



The John C. Stalker Institute
of Food and Nutrition
AT FRAMINGHAM STATE UNIVERSITY

Live-Setting Culinary Training Indian Fare

a JSI Workshop to Go
Instructor Guide

About Us

The John C. Stalker Institute of Food and Nutrition (JSI) is the premier provider of child and school nutrition training in Massachusetts. JSI is a partnership of the Massachusetts Department of Elementary and Secondary Education, Office for Food and Nutrition Programs and Framingham State University. This institution is an equal opportunity provider and employer.

The school environment plays a vital role in shaping students' nutritional health throughout their growing years and into their adult lives. The programs offered by JSI support schools in their efforts to provide healthy, safe, and wholesome meals to school children. The primary audience for JSI includes school nutrition program directors, managers, and production/service staff along with other professionals working to improve the nutritional health of Massachusetts' school children.

JSI was established in May of 1988 and was named for John C. Stalker, who was the Director of the Massachusetts Bureau of Nutrition Education and School Food Services between 1945 and 1982. He devoted his life to the betterment of nutrition education and school food service and was responsible for expanding the Child Nutrition Programs in Massachusetts and instrumental in the passage of the National School Lunch Act of 1946.

Vision

The John C. Stalker Institute is the creative entity and force to lead Massachusetts school and child nutrition professionals in forward thinking, growth, education, and development to address the needs of the whole child.

Mission

The John C. Stalker Institute of Food and Nutrition uses current research and technology to educate and inform Massachusetts professionals concerned with child nutrition and healthy nutrition environments.

Contact Information

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Non-discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider.

Dear Chef,

This instructor guide is intended to provide the workshop materials and resources to prepare for and run this training. These materials have been created for use in presenting for The John C. Stalker Institute (JSI) and should not be used for any other purpose without written permission.

This “Live-Setting” culinary training is an innovative approach, originally created by Chef Kent Getzin in Washington, where school foodservice teams build their culinary skills during their regular production hours. JSI has adapted the Live-Setting Culinary Training to meet the needs of schools in Massachusetts. In this training, you will work alongside school nutrition staff to prepare and serve a popular Indian entrée. Completion of the Back to Basics: Indian Fare workshop is required.

This guide includes:

- About Us • Vision • Mission
- Non-discrimination Statement
- Workshop Outline with approximate timeline
- Indian Fare recipes for 50 servings yield

Sent to School in Advance:

- School Confirmation Form
- School Requirements Form
- School Equipment List
- School Shopping List
- Promotional Posters

Prior to each workshop you will receive the following in the mail:

- Completed & signed School Confirmation, Requirements & Equipment Forms
- Sign In Sheets
- Recipe packet for each participant
- Participant Evaluation Forms
- Certificates
- Instructor Feedback Form
- Return Envelopes

All participants should sign in for the workshop. The completed sign in sheets, instructor feedback form and evaluation forms should be sent to JSI in the return envelopes provided.

Before the live-setting culinary training, take some time to familiarize yourself with the outline as well as the recipes. Please feel free to contact us if you have any questions or need support at 508-626-4756 or email at johnstalker@framingham.edu. We hope you enjoy your experience!

Live Setting - Indian Fare Outline

Goal: To advance culinary skills of school nutrition staff using a live-setting culinary approach and serve an Indian Fare menu tailored to current food trends for K-12 students.

Objectives: The participants will:

1. Apply culinary skills in the preparation of an Indian Fare menu tailored to current food trends for K-12 students.
2. Utilize mise en place for organized and efficient workflow.
3. Recognize the desirability of customizable menu items.

