



# Montana Cook Fresh Initiative

## Recipe Book

PREPARED BY

**Montana Team Nutrition**

DEVELOPED

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Photo: Thai Style Rainbow Salad from the 2021 Montana Cook  
Fresh Leadership Institute



# Montana Cook Fresh Recipes

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# All Purpose Spice Blend



HACCP Process:  1 – No Cook     2 – Cook & Same Day Serve     3 – Cook, Cool, Reheat, Serve     4 – SOP Controlled

Ingredients	For <u>5</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Onion powder		1 Tbsp + 2 tsp		1 cup + 2 tsp	1. Combine all ingredients and use to season soups, ground meats, vegetables, etc. 2. Adjust quantities as needed.
Garlic powder		2 1/2 tsp		1/2 cup + 1 tsp	
Paprika		2 1/2 tsp		1/2 cup + 1 tsp	
Mustard, powdered		2 1/2 tsp		1/2 cup + 1 tsp	
Thyme leaves, crushed		1 1/4 tsp		4 Tbsp	
Pepper, white		1/2 tsp		1 Tbsp + 2 tsp	
Celery seed		1/4 tsp		2 1/2 tsp	

**Serving Size:** 1 Tbsp

**Yield:** 5 servings = 5 Tbsp | 50 servings = 50 Tbsp

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** N/A

# All Purpose Spice Blend



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>23.4</b>
<b>Total Fat (g)</b>	0.6 g
Saturated Fat (g)	0.1 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	3.9 mg
<b>Total Carbohydrate (g)</b>	4.3 g
Dietary Fiber (g)	1.2 g
Total Sugars (g)	0.4 g
Added Sugars included (g)	0 g
<b>Protein (g)</b>	1.0 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	22.9 mg
<b>Iron (mg)</b>	0.9 mg
<b>Potassium (mg)</b>	79.3 mg

N/A = data not available

## Notes

Original Source: Forsyth School District, Forsyth, MT

July 2022, Montana Team Nutrition, [www.montana.edu/teamnutrition/training/index.html](http://www.montana.edu/teamnutrition/training/index.html)  
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# Brownie Batter Hummus



HACCP Process:  1 – No Cook     2 – Cook & Same Day Serve     3 – Cook, Cool, Reheat, Serve     4 – SOP Controlled

Ingredients	For <u>8</u> Servings		For <u>42</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Chickpeas, canned, rinsed and drained	15 oz or 1 #300 can	1 2/3 cups	108 oz or 1 #10 can	10 1/2 cups	<ol style="list-style-type: none"> <li>Combine chickpeas, cocoa powder, sugar, oil, nut/seed butter and vanilla in a food processor and process until smooth, scraping down the sides as needed.</li> <li>Begin adding water while processor is running and blend until desired consistency is reached.</li> <li>Portion 1/4 cup servings and chill for holding.</li> <li>Serve with cinnamon whole grain pita chips or apple wedges.</li> </ol>
Cocoa powder, unsweetened		1/2 cup		3 cups + 2 Tbsp	
Granulated sugar		1/2 cup		3 cups + 2 Tbsp	
Olive oil		3 Tbsp		1 cup + 2 Tbsp	
Peanut, sunflower, or almond butter		3 Tbsp		1 cup + 2 Tbsp	
Vanilla extract		1 tsp		2 Tbsp	
Salt		1/8 tsp		1 tsp	
Water		3 Tbsp		1 cup + 3 Tbsp	

**Serving Size:** 1/4 cup

**Yield:** 8 servings = 2 cups | 42 servings = 10 1/2 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 1 oz Meat/Meat Alternates or 1/4 cup Beans/Legumes

# Brownie Batter Hummus



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>221</b>
<b>Total Fat (g)</b>	11 g
<b>Saturated Fat (g)</b>	2 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	162 mg
<b>Total Carbohydrate (g)</b>	29 g
<b>Dietary Fiber (g)</b>	5.3 g
<b>Total Sugars (g)</b>	17.3 g
<b>Protein (g)</b>	5.3 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	18.5 mg
<b>Iron (mg)</b>	1.8 mg
<b>Potassium (mg)</b>	98.7 mg

N/A = data not available

## Notes

A demonstration of this recipe is available to watch on the Montana Team Nutrition Youtube channel.

Source: Deb Jones, RDN

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# Honey Mint Citrus Dressing



HACCP Process:  1 – No Cook     2 – Cook & Same Day Serve     3 – Cook, Cool, Reheat, Serve     4 – SOP Controlled

Ingredients	For 15 Servings		For 60 Servings		Directions
	Weight	Measure	Weight	Measure	
Orange juice		3/4 cup		3 cups	<ol style="list-style-type: none"> <li>Mix orange juice, lemon juice, honey, and salt with immersion blender, food processor, blender or wire whisk.</li> <li>Slowly add oil in a stream until an emulsion forms and all the oil is blended.</li> <li>Add chopped mint, mix and serve with fruit salad or greens.</li> </ol>
Lemon juice		1/4 cup		1 cup	
Honey		1 Tbsp		1/4 cup	
Salt		1/4 tsp		1 tsp	
Olive oil		3/4 cup		3 cups	
Mint leaves, fresh, finely chopped		1/4 cup		1 cup	

**Serving Size:** 2 Tbsp

**Yield:** 15 servings = 1 + 3/4 cup | 60 servings = 1 pint + 1 3/4 cup

**Meal Component Crediting** (Based on Serving Size)

1 Serving Provides: N/A

# Honey Mint Citrus Dressing



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>107</b>
<b>Total Fat (g)</b>	10.8 g
<b>Saturated Fat (g)</b>	1.5 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	40 mg
<b>Total Carbohydrate (g)</b>	3 g
<b>Dietary Fiber (g)</b>	0.2 g
<b>Total Sugars (g)</b>	2.3 g
<b>Protein (g)</b>	0.2 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	5 mg
<b>Iron (mg)</b>	0.3 mg
<b>Potassium (mg)</b>	34 mg

N/A = data not available

## Notes

*Original Source: Maryland Culinary Boot Camp, Maryland Team Nutrition Program*

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# Lacy's Spiced Up Salsa



HACCP Process:  1 – No Cook     2 – Cook & Same Day Serve     3 – Cook, Cool, Reheat, Serve     4 – SOP Controlled

Ingredients	For 16 Servings		For 50 Servings		Directions
	Weight	Measure	Weight	Measure	
USDA Foods salsa, canned	32 oz		100 oz		1. Combine all ingredients. Taste and adjust seasonings accordingly.
Garlic, minced		3 cloves		10 cloves	
Cilantro, fresh, finely chopped		1/4 cup		3/4 cup	
Red pepper flakes		1 1/2 tsp		3 tsp	
Black pepper		1 tsp		2 1/4 tsp	

**Serving Size:** 1/4 cup

**Yield:** 16 servings = 4 cups | 50 servings = 12.5 cups

**Meal Component Crediting** (Based on Serving Size)

**1 Serving Provides:** 1/4 cup Red/Orange Vegetable

# Lacy's Spiced Up Salsa



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>19.3</b>
<b>Total Fat (g)</b>	0.03 g
Saturated Fat (g)	0 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	62.3 mg
<b>Total Carbohydrate (g)</b>	3.9 g
Dietary Fiber (g)	1.8 g
Total Sugars (g)	1.8 g
Added Sugars included (g)	0 g
<b>Protein (g)</b>	0.07 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	10.7 mg
<b>Iron (mg)</b>	0.5 mg
<b>Potassium (mg)</b>	7.2 mg

N/A = data not available

## Notes

Original Source: Lacy Stephens, MS, RDN

July 2022, Montana Team Nutrition, [www.montana.edu/teamnutrition/training/index.html](http://www.montana.edu/teamnutrition/training/index.html)  
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# Green Beans with Lemon and Basil



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For 8 Servings		For 50 Servings		Directions
	Weight	Measure	Weight	Measure	
Green beans, fresh or frozen OR Green beans, canned, low sodium, drained	0.75 lbs or 3 15 oz cans	4 cups	6.25 lbs or 2 #10 cans	1.5 gallon + 1 cup	<ol style="list-style-type: none"> <li>1. If using fresh green beans, wash well and trim ends.</li> <li>2. Spread green beans in steam table pans.</li> <li>3. Steam fresh or frozen green beans for 10-15 minutes. If using canned beans, drain the beans. Steam until just heated through.</li> <li>4. Drizzle each pan equally with olive oil, lemon juice, lemon zest, salt, and pepper.</li> <li>5. Toss to coat green beans well.</li> <li>6. Just before serving, sprinkle green beans with basil and almonds.</li> <li>7. Serve warm.</li> </ol>
Olive oil		2 Tbsp		3/4 cup	
Lemon juice		2 Tbsp		3/4 cup	
Lemon zest		1 Tbsp		4 Tbsp	
Salt		1/4 tsp		2 tsp	
Pepper, black, ground		1/4 tsp		2 tsp	
Basil, fresh		2 Tbsp		3/4 cup	
Almonds, toasted (optional)		2 Tbsp		3/4 cup	

**Serving Size:** 1/2 cup

**Yield:** 8 servings = 4 cups | 50 servings = 25 cups

**Meal Component Crediting** (Based on Serving Size)

**1 Serving Provides:** 1/2 cup Other Vegetable

# Mediterranean Quinoa Salad



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For 10 Servings		For 50 Servings		Directions
	Weight	Measure	Weight	Measure	
Quinoa, dry		2/3 cup		3 cups	<p>To prepare quinoa</p> <ol style="list-style-type: none"> <li>1. Rinse quinoa in strainer until water runs clear.</li> <li>2. Combine quinoa &amp; broth in a covered pot &amp; bring to a boil. Simmer until water is completely absorbed.</li> <li>3. When done, quinoa will be soft &amp; a white ring will pop out of the kernel. Fluff with a fork, cover &amp; refrigerate.</li> </ol> <p>To prepare dressing</p> <ol style="list-style-type: none"> <li>1. Combine lemon juice, vinegar, garlic, oil, salt &amp; pepper. Set aside.</li> </ol> <p>To prepare salad</p> <ol style="list-style-type: none"> <li>1. Combine peppers, onions, tomatoes, &amp; black olives.</li> <li>2. Add dressing. Mix in quinoa.</li> <li>3. Fold in feta, parsley &amp; mint.</li> <li>4. Chill until 41 degrees.</li> </ol>
Chicken broth, low sodium		1 1/4 cup		6 cups	
Lemon juice		1/2 Tbsp		2 Tbsp + 1 tsp	
Red wine vinegar		1/2 Tbsp		2 Tbsp + 1 tsp	
Garlic, fresh		1/2 tsp		1 Tbsp	
Olive oil		1/2 Tbsp		2 Tbsp + 1 tsp	
Salt		1/4 tsp		1/2 Tbsp	
Pepper		pinch		1/2 tsp	
Red pepper, diced, loosely packed		1/4 cup		1 cup	
Green onion, sliced 1/8" thick		1 1/2 Tbsp		1/2 cup	
Red onion, diced		1 1/2 Tbsp		1/2 cup	
Cherry tomatoes, halved		1/3 cup + 1 Tbsp		1 pint	
Black olives, sliced		1 1/2 Tbsp		1/2 cup	
Feta cheese, crumbled, loosely packed		1/4 cup		1 cup	
Parsley, fresh, chopped fine, loosely packed		1/4 cup		1 cup	
Fresh mint, chopped fine		1 1/2 Tbsp		1/2 cup	

