

Pasta Primavera (#57)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

25 oz whole wheat penne, uncooked
1 head broccoli
1 carrot, chopped
1 head cauliflower
4 celery stalks, sliced
1 lb mushrooms, sliced
1 onion, chopped
3 garlic cloves, minced
1 green or red bell pepper, chopped
1.5 lb zucchini, sliced
1 Tbsp chicken base (optional)
1 cup vegetable oil
1 Tbsp ground black pepper

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		197	Calories from Fat 85
% Daily Value			
Total Fat	10 g		15%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	92 mg		6%
Total Carbohydrate	25 g		20%
Dietary Fiber	4 g		13%
Sugars	3 g		
Protein	6 g		
Vitamin A	63%	Calcium	2%
Vitamin C	25%	Iron	17%

Directions

1. Boil 2 gallons of water and cook pasta until al dente. Drain and set aside.
2. Wash and cut all vegetables into bite size pieces.
3. Reserve hot water and bring back to a boil. Blanch carrots, broccoli, and cauliflower for 5 minutes.
4. Sauté onions, celery, and garlic in vegetable oil for 3 minutes over medium heat. Add blanched vegetables.
5. Cook zucchini and mushrooms for 5 minutes on low heat. Season with ground black pepper and chicken base, if desired.
6. If serving hot, immediately stir mixture into pasta. If serving cold, cool for 10 minutes and then stir in mixture and chill.

Recommendations & Requirements

Note: This recipe may count towards the grain component of the menu and is a high source of fiber.



Yellow Rice (#75)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4 cups (1.6 lb) white rice, uncooked
1 Tbsp turmeric
8 cups water

Directions

1. Rinse rice. Split between 2 pans.
2. Add water and turmeric to each pan, cook for 1 hour.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	110	Calories from Fat	2
% Daily Value			
Total Fat	1 g		1%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	4 mg		0%
Total Carbohydrate	24 g		19%
Dietary Fiber	1 g		1%
Sugars	0 g		
Protein	2 g		
Vitamin A	0%	Calcium	1%
Vitamin C	0%	Iron	17%

Recommendations & Requirements

Recommendations

🍏 To increase fiber content use brown rice.

Note: This recipe may count towards the grain component of the menu.



Pasta Salad (#91)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

25 ounces elbow macaroni, whole wheat
1 green pepper, diced
1 onion, diced
1 red pepper, diced
3 tomatoes, fresh, diced
1 cup mayonnaise, low fat
3 ½ Tbsp Mrs. Dash seasoning

Directions

1. Cook pasta using pasta directions on box (until al dente). Set aside.
2. Mix mayonnaise and seasoning together.
3. Mix mayonnaise mixture, pasta, and vegetables together.
4. Chill pasta salad in refrigerator, covered, until temperature is below 41°F.
5. Serve cold.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving		
Calories	137	Calories from Fat 33
		% Daily Value
Total Fat	4 g	6%
Saturated Fat	1 g	3%
Trans Fat	0 g	
Cholesterol	3 mg	1%
Sodium	75 mg	5%
Total Carbohydrate	24 g	18%
Dietary Fiber	3 g	10%
Sugars	2 g	
Protein	5 g	
Vitamin A	35%	Calcium 2%
Vitamin C	14%	Iron 14%

Recommendations & Requirements

Note: This recipe may count towards the grain component of the menu and is a good source of fiber.



Rice & Beans (#92)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

3 cups (1.2 lb) white rice, uncooked
3 cups canned beans (kidney, navy, pinto, black eyed, pink, or black)
1 ¼ cups onion, chopped
1 ¼ green pepper, chopped
¾ cup canned tomato paste, low sodium
½ cup vegetable oil
¾ tsp ground black pepper
½ cup cilantro
½ cup garlic cloves, minced
1 Tbsp + 2 tsp oregano, divided

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	163	Calories from Fat	41
% Daily Value			
Total Fat	5 g		7%
Saturated Fat	1 g		3%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	41 mg		3%
Total Carbohydrate	27 g		21%
Dietary Fiber	4 g		11%
Sugars	3 g		
Protein	4 g		
Vitamin A	21%	Calcium	4%
Vitamin C	14%	Iron	37%

Directions

1. Drain beans.
2. Heat vegetable oil in heavy stockpot. Add onions, peppers, and garlic. Sauté for 5 minutes.
3. Stir in the rice. Add beans, tomato paste, cilantro and 2 ½ quarts of reserved cooking liquid. Mix and add ground black pepper and oregano.
4. Boil, uncovered on moderate heat, for 4-5 minutes.
5. Cover and simmer on low heat for 30 minutes.
6. Turn off heat and let rice sit for 10 minutes before serving.

