



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

# Live-Setting Culinary Training Latin American Cuisine

*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](mailto: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 street taco entrée. Completion of the Back to Basics: Latin American Cuisine workshop is required.

This guide includes:

- About Us • Vision • Mission
- Non-discrimination Statement
- Workshop Outline with approximate timeline
- Latin American 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](mailto:johnstalker@framingham.edu). We hope you enjoy your experience!

## **Live-Setting Latin American Outline**

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

**Objectives:** The participants will:

1. Apply culinary skills in the preparation of a Latin American-style 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 Latin American Outline

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

Time	Instructor Notes
<b>Objective:</b>	<b>Welcome</b>
2 minutes	<b>Review/Plan</b> <ol style="list-style-type: none"> <li>1. Gather team</li> <li>2. Remind participants of Part 1 (B2B: Latin American Cuisine) and the recipes to be prepared &amp; go over what has been prepared ahead of time</li> <li>3. Discuss plan-of-action for execution</li> <li>4. Assign duties</li> </ol>
<b>Objective:</b>	<b>Apply culinary skills in the preparation of a Latin American-style menu tailored to current food trends for K-12 students.</b>
3 hours	Mise en place – prepare recipes (or complete what has been started as part of the prep list): <ol style="list-style-type: none"> <li>1. Chicken/Fish:               <ol style="list-style-type: none"> <li>a. Pull Chicken</li> <li>b. Marinate</li> </ol> </li> <li>2. Cook grains/Legumes:               <ol style="list-style-type: none"> <li>a. Brown Rice</li> <li>b. Quinoa</li> <li>c. Pinto Beans</li> </ol> </li> <li>3. Chop produce:               <ol style="list-style-type: none"> <li>a. Vegetables</li> <li>b. Fruits</li> <li>c. Herbs</li> <li>d. Citrus</li> </ol> </li> <li>4. Topping/tortillas:               <ol style="list-style-type: none"> <li>a. Crumble cheese</li> <li>b. Warm Tortillas</li> </ol> </li> </ol>
<b>Objective:</b>	<b>Utilize mise en place for organized and efficient workflow</b>
15 minutes	<b>Set up serve stations</b> Stations should be set up in the following order: <ol style="list-style-type: none"> <li>1. Tortillas (full pan)</li> <li>2. Blackened Fish (full pan)</li> <li>3. Pulled Chicken (full pan)</li> <li>4. Pinto Taco Beans (full pan)</li> <li>5. Fresh Salsa (quarter pan) *unless prepared in 2 oz. cups</li> <li>6. Fruit Salsa (quarter pan) *unless prepared in 2 oz. cups</li> <li>7. Queso Fresco (quarter pan) *unless prepared in 2 oz. cups</li> <li>8. Spanish Brown Rice (half pan)</li> <li>9. Peppy Quinoa (half pan)</li> <li>10. Mexicali Corn (half pan)</li> <li>11. Crunchy Kale Slaw (half pan) *unless prepared in 4 oz. cups</li> <li>12. Tropical Fruit Salad (full pan) *unless prepared in 4 oz. cups</li> </ol>

## Live-Setting Latin American Outline

90 minutes	<p><b>Lunch Service for Build-Your-Own-Street-Taco (BYOST):</b></p> <ol style="list-style-type: none"> <li>1. Choose your protein:             <ol style="list-style-type: none"> <li>a. Blackened White Fish</li> <li>b. Pulled Chicken Tacos</li> <li>c. Pinto Taco Beans</li> </ol> </li> <li>2. Choose your toppings:             <ol style="list-style-type: none"> <li>a. Fresh Salsa</li> <li>b. Peach Salsa</li> <li>c. Queso Fresco</li> </ol> </li> <li>3. Choose your grains:             <ol style="list-style-type: none"> <li>a. Spanish Brown Rice</li> <li>b. Peppy Quinoa</li> </ol> </li> <li>4. Choose your sides:             <ol style="list-style-type: none"> <li>a. Crunchy Kale Slaw</li> <li>b. Mexicali Corn</li> <li>c. Tropical Fruit Salad</li> </ol> </li> </ol>
<b>Objective:</b>	<b>Recognize the desirability of customizable menu items.</b>
15 minutes	<p><b>Debrief with SND and team after lunch service</b></p> <p>Invite SND to join discussion over the following:</p> <ul style="list-style-type: none"> <li>• Sales:             <ul style="list-style-type: none"> <li>○ What items were the most popular?</li> <li>○ How many bowls sold?</li> </ul> </li> <li>• Ideas for leftovers:             <ul style="list-style-type: none"> <li>○ Deli station</li> <li>○ Salad bar</li> <li>○ Power-Packs</li> </ul> </li> <li>• Plans for future offerings:             <ul style="list-style-type: none"> <li>○ What worked, what didn't work? Will you feature this menu again?</li> <li>○ If there were unpopular items, reduce the number of choices for the BYOST.</li> <li>○ Make items ahead of time (items like beans, salsa, slaw, etc. can be made days in advance)</li> </ul> </li> </ul>
<b>Objective:</b>	<b>Conclusion</b>
10 minutes	<p>Ask the participants if they have any questions.</p> <p>Review resources available.</p> <p><b>Instruct participants to complete Evaluations. Be sure to collect/check before distributing the certificates.</b></p> <p>School Nutrition Director (SND) receives <i>SND Evaluation Post-Live-Setting</i> to be completed online.</p> <p>Thank the participants and SND for their time and participation.</p>
<b>Objective:</b>	<b>Clean up</b>
20-60 minutes	<b>Clean up</b> – Instruct staff to clean up stations and wash dishes.



