

POPULAR SPEED-SCRATCH MENU ITEMS

Speed-scratch recipes incorporate value-added food products with additional ingredients, utilizing minimal production steps. They may offer school nutrition programs lower-sodium alternatives to heat-and-serve and convenience food menu items. Use your menu to drive decisions regarding the menu items you could potentially replace with speed-scratch recipes. Consider the speed-scratch menu item ideas presented throughout this worksheet, review two speed-scratch recipe examples, and utilize the listed resources for additional speed-scratch recipe ideas.

SPEED-SCRATCH MENU ITEM IDEAS

After deciding to incorporate speed-scratch recipes into your foodservice operation, you may find yourself looking at your menu, wondering where to begin. Below is a list of menu items and food products that easily lend themselves to speed-scratch preparation. Looking at the list below, are you currently offering any of these items as heat-and-serve or convenience items?

- · Breads/rolls
- Burgers
- Burritos/enchiladas/quesadillas
- Curries
- Fajitas/tacos/nachos

- Fried rice
- Mac and cheese
- Pasta dishes
- Pizza/calzones
- Potpies

- Rice/noodle bowls
- Salads
- · Sandwiches/wraps
- Sauces/dips/spreads
- · Soup/stew/chili

Don't forget to look at your breakfast menu!

To help visualize how some of the menu items above can be made using value-added products, here are some recipe descriptions:

Menu Item	Recipe Description
BBQ Mac and Cheese	Top pre-cooked macaroni and cheese with a combination of pulled pork and barbecue sauce.
Breads/Rolls	Brush proof-and-bake frozen bread and/or rolls with egg wash and top with seeds, herbs, or a low-sodium seasoning mix before baking.
Chicken Salad with Pear and Feta	Top pre-cut salad greens with diced chicken, diced pears, crumbled feta, and dried cranberries; serve with a vinaigrette dressing.
Chili	Combine and cook canned beans, canned tomatoes, and purchased tomato sauce with fresh or pre-cooked ground beef, herbs, and spices.
Fajitas	Sauté pre-sliced bell peppers and onions with pre-cooked chicken, herbs, and spices.
Pork Enchiladas	Wrap pulled pork, pre-sliced/pre-cooked bell peppers and onions, and seasoning in corn tortillas; smother with purchased low-sodium enchilada sauce and top with shredded cheese.
Teriyaki Chicken Noodle Bowl	Combine cooked spaghetti and steamed broccoli and carrots with a low-sodium teriyaki sauce; top with grilled chicken.
Turkey Potpie	Combine diced turkey, gravy, quick-frozen peas, carrots, and corn in a steamtable pan; top with biscuit dough and bake.



SPEED-SCRATCH RECIPES

Now that you have a few ideas of items that could be replaced with a speed-scratch recipe, let's look at two examples. Pay attention to the number and types of ingredients, as well as the preparation steps needed.

What to consider when reviewing the recipes:

- · How can you adjust, utilize, or incorporate ingredients you can procure?
- What equipment is available for use?
- How can you customize the recipe to your students' taste preferences?
- Which unique or key lower-sodium ingredient can you highlight that will get students excited and bring more attention to your menu?
- What fun name could you give this menu item that will appeal to students?

SPEED-SCRATCH CHICKEN QUESADILLA RECIPE EXAMPLE

This recipe features four ingredients with preparation instructions that include using a braising pan or steamer.

SPEED-SCRATCH CHICKEN QUESADILLA

NSLP/SBP CREDITING INFORMATION

One quesadilla provides 2 oz eq meats/meat alternates, 1½ oz eq whole grains, and ½ cup red/orange vegetable.

Ingrediente	50 servings		100 servings	
Ingredients	Weight	Measure	Weight	Measure
Chicken, Diced, Cooked, IQF (USDA #100101)	3 lb 2 oz		6 lb 4 oz	
Low-Sodium Salsa (USDA #100330)		6¼ cups		12½ cups
Tortilla, Soft Flour, WGR, 8" (USDA #110694)		50 each		100 each
Cheese, Mozzarella, Shredded, Part-Skim (USDA #100034)	3 lb 2 oz		6 lb 4 oz	

Directions

- 1. Thaw chicken overnight in the refrigerator. Critical Control Point: Hold under refrigeration (41 °F or lower).
- 2. Mix salsa and chicken together. Then, steam for 30 minutes.

 Note: If the chicken-salsa mixture is cooked in a braising pan, add 1% cups of water for every 50 servings of chicken.

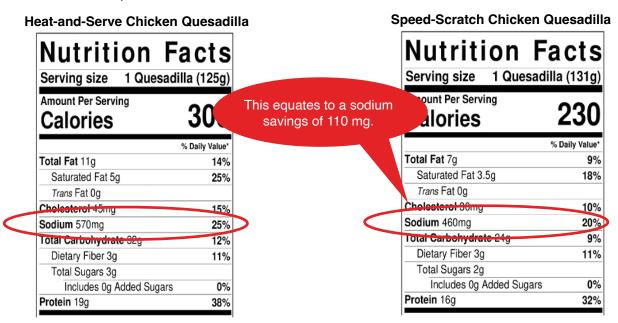
 Omit the water if you use a steamer.
- 3. Use a #16 scoop to place chicken-salsa mixture on each tortilla. Spread to cover ½ of the circle.
- 4. Sprinkle 1 ounce (about 1/4 cup) of cheese over the chicken mixture. Fold the tortilla in half.
- 5. Line an 18" x 24" sheet pan with sheet pan liner.
- 6. Place the tortillas on the sheet pan (12 folded tortillas fit on each sheet pan).
- 7. Top with another sheet pan liner and an empty sheet pan (right side up) to weigh the quesadillas down as they heat.
- 8. Batch cook to serving line. Heat in a convection oven at 350 °F for 10 minutes
- 9. Keep covered until served. Critical Control Point: Hot hold at 135 °F or higher for service.

