



## SECTION 5

# Recipes

# Eat with the Seasons!

## SUMMER

Berries  
Broccoli  
Cabbage  
Cherries  
Corn  
Cucumber

Eggplant  
Garlic  
Green Beans  
Kale  
Melon  
Peaches

Peppers  
Plums  
Radishes  
Summer Squash  
Tomatoes



## FALL

Apples  
Beets  
Broccoli  
Brussel Sprouts  
Cabbage  
Carrots

Collard Greens  
Ginger  
Grapes  
Kale  
Leeks  
Onions

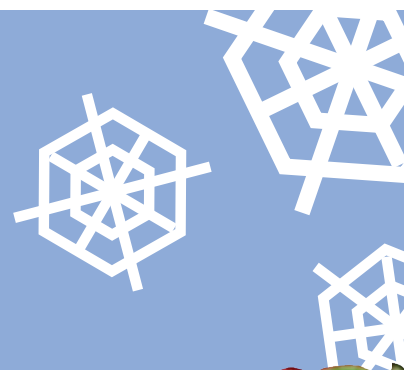
Potatoes  
Pumpkins  
Rutabagas  
Spinach  
Sweet Potatoes



## WINTER

Brussel Sprouts  
Cabbage  
Collard Greens  
Kale

Leeks  
Parsnips  
Salad Greens  
Winter Squash



## SPRING

Asparagus  
Collard Greens  
Fiddleheads  
Kale

Lettuce  
Onions  
Peas  
Rhubarb

Salad Greens  
Spinach  
Strawberries



# Seasonal and Local Menu Planning with *Grow it, Try it, Like it!*



- Choose one produce item to highlight each season that will go along with your classroom learning.
- Prepare them in different ways (roasted, boiled, stir fried, with different seasonings) throughout the season to allow children multiple opportunities to try.
- Choose certain produce for certain seasons when supply is high (peak season). See the table below for when peak season of these items is.
- Remember! Buying at peak season means prices will be lower because farmers want to make sure they can sell what they have before more is ready to be harvested. Buying fruits and veggies at peak season also means that the flavor is the best that it's going to be, which means kids are more likely to like them!

RI Crop Peak Season	Fall	Winter	Spring	Summer
<b>Crookneck Squash</b>	X (early)			X
<b>Spinach</b>	X		X (late)	X
<b>Sweet Potato</b>	X	X		X (late)
<b>Cantaloupe</b>	X			X
<b>Peach</b>	X (early)			X (late)
<b>Strawberry</b>				X








Carrots, Cucumbers, Cabbage, Onions, Apples, and Cauliflower can also be used with the Grow it, Try it, Like it! curriculum, and are all inexpensive fresh produce that are locally available in RI throughout the year.

# FALL




- |                 |                |                |
|-----------------|----------------|----------------|
| Apples          | Collard Greens | Potatoes       |
| Beets           | Ginger         | Pumpkins       |
| Broccoli        | Grapes         | Rutabagas      |
| Brussel Sprouts | Kale           | Spinach        |
| Cabbage         | Leeks          | Sweet Potatoes |
| Carrots         | Onions         |                |

## Week 1 - Fall Menu Ideas - 3-5 Year Olds

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Very Berry Smoothie (p.63)</b> Milk	<b>WG Pumpkin Pancakes (p.64)</b>  Sliced Cantaloupe Milk	<b>Blueberry Banana Overnight Oats (p.65)</b> Milk	<b>WG Blueberry Muffin</b>  Apple Smiles Milk	Vanilla Yogurt  Fresh Peaches Milk
Snack	Cucumbers & Hummus	<b>Ants on a Log (p.66)</b>	WG Crackers & Tuna	Raisins & Cottage Cheese	 Apple Smiles & Cheese Stick
Lunch	Roast Chicken  <b>Spinach &amp; Watermelon Salad (p.67)</b> WG Biscuit Milk	WG Beef Tacos <b>Cherry Tomato &amp; Corn Salad (p.68)</b> Apple Smiles Milk	<b>Tallarin Saltado (p.69)</b> Carrot Sticks Diced Pears Milk	WG Sloppy Joes  Roasted Cauliflower & Broccoli Fresh Banana Milk	 <b>Sweet Potato Quesadilla (p.70)</b> Orange Wedges Milk

Keep your menus fresh by trying out some new recipes! Recipes for any menu items with **blue text** can be found throughout the next section.


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# Very Berry Smoothie



Ingredients	Yield: 3 Servings, 1 cup each	Directions
	Measure	
Fresh or frozen blueberries	$\frac{3}{4}$ Cup	<ol style="list-style-type: none"> <li>Put all ingredients into blender</li> <li>Blend until smooth and pour into cups</li> </ol>
Fresh or frozen blackberries	$\frac{3}{4}$ Cup	
Bananas	1 Whole	
Plain Greek Yogurt*	1 Cup	
Milk	1 Cup	

\*Plain or vanilla yogurt may be served in place of Greek yogurt but may contain no more than 23g of sugar per 6oz

 **Money-Saving Tip:** Be creative with leftover fruits and vegetables – put fruit in smoothies and tomatoes in homemade salsa.

### CACFP Crediting Information

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Breakfast	3	1 cup serving		$\frac{1}{2}$ cup	0.5 oz		



# Pumpkin Pancakes

A delicious breakfast meal to start your day.

**SOURCE**

RI Team Nutrition CACFP Multicultural Recipe Project

Ingredients	20 servings	Directions
	Measure	
Strawberries	2.5 Quarts	<b>1.</b> Rinse and slice strawberries discarding the tops  <b>2.</b> In a bowl, mix together the milk, pumpkin puree, and eggs. Add the dry ingredients. Stir into the pumpkin mixture just enough to combine  <b>3.</b> Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately $\frac{1}{4}$ cup for each pancake. Cook until surface of pancakes have some bubbles and a few have burst, 1 to 2 minutes. Flip carefully with a thin spatula, and cook until browned on the underside, 1 to 2 minutes more. Serve hot  <b>4.</b> 1 pancake per person topped with $\frac{1}{2}$ cup chopped strawberries
Whole Wheat flour	6 Cups	
AP flour	4 Cups	
Brown sugar (packed)	1 Cup	
Baking powder	$\frac{2}{3}$ Cup	
Kosher salt	3 Tsp	
Nonfat milk	3 Quarts	
Eggs	16 Each	
Pumpkin puree	1.5 Quarts	
Ground cinnamon	3 Tsp	

**CACFP Crediting Information**

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Breakfast	20	1 (6oz) pancake, $\frac{1}{2}$ cup strawberries		$\frac{1}{2}$ cup		3.75 oz	



## Blueberry Banana Overnight Oats

Ingredients	Yield: 8 Servings, 1 cup each	Directions
	Measure	
Oats (gluten free or regular)	1 Cup	<b>1.</b> In an airtight container, mix oats, milk, maple syrup, and vanilla. Seal the container and place in the fridge overnight  <b>2.</b> In the morning, top with fruit & serve
Milk (dairy or non-dairy)	2 Cups	
Maple syrup	2 Tbsp	
Vanilla extract	1 Tbsp	
Banana, sliced	4 Each	
Blueberries	2 Cups	

### CACFP Crediting Information

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Breakfast	8	1/3 cup oats + 1/2 cup fruit each		1/2 cup		0.5 oz	

# Ants on a Log



Ingredients	Yield: 1 Serving	Directions
	Measure	
Celery sticks, 4 in	6 Each	<ol style="list-style-type: none"> <li>1. Spread sunflower butter over celery sticks</li> <li>2. Top with raisins and eat</li> </ol>
Sunflower butter	1 Tbsp	
Raisins	To taste	

### CACFP Crediting Information

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Snack	1	6 each celery sticks, 1 Tbsp Sunflower butter	1/2 cup		.5 oz		



## Spinach & Watermelon Salad



Ingredients	Yield: 7 Servings, 1 cup each	Directions
	Measure	
Baby spinach	3 Cups	<ol style="list-style-type: none"> <li>Mix all ingredients into a large bowl except for dressing</li> <li>Mix in dressing to taste</li> </ol>
Red onion, sliced	1/4 Cup	
Fresh cucumber, diced	3/4 Cup	
Fresh watermelon, cubed	2 1/2 Cups	
Feta cheese	5 oz	
Balsamic dressing/reduction	To taste	

This recipe was created by Chef Brian Dinan of Los Andes Restaurant in Providence, RI.

### CACFP Crediting Information

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Lunch/Supper	7	1 cup serving	1/4 cp	1/4 cp	0.5 oz		



## Cherry Tomato & Corn Salad

Ingredients	Yield: 48 Servings, 1/4 cup each	Directions
	Measure	
Fresh or frozen corn kernels	6 Cups	<b>1.</b> Bring a large pot of water to a boil and cook corn kernels until tender & bright yellow, about 8 minutes for fresh kernels and 1-2 minutes for frozen. Drain and let cool  <b>2.</b> Meanwhile, finely chop the basil leaves and halve the cherry or grape tomatoes  <b>3.</b> In large bowl, combine the cooked and cooled corn, tomatoes, basil, cheese, oil, lemon juice, and salt. Toss and serve immediately
Fresh basil	4 oz	
Fresh cherry or grape tomatoes	3 pints	
Mozzarella cheese, shredded	1 1/2 Cups	
Olive oil	2 Tbsp	
Lemon juice	1/2 Lemon	
Kosher salt	1/2 Tsp	

This recipe was adapted from “New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks”

### CACFP Crediting Information

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Lunch/Supper	48	1/4 cup serving	1/4 cp				



## Tallarín Saltado

Delicious pasta to share at the family table served at dinnertime.