Recommendations & Requirements

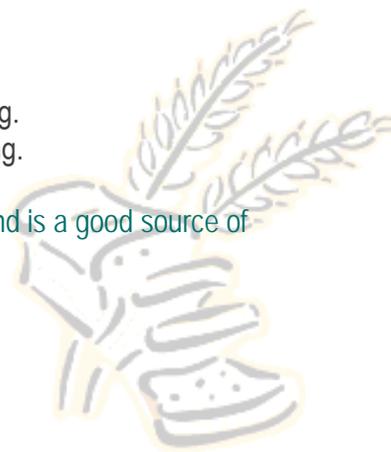
Recommendations

- 🍎 This recipe uses canned tomato paste that contains 16 mg of sodium per serving. Using canned tomato paste that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet nutritional guidelines.
- 🍎 This recipe uses canned kidney beans that contain 130 mg of sodium per serving. Using canned kidney beans that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet nutritional guidelines.
- 🍎 To increase fiber content use brown rice.

Requirements

- 🍎 Canned tomato paste should contain ≤ 290 mg of sodium per serving.
- 🍎 Canned kidney beans should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the grain component of the menu and is a good source of fiber.



Whole Grain Stuffing (#94)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

2 lbs whole wheat bread
0.5 lb celery, diced
0.5 lb onions, chopped
6 cups chicken broth, low sodium
Nonstick cooking spray
1/3 cup trans fat free margarine
½ Tbsp ground black pepper
½ Tbsp poultry seasoning
½ Tbsp sage, ground
½ Tbsp thyme, ground

Directions

1. Preheat oven to 325°F.
2. Add seasoning to bread and mix well.
3. Sauté onion and celery in margarine until tender but not browned. Combine with bread mixture.
4. Add chicken broth and toss lightly. Place in 12x 20x 2 inch counter pans sprayed with nonstick cooking spray.
5. Bake for 1 hour.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	128	Calories from Fat	39
			% Daily Value
Total Fat	4 g		7%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	292 mg		19%
Total Carbohydrate	20 g		15%
Dietary Fiber	3 g		10%
Sugars	4 g		
Protein	4 g		
Vitamin A	6%	Calcium	3%
Vitamin C	1%	Iron	16%

Recommendations & Requirements

Recommendations

- 🍏 If extra liquid is required while cooking, add small amounts of water.
- 🍏 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet nutritional guidelines.

Note: This recipe may count towards the grain component of the menu and is a good source of fiber.



Yellow Rice & Pigeon Peas (#99)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

3 ½ (1.4 lb) cups white rice, uncooked
1 ½ cups pigeon peas
1 cup onion, chopped
1/3 cup sofrito- DFTA #40
1/3 cup chicken broth, low sodium
2 ½ cups tomato sauce, no salt added
3 Tbsp vegetable oil

Directions

1. Combine all ingredients, except the rice in a stockpot. Once the mixture is boiling, add rice and stir to combine.
2. Cover tightly and cook over low heat for 25 minutes or until most of the liquid is absorbed.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	124	Calories from Fat	19
			% Daily Value
Total Fat	2 g		3%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	12 mg		1%
Total Carbohydrate	23 g		18%
Dietary Fiber	2 g		6%
Sugars	2 g		
Protein	4 g		
Vitamin A	15%	Calcium	2%
Vitamin C	4%	Iron	16%

Recommendations & Requirements

Recommendations

- 🍎 To increase fiber content use brown rice.
- 🍎 This recipe uses sofrito. Refer to DFTA #40 for recipe.
- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet nutritional guidelines.

Note: This recipe may count towards the grain component of the menu.