Audience: School nutrition staff, and managers

Workshop Time: 7 hours

Location: School Kitchen

Supplies: Instructor Guide

Live Setting - Indian Fare Outline

Prior to the live-setting culinary training, review this outline and the recipes.

| Time | Instructor Notes |
|-------------------|--|
| Objective: | Welcome |
| 2 minutes | Review/Plan <ol style="list-style-type: none"> 1. Gather team 2. Remind participants of Part 1 (B2B: Indian Fare) and the recipes to be prepared & go over what has been prepared ahead of time 3. Discuss plan-of-action for execution 4. Assign duties |
| Objective: | Apply culinary skills in the preparation of an Indian Fare menu tailored to current food trends for K-12 students. |
| 3 hours | Prep Ingredients & Make Recipes Mise en place – prepare recipes (or complete what has been started as part of the prep list): <ol style="list-style-type: none"> 1. Chicken/Chickpeas: <ol style="list-style-type: none"> a. Marinate chicken b. Drain and rinse canned chickpeas 2. Cook grains/Legumes: <ol style="list-style-type: none"> a. Brown Rice b. Plan for warming naan 3. Chop produce: <ol style="list-style-type: none"> a. Vegetables b. Fruits 4. Sauté, simmer, and roast <ol style="list-style-type: none"> a. Vegetable dishes b. Protein dishes 5. Prepare cold dishes |
| Objective: | Utilize mise en place for organized and efficient workflow |
| 15 minutes | Set up serve stations Stations should be set up in the following order: <ol style="list-style-type: none"> 1. Mumbai Rice (full pan - hot) 2. Whole Wheat Naan (full pan - hot) 3. Tandoori Chicken (full pan - hot) 4. Chana Masala (full pan - hot) 5. Vegetable Korma (full pan - hot) 6. Aloo Gobi (full pan - hot) 7. Cucumber Raita (full pan - cold) *unless prepared in 2 oz. cups 8. Tamil Fruit Salad (full pan - cold) *unless prepared in 4 oz. cups |
| 90 minutes | Lunch Service for Build-Your-Own-Stir-Fry-Bowl: <ol style="list-style-type: none"> 1. Choose your grain: <ol style="list-style-type: none"> a. Mumbai Rice b. Whole Wheat Naan 2. Choose your protein: <ol style="list-style-type: none"> a. Tandoori Chicken b. Chana Masala |

Live Setting - Indian Fare Outline

| | |
|-------------------|--|
| | <ol style="list-style-type: none"> 3. Choose your vegetables: <ol style="list-style-type: none"> a. Vegetable Korma b. Aloo Gobi 4. Choose your sides: <ol style="list-style-type: none"> a. Cucumber Raita b. Tamil Fruit Salad |
| Objective: | Recognize the desirability of customizable menu items. |
| 15 minutes | <p>Debrief with SND and team after lunch service Invite SND to join discussion over the following:</p> <ul style="list-style-type: none"> • Sales: <ul style="list-style-type: none"> ○ What items were the most popular? ○ How many bowls sold? • Ideas for leftovers: <ul style="list-style-type: none"> ○ Deli station ○ Salad bar ○ Power-Packs • Plans for future offerings: <ul style="list-style-type: none"> ○ What worked, what didn't work? Will you feature this menu again? ○ If there were unpopular items, reduce number of choices ○ Make some items ahead of time (items like rice, marinate chicken, cook condensed milk, etc. can be made days in advance) |
| Objective: | Conclusion |
| 10 minutes | <p>Ask the participants if they have any questions. Review resources available. Instruct participants to complete Evaluations. Be sure to collect/check before distributing the certificates. School Nutrition Director (SND) receives <i>SND Evaluation Post-Live-Setting</i> to be completed online. Thank the participants and SND for their time and participation.</p> |
| Objective: | Clean up |
| 20-60 minutes | Clean up – Instruct staff to clean up stations and wash dishes. |



“Aloo Gobi”

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Indian Fare Recipe

Ingredients:

| Ingredient Name | Measurements |
|-----------------------|------------------|
| Potatoes, russet, raw | 7 lbs + 8 oz |
| Cauliflower, raw | 5 lbs + 12 oz |
| Salt | 1/8 cup + ½ Tbsp |
| Lime juice | ¾ cup + 4 tsp |
| Oil, olive | 1 ¼ cup |
| Garlic powder | ½ Tbsp + ½ tsp |
| Ginger dried, ground | 1 tsp |
| Cumin, ground | 2 ½ Tbsp |
| Paprika | 3 Tbsp + 1 tsp |
| Chili powder | 2 ½ Tbsp |
| Garam masala | 2 ½ Tbsp |
| Turmeric, ground | 2 ½ Tbsp |
| Cilantro, minced | ½ cup |