# Mediterranean Quinoa Salad



**Serving Size:** 1/4 cup

**Yield:** 10 servings = 2 1/2 cups | 50 servings = 12 1/2 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 0.25 oz Grain (Whole grain-rich)

**Notes**

## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>62.7</b>
<b>Total Fat (g)</b>	2.3 g
Saturated Fat (g)	0.7 g
<b>Cholesterol (mg)</b>	2.7 mg
<b>Sodium (mg)</b>	141.4 mg
<b>Total Carbohydrate (g)</b>	8.3 g
Dietary Fiber (g)	1.1 g
Total Sugars (g)	0.7 g
<b>Protein (g)</b>	2.7 g
<b>Vitamin D</b>	0.01 mcg
<b>Calcium (mg)</b>	27.3 mg
<b>Iron (mg)</b>	0.8 mg
<b>Potassium (mg)</b>	125.5 mg

N/A = data not available

*Original Source: Sally Donch, Anderson School, Bozeman, MT*

July 2022, Montana Team Nutrition, [www.montana.edu/teamnutrition/training/index.html](http://www.montana.edu/teamnutrition/training/index.html)  
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# Roasted Cauliflower with Turmeric



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Cauliflower	1.5 lbs		12 lbs		<ol style="list-style-type: none"> <li>Preheat convection oven to 400°F. Line sheet pans with parchment paper.</li> <li>Trim and break cauliflower into 2-inch florets.</li> <li>Whisk together oils, turmeric and salt into a large bowl. Add the cauliflower and toss with spoon to coat.</li> <li>Divide cauliflower among prepared sheet pans and spread in a single layer, about 4 pounds per pan.</li> <li>Roast until golden, 18-20 minutes.</li> </ol>
Olive or vegetable oil		1 Tbsp + 1 tsp		3/4 cup	
Sesame oil		2 tsp		1/4 cup	
Tumeric		1 tsp		3 Tbsp	
Salt		1/2 tsp		1 Tbsp	

**Serving Size:** 1/2 cup

**Yield:** 6 servings = 3 cups | 50 servings = 25 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 1/2 cup Other Vegetable

# Roasted Cauliflower with Turmeric



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>67</b>
<b>Total Fat (g)</b>	4.7 g
Saturated Fat (g)	0.8 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	172 mg
<b>Total Carbohydrate (g)</b>	5.8 g
Dietary Fiber (g)	2.3 g
Total Sugars (g)	2.1 g
<b>Protein (g)</b>	2.1 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	25 mg
<b>Iron (mg)</b>	0.8 mg
<b>Potassium (mg)</b>	337 mg

N/A = data not available

## Notes

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# Roasted Chickpeas - 3 Tastes



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>45</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Chickpeas, drained and rinsed		1 1/2 cup		1 #10 can	<ol style="list-style-type: none"> <li>1. Drain and rinse chickpeas and spread out on a dry clean dishtowel. Remove loose skins and spread chickpeas out on lined (parchment or foil) baking sheet and let them to continue to dry for 30 minutes.</li> <li>2. Preheat oven. 425°F for a conventional oven, and 400°F for a convection oven.</li> <li>3. Roast for 20 minutes, shaking the pan once so they do not stick.</li> <li>4. Whisk together oil and seasonings for the variation of your choice. Pour over roasted chickpeas. Toss to assure all are coated.</li> <li>5. Return seasoned chickpeas to oven and roast additional 5 minutes. Toss again and roast additional 5 minutes.</li> <li>6. Turn off oven, open the door and let the oven cool with baking sheet still in the oven.</li> <li>7. Once cooled, chickpeas will be crispy and ready for snacking.</li> </ol>
Olive oil or vegetable oil		1 Tbsp		7 Tbsp	
<b>Honey Cinnamon Taste</b>					
Ground cinnamon		1/2 tsp		1 Tbsp + 1/2 tsp	
Granulated sugar		1 1/2 tsp		3 Tbsp + 1 1/2 tsp	
Honey		1 Tbsp		1/4 cup + 3 Tbsp	
<b>Spicy Taste</b>					
Cumin, ground		1/2 tsp		1 Tbsp + 1/2 tsp	
Chili powder		1/2 tsp		1 Tbsp + 1/2 tsp	
Cayenne pepper		1/4 tsp		1 3/4 tsp	
Salt		1/4 tsp		1 3/4 tsp	
<b>Ranch Taste</b>		1 Tbsp of mix			
Black pepper				1/4 cup	
Parsley, dried				1 1/2 cups	
Garlic salt				1/2 cup	
Salt				2 Tbsp	
Granulated garlic				1/4 cup	
Granulated onion				1/4 cup	
Dill weed				2 Tbsp	



# Roasted Chickpeas - 3 Tastes



**Serving Size:** 1/4 cup

**Yield:** 6 servings = 1 1/2 cup | 45 servings = 11 1/4 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 1 oz Meat/Meat Alternate or 1/4 cup Beans/Legume

## Notes

Tip: try using the roasted chickpeas as a topping for a salad or soup instead of using croutons.

A video demonstration of this recipe is available on the Montana Team Nutrition Youtube Channel.

## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>32.9</b>
<b>Total Fat (g)</b>	2.1 g
Saturated Fat (g)	0.3 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	0.2 mg
<b>Total Carbohydrate (g)</b>	3.9 g
Dietary Fiber (g)	0.1 g
Total Sugars (g)	3.7 g
<b>Protein (g)</b>	0.02 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	2.3 mg
<b>Iron (mg)</b>	0.04 mg
<b>Potassium (mg)</b>	2.6 mg

N/A = data not available

*Original Source: Deb Jones, RDN*

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# Roasted Squash and Sweet Potato



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Butternut squash	2 lbs 6 oz		20 lbs		<p>For roasted squash:</p> <ol style="list-style-type: none"> <li>Preheat convection oven to 375°F.</li> <li>Using vegetable peeler, remove skin from squash and cut in half using a chef's knife.</li> <li>Remove seeds using a large spoon and dice into ½ inch pieces.</li> <li>Pour olive oil over squash, toss and coat well.</li> <li>Place diced squash on full sheet pan. Do not overload pan.</li> <li>Roast for approximately 40 minutes until golden brown.</li> </ol> <p>For roasted sweet potato:</p> <ol style="list-style-type: none"> <li>Preheat conventional oven to 400°F.</li> <li>Wash potatoes well, scrubbing thoroughly.</li> <li>Leaving skin on, cut into wedges using a 6 cut potato wedger and place in a large mixing bowl.</li> <li>Combine chili powder, sugar, pepper, garlic and salt and oil in a small bowl. Drizzle onto potatoes and toss to coat.</li> <li>Place on sheet pans. Do not crowd sweet potatoes in the pan.</li> <li>Bake for 12-15 minutes or until tender and browned in spots..</li> </ol>
Olive oil		1 Tbsp + 1 tsp		3/4 cup	
Sweet potatoes, fresh	2 lbs		16 lb 8 oz		
Chili powder		1/2 tsp		1 Tbsp	
Sugar		1/2 tsp		1 Tbsp	
Black pepper		1/8 tsp		1/2 tsp	
Granulated garlic		1/8 tsp		1/2 tsp	
Salt		1/8 tsp		1/2 tsp	
Vegetable oil		2 Tbsp		1 cup	

**Serving Size:** 1/2 cup

**Yield:** 6 servings = 3 cups | 50 servings = 25 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 1/2 cup Red/Orange Vegetable

# Roasted Squash and Sweet Potato



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>279</b>
<b>Total Fat (g)</b>	7.9 g
<b>Saturated Fat (g)</b>	1.2 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	117.6 mg
<b>Total Carbohydrate (g)</b>	51.7 g
<b>Dietary Fiber (g)</b>	8.2 g
<b>Total Sugars (g)</b>	10.5 g
<b>Protein (g)</b>	4.2 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	132.8 mg
<b>Iron (mg)</b>	2.2 mg
<b>Potassium (mg)</b>	1147 mg

N/A = data not available

## Notes

*Original Source: Sizzling School Lunches: Indiana Cooks with Chef Cyndie*

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# Roasted Zucchini with Parmesan



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Zucchini, medium	1 lb + 8 oz	3 each	12 lb + 8 oz	25 each	<ol style="list-style-type: none"> <li>Preheat conventional oven to 450 °F.</li> <li>Coat baking sheet pans with cooking spray.</li> <li>Slice washed zucchinis into 1/4-inch-thick rounds. In a bowl, toss zucchini with oil.</li> <li>Combine oregano, thyme, garlic powder, Parmesan, salt and pepper in a bowl. Sprinkle combination over zucchini and toss to coat with seasoned cheese mixture.</li> <li>Place zucchini rounds in a single layer on the prepared baking sheet.</li> <li>Bake until browned and crisp, about 25-30 min.</li> <li>Serve immediately with a sprinkle of fresh basil chiffonade.</li> </ol>
Olive or vegetable oil		1 Tbsp + 1/2 tsp		3/4 cup + 1/2 tsp	
Oregano, dried		1/2 tsp		1 Tbsp + 1 tsp	
Thyme, fresh		1 1/2 tsp		1/4 tsp	
Garlic powder		1/4 tsp		2 tsp	
Parmesan, grated	1 oz		8 oz		
Salt		1/8 tsp		1 tsp	
Pepper		1/8 tsp		1 tsp	
Basil, chiffonade		2 Tbsp		1 cup	

**Serving Size:** 1/2 cup

**Yield:** 6 servings = 3 cups | 50 servings = 25 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 1/2 cup Other Vegetable

# Roasted Zucchini with Parmesan



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>67</b>
<b>Total Fat (g)</b>	5 g
<b>Saturated Fat (g)</b>	1.2 g
<b>Cholesterol (mg)</b>	3.9 mg
<b>Sodium (mg)</b>	136 mg
<b>Total Carbohydrate (g)</b>	4 g
<b>Dietary Fiber (g)</b>	1 g
<b>Total Sugars (g)</b>	2.5 g
<b>Protein (g)</b>	2.5 g
<b>Vitamin D</b>	0.02 mcg
<b>Calcium (mg)</b>	58 mg
<b>Iron (mg)</b>	0.5 mg
<b>Potassium (mg)</b>	271 mg

N/A = data not available

## Notes

If substituting dried thyme for fresh thyme, use 1/3 the amount listed in the recipe.