### SOURCE

RI Team Nutrition CACFP Multicultural Recipe Project

Ingredients	20 servings	Directions
	Measure	
Chicken breast, trimmed	3 lb	<ol style="list-style-type: none"> <li>1. Slice chicken into ½ inch strips</li> <li>2. Slice tomatoes</li> <li>3. Finely chop cilantro</li> <li>4. Slice red onions into wedges</li> <li>5. Boil pasta and drain, once cooked</li> <li>6. Season chicken with salt and pepper</li> <li>7. Heat pan to medium heat and coat with oil. Sear chicken strips for 3 minutes constantly moving, add tomatoes and onions then turn to high heat and cook for 2 minutes, add pasta and sauté for 30 seconds</li> <li>8. Add soy sauce and red wine vinegar and let cook for 2 minutes, then add chicken stock and let reduce. Ensure that chicken has reached an internal temperature of 165 degrees Fahrenheit</li> <li>9. Finish with fresh chopped cilantro</li> </ol>
Tomatoes	5 Cups	
Red onions	5 Cups	
Soy sauce	1 Cup	
Red wine vinegar	1 Cup	
Uncooked pasta	10 Cups	
Chicken stock	1 Quart	
Cilantro	1 Quart	
Vegetable oil	1 Tbsp	

### CACFP Crediting Information

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Lunch/Supper	20	1 ½ cup serving (1.75 oz chicken breast, ¼ cup tomatoes, ¼ cup red onion, 1 cup pasta)	½ cup		1.75 oz	2 oz	

# Sweet Potato Quesadillas



Ingredients	Yield: 2 Servings	Directions
	Measure	
Sweet potato cooked & mashed*	1/2 Cup	<b>1.</b> In a medium sized bowl, mash the sweet potato with the beans  <b>2.</b> Coat a skillet with cooking spray on medium heat  <b>3.</b> Place one tortilla in skillet. Spread the sweet potato and black bean mixture onto it. Top with salsa and shredded cheese. Cover with the other tortilla  <b>4.</b> Cook for 2-3 minutes then flip with a wide spatula and cook for another 2-3 minutes. Remove from pan to a cutting board and slice into quarters
Canned black beans, rinsed & drained	1/2 Cup	
Whole wheat tortillas, 8 in	2	
Chunky salsa	2 Tbsp	
Cheddar cheese, shredded	1/2 Cup	
Non-stick cooking spray		

\*You can use a fresh medium sweet potato or canned. Be sure to rinse and drain if using canned sweet potatoes (yams).  
 1 sweet potato = about 1 cup or 1 (15 ounce) can sweet potatoes = 1 1/2 cups

## CACFP Crediting Information

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Lunch/Supper	2	1/2 Quesadilla per serving	1/4 cp		1.5 oz	1.5 oz	




# WINTER




Brussel Sprouts  
Cabbage  
Collard Greens  
Kale  
Leeks  
Parsnips

Salad Greens  
Winter Squash

## Week 1 - Winter Menu Ideas - 3-5 Year Olds

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk WG Bagel Mixed Fruit	Milk Crust-less Quiche (p.72)	Milk WG Cereal Orange Wedges	Milk Spinach Egg Bake (p.73)	Milk WG Muffin Peaches
Snack	Carrots & Hummus	Apple Smiles Cheese Stick	Fresh Banana WG Graham Crackers	100% Orange Juice WG Animal Crackers	Black Beans w/ Plantains (p.75)
Lunch	Milk Mediterranean Tuna Salad on WG Pita (p.77)  Roasted Butternut Squash	Milk WG Bread Red Pozole (p.78) Pineapple	Milk Turkey Burgers with Tzatziki Sauce (p.80)  Baked Parsnip "Fries"	Milk Baked Cod Ole (p.82) Savory Rice Pilaf (p.84)  Cole Slaw	Milk WG Veggie Pizza (p.86) Mixed Fruit

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## Crust-less Quiche

A delicious mouthwatering breakfast choice served with a glass of milk.

### SOURCE

RI Team Nutrition CACFP Multicultural Recipe Project

Ingredients	20 servings	Directions
	Measure	
Size A eggs or ready to use mixed eggs	40 oz or 20 ea whole eggs	<ol style="list-style-type: none"> <li>1. Preheat the oven to 350 F</li> <li>2. Beat eggs well. Add the cheese and set aside. Cut chorizo, white onions, broccoli, and scallions as directed</li> <li>3. Sauté chorizo on medium heat for 4 minutes or until the fat starts to render out, then add white onions for 3 minutes, then add scallions and broccoli for 1 minute constantly stirring</li> <li>4. Divide sautéed mixture into 4 each 10" pie tins</li> <li>5. Evenly distribute egg mixture between the pie tins</li> <li>6. Bake 45 min. or until center is set and the top is lightly browned. Let stand 10 min. before cutting to serve. Cut each Crust-less Quiche into 5 slices, serve 1 slice per person</li> </ol>
Spicy (or mild) Mexican chorizo	1 lb cut into ¼ inch pieces	
White onions, small diced	3 Each	
Broccoli	5 Cups	
Scallions finely chopped	4 Bunches	
Grated parmesan cheese	10 oz	

### CACFP Crediting Information

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Lunch/Supper	20	1 slice quiche (1 egg, ¼ cup broccoli, ¼ cup onion/scallion, 0.5 oz cheese)	½ cup		2 oz		



## Spinach Egg Bake

An egg bake, also known as a frittata, is an easy-to-prepare dish that provides a perfect opportunity to encourage children to eat vegetables. Eggs are used in frittata-like dishes in many parts of the world. In some parts of Europe, it is rarely served in restaurants but commonly prepared in the home.

### CACFP CREDITING INFORMATION

1 piece provides 2 oz equivalent meat alternate and ¼ cup vegetable.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Spinach, frozen, chopped, thawed, drained	4 lb 9 oz	2 qt 2 ½ cup	9 lb 2 oz	5 qt 1 cup	<ol style="list-style-type: none"> <li>Preheat oven to 350 °F.</li> <li>Spinach can be thawed in the microwave using package directions or by placing under cool, running water. See Chef Tips (p. 74).</li> <li>Whisk eggs in a large mixing bowl.</li> <li>Add feta cheese, dehydrated onions, salt, and black pepper. Mix well.</li> <li>Assembly: Lightly coat steam table pan (or pans) (12" x 20" x 2 ½ ") with nonstick cooking spray. For 25 servings, use 1 pan. Spread 4 lb 9 oz (2 qt 2 ½ cup) of spinach evenly on the bottom of the pan. For 50 servings, use 2 pans. Divide 9 lb 2 oz (5 qt 1 cup) of spinach into equal portions. Spread each portion evenly on the bottom of each pan.</li> <li>Top each pan of spinach with the egg mixture. If using two pans, each pan should have about 5 ½ cups of the egg mixture.</li> <li>Keep the vegetables spread evenly by slightly stirring the mixture with a spatula or spoon.</li> <li>Place steam table pan (or pans) in the oven.</li> <li>Bake for 30 minutes.</li> <li>Broil on high for 2 minutes or until the eggs are set and the top is a light golden brown. Remove immediately to prevent burning. Caution: Use hot pads as pan (or pans) will be very hot.  Critical Control Point: Heat to 160 °F or higher for at least 15 seconds.</li> <li>Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾"). Critical Control Point: Hold at 140 °F or higher.</li> </ol>
Eggs		25 large OR 1 qt 1 ¼ cup		50 large OR 2 qt 2 ½ cup	
Feta cheese, crumbled	2 oz	¼ cup		½ cup	
Onions, dehydrated, chopped		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Black pepper, ground		½ tsp		1 tsp	
Salt, table		½ tsp		1 tsp	
Nonstick cooking spray		1 spray		2 sprays	

## NUTRITION INFORMATION

For 1 piece (2" x 3 3/4").

NUTRIENTS	AMOUNT
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<b>Calories</b>	<b>115</b>
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<b>Total Fat</b>	<b>8 g</b>
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Saturated Fat	2 g
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Cholesterol	171 mg
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<b>Sodium</b>	<b>203 mg</b>
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<b>Total Carbohydrate</b>	<b>4 g</b>
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Dietary Fiber	2 g
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Total Sugars	4 g
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Added Sugars included	N/A
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<b>Protein</b>	<b>8 g</b>
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Vitamin D	N/A
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Calcium	127 mg
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Iron	2 mg
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Potassium	N/A
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N/A=data not available.

## NOTES

### Variations

Swiss, cheddar, or ricotta cheese are great substitutes for the feta.

Liquid whole eggs may be substituted for fresh eggs.

### Chef Tips

Before whisking eggs, puncture each egg yolk with a fork to make whisking faster and easier.

It is very important to squeeze moisture from the spinach to obtain optimal firmness, texture, and color in your egg bake. Wet spinach may turn the egg bake green.

## YIELD/VOLUME

25 Servings	50 Servings
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4 lb 1/4 oz 1 steam table pan	8 lb 1/2 oz 2 steam table pans
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# Black Beans With Plantains

This flavorful dish includes black beans and plantains, two foods that are frequently used in meals prepared in South America and the Caribbean. Plantains are a staple food in many tropical regions. They can be steamed or boiled and used in a manner similar to the way potatoes are used in North America.

### CACFP CREDITING INFORMATION

1 cup (8 oz ladle) provides legume as meat alternate: 1 ½ oz equivalent meat alternate ¼ cup vegetable, and ½ oz equivalent grains; OR legume as vegetable: ⅝ cup vegetable and ½ oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, uncooked	12 ½ oz	2 cup	1 lb 9 oz	1 qt	<ol style="list-style-type: none"> <li>Combine brown rice and water in a large stockpot. Stir once. For 25 servings, add 1 qt water to rice. For 50 servings, add 2 qt water to rice.</li> <li>Heat on medium-high to a rolling boil.</li> <li>Cover and reduce heat to medium. Cook until water is absorbed, about 30–40 minutes. Fluff the rice gently with a fork.</li> <li>Heat oil in a medium stockpot or a tilting kettle on medium-high heat.</li> <li>Sauté onions until soft.</li> <li>Add garlic. Continue cooking on medium-high heat until garlic is fragrant, about 2–4 minutes. Stir frequently.</li> <li>Add cooked rice, black beans, remaining water, tomato sauce, plantains, cumin, paprika, and pepper.</li> <li>Stir well and bring to boil. Stir frequently.</li> <li>Reduce heat to medium-low and simmer for 10–15 minutes or until liquid is absorbed into the ingredients. Critical Control Point: Heat to 140 °F for at least 15 seconds.</li> <li>Serve 1 cup (8 oz ladle). Critical Control Point: Hold at 140 °F or higher.</li> <li>Garnish each serving with 1 tsp of salsa, 1 tsp of cilantro, and 1 tsp of green onions (optional).</li> </ol>
Water		1 qt 2 cup		3 qt	
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
*Onions, fresh, ¼" diced	1 lb 5 oz	1 qt 1 ¼ cup	2 lb 10 oz	2 qt 2 ½ cup	
*Garlic, fresh, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	
*Black beans, low-sodium, canned, drained and rinsed; OR black beans, dry, cooked	6 lb	1 gal ⅔ cup (1 ½ No. 10 can)	10 lb 15 oz	2 gal 1 ½ cup (2 ½ No. 10 can)	
Water		1 qt		2 qt	
Tomato sauce, low-sodium, canned	1 lb 11 oz	1 qt ¼ cup (¼ No. 10 can)	3 lb 6 oz	2 qt ½ cup (½ No. 10 can)	
*Plantains, raw, ripe (yellow), peeled, ¼" diced	12 ½ oz	2 ¾ cup	1 lb 9 oz	1 qt 1 ½ cup	
Cumin, dried, ground		¼ cup		½ cup	
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	
Salsa, traditional (optional)	4 oz	½ cup 1 tsp	8 oz	1 cup 2 tsp	

Cilantro, fresh, chopped (optional)	2 oz	½ cup 1 tsp	4 oz	1 cup 2 tsp	
*Green onions with tops, fresh, chopped (optional)	2 oz	½ cup 1 tsp	4 oz	1 cup 2 tsp	

### NUTRITION INFORMATION

For 1 cup (8 oz. ladle).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>197</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>193 mg</b>
<b>Total Carbohydrate</b>	<b>38 g</b>
Dietary Fiber	10 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>9 g</b>
Vitamin D	N/A
Calcium	65 mg
Iron	4 mg
Potassium	N/A

N/A=data not available.

### MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 8 oz	3 lb
Plantains	1 lb 4 oz	2 lb 7 oz
Black beans, dry	3 lb 12 oz	7 lb 7 oz
Green onions	2 ½ oz	5 oz

### NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

1 clove is about ½ teaspoon minced.

#### Tips for Soaking Dry Beans

1 lb dry black beans = about 2 ¼ cups dry or 4½ cups cooked beans.

Overnight Method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

#### Tips for Cooking Dry Beans

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

**Critical Control Point:** Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

### YIELD/VOLUME

25 Servings	50 Servings
12 lb 14 ½ oz	25 lb 12 ½ oz
1 gal 2 qt 1 cup	3 gal 2 cup



## Mediterranean Tuna Salad

Replace mayonnaise with a tangy, Italian salad dressing to create a delicious new twist on tuna salad. Serve it in a pita, on a bun or roll, on top of crackers, or by itself.

### CACFP CREDITING INFORMATION

½ pita provides 1 ½ oz equivalent meat, ¼ cup vegetable, and 1 ¼ oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Tuna, chunk style, canned in water, drained	2 lb 5 ½ oz	2 ¾ cup 2 Tbsp	4 lb 11 oz	4 ½ cup 3 Tbsp	<ol style="list-style-type: none"> <li>Place drained tuna in a large bowl. Break apart chunks of tuna using a fork.</li> <li>Add carrots, cucumbers, peas, and salad dressing. Mix well.</li> <li>Cover and refrigerate for 4 hours, or until salad is chilled and peas are thawed.  Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.</li> <li>Cut each pita in half. Place ½ cup (No. 8 scoop) of tuna salad into the pocket of each pita half. Serve ½ a pita pocket.  Critical Control Point: Hold at 40 °F or lower.</li> </ol>
*Carrots, fresh, peeled, shredded	10 oz	3 cup 2 Tbsp	1 lb 4 oz	1 qt 2 ¼ cup	
*Cucumber, fresh, unpeeled, chopped	8 oz	2 cup	1 lb	1 qt	
Peas, frozen	12 ½ oz	2 ¾ cup	1 lb 9 oz	1 qt 1 ½ cup	
Italian salad dressing, fat-free		1 ½ cup		2 ⅔ cup	
Whole-wheat pitas, (at least 70 gm each)		12 ½ each		25 each	

### NUTRITION INFORMATION

For ½ pita.

#### NUTRIENTS

**Calories** 178

**Total Fat** 3 g

Saturated Fat 0 g

Cholesterol 23 mg

**Sodium** 533 mg

**Total Carbohydrate** 24 g

Dietary Fiber 3 g

Total Sugars 3 g

Added Sugars included N/A

**Protein** 15 g

Vitamin D N/A

Calcium 14 mg

Iron 2 mg

Potassium N/A

N/A=data not available.

### MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Cucumber	9 oz	1 lb
Carrots	13 oz	1 lb 9 oz

### NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

#### Chef Tips

Keep wraps and filling separate and assemble at time of serving to prevent pita from getting soggy. Or serve separately and allow child to assemble.

Serve on lettuce leaves or make sandwiches with whole grain-rich bread. (Crediting may change.)

### YIELD/VOLUME

25 Servings	50 Servings
6 lb 15 ¼ oz 3 qt ½ cup and 25 pita pocket halves	13 lb 14 ½ oz 1 gal 2 qt 1 cup and 50 pita pocket halves



## Red Pozole

Pozole, which has hominy as its main ingredient, is a traditional soup or stew from Mexico. Hominy is a food produced from treated, dried corn kernels and can be found in many dishes prepared throughout Mexico and Central America.

### CACFP CREDITING INFORMATION

½ cup (No. #8 scoop) provides 1 ½ oz equivalent meat and ¼ cup vegetable.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
					<b>1.</b> Preheat oven to 400 °F.
					<b>2.</b> For 25 servings, use 1 sheet pan. For 50 servings, use 2 sheet pans.
Nonstick cooking spray	2 sprays		2 sprays		<b>3.</b> Spray sheet pan (or pans) with nonstick cooking spray. Add onions and sauté until tender, about 5 minutes.
Chicken breast, boneless, skinless, fresh or frozen, raw, ½" diced	3 lb 4 oz		6 lb 8 oz		<b>4.</b> Place chicken breasts on a sheet pan (or pans). Bake for 15–25 minutes. Bake until internal temperature reaches 165 °F. For large chicken breasts, cut in half to decrease cooking time.
					<b>5.</b> Remove chicken breasts from oven. Let chicken breasts sit for 10 minutes to slightly cool, then dice. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	<b>6.</b> Heat oil in a large stockpot or a tilting kettle on medium–high heat.
*Onions, raw, ¼" diced	1 lb 5 oz	1 qt 1¼ cup	2 lb 10 oz	2 qt 2½ cup	<b>7.</b> Add onions, and sauté until soft.
*Garlic, fresh, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	<b>8.</b> Add garlic, salt, and pepper. Continue cooking on medium–high heat until garlic is fragrant, about 2–3 minutes. Stir frequently.
Salt, table		1 tsp		2 tsp	
Black pepper, ground		1 tsp		2 tsp	
Tomatoes with juice, canned, diced	1 lb 11 oz	3¼ cup (⅓ No. 10 can)	3 lb 6 oz	1 qt 2½ cup (⅝ No. 10 can)	<b>9.</b> Add cooked chicken, diced tomatoes with juice, tomato paste, hominy, and water. Reduce heat to medium–low, and simmer for 20–30 minutes, stirring occasionally. If too thick, add more water for desired consistency. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Tomato paste, canned	2 oz	¼ cup	4 oz	½ cup	
Hominy, canned, drained	1 lb ¾ oz	3⅞ cup (¼ No. 10 can)	2 lb 1.5 oz	1 qt 2¼ cup (½ No. 10 can)	

Water		2 cup		1 qt	
Cilantro	2 oz	½ cup	4 oz	1 cup	<b>10.</b> Remove pozole from heat, and stir in fresh cilantro. Serve with a lime wedge (optional).
*Fresh limes, cut into 8 wedges (optional)		25 wedges (about 3½ limes)		50 wedges (about 6½ limes)	<b>11.</b> Serve ½ cup (4 oz ladle). Critical Control Point: Hold at 140 °F or higher.

#### NUTRITION INFORMATION

For ½ cup.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>121</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	38 mg
<b>Sodium</b>	<b>254 mg</b>
<b>Total Carbohydrate</b>	<b>7 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>13 g</b>
Vitamin D	N/A
Calcium	27 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

#### MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 8 oz	3 lb
Limes	4 limes	7 limes
Garlic	4 cloves	8 cloves

#### NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

One clove is about ½ tsp minced.

#### Variations

Beef may be substituted for the chicken. If chicken is frozen, defrost in the refrigerator for 1 day. Hold raw chicken at 40 °F or lower.

#### YIELD/VOLUME

25 Servings	50 Servings
6 lb 12½ oz	13 lb 9 oz
3 qt ½ cup	1 gal 2 qt 1 cup



# Turkey Burgers With Tzatziki Sauce

Minted cucumber sauce known as Tzatziki transforms boring burgers into a flavorful exploration of Greek cuisine.

### CACFP CREDITING INFORMATION

½ pita provides 1 ½ oz equivalent meat/meat alternate, ¼ cup vegetable, and 1 ¼ oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat oven to 400°F.
Yogurt, greek, plain, non-fat	8 oz	1 cup	1 lb	2 cup	2. Prepare Tzatziki Sauce: In a medium bowl, mix ½ of yogurt, cucumber, mint leaves, and lemon juice. Save remaining yogurt for step #11. Chill sauce. For 25 servings: makes 1 ½ cups 1 Tbsp. For 50 servings: makes 3 cups 2 Tbsp. Critical Control Point: Cool to 40°F or lower within 4 hours.
*Cucumber, fresh, peeled, chopped	8 oz	1 cup	1 lb	2 cup	
Mint leaves, fresh, chopped		2 Tbsp 2 tsp		½ cup	
Juice, lemon, fresh squeezed, seeds removed		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
OR					
Juice, lemon, bottled		1 Tbsp 1 tsp		2 Tbsp 2 tsp	3. Prepare burgers:
Spinach, frozen, chopped	2 lb 7 oz	1 qt 1 ¼ cup	4 lb 14 oz	2 qt 2 ½ cup	4. Thaw, drain, and squeeze excess liquid from spinach. Yields: For 25 servings, about 2 cups. For 50 servings, about 4 cups.
Turkey, ground, fresh or frozen (at least 93% lean)	3 lb 3 oz		6 lb 6 oz		5. In a medium bowl, mix spinach, ground turkey, remaining yogurt, oregano, garlic powder, salt, and pepper.
Oregano, dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt, table		2 tsp		1 Tbsp 1 tsp	
Pepper, black, ground		2 tsp		1 Tbsp 1 tsp	6. Shape into 3 oz rectangle patties to fit into pita pockets, about ¼" thick.
Nonstick cooking spray		1 spray		2 sprays	7. Place burgers on sheet pan(s) (18" x 26" x 1") lined with parchment paper lightly coated with nonstick cooking spray. For 25 servings, use 1 sheet pan. For 50 servings, use 2 sheet pans.
					8. Bake for 20 minutes. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.

*Tomato, fresh, 1/8" slices, halved		12 1/2 half slices		25 half slices	
Pita, whole wheat (at least 70gm each)	10 oz	12 1/2 each	1 lb 4 oz	25 each	9. Cut Pita in half. Place a turkey burger and a tomato into each half. Top with 1 Tbsp Tzatziki sauce.
					10. Serve 1/2 pita.  Critical Control Point: Hold for hot service 140°F or higher.

### NUTRITION INFORMATION

For 1/2 pita.

#### NUTRIENTS

**Calories** 198

<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	43 mg
<b>Sodium</b>	<b>436 mg</b>
<b>Total Carbohydrate</b>	<b>22 g</b>
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>17 g</b>
Vitamin D	N/A
Calcium	74 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

### MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Cucumber	10 oz	1 lb 4 oz
Tomato	12 oz	1 lb 7 oz

### NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

#### Variation

If ground turkey is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw ground turkey at 40°F.

Tzatziki Sauce can also be served on the side.

### YIELD/VOLUME

25 Servings	50 Servings
5 lb 13 oz 25 burgers	11 lb 10 oz 50 burgers



## Baked Cod Olé

Seafood is very popular in Barbados, the Dominican Republic, Puerto Rico, and other parts of the Caribbean. Each island has its own specialty dish, and many include baked fish. Cod is a popular choice; it is versatile and can be baked, poached, or grilled.

