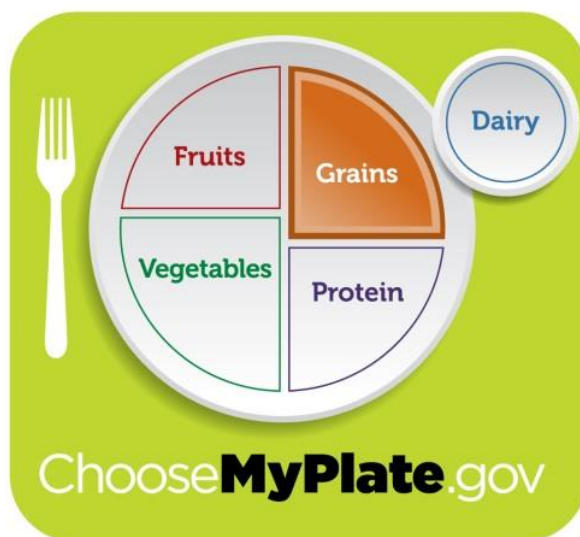
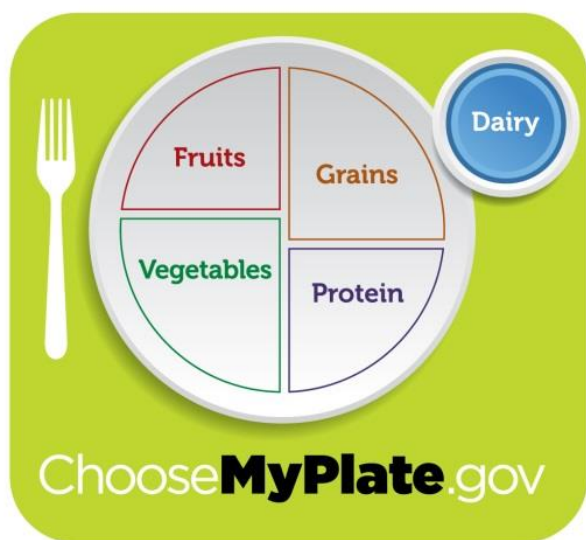


Chef-Developed Recipes Featuring Low-Fat Dairy and Whole Grains



Developed using KSDE's 2013 Team Nutrition Training Grant Funds

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BBQ Ranch Wedges

Main Dish

HACCP: #2 Same Day Service

Modified from the Midwest Dairy Council

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetables, frozen, fajita blend	3 lb 4 oz				1. Thaw vegetables under refrigeration, or using microwave. Drain well.
Beef, ground, raw, 80/20	14 lb				2. Brown ground beef until temperature reaches 165 F. Drain well.
BBQ Sauce	2 lb 8 oz				3. Combine cooked beef, vegetables, and sauce. 4. Preheat oven to 400° F.
Tortillas, whole wheat, 8" (1.5 oz each) Cheese, shredded, Colby Jack	3 lb 2 oz	100 each 12 ½ cups			5. Lay tortillas on baking sheet sprayed with cooking spray. 6. Place a level #10 disher of meat mixture on one half of each tortilla. 7. Place 2 Tbsp (1/2 oz) of shredded cheese per tortilla on top of the meat mixture. 8. Fold tortillas in half and spray tops with cooking spray to aid in browning of wedges. 9. Bake for 10 minutes or until tops are golden brown and internal temperature is 165° F. 10. Cut each tortilla into 2 wedges and serve with 2 Tbsp dipping sauce (see below).

BBQ Dipping Sauce: BBQ Sauce Ranch Dressing, low-fat	3 lb 3 lb 4 oz				To make BBQ Dipping Sauce: 1. Combine sauces well. 2. Refrigerate until service.
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Serving Size	1 Serving Provides	Yield
2 wedges + 2 Tbsp dipping sauce	2 oz eq M/MA + 1.5 oz eq Grains	200 wedges + 12 ½ cups dipping sauce

Nutrients Per Serving (per 1 cup)

Calories	373	Vitamin A	224.4 IU	Iron	2.5 mg
Protein	20.9 gm	Vitamin C	5.1 mg	Calcium	213.5 mg
Carbohydrate	34 gm	Fiber	3 gm	Cholesterol	64.8 mg
Fat	17.8 gm	% Fat	43 %	Sodium	730.3 mg
Saturated Fat	7.9 gm	% Saturated Fat	19.1 %	Total Sugars	8.1 gm