Rice Pilaf (#103)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

10 cups white rice, parboiled, cooked
2 cups green peas
0.5 lb mushrooms, sliced
1 ¼ cups tomatoes, fresh, chopped
8 oz trans fat free margarine
¼ tsp ground black pepper
1 Tbsp parsley

Directions

1. Place the cooked rice into a baking pan, 12 x 20 x 2 inches.
2. Melt the margarine in a sauce pan, add sliced mushrooms and cook over medium heat for about 5 minutes. Stir constantly. Stir in peas and ground black pepper in the mix.
3. Add half the mixture to each pan of rice, mix well. Cover and bake until thoroughly heated. Then add the parsley and tomatoes.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	129	Calories from Fat	44
% Daily Value			
Total Fat	5 g		8%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	67 mg		4%
Total Carbohydrate	19 g		15%
Dietary Fiber	2 g		5%
Sugars	2 g		
Protein	2 g		
Vitamin A	20%	Calcium	1%
Vitamin C	4%	Iron	18%

Recommendations & Requirements

Recommendations

🍏 To increase fiber content use brown rice.

Note: This recipe may count towards the grain component of the menu.



Baked Macaroni & Cheese (#105)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

25 oz macaroni, uncooked
1 lb cheddar cheese, low sodium, shredded
1 oz trans fat free margarine
1 cup evaporated milk, low fat
Nonstick cooking spray
¼ tsp ground black pepper
3 Tbsp cornstarch
¼ tsp dry mustard

Directions

1. Preheat oven to 375°F. Spray nonstick cooking spray onto two 4 quart casserole dishes.
2. Combine cornstarch, dry mustard and ground black pepper in medium sauce pan. Stir in evaporated milk, water and margarine. Cook over medium heat, stirring constantly until mixture comes to boil. Boil for 1 minute.
3. Remove from heat. Stir in 3/4 cup shredded cheese until melted. Add macaroni and mix well.
4. Pour into prepared casserole dishes. Top with remaining cheese.
5. Bake for 20-25 minutes or until cheese is melted and light brown.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	194	Calories from Fat	63
			% Daily Value
Total Fat	7 g		11%
Saturated Fat	4 g		19%
Trans Fat	0 g		
Cholesterol	19 mg		6%
Sodium	30 mg		2%
Total Carbohydrate	24 g		18%
Dietary Fiber	1 g		3%
Sugars	2 g		
Protein	9 g		
Vitamin A	25%	Calcium	14%
Vitamin C	0%	Iron	14%

Recommendations & Requirements

Recommendations

- 🍏 To increase fiber content use whole wheat macaroni.

Note: This recipe may count towards the entrée and grain (1 serving) component of the menu and is a good source of protein.



Bulgur (#106)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4 cups (1.33 lb) bulgur, uncooked
2 ½ Tbsp vegetable oil
2 quarts water

Directions

1. In a medium saucepan bring water and vegetable oil to a boil.
2. Place bulgur in a bowl and pour the boiling water over it.
3. Mix, then quickly cover with a tight fitting lid and let the mixture sit for 20 minutes, until most of the water is absorbed.
4. Fluff with a fork and serve warm or at room temperature.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	89	Calories from Fat	15
% Daily Value			
Total Fat	2 g		3%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	6 mg		0%
Total Carbohydrate	17 g		13%
Dietary Fiber	4 g		15%
Sugars	0 g		
Protein	3 g		
Vitamin A	0%	Calcium	1%
Vitamin C	0%	Iron	7%

Recommendations & Requirements

Note: This recipe may count towards the grain component of the menu and is a good source of fiber.



Parmesan Barley (#107)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

2 ¾ cups (1.25 lbs) barley, uncooked
1 ¼ cups parmesan cheese, low sodium, grated
3 bay leaves
4 tsp garlic powder

Directions

1. Cook barley according to package directions. Add the bay leaf to the boiling water.
2. Turn the heat off and drain barley in a strainer. Return barley to the pot and add the garlic powder and parmesan cheese and mix until combined. Taste and season with ground black pepper if necessary.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	100	Calories from Fat	13
			% Daily Value
Total Fat	2 g		2%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	3 mg		1%
Sodium	5 mg		0%
Total Carbohydrate	18 g		14%
Dietary Fiber	4 g		13%
Sugars	0 g		
Protein	4 g		
Vitamin A	3%	Calcium	5%
Vitamin C	0%	Iron	8%

Recommendations & Requirements

Note: This recipe may count towards the grain component of your menu and is a good source of fiber.