### CACFP CREDITING INFORMATION

One fish fillet topped with  $\frac{1}{3}$  cup (No. 12 scoop) salsa provides 1  $\frac{1}{2}$  oz equivalent meat and  $\frac{1}{4}$  cup vegetable.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat oven to 400 °F.
*Lime juice, fresh squeezed, seeds removed; OR lime juice, bottled		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cup	2. To make dressing: In a small bowl, whisk together lime juice, olive oil, black pepper, and salt.  For 25 servings, about 9 limes. For 50 servings, about 18 limes.
Olive oil		2 tsp		1 Tbsp 1 tsp	
Black pepper, ground		1 tsp		2 tsp	
Salt, table		1 tsp		2 tsp	
*Tomatoes, fresh, $\frac{1}{4}$ " diced	1 lb 14 oz	1 qt 1 $\frac{1}{4}$ cup	3 lb 12 oz	2 qt 2 $\frac{1}{2}$ cup	3. Prepare salsa: In a large bowl, combine tomatoes, onions, and cilantro. Add dressing and toss.
*Onions, fresh, peeled, $\frac{1}{4}$ " diced	1 lb 7 oz	1 qt 1 $\frac{1}{4}$ cup	2 lb 14 oz	2 qt 2 $\frac{1}{2}$ cup	
*Cilantro, fresh, chopped	2 oz	$\frac{1}{2}$ cup	4 oz	1 cup	
Nonstick cooking spray		1 spray		2 sprays	4. Coat sheet pan (18" x 26" x 1") with nonstick cooking spray. Place fish portions on sheet pan(s) with about 1" of space between each piece.  For 25 servings, use 1 sheet pan. For 50 servings, use 2 sheet pans.
Cod fish fillets, fresh or frozen (each piece should be about 2 $\frac{1}{4}$ oz)	3 lb 8 $\frac{1}{4}$ oz	25 pieces	7 lb $\frac{1}{2}$ oz	50 pieces	5. Top each piece of fish with $\frac{1}{3}$ cup (No. 12 scoop) of salsa.
					6. Roast for 12–15 minutes. When done, fish will flake easily with a fork.  Critical Control Point: Heat to 145 °F or higher for at least 15 seconds.
					7. Serve 1 fillet topped with $\frac{1}{3}$ cup (No. 12 scoop) salsa.  Critical Control Point: Hold at 140 °F or higher.



**NUTRITION INFORMATION**

For 1 fish fillet topped with ¼ cup (No. 12 scoop) of salsa.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>68</b>

<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	25 mg
<b>Sodium</b>	<b>132 mg</b>
<b>Total Carbohydrate</b>	<b>4 g</b>
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>11 g</b>
Vitamin D	N/A
Calcium	44 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Tomatoes	2 lb 3 oz	4 lb 5 oz
Mature onions	1 lb 11 oz	3 lb 5 oz
Cilantro	3 oz	5 oz
Lime	9 limes	18 limes

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

**Variations**

Tilapia, halibut, or other white fish can be substituted for cod.

**YIELD/VOLUME**

25 Servings	50 Servings
4 lb 11 oz	9 lb 6 oz
25 fish fillets topped with salsa	50 fish fillets topped with salsa



## Savory Rice Pilaf

In India, rice pilaf called pulao is cooked in flavored broth and seasoned with cooked onions and a mix of spices. Rice pilaf is a common dish in the Middle East, Central and South Asia, Latin America, and East Africa. In many parts of the world it is prepared with vegetables, meat, fish, or dried fruit.

### CACFP CREDITING INFORMATION

¼ cup (No. 16 scoop) provides ½ oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
					<b>1.</b> Preheat oven to 350 °F.
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	<b>2.</b> In a tilted skillet or skillets, heat oil on medium–high heat.  For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
*Onions, fresh, peeled, ¼" diced	4 oz	1 cup	8 oz	2 cup	<b>3.</b> Add onions and sauté until tender, about 5 minutes.
Enriched rice, parboiled, uncooked	14 ½oz	3 cup 2 Tbsp	1 lb 13 oz	1 qt 2 ¼ cup	<b>4.</b> Reduce heat to medium. Add uncooked rice, almonds, salt, allspice, turmeric, curry powder, and black pepper.
Almonds, chopped	2 oz	½cup	4 oz	1 cup	<b>5.</b> Stir constantly until rice is yellow and almonds and seasoning are lightly toasted, 1–2 minutes. Do not burn.
Salt, table		½tsp		1 tsp	
Allspice, dry, ground		½tsp		1 tsp	
Turmeric, dry, ground		1 tsp		2 tsp	
Curry powder, dry, ground		1 tsp		2 tsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	
Chicken broth, low-sodium	32 fl oz (2 lb)	1 qt	64 fl oz (4 lb)	2 qt	<b>6.</b> Stir in chicken broth. Increase heat to medium–high and bring to a boil. Remove from heat.
Nonstick cooking spray		1 spray		1 spray	<b>7.</b> Lightly coat a half steam table pan (10 ¾" x 12¾" x 2") with nonstick cooking spray. For 25 servings, use 1 steam table pan. For 50 servings, use 2 steam table pans.
					<b>8.</b> Transfer rice mixture to steam table pan. Cover with foil, and bake 45 minutes to 1 hour or until liquid is fully absorbed. Fluff the rice gently with a fork. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					<b>9.</b> Serve ¼ cup packed (No. 16 scoop). Critical Control Point: Hold at 140 °F or higher.

**NUTRITION INFORMATION**

For ¼ cup packed.

**NUTRIENTS** **AMOUNT****Calories** **87****Total Fat** **2 g**

Saturated Fat 0 g

Cholesterol N/A

**Sodium** **66 mg****Total Carbohydrate** **14 g**

Dietary Fiber 1 g

Total Sugars N/A

Added Sugars included N/A

**Protein** **2 g**

Vitamin D N/A

Calcium 13 mg

Iron 0 mg

Potassium N/A

N/A=data not available.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Mature onions	5 oz	10 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

**Variations**

To make dish whole grain-rich, brown rice may be substituted for the enriched rice.

**YIELD/VOLUME**

25 Servings	50 Servings
2 lb 11 ¼ oz 1 qt 2 ¼ cup	5 lb 7 ½ oz 3 qt ½ cup



## WG Veggie Pizza

Always a favorite for family dinner, helping kids to eat a cheesy pizza topped with mushrooms with fresh fruit on the side with a delicious glass of milk.

### SOURCE

RI Team Nutrition CACFP Multicultural Recipe Project

Ingredients	20 servings	Directions
	Measure	
12 inch pre-cooked whole grain pizza crust	5 Each	<b>1.</b> Preheat oven to 400 F. Lay whole grain pizza dough on a sheet pan
Tomato sauce	5 Cups	<b>2.</b> Add 1 cup tomato sauce per pizza
Mozzarella cheese	50 oz	<b>3.</b> Top with 10oz mozzarella cheese per pizza
Sliced mushrooms	5 Cups	<b>4.</b> Top with 1 cup sliced mushrooms per pizza (or vegetable of choice) Bake in oven at 400 degrees on sheet trays for 8 minutes. Cut each pizza into 4 wedges to serve

### CACFP Crediting Information




Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Lunch/Supper	20	1/4 pizza (1/4 12 inch wg pizza dough, 1/4 cup tomato sauce, 1/4 cup mushrooms, 2 oz cheese)	1/2 cup		2 oz	*Exact crediting information dependent on dough product chosen	

# SPRING




- Asparagus
- Collard Greens
- Fiddleheads
- Kale
- Lettuce
- Onions
- Peas
- Rhubarb
- Salad Greens
- Spinach
- Strawberries

## Week 1 - Spring Menu Ideas - 3-5 Year Olds

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Sliced Oranges WG Pancakes	Milk WG Bagel w/ Jelly  Fresh Strawberries	Milk Mandarin Oranges WG Muffin	Milk Sliced Apple Oatmeal	Milk Banana WG Cereal
Snack	Baked Yucca w/ Hummus (p.88)	Baby Carrots w/ Dip Milk	Tropical Bean Salad (p.89) w/ WG Crackers	Mixed Fruit WG Graham Crackers	100% Apple Juice Goldfish Crackers
Lunch	Milk WG Dinner Roll Chicken Ratatouille (p.91) Apple Smiles	Milk Chicken Sandwich (p.93) Diced Peaches	Milk Chicken w/ Veggie Couscous (p.94)  Side Salad	Milk Easy Chicken and Egg Noodle Soup (p.96) Diced Pears	Milk Easy Zucchini Lasagna (p.98)  Fresh Strawberries

Keep your menus fresh by trying out some new recipes! Recipes for any menu items with **blue text** can be found throughout the next section.

Don't forget, your CACFP menus are a great opportunity for you to make classroom connections! Check out the items with the  icon, which showcase RI's local, seasonal crops and can be connected back to your Grow it, Try it, Like it! lesson plans.



## Baked Yucca with Hummus

A tummy-filling snack, great to boost kids immune system and to stay active in play.

### SOURCE

RI Team Nutrition CACFP Multicultural Recipe Project

Ingredients	20 servings	Directions
	Measure	
Frozen Yucca	5 lb	<b>1.</b> Preheat oven to 500 F and bring a large pot of water to a boil. Once water is boiling, add yucca and cook for 5 minutes or until tender. Drain yucca and let cool for 5 minutes  <b>2.</b> Carefully cut cooled yucca in half and remove the core; slice cored yucca into 1-inch sticks. Arrange yucca sticks on a baking sheet and bake for 8 minutes or until golden brown. Serve with hummus
Hummus	40 oz	

### CACFP Crediting Information

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Snack	20	<sup>3</sup> / <sub>4</sub> cup yucca, 2 oz ( <sup>1</sup> / <sub>4</sub> cup) hummus	<sup>3</sup> / <sub>4</sub> cup		*Need hummus recipe/CN label in order to verify crediting information		



## Tropical Bean Salad

This tangy salad is delicious as a side dish or as a topping for tacos, chicken, or fish. Mangoes are a tropical stone fruit. In the United States, Florida is the largest producer of mangoes.