# Blackened White Fish

**Recipe HACCP Process:** #2 Same Day Service

**Serving Size:** 2 oz

**Yield:** 50

**Source:** JSI Back to Basics: Latin American Cuisine Recipe

## Ingredients:

Ingredient Name	Measurements
Fish, white, pre-portioned, frozen	9 lb + 11 ½ oz
Garlic powder	2 Tbsp + 2 1/3 tsp
Pepper, black, ground	1 Tbsp + 1 1/8 tsp
Oregano leaves, dried, ground	2 Tbsp + 2 1/3 tsp
Chili powder	2 Tbsp + 2 1/3 tsp
Onion powder	2 Tbsp + 2 1/3 tsp
Paprika	2 Tbsp + 2 1/3 tsp
Salt, table	1 Tbsp + 1 1/8 tsp
Vegetable oil, canola	¼ cup + ½ tsp
Lime juice, raw	1 ¼ cups + 2 Tbsp
Cooking spray	As needed

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

## Instructions:

1. Defrost fish portions.
2. Preheat oven to 350°F.
3. Trim and portion fish into 2oz fillets, if purchased as whole fillets. Refrigerate until ready to use.
4. Mix all of the dry spices in a shallow dish.
5. Coat both sides of the fillets with the dry spice mixture.
6. Spray sheet pans with cooking spray and place the seasoned fillets in a single layer on a sheet pan. *Do not use parchment paper or the fish will stick to the paper.*
7. Drizzle oil on the fish and cook for about 8 minutes or until internal temperature reads 145°F for 15 seconds.
8. Sprinkle fish with freshly squeezed lime juice just before serving. A food safe spray bottle is recommended otherwise a pastry brush can be used.
9. Hold for hot service at 135°F or higher.



**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	103.35 kcal
Total Fat	2.83 g
Saturated Fat	0.63 g
Trans Fat	0.00 g
Cholesterol	44.04 mg
Sodium	253.57 mg
Total Carbohydrate	2.00 g
Dietary Fiber	0.60 g
Total Sugars	0.23 g
Protein	18.01 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Meat/Meat Alternate	2 oz equivalent



# Crunchy Kale Slaw

**Recipe HACCP Process:** #1 No Cook

**Serving Size:** ¾ cup

**Yield:** 50

**Source:** JSI Back to Basics: Latin American Cuisine Recipe (adapted from: What's Cooking? USDA Mixing Bowl)

## Ingredients:

Ingredient Name	Measurements
Kale, raw, chopped	3 qts + 2 2/3 cups
Cabbage, raw, shredded	1 ½ qt + ¼ cup
Carrots, raw, grated	1 qt + ¼ cup
Cilantro, minced	2 cups + 4 tsp
Onions, red, raw, chopped	2 cups + 4 tsp
Oil, olive, salad or cooking	6 Tbsp + ¾ tsp
Lime juice, raw	1 ½ cups + 1 Tbsp
Salt, table	1 Tbsp + 1 1/8 tsp

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritional may change if substituted.*

## Instructions:

1. To make the dressing, in a large bowl whisk together the olive oil, lime juice, and salt. Set aside.
2. Add kale, cabbage, carrots, cilantro and onions to a large bowl. Toss all ingredients with the dressing. Squeeze ingredients while mixing to break the cellular walls of the kale to allow the flavors to marinate.
3. Refrigerate until served.
4. Hold for cold service at 41°F or lower.