*Original Source: Deb Jones, RDN*

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# Southwest Salad



HACCP Process:  1 – No Cook     2 – Cook & Same Day Serve     3 – Cook, Cool, Reheat, Serve     4 – SOP Controlled

Ingredients	For 8 Servings		For 50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cilantro, large stems removed, rough chopped		1 bunch		5 bunches	1. To make the dressing, in a blender or food processor, add all the ingredients and blitz until smooth. Chill until ready to use. 2. Assemble the salad. Toss with dressing.
Garlic, coarsely chopped		2 tsp		4 Tbsp	
Greek yogurt, plain, non fat		1/2 cup		3 cups	
Mayonnaise		1/2 cup		3 cups	
Lime juice		1/4 cup		1 1/2 cup	
Salt		1tsp		2 Tbsp	
Jalapeno (optional)		1		6	
Romaine, chopped		8 cups		3 gallons	
Black beans, drained	15.5 oz	1 #300 can		1 #10 can	
Frozen corn, thawed		1 cup		1 1/2 quarts	
Tomatoes, diced		1 pint		3 quarts	
Green bell pepper, diced		1 cup		1 1/2 quarts	
Ren onion, diced		1/2 cup		3 cups	
Avocado, sliced (optional)		1		6	
Cilantro (for garnish)					

# Southwest Salad



**Serving Size:** 1 cup

**Yield:** 8 servings = 8 cups | 50 servings = 50 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 0.5 oz Meat/Meat Alternate or 1/8 cup Beans/Legumes,  
1/2 cup Dark Green Vegetable, 1/8 cup Starchy Vegetable, 1/4 cup Other Vegetable,  
1/4 cup Red/Orange Vegetable

## Notes

**Nutrition Analysis** *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>233</b>
<b>Total Fat (g)</b>	15 g
<b>Saturated Fat (g)</b>	2.1 g
<b>Cholesterol (mg)</b>	0.7 mg
<b>Sodium (mg)</b>	441 mg
<b>Total Carbohydrate (g)</b>	19.6 g
<b>Dietary Fiber (g)</b>	7.8 g
<b>Total Sugars (g)</b>	3.7 g
<b>Protein (g)</b>	6.9 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	72 mg
<b>Iron (mg)</b>	2.5 mg
<b>Potassium (mg)</b>	321 mg

N/A = data not available

*Original Source: Chef Rhonda Adkins, Great Falls, MT*

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# Target Range Kale Lentil Salad



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Butternut squash, peeled and cubed		3/4 cup		6 1/4 cups	<ol style="list-style-type: none"> <li>To prepare squash, preheat oven to 400°F and line baking sheets with parchment paper.</li> <li>Spread squash in single layer and drizzle with olive oil, stir to coat and sprinkle with salt.</li> <li>Roast for 25 minutes, turning squash over after 15 minutes. Cool squash to room temperature.</li> <li>To prepare lentils, sort lentils for any debris, rinse and strain.</li> <li>Bring water to boil, add lentils and simmer for 15 minutes. Lentils will be slightly underdone and will soften with dressing. Drain and cool to room temperature.</li> <li>To prepare salad additions, core and dice apple and massage kale with clean gloved hands. Toss kale with apple, squash and lentils.</li> <li>To prepare dressing, whisk ingredients together in a small bowl.</li> <li>Drizzle dressing over salad, tossing to coat.</li> <li>Serve immediately or cool to serve later.</li> </ol>
Olive oil		1 tsp		2 Tbsp	
Salt		1 pinch		1/2 tsp	
Lentils, dry (french, green or brown)	2 oz	1/3 cup	1 lb	2 3/4 cups	
Water		1 cup		8 cups	
Apple, fresh, cored and diced		1/4 cup		2 cups	
Kale, cleaned and torn into bite size pieces		1 1/3 cup + 2 Tbsp		3 qts	
Olive oil		1 Tbsp		1/2 cup	
Salt		1 pinch		1/2 tsp	
White wine vinegar		1 Tbsp		1/2 cup	
Maple syrup, agave or granulated sugar		1/4 tsp		2 tsp	
Dijon mustard		1/4 tsp		2 tsp	
Ginger root, fresh, peeled and minced		1 tsp		3 Tbsp	
Garlic, minced		1/8 tsp		1 tsp	

**Serving Size:** 1/2 cup

**Yield:** 6 servings = 3 cups | 50 servings = 25 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 1/8 cup Dark Green Vegetable, 1/8 cup Beans/Legume, 1/8 cup Red/Orange Vegetable



# Target Range Kale Lentil Salad



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>70</b>
<b>Total Fat (g)</b>	2.9 g
Saturated Fat (g)	0.4 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	54.6 mg
<b>Total Carbohydrate (g)</b>	9.0 g
Dietary Fiber (g)	1.6 g
Total Sugars (g)	1.2 g
Added Sugars included (g)	0 g
<b>Protein (g)</b>	2.7 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	27 mg
<b>Iron (mg)</b>	0.9 mg
<b>Potassium (mg)</b>	148.8 mg

N/A = data not available

## Notes

Original Source: Target Range School District, Missoula, MT

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# Thai Style Rainbow Salad



HACCP Process:  1 – No Cook     2 – Cook & Same Day Serve     3 – Cook, Cool, Reheat, Serve     4 – SOP Controlled

Ingredients	For <u>8</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Creamy peanut, almond, or sunflower butter		1/3 cup		2 cups	<ol style="list-style-type: none"> <li>To make the dressing, in a bowl whisk together peanut butter, rice vinegar, soy sauce, honey, lime juice, ginger, sesame oil, garlic, red pepper flakes, and salt and pepper. If the dressing is too thick, thin with water 1 tsp at a time.</li> <li>In a large bowl, add romaine, slaw, bell pepper, mango, cilantro, mint, and onions.</li> <li>Drizzle salad with the dressing, toss to combine, and garnish with almond slivers.</li> </ol>
Rice vinegar		2 Tbsp + 2 tsp		1 cup	
Soy sauce		2 Tbsp		3/4 cup	
Honey		2 Tbsp		3/4 cup	
Lime juice		2 Tbsp		3/4 cup	
Fresh ginger, minced		1 Tbsp		1/3 cup	
Sesame oil		1 Tbsp		1/3 cup	
Garlic, minced		2 tsp		1/4 cup	
Red pepper flakes		1 Tbsp + 1 tsp		1/2 cup	
Salt		1 tsp		2 Tbsp	
Pepper		1/2 tsp		3 tsp	
Coleslaw mix or shredded cabbage		2 3/4 cups		1 1/2 gal	
Romaine, chopped		3 1/3 cups		1 3/4 gal	
Red bell pepper, thinly sliced		1 1/3 cups		6 pts	
Mango, chopped		1 1/2 cups		3 qts	
Mint leaves, chiffonade		1 Tbsp + 2 tsp		3/4 cup	
Green onions		1.5 stalks		13 stalks	
Almond slivers, toasted		1/3 cup		3 cups	

# Thai Style Rainbow Salad



**Serving Size:** 1 cup

**Yield:** 8 servings = 8 cups | 50 servings = 50 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 0.5 oz Meat/Meat Alternate, 1/2 cup Dark Green Vegetable, 1/8 cup Fruit, 1/4 cup Other Vegetable, 1/8 cup Red/Orange Vegetable

**Notes**

## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>180</b>
Total Fat (g)	10 g
Saturated Fat (g)	1.5 g
Cholesterol (mg)	0 mg
Sodium (mg)	465 mg
Total Carbohydrate (g)	19.5 g
Dietary Fiber (g)	4.2 g
Total Sugars (g)	13.4 g
Protein (g)	5.4 g
Vitamin D	0 mcg
Calcium (mg)	54.5 mg
Iron (mg)	1.3 mg
Potassium (mg)	322 mg

N/A = data not available

*Original Source: Chef Rhonda Adkins, Great Falls, MT*

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# Three Sisters Salad



HACCP Process:  1 – No Cook     2 – Cook & Same Day Serve     3 – Cook, Cool, Reheat, Serve     4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable or olive oil		1/4 cup		2 cups	To prepare dressing 1. Whisk all ingredients together.  To prepare salad 1. Place beans, corn, zucchini and onion in large bowl. 2. Pour dressing over salad and toss to combine.
Maple syrup		1 Tbsp		1/2 cup	
Vinegar (red wine)		2 Tbsp		1 cup	
Thyme leaves, fresh		1 Tbsp		1/2 cup	
Cumin, ground		1/4 tsp		2 tsp	
Salt		pinch		1/2 tsp	
Kidney beans, black eyed peas, or pinto beans, canned, rinsed, and drained		1 cup		2 quart + 1/3 cup	
Corn kernels, fresh, frozen or canned, rinsed and drained		1 cup		2 quart + 1/3 cup	
Zucchini, raw, diced		1 cup		2 quart + 1/3 cup	
Onion, red, diced		2 Tbsp		1 cup	

# Three Sisters Salad



**Serving Size:** 1/2 cup

**Yield:** 6 servings = 3 cups | 50 servings = 25 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 0.5 oz Meat/Meat Alternate or 1/8 cup Beans/Legumes,

1/8 cup Starchy Vegetable, 1/8 cup Other Vegetable

**Notes**

## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>125</b>
<b>Total Fat (g)</b>	9 g
Saturated Fat (g)	1.2 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	76 mg
<b>Total Carbohydrate (g)</b>	9.6 g
Dietary Fiber (g)	2.8 g
Total Sugars (g)	3.3 g
<b>Protein (g)</b>	2.6 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	22 mg
<b>Iron (mg)</b>	0.8 mg
<b>Potassium (mg)</b>	182 mg

N/A = data not available

Source: Deb Jones, RDN

Original Source: Local Matters, [www.local-matters.org](http://www.local-matters.org)

July 2022, Montana Team Nutrition, [www.montana.edu/teamnutrition/training/index.html](http://www.montana.edu/teamnutrition/training/index.html)

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# Wake Up Roasted Vegetables



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Baby red potatoes, halved or quartered	8 oz		4 lb 3 oz		<ol style="list-style-type: none"> <li>Preheat oven, conventional oven to 400°F and convection oven to 375°F.</li> <li>Place vegetables in large bowl. Drizzle with oil and sprinkle on spices. Toss to coat.</li> <li>Spread vegetables out on full sheet pans allowing for a single layer of vegetables per pan so that they roast and not steam.</li> <li>Roast until tender on inside and crispy on the outside, 20-25 min in a conventional oven and 18-25 min in a convection oven.</li> </ol>
Beets, peeled and cubed	4 oz		2 lb 1 oz		
Brussels sprouts, halved	4 oz		2 lb 1 oz		
Red bell pepper, cut into 1 1/2 inch chunks	6 oz		3 lb 2 oz		
Vegetable or olive oil		1 Tbsp		1/2 cup	
Oregano, dried		1/4 tsp		2 tsp	
Thyme, dried		1/4 tsp		2 tsp	
Basil, dried		1/4 tsp		2 tsp	
Rosemary, fresh		1 1/2 tsp		1 Tbsp	
Salt		1/8 tsp		1 tsp	
Black pepper		1/8 tsp		1 tsp	

**Serving Size:** 1/2 cup

**Yield:** 6 servings = 3 cups | 50 servings = 25 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 1/8 cup Starchy Vegetable, 1/8 cup Red/Orange Vegetables, 1/8 cup Other Vegetable

# Wake Up Roasted Vegetables



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>70</b>
<b>Total Fat (g)</b>	2.4 g
<b>Saturated Fat (g)</b>	0.4 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	74 mg
<b>Total Carbohydrate (g)</b>	11.3 g
<b>Dietary Fiber (g)</b>	2.5 g
<b>Total Sugars (g)</b>	3.4 g
<b>Protein (g)</b>	2 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	19 mg
<b>Iron (mg)</b>	1.0 mg
<b>Potassium (mg)</b>	369 mg

N/A = data not available

## Notes

If subbing dried rosemary for fresh, use 1/3 of the amount listed for the fresh rosemary.