Pesto Pasta w/ Broccoli (#111)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

25 oz whole wheat penne, uncooked
3 lbs broccoli
2/3 cup parmesan cheese, grated
2/3 cup vegetable oil
1 cup basil
3 garlic cloves, minced
1 cups walnuts-raw

Directions

1. Combine all ingredients for the pesto in the bowl of a food processor. Process, stopping to scrape down the sides, until it is smooth and well-blended. Taste, adjust seasonings and set aside.
2. Bring a pot of water to a boil. Add the broccoli and cook for 4-5 minutes until tender but still a little crispy. Remove from the water with a slotted spoon and place it in a bowl. Set aside.
3. Let the water return to a boil and add the pasta. Cook the pasta until al dente. Strain pasta, return to the pot, and mix in the pesto and broccoli (or if desired serve broccoli on the side).
4. Serve hot or at room temperature with additional parmesan sprinkled on top if desired.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	209	Calories from Fat	92
% Daily Value			
Total Fat	10 g		16%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	2 mg		1%
Sodium	48 mg		3%
Total Carbohydrate	25 g		19%
Dietary Fiber	5 g		17%
Sugars	2 g		
Protein	7 g		
Vitamin A	50%	Calcium	5%
Vitamin C	54%	Iron	16%

Recommendations & Requirements

Note: This recipe may count towards the grain (1 serving) component of the menu and is a high source of fiber.



Baked Brown Rice Pilaf (#113)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4 cups (1.6 lb) brown rice, uncooked
2 onions, diced
¼ cup vegetable oil
Ground black pepper to taste
2 garlic cloves, minced
8 cups water

Directions

1. Preheat oven to 375°F.
2. Bring water to a boil in medium pot.
3. Place a hotel pan or a 2-inch deep baking dish on the stovetop over medium-high heat.
4. Add the vegetable oil and onion and sauté for 5 minutes until translucent.
5. Add the garlic and cook for 30 seconds. Then add the brown rice and stir for 1 minute to coat the rice evenly with oil. Turn off heat.
6. Pour boiling water over the rice and stir to combine. Cover the saucepan tightly with heavy-duty aluminum foil.
7. Bake in the middle rack of the oven for 1 hour, undisturbed, until rice is tender but still has a bite to it, and the water is completely absorbed (tip pan towards you to check for water).
8. Remove sauce pan from the oven and uncover. Fluff the rice with a fork and serve immediately.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving	
Calories	133
	Calories from Fat 27
% Daily Value	
Total Fat	3 g 5%
Saturated Fat	1 g 2%
Trans Fat	0 g
Cholesterol	0 mg 0%
Sodium	5 mg 0%
Total Carbohydrate	24 g 18%
Dietary Fiber	1 g 4%
Sugars	1 g
Protein	3 g
Vitamin A	0 %
Calcium	1 %
Vitamin C	1 %
Iron	6 %

Recommendations & Requirements

Note: This recipe may count towards the grain component of the menu.



Egg Noodles (#125)

Yield: 25 servings
Serving size: Approximately 2 oz cooked

Ingredients

25 ounces egg noodles, uncooked
2 Tbsp butter, unsalted
1 ½ Tbsp ground black pepper
1 ½ Tbsp parsley
1.5 gallons water

Directions

1. Bring a large pot of the water to a boil. Add the noodles and cook until they are al dente.
2. Meanwhile, ladle ¼ cup of the noodles cooking water into a medium skillet. Set the skillet over low heat, and while whisking constantly, gradually add the butter, piece by piece, (let each piece of butter melt into the sauce before adding the next bit) until a smooth sauce has formed. Stir in the parsley and pepper, to taste.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	118	Calories from Fat	20
% Daily Value			
Total Fat	2 g		3%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	26 mg		9%
Sodium	13 mg		1%
Total Carbohydrate	21 g		16%
Dietary Fiber	1 g		4%
Sugars	1 g		
Protein	4 g		
Vitamin A	5%	Calcium	2%
Vitamin C	0%	Iron	15%

Recommendations & Requirements

Note: This recipe may count towards the grain component of the menu.