Cheesy Broccoli Soup

Main Dish

HACCP: #2 Same Day Service

Modified from the Midwest Dairy Council

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine	10 oz				1. Melt margarine in a stock pot over medium heat.
Onion, chopped		1 qt + 1 ¼ cups			2. Add onion to stockpot, cover, and cook until translucent, stirring occasionally.
Flour, AP		2 ½ cups + 2 ½ Tbsp			3. Stir flour into cooked onions until well mixed.
Chicken Stock, low-sodium		1 ¼ gal + 1 ¼ cups			4. Slowly add stock to onion/flour mixture, stirring well. Bring to a simmer and cook until mixture is beginning to thicken, about 15-20 minutes. Stir occasionally to prevent scorching.
Black Pepper, ground Nutmeg, ground Potatoes, frozen, diced Broccoli, frozen, chopped Carrots, canned or frozen, diced or sliced		1 Tbsp ¾ tsp 2 qt + 2 ½ cups 2 qt + 2 ½ cups 3 cups			5. Add spices and vegetables to soup and cook over medium heat for 20-25 minutes until potatoes are tender. Do not let soup boil.
Milk, low-fat		1 ¼ gal + 1 ¼ cups			6. Stir in milk and cook for 5 minutes.
Cheese, shredded, low-fat, Cheddar	2 lb 4 oz				7. Stir cheese into soup, making sure it is evenly incorporated. Continue to stir and heat until cheese is melted. 8. Serve hot with a 6 oz ladle.

Serving Size	1 Serving Provides	Yield
¾ cup (6 oz ladle)	0.25 oz eq M/MA + 0.25 cup vegetables (additional)	4 gal + 2 ¾ qt

Nutrients Per Serving (per 1 cup)

Calories	127	Vitamin A	887 IU	Iron	0.6 mg
Protein	6.1 gm	Vitamin C	11.7 mg	Calcium	153.4 mg
Carbohydrate	11.4 gm	Fiber	1.1 gm	Cholesterol	14.1 mg
Fat	6.5 gm	% Fat	46.3 %	Sodium	142.8 mg
Saturated Fat	3.6 gm	% Saturated Fat	25.7 %	Total Sugars	3.4 gm

Pulled Pork Tacos

Main Dish

HACCP: #2 Same Day Service

Modified from the Midwest Dairy Council

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Sauce: Brown Sugar Ginger, ground Garlic Powder Cumin, ground Black Pepper, ground Orange Juice Lime Juice	1 lb 8 oz	1 cup 2 Tbsp + 2 tsp 1 tsp 1 Tbsp + 1 tsp 2 tsp 2 cups 1 cup			1. Preheat oven to 350° F. 2. Mix all sauce ingredients in a bowl and stir until sugar is dissolved. Set aside.
Pulled Pork, Precooked, Unsauced, Thawed** Onion, coarsely chopped	9 lb 8 oz	1 qt			3. Combine meat and chopped onions in baking dish. 4. Pour sauce over pork mixture. 5. Heat in oven for 15 minutes. Stir and heat for additional 10 minutes or until temperature reaches 165° F.
Coleslaw Mix, fresh Cilantro, chopped	6 lb 4 oz	1 qt			6. Mix coleslaw and chopped cilantro in a large mixing bowl.
Tortillas, whole wheat, 6" (1 oz each) Cheese, shredded, Colby Jack	200 each 3 lb 2 oz	12 ½ cups			7. Warm tortillas according to package instructions. 8. Fill each warmed tortilla with a slightly mounded #20 disher, 1 Tbsp cheese, and 1/8 cup coleslaw mix. **May substitute unsauced pork for pre-sauced product. If using pre-sauced pulled pork, omit onions and ingredients for sauce, and skip steps 1-4.

Serving Size	1 Serving Provides	Yield
2 Tacos	2 oz eq Grains + 2 oz eq M/MA + 0.25 cup vegetables (additional)	200 tacos

Nutrients Per Serving (per 2 tacos)

Calories	366	Vitamin A	324.4 IU	Iron	2.3 mg
Protein	19 gm	Vitamin C	12.5 mg	Calcium	292.2 mg
Carbohydrate	35.9 gm	Fiber	4.8 gm	Cholesterol	48.9 mg
Fat	16.2 gm	% Fat	39.8 %	Sodium	891.8 mg
Saturated Fat	7.4 gm	% Saturated Fat	18.2 %	Total Sugars	3 gm