Original Source: Deb Jones, RDN

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# Zesty Oat Bean and Corn Salad



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Oat groats, fully cooked		1/2 cup raw		4 cups + 2 Tbsp raw	<ol style="list-style-type: none"> <li>Bring 5 quarts of water to a boil. Rinse oat groats. Add oat groats to boiling water.</li> <li>Bring oats to boil. Reduce heat to medium and in uncovered pan cook for 30 minutes or until soft. Drain off water.</li> <li>Place the warm oats in a large bowl.</li> <li>Add the beans, corn, onion, bell pepper and tomato.</li> <li>Mix the olive oil, lime juice, cumin, garlic, and ground pepper. Pour over oat mixture.</li> <li>Salad can be served hot or cold.</li> </ol>
Black beans, rinsed and drained		1 cup		8 1/3 cups	
Whole kernel corn - fresh, frozen or canned and drained		1/2 cup		4 cups + 2 Tbsp	
Onion, chopped		2 Tbsp		1 cup	
Bell pepper, chopped		1/2 cup		4 cups + 2 Tbsp	
Tomato, chopped		1 cup		8 1/3 cups	
Olive or vegetable oil		1 Tbsp		1/2 cup	
Lime juice		2 Tbsp		1 cup	
Cumin, ground		1 tsp		2 Tbsp + 2 tsp	
Garlic, minced		1 clove		6 cloves	
Black pepper, ground		1/4 tsp		2 tsp	

**Serving Size:** 1/2 cup or #8 scoop

**Yield:** 6 servings = 3 cups | 50 servings = 25 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 0.25 oz Grain, 1/8 cup Red/Orange Vegetable, 1/8 cup Beans/Legume



# Zesty Oat Bean and Corn Salad



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>118</b>
<b>Total Fat (g)</b>	2.7 g
Saturated Fat (g)	0.3 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	54.4 mg
<b>Total Carbohydrate (g)</b>	20.1 g
Dietary Fiber (g)	4.8 g
Total Sugars (g)	1.5 g
<b>Protein (g)</b>	4.5 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	29.1 mg
<b>Iron (mg)</b>	1.8 mg
<b>Potassium (mg)</b>	83.8 mg

N/A = data not available

## Notes

If using as a burrito filling, add cooked shredded chicken, beef, pork or fish and salsa. Wrap in whole wheat tortillas. Heat and serve.

Original Source: Deb Jones, RDN

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# Green Beans with Lemon and Basil



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>52.3</b>
<b>Total Fat (g)</b>	4.3 g
<b>Saturated Fat (g)</b>	0.5 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	172.6 mg
<b>Total Carbohydrate (g)</b>	2.8 g
<b>Dietary Fiber (g)</b>	1.0 g
<b>Total Sugars (g)</b>	0.9 g
Added Sugars included (g)	0 g
<b>Protein (g)</b>	1.1 g
<b>Vitamin D</b>	0.0 mcg
<b>Calcium (mg)</b>	27.9 mg
<b>Iron (mg)</b>	0.6 mg
<b>Potassium (mg)</b>	62.1 mg

N/A = data not available

## Notes

If using fresh lemons, use 1 lemon for 8 servings; 6 lemons for 50 servings.

*Original Source: Karee Anderson, Chef at St Peters Health, Helena, MT*

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# Breakfast Citrus and Spiced Honey Yogurt Bowl



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>8</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Cooked whole grain - oat groats, hull-less barley, sorghum, brown rice, quinoa		4 cups		25 cups	<ol style="list-style-type: none"> <li>1. Refer to cooking instructions for whole grains. Many grains you start with ½ the volume you wish to yield and simmer in water, broth, or milk for 35-55 minutes or until grains have plumped and become tender. Place 1/2 cup of grain as the base for the bowl.</li> <li>2. Wash and zest oranges. Reserve the zest in a bowl. Peel and slice oranges. To make pretty wheel shapes, slice off each end of orange so it sits flat on your cutting board. Starting from the top, slice downward to cut off the skin and membrane. Lay orange on its side and cut into slices.</li> <li>3. Layer 1/2 cup of orange slices on top of the grain for each serving.</li> <li>4. Whisk together yogurt, cardamom, orange zest, cinnamon and honey. Place 1/4 cup of yogurt on top of oranges.</li> </ol>
Oranges	2.5 lb	7	15.5 lb	44	
Greek yogurt, plain	1 lb	2 cups	6 lb 4 oz	3 qt + 1/2 cup	
Cardamom, ground		1 tsp		6 1/4 tsp	
Orange zest		1/2 tsp		1 Tbsp	
Cinnamon, ground		1/2 tsp		1 Tbsp	
Honey		2 Tbsp		3/4 cup	

**Serving Size:** 1 bowl = 1/2 cup fruit, 1 oz grain, 1/4 cup yogurt

**Yield:** 8 servings = 8 bowls | 50 servings = 50 bowls

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 0.5 oz Meat/Meat Alternate, 1/2 cup Fruit, 1 oz Whole Grain

# Breakfast Citrus and Spiced Honey Yogurt Bowl



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>116</b>
<b>Total Fat (g)</b>	0.4 g
<b>Saturated Fat (g)</b>	0.1 g
<b>Cholesterol (mg)</b>	2.8 mg
<b>Sodium (mg)</b>	20.7 mg
<b>Total Carbohydrate (g)</b>	23 g
<b>Dietary Fiber (g)</b>	3.6 g
<b>Total Sugars (g)</b>	19 g
<b>Protein (g)</b>	7.2 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	121.6 mg
<b>Iron (mg)</b>	0.3 mg
<b>Potassium (mg)</b>	340.8 mg

N/A = data not available

## Notes

Try Blood Oranges, Cara Cara, Navel or a mix of different kinds of oranges.

Source: Deb Jones, RDN  
Original Source: Tracee Hume, RDN of the Mountain Table

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# Chicken Tortilla Soup



HACCP Process:  1 – No Cook  2 – Cook & Same Day Serve  3 – Cook, Cool, Reheat, Serve  4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>106</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1 tsp		1/4 cup	<ol style="list-style-type: none"> <li>In a large hotel pan or stock pot, heat oil on medium heat.</li> <li>Add onions and cook about two minutes until soft.</li> <li>Add garlic and saute another minute.</li> <li>Add peppers and saute until soft.</li> <li>Add remaining ingredients and heat until 165 degrees.</li> <li>Remove bay leaves before serving.</li> <li>Top with crushed tortilla chips, shredded cheese, and sour cream if desired.</li> </ol>
Onion, diced		1/4 cup		4 cups	
Garlic, minced		1 Tbsp		1 cup	
Red and green bell pepper, sliced 1/4 inch thick		1/2 cup		6 cups	
Tomatoes, canned		3/4 cup		12 cups (#10 can)	
Corn		1/2 cup		8 cups	
Black beans, canned		3/4 cup		12 cups (#10 can)	
Salsa, canned		3/4 cup		12 cups (#10 can)	
Green chilies, canned	1.5 oz		27 oz		
Chicken, frozen fajita meat	5 oz		5 lbs		
Cilantro, fresh and chopped		1 Tbsp		1 cup	
Green onions, fresh and chopped		2 Tbsp		2 cups	
Taco seasoning mix		1 Tbsp		1 cup	
Ham base	.25 oz		4 oz		
Black pepper		1/4 tsp		1 Tbsp	
Oregano		1/4 tsp		2 Tbsp	
Bay leaves		1 whole		10 whole	
Water		1 1/4 cups		20 cups	

# Chicken Tortilla Soup



**Serving Size:** 3/4 cup

**Yield:** 6 servings = 4.5 cups | 106 servings = 79.5 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 1.0 oz Meat/Meat Alternate, 1/4 cup Red/Orange Vegetable

**Notes**

## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>60</b>
<b>Total Fat (g)</b>	0.7 g
Saturated Fat (g)	0.1 g
<b>Cholesterol (mg)</b>	0.0 mg
<b>Sodium (mg)</b>	211.8 mg
<b>Total Carbohydrate (g)</b>	11.1 g
Dietary Fiber (g)	3.8 g
Total Sugars (g)	2.9 g
<b>Protein (g)</b>	2.4 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	32 mg
<b>Iron (mg)</b>	1.4 mg
<b>Potassium (mg)</b>	128 mg

N/A = data not available

*Original Source: Sally Donch, Anderson School District, Bozeman, MT*

July 2022, Montana Team Nutrition, [www.montana.edu/teamnutrition/training/index.html](http://www.montana.edu/teamnutrition/training/index.html)  
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# Mediterranean Grain Bowl



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Greek yogurt, plain		3/4 cup		6 1/4 cup	To prepare sauce 1. Stir together sauce ingredients and refrigerate until service.
Cucumber, finely diced		2/3 cup		4 cup + 3 Tbsp	
Lemon juice		2 Tbsp + 2 tsp		1 1/3 cup	To prepare whole grain 1. Prepare from dry. Rinse grain. Combine grain and water in saucepan. 2. Bring to a boil over high heat. When grain has reached a boil, lower the heat to a low simmer, cover, and continue cooking until grain is tripled in volume and soft, yet chewy. 3. Add water as needed and let set to soak up remaining liquid for 10 minutes before fluffing and serving.  To prepare chicken 1. Arrange a rack in the middle of the oven and heat to 425°F. 2. Line a rimmed baking sheet with aluminum foil; set aside. 3. Place the garlic, oregano, marjoram, pepper, salt, and lemon juice in a large bowl and stir to combine. 4. Add chicken and toss to coat. 5. Place chicken on prepared baking sheet and bake for 18-20 minutes.  To assemble bowl 1. Place 1/2 cup cooked grain in bowl. 2. Top with 2 oz of chicken. 3. Serve with variety of toppings such as fresh spinach, garbanzo beans, cherry tomatoes, and red onion. 4. Drizzle with 2-4 Tbsp sauce and serve with fresh herb and lemon slice.
Dill weed, dried		1 Tbsp + 3/4 tsp		1/2 cup + 2 Tbsp	
Garlic, minced		1 clove		12 cloves	
Sorghum, hulled barley, oat groats, or brown rice		1 cup		8 1/3 cup	
Water or broth		3 cups		7 qts	
Lemon juice		2 Tbsp		1 1/2 cup	
Garlic, minced		1/2 tsp		2 Tbsp	
Oregano, dried		1 tsp		4 Tbsp + 1 tsp	
Marjoram, dried		1/4 tsp		1 Tbsp	
Salt		1/4 tsp		1 Tbsp	
Black pepper, ground		1/8 tsp		1 1/2 tsp	
Chicken thigh, boneless, skinless	1 lb 1 oz		8 lb 14 oz		
Spinach, fresh, chopped		3 cups		1 gallon + 9 cups	
Garbanzo beans, drained		1 1/2 cup		3 qt + 1/2 cup	
Cherry tomatoes, halved		3/4 cup		6 cups	
Cucumber, sliced		3/4 cup		6 cups	
Red onion, thinly sliced		6 Tbsp		3 cups + 2 Tbsp	
Dill or parsley, fresh, chopped		6 Tbsp		3 cups + 2 Tbsp	

# Mediterranean Grain Bowl



**Serving Size:** 1 bowl = 1/2 cup grain, 2 oz chicken

**Yield:** 6 servings = 6 bowls | 50 servings = 50 bowls

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 2.25 Meat/Meat Alternate, 1/2 cup Dark Green Vegetable, 1/4 cup Beans/Legumes, 1/8 cup Other Vegetable, 1 oz Grain

## Notes

Sauce, chicken, and grain can be made ahead and refrigerated in separate containers and stored for up to 3 days.

## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>249</b>
<b>Total Fat (g)</b>	13 g
Saturated Fat (g)	3.3 g
<b>Cholesterol (mg)</b>	77.9 mg
<b>Sodium (mg)</b>	363.7 mg
<b>Total Carbohydrate (g)</b>	14.1 g
Dietary Fiber (g)	3.6 g
Total Sugars (g)	4.3 g
<b>Protein (g)</b>	19.8 g
<b>Vitamin D</b>	0.16 mcg
<b>Calcium (mg)</b>	86.1 mg
<b>Iron (mg)</b>	2.1 mg
<b>Potassium (mg)</b>	352.9 mg

N/A = data not available

*Original Source: Deb Jones, RDN*

July 2022, Montana Team Nutrition, [www.montana.edu/teamnutrition/training/index.html](http://www.montana.edu/teamnutrition/training/index.html)  
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# Minestrone Soup



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Olive oil		2 Tbsp		1 cup	<ol style="list-style-type: none"> <li>Heat oil in a heavy pot over medium heat.</li> <li>Add onions, celery, and carrots. Saute them in oil until almost tender, but do not brown.</li> <li>Add the cabbage (or other green leafy vegetable), garlic, and zucchini. Stir to mix the vegetables. Continue to saute another 5 minutes.</li> <li>Add the tomatoes and stock. Bring to a boil, reduce heat, and simmer until the vegetables are almost cooked.</li> <li>Add the beans and simmer until heated through and the vegetables are cooked, but not mushy.</li> <li>Taste the soup for seasoning and adjust as needed. To serve, ladle finished soup over cooked pasta.</li> <li>Garnish with chopped parsley and freshly grated parmesan.</li> </ol>
Onion, small dice		1/2 cup		4 cups	
Celery, small dice		1/4 cup		2 cups	
Carrot, small dice		1/3 cup		3 cups	
Garlic, chopped		1/2 tsp		4 tsp	
Green cabbage (kale, chard, etc.) shredded		1/4 cup		2 cups	
Zucchini, small dice		1/4 cup		2 cups	
Tomato, canned, diced		1/2 cup		1 qt	
Chicken or vegetable stock		1 qt		2 gallons	
Cannellini beans, canned, drained		1 cup		1 3/4 qt	
Salt		1/4 tsp		2 tsp	
Pepper		1/4 tsp		2 tsp	
Small pasta, whole grain, dry (e.g. orzo)		3 Tbsp		1 1/2 cup	
Parsley		1 Tbsp		1/2 cup	
Parmesan cheese, grated for garnish		1 Tbsp		1/2 cup	

# Minestrone Soup



**Serving Size:** 1 cup

**Yield:** 6 servings = 6 cups | 50 servings = 50 cups

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 1/8 cup Beans/Legume, 1/8 cup Other Vegetable, 1/8 cup Red/Orange Vegetable

**Notes**

## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>165</b>
<b>Total Fat (g)</b>	6.7 g
Saturated Fat (g)	1.3 g
<b>Cholesterol (mg)</b>	5.5 mg
<b>Sodium (mg)</b>	463.6 mg
<b>Total Carbohydrate (g)</b>	18.7 g
Dietary Fiber (g)	2.5 g
Total Sugars (g)	4 g
<b>Protein (g)</b>	7.8 g
<b>Vitamin D</b>	0.0 mcg
<b>Calcium (mg)</b>	51.9 mg
<b>Iron (mg)</b>	1.8 mg
<b>Potassium (mg)</b>	390 mg

N/A = data not available

*Original Source: Chef Rhonda Adkins, Great Falls, MT*

July 2022, Montana Team Nutrition, [www.montana.edu/teamnutrition/training/index.html](http://www.montana.edu/teamnutrition/training/index.html)  
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# Montana Trout Bowl



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Maple syrup		1 1/2 tsp		1/4 cup	<p>To prepare Wojapi (Wild Berry Sauce)</p> <ol style="list-style-type: none"> <li>Whisk together maple syrup, fruit juice, Timpisila and salt in saucepan while cold.</li> <li>Add fruit and bring to simmer. Cook over medium high heat until reduced and thickened. Before serving, add vinegar. For smoothest sauce, puree hot mixture in a blender.</li> </ol>
Fruit juice (chokecherry or cranberry)		1 1/2 cup		3 qt + 1/2 cup	
Timpisila flour		3 Tbsp		1 1/2 cup	
Salt		pinch		1/2 tsp	
Blueberries, blackberries, raspberries, fresh or frozen		3/4 cup		6 1/4 tsp	
Vinegar		1/2 tsp		1 Tbsp + 1 tsp	<p>To prepare lentils</p> <ol style="list-style-type: none"> <li>Rinse lentils with fresh water before boiling to remove any dust or debris.</li> <li>Cook on stovetop, using 3 parts liquid to 1 part of dry lentils. Bring to boil, cover tightly, reduce heat and simmer until tender, typically 15-20 minutes.</li> </ol>
Green lentils, dried		1/3 cup		2 3/4 cups	
Water or vegetable stock		1 cup		2 qt + 1/3 cup	
Canola oil		1 Tbsp		1/2 cup + 1 tsp	
Onion, finely sliced		1/2 cup		4 cups + 2 Tbsp	
Red bell pepper, finely chopped		1 cup		2 qt + 1/3 cup	<p>To prepare wild rice</p> <ol style="list-style-type: none"> <li>Rinse wild rice: Place wild rice in a fine-mesh strainer and rinse in sink under cold running water. Shake to drain.</li> <li>Saute onion and pepper: Heat oil briefly in large saucepan, then add onion and pepper. Saute over medium heat until softened, about 5 minutes.</li> <li>Add water to saucepan and bring to boil. Add rice and return to boil.</li> <li>Reduce to simmer, cover and cook for 45 minutes. It may need additional 10-15 minutes, stop cooking when grains are tender.</li> <li>Pour rice into strainer to drain off any remaining liquid. Return to pan and let stand, covered, for 5-10 minutes before serving.</li> </ol>
Wild rice		1/2 cup		4 cups + 2 Tbsp	
Brown rice		1/2 cup		4 cups + 2 Tbsp	
Water or vegetable stock		3 cups		25 cups	
Pepitas, sunflower seeds or chopped pecans		6 Tbsp		3 cups + 2 Tbsp	
Canola oil		1 Tbsp		1/2 cup	<p>To prepare fish</p> <ol style="list-style-type: none"> <li>In separate pan, heat oil.</li> <li>Season fish with salt and pepper. Sprinkle paprika on both sides.</li> <li>Add to pan and cook for 2-3 minutes on each side until desired doneness. Remove from pan and allow to cool for 2-3 minutes. Flake fish into small bite size pieces.</li> </ol>
Trout, deboned and skinned	12 oz		6 lb 4 oz		
Salt and pepper		1/4 tsp each		2 tsp each	
Paprika		1 tsp		2 tsp	
					<p>To assemble bowl</p> <ol style="list-style-type: none"> <li>Place 1/2 cup of cooked rice in bowl. Top with 1/8 cup lentils, 2 oz fish, 1 Tbsp nuts or seeds, additional toppings such as roasted butternut squash, and drizzle with sauce.</li> </ol>

# Montana Trout Bowl



**Serving Size:** 1 bowl = 1/2 cup grain, 1/8 cup lentils, 2 oz trout

**Yield:** 6 servings = 6 bowls | 50 servings = 50 bowls

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 2 oz Meat/Meat Alternate, 1/8 cup Beans/Legume, 3/8 cup Fruit, 1/8 cup Red/Orange Vegetable, 0.75 oz Grain (Whole Grain Rich)

## Notes

### Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>362</b>
<b>Total Fat (g)</b>	16 g
Saturated Fat (g)	2 g
<b>Cholesterol (mg)</b>	33 mg
<b>Sodium (mg)</b>	160 mg
<b>Total Carbohydrate (g)</b>	47 g
Dietary Fiber (g)	8 g
Total Sugars (g)	13 g
<b>Protein (g)</b>	20 g
<b>Vitamin D</b>	9 mcg
<b>Calcium (mg)</b>	67 mg
<b>Iron (mg)</b>	3 mg
<b>Potassium (mg)</b>	793 mg

N/A = data not available

Source: Deb Jones, RDN

Original Sources:

Bowl recipe adapted from: <https://www.lentils.org/recipe/wild-rice-lentils-with-flaked-salmon/>

Sauce adapted from: <https://foragerchef.com/wild-berry-thinpsinla-wozapi/>

July 2022, Montana Team Nutrition, [www.montana.edu/teamnutrition/training/index.html](http://www.montana.edu/teamnutrition/training/index.html)

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# Oven Baked Falafel



HACCP Process: \_\_\_\_\_ 1 – No Cook \_\_\_\_\_ 2 – Cook & Same Day Serve \_\_\_X\_\_\_ 3 – Cook, Cool, Reheat, Serve \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>48</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Chickpeas, raw, uncooked	6 1/2 oz	1 cup	50 oz	8 cups	<ol style="list-style-type: none"> <li>1. Rinse and soak dry chickpeas in cool water for at least 4 hours or up to 24 hours in refrigerator.</li> <li>2. Pour olive oil on half sheet pan(s) and turn until pan is evenly coated.</li> <li>3. In food processor/vertical cutter mixer, combine soaked and drained chickpeas, onion, parsley, cilantro, garlic, salt, pepper, cumin, cinnamon and olive oil. Process until smooth, about 1 minute.</li> <li>4. Using hands scoop out 2 Tbsp of the mixture at a time (2-#40 scoops). Shape into small patties, about 2 inches wide and 1/2 inch thick. Place on oiled pan.</li> <li>5. Bake for 15 minutes at 375 °F and carefully flip. Continue baking for 10-15 minutes, until deeply golden on both sides.</li> <li>6. Serve falafel hot or cool. Cover and refrigerate for up to 3 days. Freeze for longer storage.</li> </ol>
Extra virgin olive oil, for pan		1/4 cup		2 cups	
Onion, roughly chopped		1/2 cup		4 cups	
Parsley, mostly leaves, packed		1/2 cup		4 cups	
Cilantro, mostly leaves, packed		1/2 cup		4 cups	
Garlic cloves, quartered		4 cloves		32 cloves	
Salt		1/2 tsp		4 tsp	
Black pepper		1/2 tsp		4 tsp	
Cumin, ground		1/2 tsp		4 tsp	
Cinnamon, ground		1/4 tsp		2 tsp	
Extra virgin olive oil, for falafel		1 Tbsp		1/2 cup	

**Serving Size:** 2 falafels

**Yield:** 6 servings = 12 falafels | 48 servings = 96 falafels

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 1 oz Meat/Meat Alternate or 1/4 cup Beans/Legumes

# Oven Baked Falafel



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>22</b>
<b>Total Fat (g)</b>	1.5 g
<b>Saturated Fat (g)</b>	0.2 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	195.3 mg
<b>Total Carbohydrate (g)</b>	2.2 g
<b>Dietary Fiber (g)</b>	0.4 g
<b>Total Sugars (g)</b>	0.6 g
Added Sugars included (g)	0 g
<b>Protein (g)</b>	0.3 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	9.7 mg
<b>Iron (mg)</b>	0.12 mg
<b>Potassium (mg)</b>	37.5 mg

N/A = data not available

## Notes

Serve with whole wheat pitas, tomato, spinach or other green, onion, and yogurt sauce like Tzatziki to make a sandwich meal.