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	32.26 kcal
Total Fat	2.02 g
Saturated Fat	0.28 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	212.50 mg
Total Carbohydrate	3.51 g
Dietary Fiber	1.42 g
Total Sugars	1.04 g
Protein	0.87 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Vegetable	0.5 cup



# Fresh Salsa

**Recipe HACCP Process:** #1 No Cook

**Serving Size:** ¼ cup

**Yield:** 50

**Source:** JSI Back to Basics: Latin American Cuisine Recipe (adapted from: What's Cooking? USDA Mixing Bowl)

## Ingredients:

Ingredient Name	Measurements
Tomatoes, red, ripe, raw	13 medium
Tomatillos, raw	17 medium
Onions, red, raw	2 medium
Peppers, jalapeno, raw	12 ½ medium
Cilantro, minced	2 cups + 1 Tbsp
Salt, table	1 1/3 Tbsp
Lime juice, raw	6 Tbsp

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

## Instructions:

1. Wash then finely dice tomatoes, tomatillos, onions, and jalapeno pepper.
2. Add diced vegetables, cilantro, salt, and lime juice to a bowl and mix well.
3. Hold for cold service at 41°F or lower.
4. Salsa can be stored in an airtight container for up to three days.

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	13.67 kcal
Total Fat	0.20 g
Saturated Fat	0.03 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	195.86 mg
Total Carbohydrate	3.07 g
Dietary Fiber	0.79 g
Total Sugars	1.51 g
Protein	0.49 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Vegetable	0.25 cup



# Mexicali Corn

**Recipe HACCP Process:** #2 Same Day Service

**Serving Size:** ½ cup

**Yield:** 50

**Source:** JSI Back to Basics: Latin American Cuisine Recipe (adapted from: What's Cooking? USDA Mixing Bowl)

**Ingredients:**

Ingredient Name	Measurements
Corn, whole kernel, unsalted, canned, drained	8 lb + 5 ½ oz
Peppers, sweet, green, raw, diced	2 lb + 1 1/3 oz
Onions, red, raw, diced	2 lb + 1 1/3 oz
Pimento, canned	8 1/3 oz
Vegetable oil	¾ cup + ½ Tbsp
Chili powder	2 Tbsp + 2 2/3 tsp
Cumin, ground	½ Tbsp + ½ tsp
Paprika	½ Tbsp + ½ tsp
Salt, table	1 Tbsp + 1 1/3 tsp

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

**Instructions:**

1. Drain corn, wash and dice green peppers and onions.
2. Steam vegetables for 8-10 minutes.
3. In a large mixing bowl, combine steamed vegetables, pimentos, oil, and seasonings. Gently mix together until well combined.
4. Recipe can be served warm or cold.
5. Hold for cold service at 41°F or lower.
6. Hold for hot service at 135°F or higher.

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	86.94 kcal
Total Fat	2.52 g
Saturated Fat	0.92 g
Trans Fat	0.00 g
Cholesterol	3.82 mg
Sodium	222.91 mg
Total Carbohydrate	17.03 g
Dietary Fiber	2.77 g
Total Sugars	3.38 g
Protein	2.36 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Vegetable	0.5 cup



# Peach Salsa

**Recipe HACCP Process:** #1 No Cook

**Serving Size:** ¼ cup

**Yield:** 50

**Source:** JSI Back to Basics: Latin American Cuisine Recipe (adapted from: What's Cooking? USDA Mixing Bowl)

## Ingredients:

Ingredient Name	Measurements
Peppers, jalapeno, raw	8 ½ medium
Peppers, sweet, red, raw	8 ½ large
Peaches, diced, packaged in 100% juice, canned	5 lbs + 12 oz
Vinegar, red wine	¼ cup + ½ tsp

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritional may change if substituted.*

## Instructions:

1. Wash and finely dice jalapeno and red bell peppers.
2. Drain canned peaches.
3. In a large bowl, combine all ingredients and mix well.
4. Refrigerate until served.
5. Hold for cold service at 41°F or lower.