### CACFP CREDITING INFORMATION

1 cup (8 oz spoodle) bean salad over 1/2 cup (4 oz spoodle) lettuce provides Legume as Meat Alternate: 1 1/2 oz equivalent meat alternate, 3/8 cup vegetable, and 1/4 cup fruit OR Legume as Vegetable: 7/8 cup vegetable and 1/4 cup fruit.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Beans, black, low-sodium, canned, drained and rinsed or beans, black, dry, cooked	6 lb	3 qt 2 2/3 cup (1 1/2 No. 10 can)	12 lb	1 gal 3 qt 1 1/3 cup (2 3/4 No. 10 can)	<ol style="list-style-type: none"> <li>In a large bowl, mix together black beans, mango, and tomato to make a salad.</li> </ol>
Mango, canned, drained, diced	3 lb 2 oz	1 qt 2 1/4 cup	6 lb 4 oz	3 qt 1/2 cup	
*Tomato, fresh, 1/4" diced	1 lb 7 oz	3 1/8 cup	2 lb 14 oz	1 qt 2 1/4 cup	<ol style="list-style-type: none"> <li>Prepare dressing: In a small bowl, whisk together canola oil, apple-cider vinegar, oregano, and pepper.</li> </ol>
Oil, canola		1/4 cup		1/2 cup	
Vinegar, apple-cider		1/2 cup		1 cup	
Oregano, dried		2 tsp		1 Tbsp 1 tsp	
Black pepper, ground		1 tsp		2 tsp	
*Lettuce, romaine, raw, chopped	1 lb	3 qt 1/2 cup	2 lb	1 gal 2 qt 1 cup	<ol style="list-style-type: none"> <li>Toss black bean salad with dressing.</li> <li>Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.</li> <li>Serve 1 cup (8 oz spoodle) black bean salad over 1/2 cup (4 oz spoodle) lettuce.</li> </ol> <p>Critical Control Point: Hold at 40 °F or lower.</p>

**NUTRITION INFORMATION**

For 1 cup (8 oz spoodle) black bean salad over  
 ½ cup (4 oz spoodle) lettuce.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>162</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>153 mg</b>
<b>Total Carbohydrate</b>	<b>28 g</b>
Dietary Fiber	9 g
Total Sugars	9 g
Added Sugars included	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	N/A
Calcium	56 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
12 lb 1 gal 2 qt 1 cup black bean salad, 3 qt ½ cup romaine	24 lb 3 gal 2 cup black bean salad, 1 gal 2 qt 1 cup romaine

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Tomatoes	1 lb 7 oz	2 lb 14 oz
Romaine lettuce	1 lb 9 oz	3 lb 2 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

**Tips for Soaking Dry Beans**

1 lb dry black beans = about 2¼ cups dry or 4½ cups cooked beans.

Overnight Method: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

**Tips for Cooking Dry Beans**

Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

**Critical Control Point:**

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.





# Chicken Ratatouille

This is the perfect one-dish dinner when the garden is in full swing. It is a traditional French stew, originating in an area that is present day Nice. It is a delicious dish that can be served hot or cold.

### CACFP CREDITING INFORMATION

$\frac{3}{8}$  cup (No. 10 scoop) provides 1  $\frac{1}{2}$ oz equivalent meat and  $\frac{1}{4}$  cup vegetable.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canola oil		1 Tbsp		2 Tbsp	<ol style="list-style-type: none"> <li>Heat oil on medium-high heat. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.</li> <li>Add chicken and sauté 10–15 minutes, or until lightly browned.</li> <li>Add zucchini, eggplant, onion, green pepper, mushrooms, and salt. Cook an additional 5 minutes, until onions are tender. Stir often.</li> <li>Add diced canned tomatoes with juice, minced garlic, dried basil, black pepper, and balsamic vinegar. Bring to a boil.</li> <li>Reduce heat to medium and simmer for 10 minutes, or until chicken is tender and juices from tomatoes and vinegar have reduced. Stir frequently.</li> <li>Remove from heat and stir in lemon juice and parsley. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</li> <li>Serve <math>\frac{3}{8}</math> cup (No. 10 scoop). Critical Control Point: Hold at 140 °F or higher.</li> </ol>
Chicken breast, boneless, skinless, raw, $\frac{1}{2}$ " diced	3 lb 4 oz		6 lb 8 oz		
*Zucchini, fresh, unpeeled, $\frac{1}{2}$ " diced	4 $\frac{1}{4}$ oz	$\frac{7}{8}$ cup	8 $\frac{1}{2}$ oz	1 $\frac{3}{4}$ cup	
*Eggplant, fresh, unpeeled, $\frac{1}{2}$ " diced	8 $\frac{1}{3}$ oz	4 $\frac{1}{2}$ cup	1 lb $\frac{2}{3}$ oz	2 qt 1 cup	
*Onions, fresh, peeled, $\frac{1}{4}$ " diced	6 $\frac{1}{4}$ oz	1 $\frac{1}{4}$ cup	12 $\frac{1}{2}$ oz	2 $\frac{1}{2}$ cup	
*Green bell pepper, $\frac{1}{4}$ " diced	5 oz	1 cup	10 $\frac{1}{2}$ oz	2 cup	
*Mushrooms, thinly sliced	2 $\frac{3}{4}$ oz	$\frac{3}{4}$ cup $\frac{1}{2}$ Tbsp	5 $\frac{1}{2}$ oz	1 $\frac{1}{2}$ cup 1 Tbsp	
Salt, table		1 tsp		2 tsp	
Tomatoes with juice, garlic, oregano, and basil, canned, diced	1 lb 10 oz	3 cup 2 Tbsp ( $\frac{1}{3}$ No. 10 can)	3 lb 4 oz	1 qt 2 $\frac{1}{4}$ cup ( $\frac{2}{3}$ No. 10 can)	
*Garlic, fresh, minced		4 cloves		8 cloves	
Basil leaves, dried		2 tsp		1 Tbsp 1 tsp	
Black pepper, ground		$\frac{1}{2}$ tsp		1 tsp	
Balsamic vinegar		2 tsp		1 Tbsp 1 tsp	
Lemon juice, fresh or bottled		2 tsp		1 Tbsp 1 tsp	
Parsley, flat-leaf, chopped		2 Tbsp		$\frac{1}{4}$ cup	

**NUTRITION INFORMATION**

For ¾ cup (No. 10 scoop).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>101</b>
<hr/>	
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	38 mg
<b>Sodium</b>	<b>185 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	1 g
Total Sugars	3g
Added Sugars included	N/A
<b>Protein</b>	<b>13 g</b>
<hr/>	
Vitamin D	N/A
Calcium	22 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Zucchini	4 ½ oz	9 oz
Eggplant	10 ⅓ oz	1 lb 4 ⅓ oz
Mature onions	7 ¼ oz	14 ½ oz
Green pepper	6 ¾ oz	13 ½ oz
Mushrooms	3 oz	6 oz
Garlic	4 cloves	8 cloves

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

**Variations**

If chicken is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Hold raw chicken at 40 °F or lower.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
About 5 lb 12 oz	About 11 lb 8 oz
2 qt 2 ¾ cup	1 gallon 1 qt ¾ cup



## Chicken Sandwich

A Peruvian grilled chicken sandwich great to satisfy for a dinner meal.

### SOURCE

RI Team Nutrition CACFP Multicultural Recipe Project

Ingredients	20 servings	Directions
	Measure	
Boneless, skinless chicken thigh - trimmed	3 lb	<ol style="list-style-type: none"> <li>1. Marinate chicken thigh in aji panca puree overnight. The next day, preheat the oven to 400 F</li> <li>2. Rinse spinach in cold water and pat dry</li> <li>3. Rinse tomatoes in cold water and slice into desired size</li> <li>4. Slice red onion in half, remove skin and cut into thin slices</li> <li>5. Slice each baguette into 5 sandwiches, open, and toast in the oven for 5 minutes</li> <li>6. Bake chicken thigh in the oven at 400 degrees on a sheet tray for 15 minutes or until an internal temperature of 165 degrees Fahrenheit has been reached. Slice the chicken and assemble the sandwiches by topping each toasted baguette with chicken, onion, tomato, and spinach. Serve hot or cold</li> </ol>
Canned Aji Panca Puree	10 oz	
Whole grain baguette	4 Each	
Spinach	5 oz	
Red onions sliced	2 Each	
Tomatoes	8 Each	

### CACFP Crediting Information

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Lunch/Supper	20	1 sandwich (2 oz cooked chicken thigh, 1/2 cup tomatoes/red onion/spinach, on wg baguette)	1/2 cup		2 oz	1 serving	



# Chicken With Veggie Couscous

Couscous is great to use in dishes and meals where you might typically use rice or pasta. It is a staple food commonly served in Morocco and North Africa, but it is also growing in popularity in France, Spain, Portugal, Italy, and Greece. Traditionally couscous is cooked using a steamer. The basket is placed on top of the main dish and it is allowed to absorb the flavors as it cook producing a fluffy flavorful side dish.

### CACFP CREDITING INFORMATION

1 drumstick, 1/3 cup (No. 8 scoop) mixed vegetables, and 1/4 cup (No. 16 scoop) couscous provides 1 1/2 oz equivalent meat, 1/4 vegetable, and 1/2 oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat oven to 400 °F.
Nonstick cooking spray		1 spray		2 sprays	2. Coat two extra-large skillet, a flat top, or a griddle with nonstick cooking spray. Heat on medium-high heat.
Chicken drumsticks, with bone and skin, raw (about 3.7 oz each)	5 lb 12 1/2 oz	25 drumsticks	11 lb 5 oz	50 drumsticks	3. Brown chicken on all four sides, about 2–3 minutes per side.
Canola oil		1/4 cup		1/2 cup	4. Remove chicken from heat and place on a sheet pan. Remove skin, cover, and set aside.
Coriander, dried, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	5. Roast vegetables: In a large bowl toss oil, spices, carrots, and onions. Transfer to steam table pan(s) (12" x 20" x 4"). Spread seasoned vegetables in a single layer in the steam table pan(s).  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Cumin, dried, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ginger, dried, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Cinnamon, dried, ground		2 tsp		1 Tbsp 1 tsp	
*Carrots, fresh, peeled, 1/4" diced	1 lb 5 oz	1 qt 3/4 cup	2 lb 10 oz	2 qt 1 1/2 cup	
*Onions, fresh, peeled 1/4" diced	1 lb 1 oz	1 qt 1/4 cup	2 lb 2 oz	2 qt 1/2 cup	6. Roast uncovered in the oven until vegetables start to become tender, about 20 minutes. Remove from the oven. Do not turn oven off.
Lemon juice, fresh squeezed, seeds removed or bottled		1 cup		2 cup	7. For 25 servings, mix lemon juice and 1 qt chicken broth together in a medium stockpot. For 50 servings, mix lemon juice and 2 qt chicken broth together in a large stockpot. Reserve remaining chicken broth for step 10 to cook the couscous.
Chicken broth, low-sodium	64 fl oz (4 lb)	2 qt	128 fl oz (8 lb)	4 qt	
Olives, ripe, black, canned, drained, sliced	4 oz	1 cup	8 oz	2 cup	8. Bring to a boil on medium-high heat, continue boiling for 5 minutes to reduce a small portion of the liquid. Remove from heat and pour the liquid over the partially roasted carrots and onions. Stir in olives.