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Preheat oven to 400° F. (375° F for convection oven).
2. Break up cauliflower into florets. Peel and chop potatoes into 1/2 inch chunks.
3. In a medium bowl, combine salt, lime juice, olive oil, and the rest of the ingredients (except cilantro) and mix until well combined.
4. In two separate large bowls, pour half the spice mixture in a bowl with the cauliflower, and the other half in the other bowl with the diced potatoes and mix each bowl well to coat the vegetables.
5. Place the marinated vegetables on 2 lightly oiled hotel pans (potatoes on one pan and cauliflower on the other - do not overcrowd) and roast in oven. After 20 minutes, rotate the vegetables with a spatula. Continue roasting for another 15-20 minutes or until tender with a little bite.
6. Combine roasted cauliflower and potatoes and sprinkle minced cilantro on top just before service.
7. Hold for hot service at 135° F or higher.

Nutritional Analysis:

| Nutrients | Nutrients Per Serving |
|--------------------|------------------------------|
| Calories | 122.31 kcal |
| Total Fat | 5.95 g |
| Saturated Fat | 0.87 g |
| Trans Fat | 0.00 g |
| Cholesterol | 0.00 mg |
| Sodium | 381.37 mg |
| Total Carbohydrate | 15.46 g |
| Dietary Fiber | 2.47 g |
| Total Sugars | 1.59 g |
| Protein | 2.76 g |

Meal Component Information:

| Meal Components | Amount |
|------------------------|---------------|
| Vegetable | 0.5 cup |



Chana Masala

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Indian Fare Recipe

Ingredients:

| Ingredient Name | Measurements |
|---|------------------|
| Oil, olive | 1/2 cup |
| Onions, raw, small dice | 2 lbs + 8 ¼ oz |
| Garlic powder | 1 Tbsp + 1/8 tsp |
| Garbanzo beans, low sodium, canned, drained, and rinsed | 8 lbs + 5 oz |
| Garam masala | 2 Tbsp + ¼ tsp |
| Turmeric, ground | 1 Tbsp + 1/8 tsp |
| Ginger root, dried, ground | 2 ¼ tsp |
| Salt | 2 Tbsp + ¼ tsp |
| Tomatoes, canned, diced, no salt added | 6 lbs |
| Lemon juice | 1/2 cup |
| Water | 1 cup |
| Cilantro, minced | ¾ cup |
| Baking soda** | 1 1/8 tsp |

**Note: Choose USDA foods whenever available to save on cost.*

***Note: Before starting recipe, if canned chickpeas are not soft already, boil in water, starting from cold water with baking soda. Cook until tender.*

Instructions:

1. Heat oil in a tilt skillet. Add the onion and sauté until golden.
2. Add the drained and rinsed chickpeas, spices, salt, tomatoes, lemon juice, and water. Bring to a simmer and then cook over medium-low heat for 15 minutes, stirring frequently. ***Note: If you do not have a tilt skillet you can saute the onions in a smaller skillet and mix everything in 6 inch hotel pans. Preheat oven to 400F, cover and bake chickpeas for about 1 hour then cover and cook until desired consistency
3. Stir in the cilantro and adjust salt seasoning if necessary.
4. Hold for hot service at 135° F or higher.