**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	32.76 kcal
Total Fat	0.09 g
Saturated Fat	0.02 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	3.32 mg
Total Carbohydrate	7.58 g
Dietary Fiber	1.05 g
Total Sugars	6.60 g
Protein	0.29 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Fruit	0.125 cup



# Peppy Quinoa

**Recipe HACCP Process:** #3 Complex Food Preparation

**Serving Size:** ½ cup

**Yield:** 50

**Source:** JSI Back to Basics: Latin American Cuisine Recipe (adapted from: USDA Team Nutrition's Recipes for Healthy Kids Cookbook for Schools)

## Ingredients:

Ingredient Name	Measurements
Quinoa, uncooked	4 lb
Water	1 gal + 2 cups
Chicken broth, low sodium	¼ cup + ½ tsp
Onions, red, raw, finely chopped	2 lb + 11/3 oz
Diced green chilies	2 lbs + 5 ½ oz
Garlic, jarred, minced	1 Tbsp + 1 1/3 tsp
Salt, table	1 Tbsp + 1 1/3 tsp
Cilantro, minced	1 cup + 2 tsp
Onions, spring or scallions, sliced	8 1/3 oz
Lime juice, raw	1 cup + 2 tsp

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

## Instructions:

1. Pre-heat oven to 350°F.
2. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
3. Combine quinoa, water, and broth in a covered stockpot, or tilt skillet and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring appears when it is fully cooked. *\*\*Alternatively, the quinoa can be cooked, covered in a hotel pan in a steamer.*
4. Lightly coat a hotel pan with non-stick spray. Add cooked quinoa, red onion, chilies, garlic, and salt. Mix well.
5. Cover with aluminum foil and bake for 40 minutes.
6. Before serving, add cilantro, green onions, and lime juice to the quinoa.
7. Hold for hot service at 135°F or higher.

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	153.89 kcal
Total Fat	2.40 g
Saturated Fat	0.31 g
Trans Fat	0.00 g
Cholesterol	0.58 mg
Sodium	309.56 mg
Total Carbohydrate	27.61 g
Dietary Fiber	3.72 g
Total Sugars	0.91 g
Protein	5.77 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Grain	1 oz equivalent



# Pinto Taco Beans

**Recipe HACCP Process:** #2 Same Day Service

**Serving Size:** ½ cup

**Yield:** 50

**Source:** JSI Back to Basics: Latin American Cuisine Recipe (adapted from: What's Cooking? USDA Mixing Bowl)

## Ingredients:

Ingredient Name	Measurements
Beans, pinto, canned, drained	18 lbs + 12 oz
Onions, raw, chopped	2 cups + 1 Tbsp
Garlic powder	¼ cup + ½ tsp
Oregano leaves, dried, ground	2 Tbsp + ¼ tsp
Pepper, black, ground	1 Tbsp + 1 1/8 tsp
Tomato paste, canned, without salt added	2 cups + 1 Tbsp
Water	2 ¾ qts + 2 ½ Tbsp
Chili powder	2 Tbsp + ¼ tsp
Cumin, ground	2 Tbsp + ¼ tsp
Paprika	2 Tbsp + ¼ tsp
Onion powder	2 Tbsp + ¼ tsp

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritional may change if substituted.*

## Instructions:

1. Drain and rinse pinto beans.
2. Add the onions, garlic, tomato paste, water, and seasonings to food processor and blend well (or add ingredients to large bowl and use immersion blender to puree).
3. In a tilt skillet, bring tomato paste mixture to a boil.
4. Add beans to the pot and reduce heat. Simmer for 25-30 minutes, stirring periodically. Serve warm. \*\*Alternatively you can cook the beans in a large hotel pan in the oven at 400F until hot.
5. Hold for hot service at 135°F or higher.

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	212.79 kcal
Total Fat	1.77 g
Saturated Fat	0.31 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	429.28 mg
Total Carbohydrate	38.54 g
Dietary Fiber	10.41 g
Total Sugars	1.30 g
Protein	12.76 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Meat/Meat Alternate	2 oz equivalent



## Spanish Brown Rice

**Recipe HACCP Process:** #2 Same Day Service

**Serving Size:** ¾ cup

**Yield:** 50

**Source:** JSI Back to Basics: Latin American Cuisine Recipe (adapted from: Goya)

**Ingredients:**

Ingredient Name	Measurements
Rice, brown, long grain, parboiled, dry	3 lb+ 4 oz
Water	1 ¼ gal
Oil, olive, salad or cooking	¼ cup + ½ tsp
Onions, raw, finely chopped	3 lbs + 8 oz
Peppers, sweet, red, raw, finely chopped	3 lbs 6 oz
Spinach, raw	3 lb + 2 oz
Garlic powder	2 ½ tsp
Salt, table	1 Tbsp + 1 1/8 tsp
Oregano leaves, dried, ground	1 Tbsp + 1 1/8 tsp
Cumin, ground	1 Tbsp + 1 1/8 tsp
Parsley, raw, chopped	½ cup + 1 tsp

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritional may change if substituted.*