Dominican Moro Black Beans (#126)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

3 cups (1.2 lb) white rice, uncooked
3 cups canned black beans, low sodium
2 ½ cups red onions, sliced
1 cup green pepper, chopped
½ cup chicken broth, low sodium
¼ cup canned tomato paste, low sodium
¾ cup vegetable oil
½ cup cilantro, chopped
5 garlic cloves, minced
1 Tbsp oregano
2 Tbsp parsley, chopped
3 ¾ cups water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	150	Calories from Fat	40
% Daily Value			
Total Fat	4 g		7%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	70 mg		4%
Total Carbohydrate	25 g		19%
Dietary Fiber	2 g		8%
Sugars	1 g		
Protein	4 g		
Vitamin A	9%	Calcium	3%
Vitamin C	5%	Iron	23%

Directions

1. Heat vegetable oil in a large pot over medium heat and add garlic, onions, green pepper, oregano and parsley. Sauté for 1 minute, then add the chicken broth and stir. Add tomato paste and stir until warm.
2. Add black beans and stir. Heat for 1 minute stirring constantly.
3. Add 1 cup of water and increase heat; allow to simmer.
4. Once simmering, add the rice and the rest of the water. Bring to a boil.
5. Once boiling, reduce heat to low and cover with a lid.
6. After 15 minutes, remove the lid and most of the water should be reduced. Add in the cilantro and stir again. Let sit for 10-15 minutes before serving.

Recommendations & Requirements

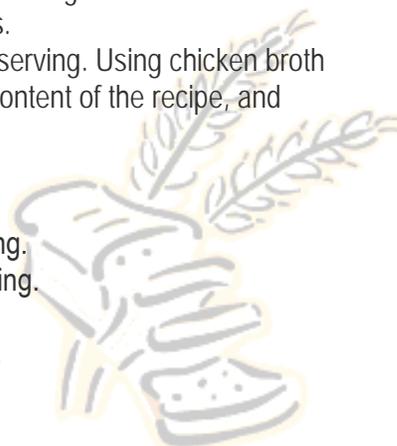
Recommendations

- 🍎 This recipe uses canned black beans that contain 240 mg of sodium per serving. Using canned black beans that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses canned tomato paste that contains 16 mg of sodium per serving. Using canned tomato paste that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned black beans should contain ≤290 mg of sodium per serving.
- 🍎 Canned tomato paste should contain ≤290 mg of sodium per serving.

Note: This recipe may count towards the grain component of the menu.



Fettuccini with Sauce (#145)

Yield: 25 servings
Serving size: Approximately 2 oz cooked

Ingredients

25 oz fettuccini, uncooked
1 ½ cups chicken broth, low sodium
6 ½ cups canned tomato sauce, low sodium
¼ cup vegetable oil

Directions

1. In a large pot add water and vegetable oil.
2. Bring to a boil and add fettuccini.
3. Cook until al dente (about 20 minutes) and then drain.
4. In another pot heat tomato sauce and chicken broth.
5. Add fettuccini when done, and mix.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	148	Calories from Fat	26
% Daily Value			
Total Fat	3 g		4%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	32 mg		2%
Total Carbohydrate	26 g		19%
Dietary Fiber	3 g		11%
Sugars	4 g		
Protein	4 g		
Vitamin A	35%	Calcium	1%
Vitamin C	4%	Iron	11%

Recommendations & Requirements

Recommendations

- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore many not meet the nutritional guidelines.
- 🍎 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium per serving may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato sauce should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the grain component of the menu and is a good source of fiber.