					<p>9. Place 25 chicken legs in each steam table pan with the vegetables and reduced liquid. Place steam table pan(s) back into the 400 °F oven and bake uncovered for 40–45 minutes.</p> <p>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
Couscous, uncooked	12½ oz	2 cup	1 lb 9 oz	1 qt	<p>10. Prepare the couscous: In a large saucepan, add 1 quart chicken broth. Bring to a boil on medium-high heat on the stove. Stir in couscous and remove from the heat. Cover and let stand for 15–20 minutes. When done, couscous will be soft.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
Mint leaves, fresh, chopped		2 Tbsp OR 25 leaves		¼ cup OR 50 leaves	<p>11. Fluff couscous with a fork and gently stir in the mint.</p>
					<p>12. Serve 1 drumstick with ⅓ cup (No. 12 scoop) mixed vegetables and ¼ cup (No. 16 scoop) couscous.</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>

#### NUTRITION INFORMATION

For 1 drumstick, ⅓ cup (No. 12 scoop) mixed vegetables, and ¼ cup (No. 16 scoop) couscous.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>166</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	39 mg
<b>Sodium</b>	<b>120 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>
Vitamin D	N/A
Calcium	29 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

#### MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Carrots	1 lb 10 oz	3 lb 3 oz
Mature onions	1 lb 4 oz	2 lb 7 oz

#### NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

#### Variations

If chicken is frozen, defrost in the refrigerator. Hold raw chicken at 40 °F or lower.

Add hot chili sauce if desired. The addition of hot chili sauce will increase the amount of sodium in the recipe.

\*\*Traditionally couscous is cooked over broth and vegetables or water but for ease of preparation in the CACFP the cooking method was modified.

\*\*\*When taking temperature of raw chicken, do not touch the bone as it is hotter than the meat.

#### YIELD/VOLUME

25 Servings	50 Servings
3 lb 14½ oz chicken legs, 3 lb 14 oz mixed vegetables, 2 lb 5½ oz couscous	7 lb 13 oz chicken legs, 7 lb 12 oz mixed vegetables, 4 lb 11 oz couscous
25 chicken legs, 2 qt ⅓ cup mixed vegetables, 1 qt 2¼ cup couscous	50 chicken legs, 1 gal ⅔ cup mixed vegetables, 3 qt ½ cup couscous



## Easy Chicken and Egg Noodle Soup

Add Asian flavors to a traditional chicken soup using soy sauce, garlic, and ginger.

### CACFP CREDITING INFORMATION

1 ¼ cups (portion with 12-fl-oz ladle, fill ¾ of the ladle to provide 10 fl oz) provides 1 ½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canola oil		2 Tbsp 2 tsp		½ cup	<ol style="list-style-type: none"> <li>1. Heat canola oil in a large pot or tilting kettle over medium-high heat.</li> <li>2. Add onions and cook for 5 minutes or until onions are soft.</li> <li>3. Stir in ginger, garlic, salt, and pepper. Cook for 3 minutes or until ginger and garlic become fragrant.</li> </ol>
*Onions, fresh, peeled, ¼" diced	1 lb 1 oz	1 qt ¼ cup	2 lb 2 oz	2 qt ½ cup	
Ginger, fresh, grated OR ginger, ground		1 Tbsp 1 tsp OR 2 tsp		2 Tbsp 2 tsp OR 1 Tbsp 1 tsp	
*Garlic, fresh, minced OR garlic, jar, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	
Salt, table		1 tsp		2 tsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	
Chicken breast, boneless, skinless, cooked, ½" diced	2 lb 6 ½ oz	2 qt 1 ⅓ cup	4 lb 13 oz	1 gal 3 ⅓ cup	<ol style="list-style-type: none"> <li>4. Add chicken, chicken broth, and soy sauce. Bring to a boil and continue cooking on medium-high heat, about 15–17 minutes.</li> </ol> <p>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
Chicken broth, low-sodium	168 fl oz	1 gal 1 qt 1 cup	336 fl oz	2 gal 2 qt 2 cup	
Soy sauce, low-sodium		½ cup		1 cup	<ol style="list-style-type: none"> <li>5. Stir in noodles and cabbage. Cook for 4 minutes or until noodles are soft.</li> </ol>
Stir-fry/Chinese egg noodles, enriched, uncooked	12 ½ oz		1 lb 9 oz		
*Cabbage, fresh, shredded	12 ½ oz	1 qt 2 ¼ cup	1 lb 9 oz	3 qt ½ cup	
*Spinach, fresh, baby leaves, whole, packed	1 lb 1 oz	1 gal	2 lb 2 oz	2 gal	<ol style="list-style-type: none"> <li>6. Stir in spinach, green onions, and sesame oil. Remove from heat.</li> </ol> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
*Green onions with tops, fresh, chopped	2 oz	⅔ cup	4 oz	1 ¼ cup	

Sesame oil		2 tsp		1 Tbsp 1 tsp	
					<p>7. Serve 1 ¼ cups (portion with 12 fl oz ladle, fill ¾ of the ladle to provide 10 fl oz).</p> <p>Hold at 140 °F or higher.</p>

### NUTRITION INFORMATION

For 1 ¼ cups (portion with 12 fl oz ladle, fill ¾ of the ladle to provide 10 fl oz).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>194</b>
<b>Total fat</b>	<b>7 g</b>
Saturated Fat	2 g
Cholesterol	54 mg
<b>Sodium</b>	<b>402 mg</b>
<b>Total Carbohydrate</b>	<b>15 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>18 g</b>
Vitamin D	N/A
Calcium	55 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

### MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 4 oz	2 lb 7 oz
Green onion	3 oz	5 oz
Garlic	4 cloves	8 cloves
Baby spinach leaves	1 lb 1 oz	2 lb 2 oz
Green cabbage	15 oz	1 lb 13 oz

### NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

One clove is about ½ teaspoon minced.

#### Variations

For a lower cost option, cook raw chicken breast to 165 °F and cut into ½ " diced pieces. For 25 servings use 3 lb 4 ¾ oz and for 50 servings use 6 lb 9 ½ oz.

If chicken is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Hold raw chicken at 40 °F or lower.

If serving younger children, chop spinach.

Spaghetti noodles may be substituted for the Asian egg noodles; however, cooking time will vary.

### YIELD/VOLUME

25 Servings	50 Servings
16 lb 10 oz	33 lb 6 oz
1 gal 3 qt 3 ½ cup	3 gal 3 qt 3 cup



## Easy Zucchini Lasagna

This lasagna is a delicious summer version of a popular comfort food that made its debut in Italy during the Middle Ages. Zucchini, also called "green Italian squash," is a highly anticipated spring vegetable in Italy and they have incorporated it into numerous recipes. It is often chopped or diced and added to pizzas, pasta dishes, soups, and salads.

### CACFP CREDITING INFORMATION

1 piece provides 1 oz equivalent meat alternate, ½ cup vegetable, and ½ oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat oven to 350 °F.
Mozzarella cheese, low-fat, shredded	10½ oz	2½ cup 2 Tbsp	1 lb 5 oz	1 qt 1¼ cup	2. Reserve some of the mozzarella cheese and set aside.  For 25 servings, reserve 1 ½ cups. For 50 servings, reserve 2 ¾ cups.
Cottage cheese, non-fat	2 lb 2 oz	1 qt ¼ cup	4 lb 4 oz	2 qt ½ cup	
Tomato paste, canned, no added salt	7½ oz	¾ cup	15 oz	1½ cup	3. To make cheesy-tomato sauce: combine remaining mozzarella cheese, cottage cheese, tomato paste, tomato sauce, oregano, basil, onions, garlic, and black pepper in a large bowl.
Tomato sauce, canned	2 lb 4 oz	1 qt 2 Tbsp	4 lb 8 oz	2 qt ¼ cup	
Oregano leaves, dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Basil leaves, dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
*Onion, fresh, peeled, ¼" diced	11 oz	2¼ cup	1 lb 6 oz	1 qt ½ cup	
*Garlic, fresh, minced		8 cloves or 1 Tbsp 1 tsp		16 cloves or 2 Tbsp 2 tsp	
Pepper black, ground		1 tsp		2 tsp	
*Zucchini, unpeeled, thinly sliced	1 lb 15 oz	1 qt 2½ cup	3 lb 14 oz	3 qt 1 cup	4. Divide zucchini evenly into two parts.  For 25 servings, two parts of 3 ¼ cups or 15½ oz each. For 50 servings, two parts of 6 ½ cups or 1 lb 15 oz each.
Lasagna noodles, enriched, oven-ready	15 oz	25 sheets	1 lb 14 oz	50 sheets	
Nonstick cooking spray		1 spray		2 sprays	5. Assembly: Lightly coat steam table pan (12" x 20" x 2½") with pan release spray.  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					6. First layer: Spread 3 ½ cups of cheesy-tomato sauce evenly on the bottom of each steam table pan. Cover sauce with 12 sheets of oven-ready lasagna noodles. Then, cover noodles with 3 ½ cups of zucchini slices.



					7. Second layer. Repeat first layer.
Parmesan cheese, shredded	1 oz	¼ cup	2 oz	½ cup	8. Third layer: Top layers 1 and 2 with the remaining cheesy-tomato sauce (about 3 ½ cups) and then finish by sprinkling on the reserved shredded mozzarella cheese (1 ½ cups) and the parmesan cheese (¼ cup).
					9. Cover tightly with foil and bake until zucchini is tender, 350 °F for 45 minutes.
					10. Remove from oven.
					11. Remove foil and bake uncovered until cheese starts to brown slightly, 350 °F for 15 minutes.  Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					12. Remove from oven.
					13. Let lasagna rest for 10 minutes before cutting.
					14. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3¾" piece).  Critical Control Point: Hold at 140 °F or higher.

#### NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>171</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	3 g
Cholesterol	14 mg
<b>Sodium</b>	<b>434 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>11 g</b>
Vitamin D	N/A
Calcium	68 mg
Iron	2 mg
Potassium	N/A

N/A= data not available.

#### MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	13 oz	1 lb 9 oz
Zucchini	2 lb 1 oz	4 lb 1 oz
Garlic	8 cloves	16 cloves

#### NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

#### Variations

Whole grain-rich noodles may be substituted for the enriched noodles. When substituting whole grain-rich noodles, the lasagna may need to be cooked 10 minutes longer. Cook until noodles are soft.

#### YIELD/VOLUME

25 Servings	50 Servings
16½ lb	33 lb
1 pan (25 pieces)	2 pans (50 pieces)

# SUMMER



- |          |             |               |
|----------|-------------|---------------|
| Berries  | Eggplant    | Peppers       |
| Broccoli | Garlic      | Plums         |
| Cabbage  | Green Beans | Radishes      |
| Cherries | Kale        | Summer Squash |
| Corn     | Melon       | Tomatoes      |
| Cucumber | Peaches     |               |

## Week 1 - Summer Menu Ideas - 3-5 Year Olds

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Applesauce Hard boiled Eggs	Milk Blueberries WG Waffles	Milk Fresh Plums Yogurt	Milk Sliced Melon Oatmeal	Milk Banana Avocado Toast (p.101)
Snack	WG Pretzels Cherry Tomatoes	Baked Sweet Plantains w/ Yogurt (p.102)	WG Graham Crackers Fresh Peach Slices	Tabbouleh (p.103)	Pepper Strips w/ Dip Cheese Cubes
Lunch	Milk Beef Picadillo (p.105) Fresh Berries	Milk Grilled Chicken Kale & Watermelon Salad (p.107) WG Biscuit	Milk Pineapple Chicken (p.108) Corn on the Cob	Milk WG Pasta Chickpeas and Tomatoes (p.112) Mixed Fruit	Milk Chicken Flatbread Pizza (p.110) Fresh Sliced Cherries

Keep your menus fresh by trying out some new recipes! Recipes for any menu items with **blue text** can be found throughout the next section.