**Instructions:**

1. To cook rice, boil water.
2. Put dry rice in a hotel pan. Pour boiling water over rice. Stir. Cover pan tightly and cook rice according to your kitchen's procedures, if different from instructions below:  
*\*For conventional oven bake 350°F for 40 minutes. For convection oven bake at 325°F for 40 minutes. For steamer, steam for 35-40 minutes at full steam.*
3. Remove from oven and let stand covered for 5 minutes. Set aside.
4. Heat oil in large skillet over medium-high heat. Add onion and pepper; cook until vegetables are soft, about 7 minutes.
5. Add spinach and garlic powder; cook until spinach wilts, about a minute more.
6. Add vegetables, salt, and the rest of the spices to the rice.
7. Just before serving, garnish with chopped parsley.
8. Hold for hot service at 135°F or higher.

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	141.05 kcal
Total Fat	2.19 g
Saturated Fat	0.34 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	224.14 mg
Total Carbohydrate	27.72 g
Dietary Fiber	2.51 g
Total Sugars	1.89 g
Protein	3.58 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Grain	1 oz equivalent
Vegetable	0.25 cup



# Taco Pulled Chicken

**Recipe HACCP Process:** #3 Complex Food Preparation

**Serving Size:** 2 oz

**Yield:** 50

**Source:** JSI Back to Basics: Latin American Cuisine Recipe (adapted from: What's Cooking? USDA Mixing Bowl)

## Ingredients:

Ingredient Name	Measurements
Chicken, diced, frozen, cooked	6 lbs+ 4 oz
Onion powder	12 2/3 Tbsp + 1/3 tsp
Garlic powder	12 2/3 Tbsp + 1/3 tsp
Oregano leaves, dried, ground	1 Tbsp + 1 1/8 tsp
Pepper, black, ground	2 tsp
Chili powder	1 Tbsp + 1 1/8 tsp
Cumin, ground	1 Tbsp + 1 1/8 tsp
Paprika	1 Tbsp + 1 1/8 tsp
Salt, table	1 Tbsp + 1 1/8 tsp
Water	2 ½ quarts+ 6 Tbsp

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

## Instructions:

1. In a tilt skillet over medium heat, combine chicken, seasonings, and water.
2. Bring mixture to a boil, reduce heat, and simmer for 10 minutes or until water absorbs, stirring occasionally. Add more water if necessary **\*\*Note** if a tilt skill is not available bring seasoning and water to boil and combine with chicken in large hotel pan and cook in oven at 400F.
3. Heat to 165°F or higher for at least 15 seconds.
4. Hold for hot service at 135°F or higher.



**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	78.27 kcal
Total Fat	2.14 g
Saturated Fat	0.02 g
Trans Fat	0.00 g
Cholesterol	42.52 mg
Sodium	261.56 mg
Total Carbohydrate	1.10 g
Dietary Fiber	0.33 g
Total Sugars	0.08 g
Protein	12.38 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Meat/Meat Alternate	2 oz equivalent



# Tropical Fruit Salad

**Recipe HACCP Process:** #1 No Cook

**Serving Size:** ½ cup

**Yield:** 50

**Source:** JSI Back to Basics: Latin American Cuisine Recipe (adapted from: Goya)

**Ingredients:**

Ingredient Name	Measurements
Water	1 qts + 2 2/3 Tbsp
Sugar, brown, packed	½ cup + 1 tsp
Cinnamon, ground	2 2/3 Tbsp + 1/3 tsp
Pineapple, canned, juice packed, drained or fresh, cubed	10 lbs + 7 oz
Strawberries, raw	5 lb + 3 1/3 oz
Kiwi, fresh	3 lb + 2 oz

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

**Instructions:**

1. In a saucepan over medium-high heat, bring water, sugar, and cinnamon to a boil. Stir occasionally until sugar dissolves and liquid reduces to 1/4 cup, about 3 minutes.
2. Remove from heat, let cool to room temperature.
3. Wash and cut strawberries and kiwi into 2-inch chunks. Drain the pineapple.
4. In a large bowl, combine fruit with cinnamon sauce and stir well.
5. Hold for cold service at 41°F or lower.

**Nutritional Analysis:**

<b>Nutrients</b>	<b>Nutrients Per Serving</b>
Calories	98.29 kcal
Total Fat	0.39 g
Saturated Fat	0.02 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	3.72 mg
Total Carbohydrate	24.94 g
Dietary Fiber	3.22 g
Total Sugars	20.48 g
Protein	1.12 g

**Meal Component Information:**

<b>Meal Components</b>	<b>Amount</b>
Fruit	0.5 cup