Perfect White Rice (#151)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4 cups (1.6 lb) white rice, uncooked
2 ½ Tbsp vegetable oil
8 cups water

Directions

1. Rinse the rice in a strainer under cold water. Drain.
2. Place the rice, vegetable oil and water in a saucepan and bring to a boil.
3. Allow the rice to boil, uncovered, until most of the water has evaporated (about 10-12 minutes).
4. Stir the rice, cover and reduce the heat to low. Simmer for 8-10 minutes.
5. Remove from the heat and fluff with a fork just before serving.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	120	Calories from Fat	14
% Daily Value			
Total Fat	2 g		2%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	4 mg		0%
Total Carbohydrate	24 g		18%
Dietary Fiber	1 g		1%
Sugars	0 g		
Protein	2 g		
Vitamin A	0%	Calcium	1%
Vitamin C	0%	Iron	16%

Recommendations & Requirements

Recommendations

🍏 To increase fiber content use brown rice.

Note: This recipe may count towards the grain component of the menu.



Whole Wheat Spaghetti (#168)

Yield: 25 servings
Serving size: Approximately 2 oz cooked

Ingredients

25 oz whole wheat spaghetti, uncooked
1.5 gallons water

Directions

1. Follow instructions on box and bring water to a boil.
2. Cook pasta until al dente.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	99	Calories from Fat	4
		% Daily Value	
Total Fat	1 g		1%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	9 mg		1%
Total Carbohydrate	21 g		16%
Dietary Fiber	2 g		8%
Sugars	1 g		
Protein	4 g		
Vitamin A	0%	Calcium	2%
Vitamin C	0%	Iron	13%

Recommendations & Requirements

Note: This recipe may count towards the grain component of the menu.



White Rice (#170)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4 cups (1.6 lb) white rice, uncooked
8 cups water

Directions

1. Place rice and water in a baking pan and bring to a boil. Reduce heat, cover, and cook for 25-30 minutes or until all water is absorbed by the rice.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	108	Calories from Fat	2
			% Daily Value
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	4 mg		0%
Total Carbohydrate	24 g		18%
Dietary Fiber	1 g		0%
Sugars	0 g		
Protein	2 g		
Vitamin A	0%	Calcium	1%
Vitamin C	0%	Iron	16%

Recommendations & Requirements

Recommendations

- 🍏 To increase fiber content use brown rice.

Note: This recipe may count towards the grain component of the menu.



Pasta (#171)

Yield: 25 servings
Serving size: Approximately 2 oz cooked

Ingredients

25 oz pasta, uncooked
1.5 gallons water

Directions

1. Follow instructions on box and bring water to a boil.
2. Cook pasta until al dente.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	105	Calories from Fat	4
		% Daily Value	
Total Fat	1 g		1%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	9 mg		1%
Total Carbohydrate	21 g		16%
Dietary Fiber	1 g		3%
Sugars	1 g		
Protein	4 g		
Vitamin A	0%	Calcium	1%
Vitamin C	0%	Iron	12%

Recommendations & Requirements

Note: This recipe may count towards the grain component of the menu.



Brown Rice with Beans (#196)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

3 cups (1.2 lb) brown rice, uncooked
3 cups canned kidney beans, low sodium
1 ½ Tbsp black olives, chopped
3 ½ cups chicken broth, low sodium
½ cup vegetable oil
¼ cup sofrito (DFTA #40)
2 ½ cups water

Directions

1. In a large pot blend vegetable oil, sofrito, chicken broth, black olives and ham.
2. Add water and bring to a boil.
3. Add rice and beans. Cook until water is absorbed.
4. Turn the rice and beans.
5. Wait 20 minutes and mix again.
6. Cook at low heat until serving time.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	152	Calories from Fat	48
% Daily Value			
Total Fat	5 g		8%
Saturated Fat	1 g		3%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	48 mg		3%
Total Carbohydrate	23 g		18%
Dietary Fiber	2 g		10%
Sugars	1 g		
Protein	3 g		
Vitamin A	0%	Calcium	2%
Vitamin C	0%	Iron	11%

Recommendations & Requirements

Recommendations

- 🍎 This recipe uses canned kidney beans that contain 130 mg of sodium per serving. Using canned kidney beans that contain higher amounts of sodium per serving may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium per serving may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned kidney beans should contain ≤290 mg sodium.

Note: This recipe may count towards the grain component of the menu and is a good source of fiber.