Don't forget, your CACFP menus are a great opportunity for you to make classroom connections! Check out the items with the icon, which showcase RI's local, seasonal crops and can be connected back to your Grow it, Try it, Like it! lesson plans.



## Avocado Toast

A great breakfast choice to brighten your day.

**SOURCE**

RI Team Nutrition CACFP Multicultural Recipe Project

Ingredients	20 servings	Directions
	Measure	
Whole wheat bread	20 slices	<b>1.</b> Toast bread
Ripe avocado	10 Each	<b>2.</b> Cut avocados in half and take out the pit
Limes (juice)	8 Each	<b>3.</b> Mix avocado with cilantro, lime juice, and salt, mashing the avocado as you mix
Cilantro (rough chopped)	1 Bunch	<b>4.</b> Season to taste
Kosher salt to taste		<b>5.</b> Put ½ cup on top of toast

**CACFP Crediting Information**

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Breakfast	20	1 slice ww bread, ½ cup fresh avocado	½ cup			1 oz	



## Baked Sweet Plantains w/ Lime/Cilantro Yogurt

A sweet snack accompanied with a sour cream flavor is bound to grab kids attention.

### SOURCE

RI Team Nutrition CACFP Multicultural Recipe Project

Ingredients	20 servings Measure	Directions
Sweet-ripe Plantains peeled	9 oz (8 Each)	<b>1.</b> Preheat oven to 500 F. Slice plantains on the bias into 7 pieces each. Bake at 500 F for 8 minutes  <b>2.</b> Chop cilantro leaves into desired size. In a mixing bowl combine yogurt, lime juice, and cilantro. Serve Baked plantains with dipping sauce
Plain yogurt	80 oz	
Limes (juiced)	8 Each	
Cilantro (rough chopped)	1 bunch	

### CACFP Crediting Information

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Snack	20	<sup>3</sup> / <sub>4</sub> cup plantain, 4 oz yogurt	<sup>3</sup> / <sub>4</sub> cup		1 oz		



# Tabbouleh

Tabbouleh is a popular Middle Eastern salad that is served as part of a mezze (assortment of appetizers). A primary ingredient in Tabbouleh is bulgur, which is a whole grain.

### CACFP CREDITING INFORMATION

1/2 cup (No. 8 scoop) provides 1/4 cup vegetable and 1/2 oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water	32 oz	1 qt	64 oz	2 qt	<ol style="list-style-type: none"> <li>1. In a small stockpot, bring water to a rolling boil.</li> <li>2. Add bulgur; cover, and turn heat off. Leave the stockpot on the hot burner. Keep covered, and let stand for 30 minutes. Drain any excess liquid, fluff with a fork, and allow bulgur to cool.</li> <li>3. Critical Control Point: Cool to 40 °F or lower within 4 hours.</li> </ol>
Bulgur, dry	12 1/2 oz	2 cup	1 lb 9 oz	1qt	
*Cucumber, fresh, peeled, 1/4" diced	14 1/2 oz	3 cup 2 Tbsp	1 lb 13 oz	1 qt 2 1/4 cup	<ol style="list-style-type: none"> <li>4. In a large bowl, mix together cooled bulgur, cucumber, tomato, parsley, mint, green onions, and garlic.</li> </ol>
*Tomatoes, fresh, 1/4" diced	1 lb 7 oz	3 cup 2 Tbsp	2 lb 14 oz	1 qt 2 1/4 cup	
*Parsley, Italian, fresh, chopped	1 oz	1/2 cup	2 oz	1 cup	
Mint, leaves, fresh, chopped	2 oz	1/2 cup	4 oz	1 cup	
*Onion, green with tops, fresh, chopped	2 oz	1/2 cup	4 oz	1 cup	
*Garlic, fresh, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	
Oil, olive, extra virgin		1/4 cup		1/2 cup	<ol style="list-style-type: none"> <li>5. Prepare dressing: In a medium bowl whisk together olive oil, lemon juice, salt, and pepper. Combine dressing with the other ingredients, mix well.</li> </ol>
Juice, lemon, fresh squeezed, seeds removed		1/2 cup		1 cup	
OR					
Juice, lemon, bottled		1/2 cup		1 cup	
Salt, table		1 tsp		2 tsp	
Black pepper, ground		1 tsp		2 tsp	<ol style="list-style-type: none"> <li>6. Refrigerate and let chill for at least 2 hours before serving to allow the flavors to fuse.</li> </ol>

**NUTRITION INFORMATION**

For 1/2 cup (No. 8 scoop).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>68</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>99 mg</b>
<b>Total Carbohydrate</b>	<b>11 g</b>
Dietary Fiber	3 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>
Vitamin D	N/A
Calcium	20 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Cucumbers	1 lb 2 oz	2 lb 4 oz
Tomatoes	1 lb 10 1/2 oz	3 lb 5 oz
Italian parsley	3 oz	5 oz
Green onions	3 oz	5 oz
Garlic	4 cloves	8 cloves

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

**Chef Tips**

Before chopping parsley and mint, wash in a colander under running water. Spin dry in a salad spinner.

Get more juice from the lemon by rolling it gently on a flat surface before cutting or juicing to loosen the membranes.

Cook bulgur the day before and cool in the refrigerator.

Critical Control Point:  
Cool to 40 °F or lower within 4 hours.

To prevent the salad from getting soggy, make sure the chopped vegetables are dry.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
5 lb 7 1/2 oz 3 qt 1/2 cup	10 lb 15 oz 1 gal 2 qt 1 cup



## Beef Picadillo

Picadillo is a delicious stew made with ground beef, tomatoes, and other ingredients. It is a popular dish in South American countries and the Caribbean. Serve it over rice or as a filling in tacos.

### CACFP CREDITING INFORMATION

1/2 cup (No. 8 scoop) picadillo over 1/4 cup (No. 16 scoop) rice provides 1 1/2 oz equivalent meat, 1/4 cup vegetable, and 1/2 oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, uncooked	12 1/2 oz	2 cup	1 lb 9 oz	1 qt	<b>1.</b> Combine brown rice and water in a small stockpot. Stir once.  <b>2.</b> Heat on medium–high heat to a rolling boil. Cover and reduce heat to medium. Cook until water is absorbed, about 15–20 minutes. Fluff the rice gently with a fork.
Water		1 qt		2 qt	
Beef, ground, 90% lean, fresh or frozen, raw	3 lb 2 oz		6 lb 4 oz		<b>3.</b> If using skillet: For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.  <b>4.</b> Heat on medium–high heat. Brown ground beef. Drain.
*Onions, peeled, raw, 1/4" diced	1 lb 4 1/2 oz	1 qt 1 1/8 cup	2 lb 9 oz	2 qt 2 1/4 cup	
*Green bell peppers, raw, 1/4" diced	1 lb 4 1/2 oz	1 qt 1/4 cup	2 lb 9 oz	2 qt 1/2 cup	<b>5.</b> Add onions, bell peppers, and garlic to ground beef. Sauté on medium–high heat until onions and bell peppers are soft. Stir frequently.
*Garlic, fresh, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	
Tomatoes with juice: diced, canned	12 1/2 oz	1 1/2 cup (1/8 No.10 can)	1 lb 9 oz	3 cup (1/4 No.10 can)	<b>6.</b> Add diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. Bring to a boil and remove from heat.
Tomato sauce, canned	14 1/2 oz	1 3/4 cup (1/4 No.10 can)	1 lb 13 oz	3 1/2 cup (1/3 No.10 can)	
Raisins, seedless, unpacked	8 oz	2 cup	1 lb	1 qt	<b>7.</b> Serve 1/2 cup (No. 8 scoop) picadillo over 1/4 cup (No. 16 scoop) rice. Garnish with 1 teaspoon cilantro (optional). Critical Control Point: Hold at 140 °F or higher.
Oregano, dry		1 tsp		2 tsp	
Cumin, dry, ground		2 tsp		1 Tbsp 1 tsp	
Cilantro, fresh, chopped (optional)	2 oz	1/2 cup 1 tsp	4 oz	1 cup 2 tsp	

**NUTRITION INFORMATION**

For 1/2 cup (No. 8 scoop) picadillo over 1/4 cup (No. 16 scoop) rice.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>202</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	38 mg
<b>Sodium</b>	<b>147 mg</b>
<b>Total Carbohydrate</b>	<b>23 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>
Vitamin D	N/A
Calcium	34 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Mature Onions	1 lb 8 oz	2 lb 15 oz
Green Bell Peppers	1 lb 10 oz	3 lb 4 oz
Garlic	4 cloves	8 cloves

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

**Variations**

If beef is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw beef at 40 °F or lower. Frozen bell peppers may be substituted for fresh bell peppers.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
7 lb 9 oz	15 lb 2 oz
13 1/2 cup picadillo and 1 qt 2 1/2 cup rice	27 cup picadillo and 3 qt 1/2 cup rice





## Kale & Watermelon Salad

A great lunch meal of a regular salad but with a sweet and crisp watermelon and topped with Feta cheese to give it a salty taste.

### SOURCE

RI Team Nutrition CACFP Multicultural Recipe Project

Ingredients	20 servings	Directions
	Measure	
Kale	5 bunches	<b>1.</b> Wash and cut kale
Watermelon	1 Each	<b>2.</b> Peel and cut watermelon into 1 inch cubes
Red onion	1 Each	<b>3.</b> Peel and slice red onion
Cucumber	1 Each	<b>4.</b> Wash and cut cucumber in half and then into ¼ inch pieces
Feta cheese	40 oz	<b>5.</b> Mix together all ingredients except balsamic reduction and feta cheese. Divide salad into portions into large bowls or plates.
Balsamic reduction	To Taste	<b>6.</b> Dress to taste with balsamic reduction and finish with crumbled feta

### CACFP Crediting Information

Type of Meal	Total Servings	Serving Size	Vegetable	Fruit	Meat/MA	Grain	Milk
Lunch/Supper	20	¾ cup (½ cup kale, ¼ cup watermelon, 2 oz feta cheese)	¼ cup	¼ cup	2 oz		



## Pineapple Chicken

Full of sweet pineapple and succulent bites of chicken. The dish is similar in flavor to sweet and sour pork.

