American, shredded</b> Baked Tostitos Thousand Island Dressing	<b>5 lbs</b> <b>4.5 oz</b> 2 cups 10 lbs 3 cups 1 cup <b>5 cups</b> 16 oz 32 oz	Heat pre-cooked ground beef to 165° F. Add Taco seasoning and water. Bring to a boil and simmer for 10 minutes or until reduced. In a hotel pan (12"x20"x4"), mix iceberg/romaine lettuce with chopped tomatoes, diced red onion and shredded cheese. Add cooled ground beef mixture to salad ingredients. Refrigerate until ready to serve. Before serving add crushed baked Tostitos and Thousand Island dressing. Toss and serve immediately.

Submitted by: Karen Amirault, Plainville Public Schools

Adapted from: Original recipe

**Serving: 4 oz**

**Yield: 50 Servings**

**Volume:**

#### Nutrients Per Serving

Calories 262	Carbohydrate 15.15g	Saturated Fat 5.10g	Vitamin A 959 IU	Iron 1.75mg	Sodium 561mg
Protein 15.10g	Total Fat 15.99g	Cholesterol 49mg	Vitamin C 6.33mg	Calcium 96.66mg	Dietary Fiber 1.93g



## Food Service Created, Kid Approved Commodity Recipe Contest

### Recipe Title: Tasty Lite Italian Dressing and Marinade

Recipe Category: Dressing

<i><b>Ingredients</b></i>	<i><b>Weight / Measure</b></i>	<i><b>Directions</b></i>
Water	3 1/2 cups	In an empty, clean jar mix water, vinegar, sugar, and dressing mix. Whip until blended. Add vegetable oil. Screw lid tightly and shake until blended (or whip) Let set for at least 30 minutes before serving. Keep refrigerated
Vinegar, cider	1 3/4 cups	
Sugar, granulated	1/3 cup	
Italian salad dressing mix (Foothill Farms)	3/4 cup	
<b>Oil, vegetable</b>	<b>1 1/4 cup</b>	

Submitted by: Ruth Griffin, Needham Public Schools  
Adapted from: Foothill Farms packet

**Serving: 1 oz (2 Tbsp)**

**Yield: 50 Servings**

**Volume: 6 1/2 cups**

#### Nutrients Per Serving

Calories 65	Carbohydrate 3.95g	Saturated Fat 0.80g	Vitamin A 0 IU	Iron 0.05mg	Sodium 383mg
Protein 0.00g	Total Fat 5.60g	Cholesterol 0mg	Vitamin C 0.00mg	Calcium 0.85mg	Dietary Fiber 0.00g