Nutritional Analysis:

| Nutrients | Nutrients Per Serving |
|--------------------|------------------------------|
| Calories | 104.41 kcal |
| Total Fat | 3.21 g |
| Saturated Fat | 0.28 g |
| Trans Fat | 0.00 g |
| Cholesterol | 0.00 mg |
| Sodium | 403.07 mg |
| Total Carbohydrate | 15.74 g |
| Dietary Fiber | 4.29 g |
| Total Sugars | 2.92 g |
| Protein | 4.01 g |

Meal Component Information:

| Meal Components | Amount |
|------------------------|--------------------|
| Meat/Meat Alternate | 0.75 oz equivalent |
| Vegetable | 0.25 cup |



“Cucumber Raita”

Recipe HACCP Process: #1 No Cook

Serving Size: ¼ cup

Yield: 50

Source: JSI Back to Basics: Indian Fare Recipe

Ingredients:

| Ingredient Name | Measurements |
|--------------------------|------------------|
| Cucumber, raw, with peel | 2 ½ lbs + 4 ½ oz |
| Cilantro, minced | 2/3 cup + ¾ tsp |
| Cumin, ground | 1 ½ Tbsp + 1 tsp |
| Coriander, ground | 1 ½ Tbsp + 1 tsp |
| Salt | 1 ½ Tbsp + 1 tsp |
| Yogurt, plain, low-fat | 3 quarts + ½ cup |

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Grate cucumber, place in cheesecloth, and squeeze out excess water. Alternatively, place the grated cucumber in a mesh strainer over a mixing bowl, cover with parchment paper and place a weighted object, like a mixing bowl, on top to drain the excess water.
2. In a large bowl, combine grated cucumber with yogurt, cilantro, spices, and salt.
3. Refrigerate until served.
4. Hold for cold service at 41° F or lower.

Nutritional Analysis:

| Nutrients | Nutrients Per Serving |
|--------------------|------------------------------|
| Calories | 40.56 kcal |
| Total Fat | 0.96 g |
| Saturated Fat | 0.58 g |
| Trans Fat | 0.00 g |
| Cholesterol | 3.40 mg |
| Sodium | 299.11 mg |
| Total Carbohydrate | 5.04 g |
| Dietary Fiber | 0.16 g |
| Total Sugars | 4.42 g |
| Protein | 3.20 g |

Meal Component Information:

| Meal Components | Amount |
|------------------------|--------------------|
| Meat/Meat Alternate | 0.25 oz equivalent |
| Vegetable | 0.125 cup |



“Mumbai Rice”

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Indian Fare Recipe

Ingredients:

| Ingredient Name | Measurements |
|------------------------------|---------------------|
| Rice, brown, long-grain, dry | 3 lbs + 6 oz |
| Water | 1 gal + 2/3 cups |
| Salt | 3 Tbsp |
| Cinnamon, ground | 1 2/3 tsp |
| Cumin, ground | 3 Tbsp |
| Oil, olive | 1 ¼ cups + 2 ¼ Tbsp |
| Onions, raw, small dice | 1 lb + 2/3 oz |
| Garlic powder | 1 2/3 tsp |
| Ginger dried, ground | 1 tsp |

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Cook rice according to your kitchen’s procedures, if different from instructions below:
2. Pre-heat steamer. In a 2-in. hotel pan, combine rice, water, salt, cinnamon, and cumin. Cook for 30-35 minutes, until tender.
3. Once rice is cooked, remove from heat and let cool for 10 minutes then fluff with fork.
4. Heat oil in large sauté pan, add onions and cook until soft. Add garlic powder and ground ginger and cook for another 2 minutes, being careful not to burn spices.
5. Add cooked rice to a large bowl and mix in the onion, garlic, and ginger mixture.
6. If not serving immediately, refrigerate until served.
7. Hold for hot service at 135° F or higher.