Razzle Dazzle Smoothie

Breakfast/Snack

HACCP: #1 No Cook

Modified from the Midwest Dairy Council

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Bananas, fresh, medium		50 each			1. Peel bananas, cut into ½ inch slices, place on baking sheet lined with parchment paper. 2. Place baking sheet in freezer until banana slices are frozen solid.
Milk, low-fat	12 lb 8 oz	1 gal + 2 qt + 1 cup			3. In a 6 cup blender, combine 1 cup of frozen bananas, 1 cup of frozen berries, 1 cup of milk, and 2 cups of yogurt. Adjust these amounts as needed based on size of blender available. 4. Place lid on blender and blend until smooth. 5. Pour into cups and serve immediately*. 6. Repeat steps 3-5 with remaining ingredients. *This recipe is best served immediately, but may also be placed in the freezer after preparing if not serving right away. If stored in the freezer, will need to partially thaw and stir prior to pouring into cups.
Yogurt, low-fat, vanilla flavor	25 lb	3 gal + 2 cups			
Berries, mixed, frozen	8 lb	1 gal + 2 qt + 1 cup			

Serving Size	1 Serving Provides	Yield
10 fl oz (1 ¼ cup)	1 oz eq M/MA + 0.5 cup fruit (credits as juice)	7 gal + 3 qt + 1 cup

Nutrients Per Serving (per 1 cup)

Calories	191	Vitamin A	113.1 IU	Iron	0.4 mg
Protein	8.1 gm	Vitamin C	15.3 mg	Calcium	272.9 mg
Carbohydrate	36.3 gm	Fiber	2.8 gm	Cholesterol	8.5 mg
Fat	2.1 gm	% Fat	10.2 %	Sodium	100.3 mg
Saturated Fat	1.3 gm	% Saturated Fat	6.2 %	Total Sugars	28.5 gm

Apple Scones

Grains

HACCP: Non-Hazardous/Other

Modified from recipe submitted by the
Kansas Wheat Association

Ingredients	96 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, White Whole Wheat Cornstarch Flour, all purpose Sugar, granulated Baking Powder Salt Nutmeg, ground Cinnamon, ground	1 lb 12 oz 2 oz 1 lb 11 oz 8 oz 2 oz	 1 ½ tsp 2 ¼ tsp 1 Tbsp + 3/8 tsp			1. Preheat oven to: 400° F for a conventional oven or 350° F for a convection oven. Spray full size sheet pan with non-stick spray. 2. Mix dry ingredients in a mixing bowl using a paddle attachment on low speed.
Margarine, cold	1 lb 10 oz				3. Cut margarine into small cubes and add to dry ingredients with paddle attachment until mixture looks like coarse meal.
Milk, low fat Vanilla Extract Eggs, whole OR Eggs, liquid Applesauce, chunky, unsweetened	1 lb 1 oz	2 Tbsp + 5/8 tsp 6 whole OR 1 cup 3 1/3 cups			4. In a small bowl, combine milk, vanilla, eggs, and applesauce. Whisk until ingredients are well mixed. 5. Add wet mixture to dry ingredients and stir with a dough hook just until the dough leaves the sides of the bowl. 6. Turn out onto a lightly floured surface, knead 10 times. 7. Divide the dough into 12 equal balls of dough. Flatten each ball into rounds, about 6" in diameter. 8. Place rounds on full-size sheet pans, 4 per pan. 9. Cut each round into 8 wedges and separate wedges slightly on pans.
Sugar, granulated Cinnamon, ground Milk, lowfat		3 Tbsp 1 tsp 1 1/8 tsp 2 Tbsp			10. In a small bowl, mix together sugar and cinnamon. 11. Brush each wedge lightly with milk. 12. Sprinkle each wedge lightly with cinnamon sugar mixture. 13. Bake in preheated oven for 15 minutes, or until slightly brown around the edges.

Serving Size	1 Serving Provides	Yield
1 scone/wedge	1 oz eq Grains	96 scones

Apple Scones, cont.

Nutrients Per Serving (per 1 scone)

Calories	130	Vitamin A	284.58 IU	Iron	0.94 mg
Protein	2.39 gm	Vitamin C	0.11 mg	Calcium	48.03 mg
Carbohydrate	16.33 gm	Fiber	1.31 gm	Cholesterol	11.42 mg
Fat	6.36 gm	% Fat	44%	Sodium	154.79 mg
Saturated Fat	2.81 gm	% Saturated Fat	19.45%	Total Sugars	3.8 gm