Source: Deb Jones, RDN

July 2022, Montana Team Nutrition, [www.montana.edu/teamnutrition/training/index.html](http://www.montana.edu/teamnutrition/training/index.html)  
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# Southwest Grain Bowl



HACCP Process: \_\_\_\_\_ 1 – No Cook    \_\_\_X\_\_\_ 2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Greek yogurt, non fat		3/4 cup		6 1/4 cup	<p>To prepare dressing</p> <ol style="list-style-type: none"> <li>1. Add all ingredients to bowl and whisk until well combined.</li> </ol> <p>To prepare quinoa</p> <ol style="list-style-type: none"> <li>1. Place quinoa in a fine wire-mesh strainer; rinse under running water 1 minute. Drain.</li> <li>2. Bring quinoa and water to a boil in a saucepan over high heat. Cover and reduce heat to medium. Cook until liquid is mostly absorbed, 12 to 15 minutes.</li> <li>3. Remove from heat, and let steam, covered, 10 minutes. Drain any excess water. Fluff with fork and serve.</li> </ol> <p>To prepare lentils</p> <ol style="list-style-type: none"> <li>1. Rinse your lentils with fresh water before boiling to remove any dust or debris.</li> <li>2. Cook on a stovetop, use 3 parts of liquid (water, stock, etc) to 1 part dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size. (1 cup dry makes 2 ½ cups cooked)</li> <li>3. Bring to a boil, cover tightly, reduce heat and simmer until they are tender. For whole lentils, cook time is typically 15-20 minutes.</li> </ol> <p>To prepare protein</p> <ol style="list-style-type: none"> <li>1. CCP - Heat to food safe temperature of 165°F. Hot hold to assure product stays above food safe serving temperature of 135°F.</li> </ol> <p>To assemble bowl</p> <ol style="list-style-type: none"> <li>1. Place 1 cup of greens in a bowl. Top with 1 oz meat/meat alternate, 1 oz cheese, 2 Tbsp jicama, 2 Tbsp green onion, 1/8 cup tomato, 1/2 cup quinoa, 1/4 cup lentils, and 2 1/2 Tbsp of dressing.</li> </ol>
Garlic powder		1 1/2 tsp		4 Tbsp + 1 1/2 tsp	
Onion powder		1/2 tsp		1 Tbsp + 1 tsp	
Lime juice		1 1/2 tsp		4 Tbsp + 1 1/2 tsp	
Dill, dried		3/4 tsp		2 Tbsp + 1 tsp	
Salt		1/8 tsp		1 tsp	
Chipotle chili powder		1 1/4 tsp		3 Tbsp + 1 tsp	
Water		3 Tbsp		1 1/2 cups	
Quinoa, dry		3/4 cup		6 1/4 cups	
Water		1 1/2 cups		3 qt + 1/2 cup	
Lentils, black beluga		1/2 cup		4 cups + 3 Tbsp	
USDA pork, pulled, cooked, frozen OR USDA turkey taco filling	12 oz or 10.5 oz		6 lb 4 oz or 4 lb 1 oz		
Cheese, shredded	6 oz		3 lb 2 oz		
Kale, green leaf, or spinach, chiffonade		6 cups		3 gallon + 2 cups	
Jicama, peeled and julienned		3/4 cup		6 1/4 cups	
Green onion, sliced thinly		3/4 cup		6 1/4 cups	
Tomatoes, wedged		3/4 cup		6 1/4 cups	

# Southwest Grain Bowl



**Serving Size:** 1 bowl

**Yield:** 6 servings = 6 bowls | 50 servings = 50 bowls

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 2 oz eq Meat/Meat Alternate, 1 cup Dark Green Vegetable, 1/4 cup Beans/Legumes, 1/8 cup Red/Orange Vegetable, 1 oz Grain (Whole Grain Rich).

<b>Nutrition Analysis</b> <i>(Based on Serving Size)</i>	
<b>Calories (cal)</b>	<b>387</b>
Total Fat (g)	15 g
Saturated Fat (g)	6.8 g
Cholesterol (mg)	62.8 mg
Sodium (mg)	1167 mg
Total Carbohydrate (g)	36 g
Dietary Fiber (g)	5.4 g
Total Sugars (g)	4.5 g
<b>Protein (g)</b>	<b>26 g</b>
Vitamin D	0.1 mcg
Calcium (mg)	346 mg
Iron (mg)	3.2 mg
Potassium (mg)	289 mg

N/A = data not available

## Notes

If using kale as the base green vegetable, massage the leaves to soften for eating raw.

Meal component crediting is based on suggested bowl assembly; crediting should be adjusted if different toppings are used.

Nutrient analysis is based on a Southwest Grain Bowl made with USDA pulled pork.

*Original Source: Deb Jones, RDN*

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# Thai Inspired Grain Bowl



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>50</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Ginger, fresh, minced		2 1/4 tsp		7 Tbsp	<p>To prepare peanut sauce</p> <ol style="list-style-type: none"> <li>1. Combine all sauce ingredients and puree (with blender or immersion blender) until smooth.</li> </ol> <p>To prepare whole grain</p> <ol style="list-style-type: none"> <li>1. Rinse and drain whole grain sorghum (or grain of choice).</li> <li>2. Bring 4 parts of water or stock to a boil in saucepan. Add 1 part whole grain sorghum.</li> <li>3. Cover with a tight-fitting lid and bring to a boil. Reduce heat to medium and let simmer for 45 minutes or until tender. Stir occasionally. Add more water or stock if necessary.</li> <li>4. When grain has absorbed all of the water, fluff with a fork.</li> </ol> <p>To prepare hard cooked eggs</p> <ol style="list-style-type: none"> <li>1. Put eggs in a pan of cold water. Bring to a boil and cook for 2 minutes.</li> <li>2. Turn heat off. Cover pan and let stand for 11 minutes. Transfer eggs to cold water and let them soak until cooled. Peel.</li> </ol> <p>To assemble grain bowl: Place 1/2 cup of cooked whole grain in each bowl.</p> <p>Top with:</p> <ul style="list-style-type: none"> <li>• Egg- 1 per bowl</li> <li>• Edamame- 1/4 cup/bowl</li> <li>• Cabbage – 2 Tbsp/bowl</li> <li>• Carrot- 1/4 cup/bowl</li> <li>• Snap Peas- 2 Tbsp/bowl</li> <li>• Fresh cilantro and a lime wedge</li> <li>• Drizzle with 2 Tbsp. peanut sauce</li> </ul>
Garlic, minced		3/4 tsp		2 Tbsp + 1/4 tsp	
Peanut butter (sub almond, sunflower, or tahini)		6 Tbsp		3 cups + 1 Tbsp	
Tamari (gf) or soy sauce		1 Tbsp + 1/2 tsp		3/4 cup + 1/2 tsp	
Lime juice		2 Tbsp		1 cup + 2 Tbsp	
Brown sugar		1 1/4 tsp		3 Tbsp + 1/2 tsp	
Red pepper flakes		1/4 tsp		2 1/4 tsp	
Coconut milk		1/2 cup		4 cups + 1 Tbsp	
Sorghum, brown rice noodles, brown rice or other grain		3 cups, cooked		6 qt + 1 cup cooked	
Eggs, hard cooked and quartered		6		50	
Edamame, shelled		1 1/2 cup		3 qt + 1/2 cup	
Red cabbage, shredded		1 cup		8 1/3 cup	
Carrots, julienne		1 1/2 cup		3 qt + 1/2 cup	
Sugar snap peas, bias cut		1 cup		8 1/3 cup	
Fresh cilantro, chopped		6 Tbsp		3 cups + 2 Tbsp	
Lime, cut into 1/8 slices		1		8	

# Thai Inspired Grain Bowl



**Serving Size:** 1 bowl

**Yield:** 6 servings = 6 bowls | 50 servings = 50 bowls

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 2.25 oz Meat/Meat Alternate, 1/4 cup Beans/Legume, 1 oz Grain (Whole Grain), 1/4 cup Red/Orange Vegetable, 3/8 cup Other Vegetable

## Notes

Meal component credited based on suggested grain bowl assembly; crediting will vary based on toppings.

## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>356</b>
<b>Total Fat (g)</b>	15 g
Saturated Fat (g)	5.5 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	295 mg
<b>Total Carbohydrate (g)</b>	42.3 g
Dietary Fiber (g)	6.7 g
Total Sugars (g)	6.3 g
<b>Protein (g)</b>	16.1 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	64 mg
<b>Iron (mg)</b>	2.9 mg
<b>Potassium (mg)</b>	548 mg

N/A = data not available

*Original Source: Deb Jones, RDN*

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# Breakfast Bread



HACCP Process: \_\_\_\_\_ 1 – No Cook    \_\_\_X\_\_\_ 2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For 50 Servings		For 100 Servings		Directions
	Weight	Measure	Weight	Measure	
<b>For dough</b>					<p>To prepare dough</p> <ol style="list-style-type: none"> <li>Dissolve yeast in warm water.</li> <li>Add remaining ingredients and mix with dough hook until dough is ready, approximately 10 minutes.</li> <li>Place 4 lb. dough balls on each 18 x 26" sheet pan. Cover with plastic and proof until light. (Use greased pans.)</li> <li>Spread dough over pan with hands (dough is very soft). Spread with fruit.</li> <li>Sprinkle with cinnamon and sugar to taste.</li> </ol> <p>To prepare crumble</p> <ol style="list-style-type: none"> <li>Combine ingredients in a large mixer. The mixture should be mixed until it forms crumbs and holds together when pinched. This recipe makes enough crumble for 10 pans or 250 servings of breakfast bread; freeze any leftover crumble for future use.</li> </ol> <p>To assemble bread</p> <ol style="list-style-type: none"> <li>Sprinkle approximately 4 cups of crumble mixture over each pan of dough.</li> <li>Proof at room temperature until dough is about even with top of pan.</li> <li>Bake at 350 degrees for 15-20 minutes or until done.</li> <li>Drizzle with an optional powdered sugar glaze. Serve warm or room temperature.</li> </ol>
Warm water		6 cups		12 cups	
Yeast, dry*		1/2 cup		1 cup	
Bread flour	2 1/4 lb		4 1/2 lb, 2 oz		
Whole wheat flour	2 1/4 lb		4 1/2 lb, 2 oz		
Sugar		1 cup		2 cups	
Salt		2 Tbsp		1/4 cup	
Butter, softened	6 oz		12 oz		
<b>For topping</b>					
Cinnamon and sugar		as needed		as needed	
Apples, cherries, or blueberries		4 cups		8 cups	
<b>For crumble (makes enough for 10 pans or 250 servings)</b>					
Butter			4 lbs		
White flour				1 gallon	
Whole wheat flour				1 gallon	
Granulated sugar				2 quarts	
Vanilla				1/2 cup	
<b>For glaze (optional)</b>					
Powdered sugar		4 cups		8 cups	
Milk or water		1/8 - 1/4 cup		1/4 - 1/2 cup	
Vanilla extract		1-2 tsp		2-4 tsp	

# Breakfast Bread



**Serving Size:** 1 piece = 3.25" x 5" rectangle

**Yield:** 50 servings = 2 18" x 26" sheet pans | 100 servings = 4 18" x 26" sheet pans

**Meal Component Crediting** (Based on Serving Size)

**1 Serving Provides:** 3.5 oz Grains (1.75 Whole Grain Rich, 1.75 Non-Whole Grain Rich)

## Notes

\*This recipe uses regular dry yeast from SAF, but if using another brand just use the conversion chart on the package.