Recipe adapted from <u>Mississippi Recipes for Success</u>; the recipe adjustment has not been tested. ***ALWAYS test and standardize a recipe to your specific ingredients and equipment**. Follow the steps outlined in the <u>USDA Recipe Standardization Guide for School Nutrition Programs</u>.

Consider different variations of this recipe, such as using fajita-marinated chicken strips instead of chicken and salsa, using a different variety of cheese (e.g., cheddar) or a combination of cheeses (e.g., mozzarella and cheddar), or adding a customized low-sodium spice blend to unseasoned chicken (instead of using salsa) that matches your students' taste preferences. Carefully examine the sodium amounts of the value-added food products and additional ingredients you use to create your own Speed-Scratch Chicken Quesadilla Recipe.

CHICKEN QUESADILLA SODIUM COMPARISON

A popular heat-and-serve chicken quesadilla provides 570 mg of sodium per serving. Compare that to the sodium content of the speed-scratch chicken quesadilla.



SPEED-SCRATCH CHEESE PIZZA EXAMPLE

Pizza is a menu item that lends itself well to speed-scratch preparation by simply layering par-baked crust with pizza sauce, cheese, and prepared toppings; then baking it. Speed-scratch cheese pizza provides an opportunity to uniquely customize the recipe to your students' preferences. Think of the cheese pizza as a blank canvas on which you can add prepped vegetables and other low-sodium toppings.

SPEED-SCRATCH CHEESE PIZZA

NSLP/SBP CREDITING INFORMATION

One slice provides 2 oz eq meats/meat alternates, 2 oz eq whole grains, and 1/8 cup red/orange vegetable.

Ingradiente	56 servings		104 servings	
Ingredients	Weight	Measure	Weight	Measure
16" Proof and Bake Pizza Dough, WGR		7		13
Sauce, Pizza, Low-Sodium		1 quart 3 cups		3 quarts 1 cup
Cheese, Mozzarella, Lite, Shredded (USDA #100034))	7 pounds		13 pounds	
Oregano, Dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp

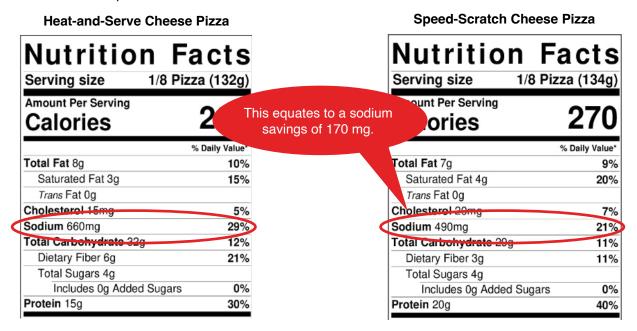
Directions

- 1. Thaw dough overnight covered and under refrigeration; proof covered at room temperature.
- 2. Preheat oven to 450 °F.
- 3. Place pizza crusts on large baking sheets. Spoon % cup (#6 disher) of pizza sauce on crusts.
- 4. Sprinkle 14.25 oz of cheese evenly on top of sauce.
- 5. Sprinkle oregano on top of cheese.
- 6. Bake for 10 minutes or until crusts are golden brown. Remove pans with pizzas from oven, and cool for 3 minutes before slicing.
- 7. Cut each pizza into 8 wedges. Critical Control Point: Hot hold at 140 °F or higher for service.

Recipe adapted from <u>Healthy School Recipes</u>; the recipe adjustment has not been tested. *ALWAYS test and standardize a recipe to the specific ingredients and equipment. Follow the steps outlined in the <u>USDA Recipe Standardization Guide for School Nutrition Programs</u>.

CHEESE PIZZA SODIUM COMPARISON

A popular heat-and-serve cheese pizza provides 660 mg of sodium per serving. Compare that to the sodium content of the speed-scratch cheese pizza.



Now you try!

List three heat-and-serve menu items you currently offer. For each item, write the value-added food products, ingredients, equipment, and supplies you need to make it a speed-scratch recipe.

Heat-and-serve menu items	What value-added food products and ingredients are needed to make it a speed-scratch recipe?	What equipment and supplies are needed to make it a speed-scratch recipe?
Prepared egg bagel sandwich.	BagelsEgg pattiesToppings to customize	FreezerCoolerKnifeFoilOven

WHERE TO FIND SPEED-SCRATCH RECIPES

The following resources offer recipes to support a speed-scratch menu. Be sure to test, customize, and standardize any recipes to your students utilizing the <u>USDA Recipe Standardization Guide for School Nutrition Programs</u>.

- <u>Healthy School Recipes</u> provides an extensive collection of recipes, including speed-scratch, for school nutrition programs. Please note that the recipe crediting information has not been verified.
- **Distributors** want to work with you and manufacturers/vendors to find new and more efficient ways to use their products.
- **Commodity Boards** often provide recipes featuring the use of their products and some provide recipes for school nutrition programs. Check out your state and national commodity boards!
- Manufacturers/Vendors frequently offer recipes for school nutrition programs on their websites. Currently, manufacturers are one of the best sources for speed-scratch recipes as they actively promote the "convenience" factor of using their value-added products.
- Social Media is a great avenue to ask your peers for speed-scratch recipes. Check out Facebook's "Tips for School Meals That Rock" and "School Nutrition Industry Professionals."



Speed-scratch recipes may offer lower-sodium alternatives to your current menu items. Consider your menu and the resources provided to find speed-scratch recipes that support and enhance your school nutrition program.

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