Rice with Chickpeas (#197)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

3 cups white rice, uncooked
3 cups canned chickpeas, low sodium
1 Tbsp black olives, chopped
1 cup chicken broth, low sodium
¼ cup canned tomato sauce, low sodium
¾ cup vegetable oil
½ tsp paprika
½ tsp sofrito (DFTA #40)
8 cups water

Directions

1. In a large pot add vegetable oil, sofrito, ham and cook for about 15-20 minutes.
2. Add tomato sauce, chickpeas, and all other ingredients (except the rice) and cook for an hour.
3. Add rice and mix in with chick peas.
4. Cook for an additional 20 minutes, turn again.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	183	Calories from Fat	67
% Daily Value			
Total Fat	7 g		12%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	65 mg		4%
Total Carbohydrate	26 g		20%
Dietary Fiber	2 g		7%
Sugars	0 g		
Protein	4 g		
Vitamin A	4%	Calcium	2%
Vitamin C	0%	Iron	24%

Recommendations & Requirements

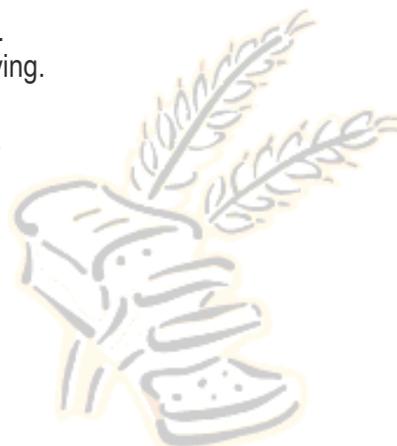
Recommendations

- 🍏 To increase fiber content use brown rice.
- 🍏 This recipe uses canned chickpeas that contain 230 mg of sodium per serving. Using canned chickpeas that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium per serving may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍏 Canned chickpeas should contain ≤290 mg of sodium per serving.
- 🍏 Canned tomato sauce should contain ≤290 mg of sodium per serving.

Note: This recipe may count towards the grain component of the menu.



Rice with Corn (#198)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

3 cups (1.2 lb) brown rice, uncooked
3 cups corn, frozen
1 Tbsp olives, chopped
1 cup chicken broth, low sodium
¾ cup vegetable oil
1 tsp Mrs. Dash seasoning
½ tsp paprika
1 Tbsp sofrito (DFTA #40)
2 ½ cups water

Directions

1. In a medium pot mix chicken broth, vegetable oil, Mrs. Dash seasoning, paprika, olives and sofrito.
2. Cook for 20 minutes.
3. Add corn and water and bring to a boil.
4. Add rice and cook for 1 ½ hours until water is absorbed.
5. Turn the rice. Cook for another 1 ½ hours and turn again.
6. Keep on a low heat until serving time.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	158	Calories from Fat	67
		% Daily Value	
Total Fat	7 g		12%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	8 mg		0%
Total Carbohydrate	21 g		16%
Dietary Fiber	1 g		5%
Sugars	1 g		
Protein	3 g		
Vitamin A	7%	Calcium	1%
Vitamin C	1%	Iron	6%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium per serving may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the grain component of the menu.



Couscous (#207)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

1.75 lbs couscous, uncooked
5 ¾ cups water

Directions

1. In a saucepan, bring water to a boil.
2. Add couscous and remove from heat and allow to sit for about 5 minutes.
3. Couscous should be light and fluffy. Be sure to allow couscous to absorb the water.
4. Fluff with a fork, if necessary.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	88	Calories from Fat	1
% Daily Value			
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	6 mg		0%
Total Carbohydrate	18 g		14%
Dietary Fiber	1 g		4%
Sugars	0 g		
Protein	3 g		
Vitamin A	0%	Calcium	1%
Vitamin C	0%	Iron	4%

Recommendations & Requirements

Note: This recipe may count towards the grain component of the menu.



Stuffing with Apples and Walnuts (#222)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

8 cups breadcrumbs, plain
3 apples
3 celery stalks, chopped
3 onions, chopped
1 ½ cups walnuts
3 cups applesauce, unsweetened
2 tsp cinnamon
1 tsp cloves
1 tsp ginger root
1 tsp nutmeg
4 ½ cups water

Directions

1. Preheat oven to 325°F.
2. Stir in apples, onions, celery and walnuts and cook for 5 minutes until vegetables are tender.
3. Mix in the applesauce, water and breadcrumbs. Cook and stir until the breadcrumbs have absorbed the liquid. Season with cinnamon, cloves, nutmeg and ginger.
4. Bake for 45-50 minutes.