### CACFP CREDITING INFORMATION

$\frac{2}{3}$  cup (No. 6 scoop) pineapple chicken and  $\frac{1}{4}$  cup (No. 16 scoop) cooked rice provides  $1\frac{1}{2}$  oz equivalent meat,  $\frac{1}{8}$  cup vegetable,  $\frac{1}{4}$  cup fruit, and  $\frac{1}{2}$  oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 qt 2 $\frac{1}{2}$ cup		3 qt 1 cup	<b>1.</b> In a plastic bag or large bowl stir together water, salt, pepper, and soy sauce. Amount of water to use: For 25 servings, use $\frac{1}{2}$ cups. For 50 servings, use 1 cup.
Salt, table		1 tsp		2 tsp	
Black pepper, ground		1 tsp		2 tsp	
Soy sauce, low-sodium		$\frac{1}{2}$ cup		1 cup	
Chicken breast, boneless, skinless, cooked, $\frac{1}{2}$ " diced	2 lb 6 $\frac{1}{2}$ oz		4 lb 13 oz		
Brown rice, long grain, regular, uncooked	12 $\frac{1}{2}$ oz	2 cup	1 lb 9 oz	1 qt	<b>2.</b> Marinate chicken for 1 hour.
					<b>3.</b> Combine brown rice and water in a large stockpot. Reserve remaining water for step 9. For 25 servings, add 1 qt water. For 50 servings, add 2 qt water. Heat on medium–high heat to a rolling boil.
Canola oil		$\frac{1}{2}$ cup		1 cup	<b>4.</b> Cover and reduce heat to medium. Cook until water is absorbed, about 30–40 minutes. Fluff the rice gently with a large spoon.
*Green onions with tops, fresh, thinly sliced	12 $\frac{1}{2}$ oz	2 qt $\frac{1}{3}$ cup	1 lb 9 oz	1 gal $\frac{2}{3}$ cup	<b>5.</b> Heat half of the oil in a tilt kettle or large stockpot. Reserve remaining oil. For 25 servings, use $\frac{1}{4}$ cup oil. For 50 servings, use $\frac{1}{2}$ cup oil.
*Celery, fresh, $\frac{1}{4}$ " diced	1 lb 2 $\frac{3}{4}$ oz	1 qt	2 lb 5 $\frac{1}{2}$ oz	2 qt	
Pineapple with juice, canned, crushed, packed in juice or light syrup	4 lb 11 oz	2 qt $\frac{1}{3}$ cup ( $\frac{1}{4}$ No.10 can)	9 lb 6 oz	1 gal $\frac{2}{3}$ cup ( $1\frac{1}{2}$ No.10 can)	<b>6.</b> Sauté green onions and celery for 5–7 minutes or until celery begins to cook, but stays crunchy. Stir frequently.
Sugar		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup	<b>7.</b> Remove vegetables and set aside.
					<b>8.</b> Add remaining oil to the pot. Add chicken and marinade and pineapple with juice to pot. Continue cooking on medium–high heat and bring to a boil, 7–10 minutes. Stir frequently. Critical Control Point: Heat to 165 °F or higher for 15 seconds.
					<b>9.</b> Make cornstarch mixture: In a small bowl whisk remaining water together with sugar and cornstarch until smooth. Amount of remaining water to use: For 25 servings, use 2 cups. For 50 servings, use 1 qt.

Cornstarch		1/3 cup		2/3 cup	<b>10.</b> Stir sugar, cornstarch mixture into the chicken and pineapple. Bring to a boil. Reduce heat and cook for 5 minutes, or until sauce is nectar thick. Stir frequently. Add more water if too thick.
					<b>11.</b> Stir celery and green onions into pineapple chicken mixture and cook for 5 minutes.
					<b>12.</b> Serving size 2/3 cup (No. 6 scoop) pineapple chicken over 1/4 cup cooked rice. Critical Control Point: Hold at 140 °F or higher

### NUTRITION INFORMATION

For 2/3 cup (No. 6 scoop) pineapple chicken over 1/4 cup (No. 16 scoop) cooked rice.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>204</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	1 g
Cholesterol	39 mg
<b>Sodium</b>	<b>354 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	1 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>14 g</b>
Vitamin D	N/A
Calcium	20 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

### MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Green onions with tops	1 lb	1 lb 15 oz
Celery	1 lb 7 oz	2 lb 14 oz

### NOTES

\*See Marketing Guide for purchasing information on foods that will change during the preparation or when a variation of the ingredients is available.

### YIELD/VOLUME

25 Servings	50 Servings
8 lb 10½ oz pineapple chicken, 12½ oz brown rice	17 lb 5 oz pineapple chicken, 1 lb 9 oz brown rice
1 gal 2/3 cup pineapple chicken, 1 qt 2¼ cup brown rice	2 gal 1⅓ cup pineapple chicken, 3 qt ½ cup brown rice



## Chicken Flatbread Pizza

Flatbread varieties such as tortillas, pitas, and focaccia have been popular for many years. The newcomer is naan, which originated in India but is also very popular in Asian and Middle Eastern cuisine. Naan is a thick, double-layered flatbread that can be served plain alongside curries, lentils, and other dishes, stuffed with various fillings, or topped with meats, vegetables, sauces, and more, as shown in this recipe.

### CACFP CREDITING INFORMATION

1 piece provides 1½ oz equivalent meat, ¼ cup vegetable, and 1½ oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat oven to 350 °F.
Turmeric, ground		2 tsp		1 Tbsp 1 tsp	2. In a small bowl combine turmeric, salt, cumin, and cinnamon. Divide seasoning mixture in half.
Salt, table		1 tsp		2 tsp	
Cumin, ground		2 tsp		1 Tbsp 1 tsp	
Cinnamon, ground		1 tsp		2 tsp	
Chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 2 ¼ oz per tenderloin)	2 lb 12 oz	2 qt 3 cup	5 lb 8 oz	1 gal 1 qt 2 cup	3. Coat chicken tenders with ½ of the seasoning mixture from step 2.
Nonstick cooking spray		2 sprays		4 sprays	4. Place chicken tenderloins on sheet pan(s) (18" x 26" x 1") lined with parchment paper lightly coated with nonstick cooking spray. For 25 servings, use 1 sheet pan. For 50 servings, use 2 sheet pans.
					5. Bake for 12–15 minutes. Dice chicken into ½" pieces. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Greek yogurt, plain, non-fat	6 ¼ oz	¾ cup ½ Tbsp	12 ½ oz	1 ½ cup 1 Tbsp	6. While chicken is baking, combine the remaining seasoning mixture with the yogurt. Set aside.
Canola oil		2 Tbsp 2 tsp		⅓ cup	7. Heat oil on medium–high heat: For 25 servings, use 1 extra-large skillet. For 50 servings, use 2 extra-large skillets.
*Onion, fresh, peeled, ½" chopped	10 oz	2 ¾ cup	1 lb 4 oz	5 ½ cup	8. Sauté onions for about 5–7 minutes or until onions are tender.
*Garlic, fresh, minced OR garlic, jar, minced		6 cloves OR 1 Tbsp		12 cloves OR 2 Tbsp	9. Add garlic and spinach. Cook for 5 minutes or until spinach is wilted. Remove from the heat.
*Spinach, fresh, roughly chopped	1 lb	1 gal	2 lb	2 gal	
Whole-wheat flatbreads, naan (about 126 gm each)		8 ⅓ each		16 ⅔ each	10. Slice each flatbread into 3 pieces.
					11. Place flatbreads on a baking sheet lined with parchment paper and coated with nonstick cooking spray.
					12. Spread ½ Tbsp of seasoned yogurt from step 6 on each flatbread piece.

*Tomatoes, fresh, 1/4 " diced	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	<b>13.</b> Top each piece with: 1 oz vegetables (about 1/4 cup lightly packed), 1 1/4 oz chicken, 1 oz tomatoes (2 2/3 Tbsp), and 1/4 oz cheese (1 Tbsp).
Mozzarella, low-fat, shredded	6 1/4 oz		12 1/2 oz		
					<b>14.</b> Bake for 15–20 minutes at 350 °F. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					<b>15.</b> Serve 1 piece. Critical Control Point: Hold at 140 °F or higher.

### NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>226</b>
<b>Total fat</b>	<b>9 g</b>
Saturated Fat	3 g
Cholesterol	38 mg
<b>Sodium</b>	<b>351 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>18 g</b>
Vitamin D	N/A
Calcium	69 mg
Iron	2 mg
Potassium	N/A

N/A = data not available.

### MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature Onions	12 oz	1 lb 7 oz
Garlic	6 cloves	12 cloves
Spinach	1 lb	2 lb
Tomatoes	1 lb 13 oz	3 lb 10 oz

### NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

#### Variations

If chicken is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Hold raw chicken at 40 °F or lower.

### YIELD/VOLUME

25 Servings	50 Servings
7 lb 13 oz	15 lb 10 oz
25 pieces	50 pieces



# Chickpeas and Tomatoes

Chickpeas, also known as garbanzo beans, are a popular part of vegetarian meals in Northern Africa. In this recipe, chili powder, cumin, and ginger create a wonderful flavor, without too much heat.

### CACFP CREDITING INFORMATION

1/2 cup (No. 8 scoop) provides Legume as Meat Alternate: 1 1/2 oz equivalent meat alternate and 1/4 cup vegetable OR Legume as Vegetable: 5/8 cup vegetable.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	1. Heat oil in a large stockpot on medium-high heat.
*Onion, fresh, peeled, 1/4" diced	1 lb 7 oz	1 qt 1 1/4 cup	2 lb 14 oz	2 qt 2 1/2 cup	
*Garlic, fresh, minced		4 cloves		8 cloves	2. Add onions and sauté until soft. Do not brown.
Ginger root, fresh, grated		2 tsp		1 Tbsp 1 tsp	
Garbanzo beans (chickpeas), canned, drained, and rinsed or garbanzo beans, dry, cooked	3 lb 9 oz	2 qt 2 1/2 cup (1 No.10 can)	7 lb 2 oz	1 gal 1 qt 1 cup (2 No.10 cans)	3. Add the garlic and ginger, stir until fragrant.
Tomatoes with juice, canned, low-sodium, diced	1 lb 10 oz	3 cup 2 Tbsp (1/3 No.10 can)	3 lb 4 oz	1 qt 2 1/4 cup (1/2 No.10 can)	
Water		1 cup		2 cup	4. Add the garbanzo beans (chickpeas), tomatoes and juice, water, chili powder, and cumin. Continue cooking on medium-high heat and bring to a boil.
Chili powder		2 tsp		1 Tbsp 1 tsp	
Cumin, ground		2 Tbsp 1 tsp		1/4 cup 2 tsp	5. Reduce heat to medium and simmer uncovered for 20 minutes or until there is only enough liquid to cover the bottom of the pan. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					6. Serve 1/2 cup (No. 8 scoop). Critical Control Point: Hold at 140 °F or higher.

**NUTRITION INFORMATION**

For ½ cup (No. 8 scoop).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>120</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>183 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	44 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Mature onion	1 lb 11 oz	3 lb 5 oz
Garlic	4 cloves	8 cloves

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

1 clove of garlic is about ½ teaspoon minced.

**Tips for Soaking Dry Beans**

1 lb dry garbanzo beans (chickpeas) = about 2 ½ cups dry or 6 ¼ cups cooked garbanzo beans (chickpeas).

Overnight Method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

**Tips for Cooking Dry Beans**

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.

**Critical Control Point**

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
3 qt ½ cup	1 gal 2 qt 1 cup
6 lb 3 oz	12 lb 6 oz