## Nutrition Analysis

 (Based on Serving Size)

<b>Calories (cal)</b>	<b>271</b>
<b>Total Fat (g)</b>	5.5 g
Saturated Fat (g)	2.8 g
<b>Cholesterol (mg)</b>	11 mg
<b>Sodium (mg)</b>	283 mg
<b>Total Carbohydrate (g)</b>	49.5 g
Dietary Fiber (g)	4.6 g
Total Sugars (g)	7.3 g
<b>Protein (g)</b>	7.9 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	17.7 mg
<b>Iron (mg)</b>	2.4 mg
<b>Potassium (mg)</b>	157 mg

N/A = data not available

Original Source: Barbara Oehl, Montana Team Nutrition Peer Educator

July 2022, Montana Team Nutrition, [www.montana.edu/teamnutrition/training/index.html](http://www.montana.edu/teamnutrition/training/index.html)  
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# Carrot Muffin



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For 12 Servings		For 50 Servings		Directions
	Weight	Measure	Weight	Measure	
Eggs, large		2		8	<ol style="list-style-type: none"> <li>1. Preheat oven. Preheat convection oven to 300 °F or conventional oven to 335 °F.</li> <li>2. Whisk eggs, add oil and vanilla and whisk again.</li> <li>3. Add pureed carrots and mix well.</li> <li>4. Add flours, sugar, spices, baking soda, baking powder, and salt to wet ingredients and mix with rubber spatula. Batter will seem thick but will loosen up as you gently mix more.</li> <li>5. Fold in shredded carrots.</li> <li>6. Use scoop to fill 1/2 cup muffin tins with liners.</li> <li>7. Bake at 300 degrees (convection) until toothpick comes out clean, about 22-25 minutes.</li> </ol>
Vegetable oil		1/3 cup		1 1/3 cup + 1/2 Tbsp	
Vanilla extract		1 Tbsp		1/4 cup + 1/2 tsp	
Carrots, pureed		1 cup		1 qt + 2 Tbsp	
All purpose flour		1 cup		1 qt + 2 Tbsp	
Whole wheat flour		1 1/4 cup		1 qt + 1 1/4 cups	
Brown sugar		3/4 cup		3 1/8 cups	
Cinnamon		2 tsp		2 Tbsp + 2 1/2 tsp	
Nutmeg		1/2 tsp		2 1/8 tsp	
Baking soda		1/2 tsp		2 1/8 tsp	
Baking powder		1 tsp		1 Tbsp + 1 tsp	
Salt		1/2 tsp		2 tsp	
Carrots, shredded		2 cup		2 qt + 1/4 cup	

**Serving Size:** 1 muffin

**Yield:** 12 servings = 12 muffins | 50 servings = 50 muffins

**Meal Component Crediting** (Based on Serving Size)

**1 Serving Provides:** 0.25 Meat/Meat Alternate, 1.25 oz Grain (Whole Grain Rich), 1/4 cup Red/Orange Vegetable

# Carrot Muffin



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>204</b>
<b>Total Fat (g)</b>	6.5 g
<b>Saturated Fat (g)</b>	1.0 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	218 mg
<b>Total Carbohydrate (g)</b>	33.7 g
<b>Dietary Fiber (g)</b>	2.7 g
<b>Total Sugars (g)</b>	14.9 g
<b>Protein (g)</b>	3.6 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	53.3 mg
<b>Iron (mg)</b>	1.2 mg
<b>Potassium (mg)</b>	175 mg

N/A = data not available

## Notes

Original Source: Jay Stagg, Whitefish School District, Whitefish, MT

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# Cheesy Onion Bread



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For 12 Servings		For 48 Servings		Directions
	Weight	Measure	Weight	Measure	
Single rise dough, prepared	1 lb 2 oz		4 lb 8 oz		<ol style="list-style-type: none"> <li>Scale dough into desired portions for each sheet pan to be made into Cheesy Onion Bread. See Single Rise Whole Wheat Dough Recipe.</li> <li>Flatten with rolling pin. Combine beaten eggs, cheese and onion and place in the center of dough. Fold four corners to center over filling.</li> <li>Using a dough scraper, chop dough until filling is blended evenly into dough.</li> <li>Place dough mixture evenly on a greased sheet pan or one lined with parchment paper. The small recipe fits a 9" x 13" pan and the large recipes fits a 18" x 26" sheet pan.</li> <li>Repeat procedure for each additional pan needed.</li> <li>Proof until dough has risen to top of pan.</li> <li>Bake at 375 degrees F (conventional) or 350 degrees F (convection) for about 18 minutes.</li> <li>Cut into squares or bread sticks.</li> </ol>
Eggs, beaten		1		4	
Low fat cheddar cheese, shredded	1/4 lb		1 lb		
Onions, fresh, finely chopped	1/4 lb		1 lb		

**Serving Size:** 1.5 oz

**Yield:** 12 servings = 18 oz | 48 servings = 72 oz

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 1 oz eq Grain (0.5 oz Whole Grain Rich)

# Cheesy Onion Bread



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>134</b>
<b>Total Fat (g)</b>	4.8 g
Saturated Fat (g)	2.4 g
<b>Cholesterol (mg)</b>	10.1 mg
<b>Sodium (mg)</b>	195.8 mg
<b>Total Carbohydrate (g)</b>	17.9 g
Dietary Fiber (g)	3.7 g
Total Sugars (g)	2.5 g
Added Sugars included (g)	0 g
<b>Protein (g)</b>	6.7 g
<b>Vitamin D</b>	0.6 mcg
<b>Calcium (mg)</b>	9.3 mg
<b>Iron (mg)</b>	0.9 mg
<b>Potassium (mg)</b>	77.6 mg

N/A = data not available

## Notes

*Original Source: Barbara Oehl, Montana Team Nutrition Peer Educator*

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# Fluffy Whole Wheat Bridger Biscuits



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For 12 Servings		For 48 Servings		Directions
	Weight	Measure	Weight	Measure	
All purpose flour	3.4 oz	3/4 cup	13.6 oz	3 cups	<ol style="list-style-type: none"> <li>In a medium bowl, combine flours, baking powder, sugar, and salt; mix well.</li> <li>Cut in butter until mixture resembles coarse crumbs.</li> <li>Stir in milk just until moistened. If batter is too dry, add one or two tablespoons of milk.</li> <li>Turn out onto a lightly floured surface; knead gently 8-10 times. Roll to 3/4" thickness; cut with a 2-1/2 inch biscuit cutter and place on an ungreased baking sheet.</li> <li>Bake at 450 degrees for 10-12 minutes or until lightly browned. Serve warm.</li> </ol>
Whole wheat flour	5.5 oz	1 + 1/4 cup	22 oz	5 cups	
Baking powder		4 tsp		1/3 cup	
Sugar		1 Tbsp		1/4 cup	
Salt		3/4 tsp		1 Tbsp	
Butter or margarine	2 oz	1/4 cup	8 oz	1 cup	
Low fat or skim milk	8 oz	1 cup	32 oz	1 quart	

**Serving Size:** 1 biscuit

**Yield:** 12 servings = 12 biscuits | 48 servings = 48 biscuits

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 1.25 oz eq Grain (0.75 oz Whole Grain Rich)

# Fluffy Whole Wheat Bridger Biscuits



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>116</b>
<b>Total Fat (g)</b>	4.2 g
Saturated Fat (g)	0.8 g
<b>Cholesterol (mg)</b>	0.7 mg
<b>Sodium (mg)</b>	347 mg
<b>Total Carbohydrate (g)</b>	17.5 g
Dietary Fiber (g)	1.6 g
Total Sugars (g)	2.2 g
<b>Protein (g)</b>	3.2 g
<b>Vitamin D</b>	0.3 mcg
<b>Calcium (mg)</b>	121 mg
<b>Iron (mg)</b>	1.0 mg
<b>Potassium (mg)</b>	87 mg

N/A = data not available

## Notes

Original Source: Lynn White, Bridger School District, Bridger, MT

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# Fruit Basket Upset



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For 12 Servings		For 48 Servings		Directions
	Weight	Measure	Weight	Measure	
Single rise dough, prepared	1 lb 2 oz		4 lb 8 oz		<ol style="list-style-type: none"> <li>Scale dough into desired portions for each sheet pan to be made into Fruit Basket Upset.</li> <li>Flatten dough with rolling pin. Combine beaten eggs, oil and fruit and place in the center of the dough. Fold four corners to center over filling.</li> <li>Using a dough scraper, chop dough until filling is blended evenly into dough.</li> <li>Sprinkle cinnamon &amp; sugar mixture onto blended dough.</li> <li>Place dough mixture evenly on a greased sheet pan or one lined with parchment paper. The 12 serving recipe fits a 9" x 13" pan and the 48 serving recipe fits an 18" x 26" sheet pan. Dough mixture will be bumpy and separated but will rise together.</li> <li>Repeat procedure for each additional pan needed.</li> <li>Proof until dough has risen to top of pan.</li> <li>Bake at 375°F for about 30 minutes in a conventional oven, or 350°F for 18-20 minutes in a convection oven.</li> <li>Cut into squares according to the yield needed per pan.</li> <li>For an appealing presentation, a light glaze made from the fruit juice and powdered sugar may be drizzled over the top of the bread when cooled.</li> </ol>
Eggs, beaten		1		4	
Peaches, drained (or any other combination of canned fruit)		3/4 cup		3 cups	
Oil		1 1/2 tsp		2 Tbsp	
Cinnamon		1 Tbsp		1/4 cup	
Sugar		2 Tbsp		1/2 cup	
Powdered sugar		as needed		as needed	

**Serving Size:** 1.5 oz

**Yield:** 12 servings = 18 oz | 48 servings = 72 oz

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 1.0 oz eq total Grain (0.5 g Whole Grain Rich)

# Fruit Basket Upset



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>121</b>
<b>Total Fat (g)</b>	1.6 g
<b>Saturated Fat (g)</b>	0.1 g
<b>Cholesterol (mg)</b>	0 mg
<b>Sodium (mg)</b>	169.5 mg
<b>Total Carbohydrate (g)</b>	23.2 g
<b>Dietary Fiber (g)</b>	1.3 g
<b>Total Sugars (g)</b>	5.5 g
Added Sugars included (g)	0 g
<b>Protein (g)</b>	4.0 g
<b>Vitamin D</b>	0.5 mcg
<b>Calcium (mg)</b>	16.4 mg
<b>Iron (mg)</b>	1.1 mg
<b>Potassium (mg)</b>	52.3 mg