Focaccia Buns with Herbs and Parmesan

Grains

HACCP: Non-Hazardous/Other

Modified from recipe submitted by
Wichita Catholic Secondary Schools

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Warm water (110-115° F) Sugar, granulated Yeast, instant	6 lb 7 oz	12¼ cups 1 cup 5 Tbsp			1. In a mixer with dough hood attachment, dissolve sugar and yeast in warm water.
Flour, all-purpose Flour, white whole wheat Salt Oil, corn or olive Cheese, parmesan Italian Seasoning Basil, dried Garlic, granulated *Additional white whole wheat flour (if needed)	3 lb 9 oz 3 lb 9 oz 3 oz 10 oz 3 ½ oz	 5 Tbsp 1¼ cups 1 cup 2½ Tbsp 2½ Tbsp 2 tsp (Up to 1 cup as needed)			2. Add all purpose flour and work dough 3 minutes on low speed. 3. Turn mixer off and add white whole wheat flour, salt, oil, parmesan cheese, and spices. Mix ingredients on low speed to incorporate. 4. Turn mixer up to medium speed and mix 5 minutes, working dough into a smooth ball. If dough is too sticky, add additional flour in ½ cup increments. 5. Place dough ball on a greased sheet pan and cover to rest 15 minutes. 6. To shape buns, portion dough into 2 oz balls, placing 24 per parchment lined pan (4 x 6). 7. Spray tops of dough balls with cooking spray and cover pan with plastic wrap. Allow to rest until dough balls are doubled in size. 8. After dough has rested, place empty sheet pan on top of covered rolls and press down firmly to flatten rolls into 4" buns. 9. Uncover and dimple dough with fingertips.
Marinara Sauce Cheese, mozzarella	2 lb 7 oz 1 lb 4 oz	4¼ cups			10. Brush each bun with 2 tsp of marinara sauce and sprinkle with 1 Tbsp mozzarella cheese. 11. Allow to rise again until doubled in size, approximately 20-30 minutes. 12. Bake for 8 minutes. Convection Oven: 350° F Conventional Oven: 375° F 13. Turn pans and bake an additional 4 minutes for even baking. 14. Allow to cool and slice for sandwiches.

Focaccia Buns with Herbs and Parmesan, cont.

Serving Size	1 Serving Provides	Yield
1 bun	2 oz eq Grains	100 buns

Nutrients Per 2 oz Bun Serving

Calories	170	Vitamin A	120 IU	Iron	1.9 mg
Protein	5.7 gm	Vitamin C	1.7 mg	Calcium	68.8 mg
Carbohydrate	27.4 gm	Fiber	2.5 gm	Cholesterol	4 mg
Fat	4.5 gm	% Fat	23.9 %	Sodium	425 mg
Saturated Fat	1.3 gm	% Saturated Fat	6.8 %	Total Sugars	2.5 gm

Three Grain Pilaf

Modified from recipe submitted by the
Kansas Wheat Association

Grains

HACCP: #2 Same Day Service

Ingredients	100 Servings		____ Servings		Directions	
	Weight	Measure	Weight	Measure		
Oil, Vegetable Bulghur, dry Brown Rice, dry Pearl Barley, dry	3 lb 2 oz 2 lb 1 oz 1 lb 1 oz	½ cup			<ol style="list-style-type: none"> Preheat oven: 425° F for a conventional oven or 400° F for convection oven. Prep 10 3/8"x12 3/4" x 2 1/2" steam pans by spraying with nonstick spray (4 pans per 100 servings). Add vegetable oil to pans, then all grains, dividing evenly among pans. Stir to coat grains with oil and bake, uncovered for 7 to 10 minutes, stirring occasionally. Grains should begin to lightly brown and smell like they are toasting. Remove grains from oven and turn oven down to: 350° F for a conventional oven or 300° F for a convection oven. 	
Chicken base, dry, powder Water, hot		1/3 cup 2 gal + 6 cup				<ol style="list-style-type: none"> Dissolve chicken base in hot water.
Carrot, coarsely grated Onion, finely chopped Parsley, dried Thyme, dried Garlic, granulated Black Pepper, ground	1 lb AP 1 lb AP	1 cup + ½ Tbsp ½ cup + 1 tsp 2 Tbsp + 2 tsp 3 Tbsp				<ol style="list-style-type: none"> Stir dissolved chicken base, vegetables, and seasonings into the toasted grains, dividing evenly among pans. Cover pans tightly with either foil or a well fitted lid. Place in oven for 30 minutes and then stir. Re-cover and return to oven for 30 more minutes. If at the end of cook time, check to see if rice is cooked and moisture absorbed. If still chewy, cook additional 10 minutes, adding more hot water if needed to keep pilaf from drying out. Remove from oven, let rest with cover on for 5 minutes. Fluff with a fork and serve hot using a #8 disher.

Serving Size	1 Serving Provides	Yield
½ cup	1 oz eq Grains	3 gal + 2 cups

Nutrients Per Serving (per ½ cup)

Calories	119	Vitamin A	816.8 IU	Iron	1.1 mg
Protein	3.3 gm	Vitamin C	1.4 mg	Calcium	25.7 mg
Carbohydrate	23.5 gm	Fiber	4.1 gm	Cholesterol	0.5 mg
Fat	1.8 gm	% Fat	13.8%	Sodium	122.2 mg
Saturated Fat	0.3 gm	% Saturated Fat	2.4%		

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