Nutritional Analysis:

| Nutrients | Nutrients Per Serving |
|--------------------|------------------------------|
| Calories | 168.91 kcal |
| Total Fat | 7.05 g |
| Saturated Fat | 1.02 g |
| Trans Fat | 0.00 g |
| Cholesterol | 0.00 mg |
| Sodium | 393.49 mg |
| Total Carbohydrate | 24.11 g |
| Dietary Fiber | 1.37 g |
| Total Sugars | 0.61 g |
| Protein | 2.46 g |

Meal Component Information:

| Meal Components | Amount |
|------------------------|-----------------|
| Grain | 1 oz equivalent |



“Tamil Fruit Salad”

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Indian Fare Recipe

Ingredients:

| Ingredient Name | Measurements |
|------------------------------------|-------------------|
| Milk, canned, condensed, sweetened | 1 cups + 2 tsp |
| Grapes, red or green, seedless | 2 lbs + 1 ½ oz |
| Pineapple, fresh, chunks | 3 quarts + ½ cup |
| Mangoes, fresh, pieces | 1 qt + 1 ¼ cups |
| Bananas, fresh | 4 lbs + 3 oz |
| Yogurt, plain, low-fat | 1 qt + 2 2/3 Tbsp |
| Cinnamon, ground | ½ Tbsp + ½ tsp |
| Coconut meat, dried, flaked | 1 cup + 2 tsp |

**Note: Choose USDA foods whenever available to save on cost.*

**Note: frozen or canned fruit can be used in this recipe in place of fresh grapes, pineapple, and mangoes.*

Instructions:

1. Place unopened can of condensed milk in a perforated pan and place in steamer for 30 minutes. Cool down in cold water and when it is cool enough to touch, place in fridge. (Alternatively, place the can of condensed milk on its side in a sauce pot and fill with enough water to completely cover the can by at least two inches. Bring to a simmer and continue to simmer uncovered for 2 hours. Add more boiling water if water falls below two inches from the can. Remove the can carefully with tongs and rest on a resting rack and cool until room temperature. Do not open while hot.)
2. Wash all the fruit and cut up into 1-inch chunks.
3. In a large mixing bowl, add yogurt, cinnamon, and cold sweetened condensed milk and mix to combine.
4. Spread coconut out evenly, in one layer, on a sheet pan lined with parchment paper. Toast in 300° F convection oven (low fan) for 6-7 minutes. Stir halfway through to toast evenly and avoid burning. Set aside and cool.
5. Add cut fruit to the large bowl of yogurt mixture and garnish with toasted coconut flakes.
6. Hold for cold service at 41° F or lower.

Nutritional Analysis:

| Nutrients | Nutrients Per Serving |
|--------------------|------------------------------|
| Calories | 119.29 kcal |
| Total Fat | 1.64 g |
| Saturated Fat | 1.09 g |
| Trans Fat | 0.00 g |
| Cholesterol | 3.39 mg |
| Sodium | 28.79 mg |
| Total Carbohydrate | 25.95 g |
| Dietary Fiber | 2.24 g |
| Total Sugars | 19.52 g |
| Protein | 2.55 g |

Meal Component Information:

| Meal Components | Amount |
|------------------------|---------------|
| Fruit | 0.5 cup |



“Tandoori Chicken”

Recipe HACCP Process: #2 Same Day Service

Serving Size: 3.5 oz

Yield: 50

Source: JSI Back to Basics: Indian Fare Recipe

Ingredients:

| Ingredient Name | Measurements |
|-----------------------------------|---------------------|
| Chicken, drumstick, meat and skin | 15lbs + 1.75oz |
| Salt | 6 Tbsp + 2 tsp |
| Lemon juice | 2 ¼ cups |
| Yogurt, plain, low-fat | 3 quarts + 1 ¼ cups |
| Garlic powder | 3 ½ tsp |
| Ginger , dried, ground | 1/3 cup |
| Garam masala | ½ cup + ½ Tbsp |
| Paprika | ¼ cup + 2 ½ Tbsp |
| Chili powder | 6 Tbsp + 2 tsp |
| Turmeric, ground | 6 Tbsp + 2 tsp |
| Cooking spray | As needed |