N/A = data not available

## Notes

Source: Cindy Giese, Montana Team Nutrition Peer Educator  
Original Source: Barbara Oehl, Montana Team Nutrition Peer Educator

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# Irish Soda Bread



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For 15 Servings		For 45 Servings		Directions
	Weight	Measure	Weight	Measure	
Buttermilk		1 3/4 cup		5 1/4 cup	<ol style="list-style-type: none"> <li>Preheat oven to 350°F.</li> <li>Whisk the wet ingredients together in a large bowl.</li> <li>Mix the dry ingredients together on a large bowl.</li> <li>Cut cold butter into the dry ingredients.</li> <li>Add the wet ingredients to the dry ingredients and mix with dough hook until mixed – should be a bit lumpy.</li> <li>Form dough into 10 balls about the size of a small mixing bowl or 8" across, flatten somewhat.</li> <li>Place on parchment lined baking sheets.</li> <li>Using a very sharp knife, score the dough allowing the center to bake.</li> <li>Bake until golden brown, approximately 25 minutes.</li> </ol>
Eggs, large		1		3	
All purpose flour		2 cup + 2 Tbsp		6 1/3 cup	
Whole wheat flour		2 cup + 2 Tbsp		6 1/3 cup	
Sugar, granulated		2 Tbsp + 2 tsp		1/2 cup	
Baking soda		1 tsp		1 Tbsp	
Salt		1 tsp		1 Tbsp + 1/2 tsp	
Butter, unsalted		1/3 cup		1 cup	
Raisins (optional)		1 cup		3 cups	

**Serving Size:** 1 slice (2 oz)

**Yield:** 15 servings = 30 oz | 45 servings = 90 oz

**Meal Component Crediting** (Based on Serving Size)

**1 Serving Provides:** 2 oz (1 oz Grain + 1 oz Whole Grain)

# Irish Soda Bread



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>131</b>
<b>Total Fat (g)</b>	4.5 g
Saturated Fat (g)	2.6 g
<b>Cholesterol (mg)</b>	10.9 mg
<b>Sodium (mg)</b>	294 mg
<b>Total Carbohydrate (g)</b>	22 g
Dietary Fiber (g)	2.2 g
Total Sugars (g)	8.6 g
Added Sugars included (g)	0 g
<b>Protein (g)</b>	2.6 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	13.1 mg
<b>Iron (mg)</b>	0.8 mg
<b>Potassium (mg)</b>	134.5 mg

N/A = data not available

## Notes

Original Source: Shelli Boggess, Deer Lodge School District

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# Single Rise Whole Wheat Dough



HACCP Process:  1 – No Cook  2 – Cook & Same Day Serve  3 – Cook, Cool, Reheat, Serve  4 – SOP Controlled

Ingredients	For 28 Servings		For 136 Servings		Directions
	Weight	Measure	Weight	Measure	
Instant yeast		2 Tbsp		1/2 cup	<ol style="list-style-type: none"> <li>Mix salt, sugar, yeast and flour together in mixing bowl. Add egg and oil to dry ingredients.</li> <li>Add 2 (or 11) cups of water gradually to dough and mix well. Add additional 1/2 (or 1) cup water in small increments if dough is dry. Water temperature should be 115-120 degrees.</li> <li>If using a heavy duty mixer with a dough hook***, finish the mixing process completely in the mixer. If mixer is not heavy duty and has no dough hook, mix as much flour in as possible using the mixer, then work remaining flour in by hand and knead until the dough is smooth and elastic.</li> <li>After the mixing and kneading process is complete, scale into the size units you want to make such as two bread loaves or sandwich buns, dinner rolls, cinnamon rolls, etc. Refer to page 2 for bread weight size units.</li> <li>Cover dough balls with plastic and let rest 10 minutes.</li> <li>Mold dough into shapes and place into parchment lined or greased proper sized pans.</li> <li>Proof dough units until almost double in bulk. When touched gently, a unit that is fully proofed will fill out the dent slowly. Bake loaves:                             <ul style="list-style-type: none"> <li>Conventional oven, loaves: 375°F for 30-35 minutes</li> <li>Conventional oven, small units: 375°F for 15-20 minutes</li> <li>Convection oven, loaves: 350°F for 30 - 35 minutes</li> <li>Convection oven, small units: 350°F for 15 - 20 minutes</li> </ul> </li> </ol>
Sugar		3 Tbsp		1 cup	
Salt		1 Tbsp		1/4 cup + 1 Tbsp	
Water		2 - 2 1/2 cups		11-12 cups	
Non fat dry milk*	1.44 oz		7 oz		
Oil		1/3 cup		1 1/2 cups	
Eggs		1		6	
All purpose or bread flour	0.82 lbs		4 lbs		
Whole wheat flour**	1 lb		5 lbs		

# Single Rise Whole Wheat Dough



**Serving Size:** 2 oz (serving size varies based on desired bread type)

**Yield:** 28 servings = 3.5 lbs dough | 136 servings = 17 lbs dough

**Meal Component Crediting** (Based on Serving Size)

**1 Serving Provides:** 1.75 oz Grain (Whole Grain Rich)

## Nutrition Analysis (Based on Serving Size)

<b>Calories (cal)</b>	<b>139</b>
<b>Total Fat (g)</b>	3.1 g
Saturated Fat (g)	0.5 g
<b>Cholesterol (mg)</b>	0.3 mg
<b>Sodium (mg)</b>	266 mg
<b>Total Carbohydrate (g)</b>	24 g
Dietary Fiber (g)	2.3 g
Total Sugars (g)	2.4 g
<b>Protein (g)</b>	4.6 g
<b>Vitamin D</b>	0.2 mcg
<b>Calcium (mg)</b>	26.6 mg
<b>Iron (mg)</b>	1.2 mg
<b>Potassium (mg)</b>	106 mg

N/A = data not available

## Notes

\* Any dough that contains milk should be mixed to be more “slack” (softer and not necessarily completely clearing the sides of the bowl during the kneading process) since it will stiffen during fermentation. A dough that is too skiff will cause the final bread product to be dry.

\*\*It is recommended to use a high protein content flour such as Wheat Montana Prairie Gold for whole wheat variety. Extra water may be needed during the mixing process as whole wheat flour absorbs more water.

\*\*\*When using a tabletop mixer, it is best to start mixing process using the flat beater. Work about 3-4 cups of flour into the dough using flat beater and beat well for 3 minutes. Then, change to dough hook and incorporate remaining flour until you have soft dough. Let the dough hook do the kneading for 2-3 minutes. Dough should begin to break away from the sides of the bowl and collect on the dough hook.

## Bread Weights

Bread Type	Size Unit	Serving Size
Hamburger Bun	1.5 lbs.	2 oz.
Dinner Roll (Mini Bun)	1.5 lbs.	1 oz.
Bread Stick	1.5 lbs	1 oz.
Hoagie Bun	1.5 lbs	3 oz.
Calzone	1.75 lbs.	3.5 oz.
Stromboli	1.75 lbs.	3.5 oz.
Super Sub Loaf	2 lbs.	4 oz.
Wiener Wrap	1.5 oz.	3 oz.
Cheesy Onion Bread	4.5 lbs – cut 5 X 7	2 oz.
Pizza Crust	3 lbs.	2.67 oz.
French Bread Pizza	2 lbs.	4 oz.

Source: Cindy Giese, Montana Team Nutrition Peer Educator

Original Source: Barbara Oehl, Montana Team Nutrition Peer Educator

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# Whole Wheat Sweet Potato Rolls



HACCP Process: \_\_\_\_\_ 1 – No Cook     2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients	For <u>6</u> Servings		For <u>48</u> Servings		Directions
	Weight	Measure	Weight	Measure	
Sweet potatoes, canned, undrained		1/3 cup		2 2/3 cup	<ol style="list-style-type: none"> <li>Preheat conventional oven to 400 °F or convection oven to 350 °F.</li> <li>Measure sweet potato pieces into a quart/gallon measuring container. Pour sweet potato liquid over sweet potato pieces to the appropriate level. Add to a large mixing bowl and beat until smooth.</li> <li>Add butter, oil and honey to the mashed sweet potatoes. Blend well.</li> <li>In a separate bowl, measure and stir together all dry ingredients. Add to sweet potato mixture and blend until dry ingredients are incorporated.</li> <li>Add water to above mixture and mix on #2 speed for 5 minutes until dough leaves the side of the bowl and is fully developed. Dough should be soft but not sticky. If more flour is needed, add a little at a time. Let dough set 30 minutes in a warm place.</li> <li>Pinch into 2 ½ ounce rolls; let rise until double in bulk.</li> <li>Bake until lightly browned, 18-20 minutes in a conventional oven or 12-14 minutes in a convection oven.</li> </ol>
Butter, softened		1 Tbsp + 1 tsp		2/3 cup	
Vegetable oil		2 tsp		1/3 cup	
Honey		1 Tbsp + 1 tsp		2/3 cup	
Bread flour	0.23 lb		1.84 lbs		
Whole wheat flour	0.23 lb		1.84 lbs		
Nonfat dry milk powder		1 Tbsp + 1 tsp		2/3 cup	
Salt		1/4 tsp		2 tsp	
Warm water		1/3 cup		2 2/4 cups	
Instant yeast		1 tsp		2 Tbsp	

**Serving Size:** 2.5 oz roll

**Yield:** 6 servings = 6 rolls | 48 servings = 48 rolls

**Meal Component Crediting** *(Based on Serving Size)*

**1 Serving Provides:** 2 oz eq. total Grain, 1.0 oz. Whole Grain Rich

# Whole Wheat Sweet Potato Rolls



## Nutrition Analysis *(Based on Serving Size)*

<b>Calories (cal)</b>	<b>188.5</b>
<b>Total Fat (g)</b>	4.8 g
<b>Saturated Fat (g)</b>	1.9 g
<b>Cholesterol (mg)</b>	7 mg
<b>Sodium (mg)</b>	107.5 mg
<b>Total Carbohydrate (g)</b>	32.5 g
<b>Dietary Fiber (g)</b>	2.6 g
<b>Total Sugars (g)</b>	6 g
<b>Protein (g)</b>	5 g
<b>Vitamin D</b>	0.1 mcg
<b>Calcium (mg)</b>	24 mg
<b>Iron (mg)</b>	1.5 mg
<b>Potassium (mg)</b>	105 mg

N/A = data not available

## Notes

Original Source: Barbara Oehl, Montana Team Nutrition Peer Educator

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## Acknowledgements

These recipe were compiled as part of the Montana Cook Fresh Initiative. To learn more about this project and access digital versions of these recipes, visit the Montana Team Nutrition Program website:

<https://www.montana.edu/teamnutrition/cookfreshcurriculum.html>

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## About Team Nutrition

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support child nutrition programs through training and technical assistance for food service, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. To learn more about Team Nutrition visit:

<https://www.fns.usda.gov/tn/about-team-nutrition>

To access Team Nutrition resources for schools, visit: <https://www.fns.usda.gov/tn/school>

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U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
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Washington, D.C. 20250-9410; or

**fax:**

(833) 256-1665 or (202) 690-7442; or

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