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Cut a slit into each drumstick so the marinade can infuse through the meat.
2. In a large bowl, combine all other ingredients and mix until smooth.
3. Mix yogurt mixture with the raw chicken in a mixing bowl, cover, and refrigerate for 4-6 hours (or, a minimum of 30 minutes for small batches).
4. Preheat oven to 425°F (400°F for convection oven). Place parchment paper on large hotel pans and spray generously with cooking spray. Arrange chicken on the pans, so that they are not touching (do not overcrowd the pan). Discard excess marinade.
5. Load pans on alternating racks in oven which will help chicken brown more evenly. Cook for 15 minutes then reduce the oven temperature to 375°F and cook for another 15-20 minutes or until you reach an internal temperature of 165°F.
6. Heat to 165°F or higher for at least 15 seconds.
7. Hold for hot service at 135°F or higher.

Nutritional Analysis:

| Nutrients | Nutrients Per Serving |
|--------------------|------------------------------|
| Calories | 270.09 kcal |
| Total Fat | 13.74 g |
| Saturated Fat | 4.04 g |
| Trans Fat | 0.06 g |
| Cholesterol | 128.67 mg |
| Sodium | 674.43 mg |
| Total Carbohydrate | 7.11 g |
| Dietary Fiber | 0.79 g |
| Total Sugars | 4.97 g |
| Protein | 28.40 g |

Meal Component Information:

| Meal Components | Amount |
|------------------------|-------------------|
| Meat/Meat Alternate | 2.5 oz equivalent |



“Vegetable Korma”

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Indian Fare Recipe

Ingredients:

| Ingredient Name | Measurements |
|--|--------------------|
| Carrots, raw, ½ inch cubes | 2 lbs + 6 oz |
| Sweet potatoes, fresh, whole, ½ inch cubes | 3 ½ lbs + 1 ½ oz |
| Tomatoes, canned, puree, without salt | 2 lbs + 1 1/3 oz |
| Onions, raw, small dice | 1 lb + 2/3 oz |
| Ginger, dried , ground | 1 Tbsp + 1 tsp |
| Garlic powder | 1 tsp |
| Coconut milk, canned, shaken vigorously | 1 lbs + 1 1/3 oz |
| Garam Masala | 2 2/3 Tbsp |
| Curry powder | 1 ½ Tbsp + ¼ tsp |
| Coriander, ground | 2 1/3 tsp |
| Salt | 1 ½ Tbsp + ¼ tsp |
| Peas, green, frozen | 1 ½ lbs + 1 oz |
| Green beans, fresh, halved | 1 ½ lbs + 5 1/8 oz |

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Add the carrots and sweet potatoes to a large pot and cover with water. Bring to a boil and cook for 10 minutes, until the potatoes and carrots are fork tender. Drain and set aside.
2. Add the canned tomatoes, onion, ground ginger, and garlic powder to a blender (or food processor). Blend until a smooth puree forms.
3. Transfer the puree to a large braising pot or tilt skillet and bring to a boil. Simmer over low-medium heat for 10 minutes, stirring frequently.
4. While the puree is simmering, scoop out 8-10 fl oz of it into a separate large bowl and add the garam masala, curry powder, coriander, and salt. Then, while whisking, slowly add the coconut milk into the bowl. Combine this mixture back into the large braising pot or tilt skillet with the rest of the tomato puree.
5. Add the string beans and frozen peas and cook for a minute on medium-high heat. Then add the cooked carrots and sweet potatoes. Stir until combined.
6. Refrigerate until served.
7. Hold for hot service at 135° F or higher.

Nutritional Analysis:

| Nutrients | Nutrients Per Serving |
|--------------------|------------------------------|
| Calories | 101.95 kcal |
| Total Fat | 4.30 g |
| Saturated Fat | 3.63 g |
| Trans Fat | 0.00 g |
| Cholesterol | 0.00 mg |
| Sodium | 291.07 mg |
| Total Carbohydrate | 14.79 g |
| Dietary Fiber | 3.29 g |
| Total Sugars | 3.01 g |
| Protein | 2.47 g |

Meal Component Information:

| Meal Components | Amount |
|------------------------|---------------|
| Vegetable | 0.5 cup |