Recommendations & Requirements

Note: This recipe may count towards the grain component of the menu and is a good source of fiber.

Nutrition Facts			
Serving Size: 1 serving			
Amount Per Serving			
Calories	260	Calories from Fat	96
		% Daily Value	
Total Fat	11 g		17%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	260 mg		16%
Total Carbohydrate	35 g		27%
Dietary Fiber	4 g		14%
Sugars	8 g		
Protein	7 g		
Vitamin A	5%	Calcium	7%
Vitamin C	3%	Iron	27%



Black Beans and Rice (#228)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

3 cups (1.2 lb) white rice, uncooked
3 cups (2-15 oz) canned black beans, low sodium
1 onion, chopped
1/3 cup vegetable broth
¼ cup vegetable oil
½ tsp ground black pepper
½ tsp cumin
½ garlic clove, minced
7 ½ cups water

Directions

1. In a stockpot over medium-high heat, heat vegetable oil.
2. Add onion and garlic and sauté for 4 minutes.
3. Add rice and sauté for 2 minutes.
4. Add vegetable broth and water, and bring to a boil.
5. Cover and lower heat. After 20 minutes, add spices and black beans. Mix well.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	128	Calories from Fat	22
% Daily Value			
Total Fat	3 g		4%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	63 mg		4%
Total Carbohydrate	24 g		18%
Dietary Fiber	2 g		6%
Sugars	1 g		
Protein	3 g		
Vitamin A	0%	Calcium	2%
Vitamin C	0%	Iron	22%

Recommendations & Requirements

Recommendations

- 🍎 To increase fiber content use brown rice.
- 🍎 This recipe uses canned black beans that contain 240 mg of sodium per serving. Using canned black beans that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned black beans should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the grain component of the menu.



Quinoa (#230)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

2 lbs (4 cups quinoa), uncooked
8 cups (2 quarts) water

Directions

1. Put water in a medium sauce pan that has a lid.
2. Add quinoa and stir.
3. Heat to boiling.
4. Reduce heat to medium low, cover and simmer until quinoa is tender.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	100	Calories from Fat	15
% Daily Value			
Total Fat	2 g		3%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	4 mg		0%
Total Carbohydrate	18 g		14%
Dietary Fiber	2 g		7%
Sugars	0 g		
Protein	4 g		
Vitamin A	0%	Calcium	1%
Vitamin C	0%	Iron	15%

Recommendations & Requirements

Note: This recipe may count towards the grain component of the menu and is a good source of fiber.



Chef's Rice (#231)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4 cups white rice, uncooked
1 cup mushroom, chopped
1 cup onion, chopped
½ cup chicken broth, low sodium
½ cup trans fat free margarine
7 ½ cups water

Directions

1. Heat margarine in a large saucepan.
2. Add vegetables and seasonings and sauté until onions and mushrooms are cooked well.
3. Add rice to mixture and bake about 50 more minutes.
4. Remove from heat when rice is cooked through.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving		
Calories	130	Calories from Fat 27
		% Daily Value
Total Fat	3 g	5%
Saturated Fat	1 g	3%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	32 mg	2%
Total Carbohydrate	23 g	18%
Dietary Fiber	1 g	2%
Sugars	0 g	
Protein	2 g	
Vitamin A	0%	Calcium 1%
Vitamin C	1%	Iron 12%

Recommendations & Requirements

Recommendations

- 🍎 To increase fiber content use brown rice.
- 🍎 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the grain component of the menu.



Cashmire Rice (#233)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4 cups brown rice, uncooked
½ cup raisins
3 ½ cups onions, chopped
4 oz trans fat free margarine
1 tsp garlic powder
8 cups water

Directions

1. Place water in medium saucepan with a lid.
2. Stir in rice and garlic.
3. Heat till it boils and then reduce heat to simmer with a lid. Simmer for 20 minutes.
4. Turn off heat and let cool for 10 minutes.
5. Sautee onions and raisins in margarine.
6. Add mixture into rice and combine.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	154	Calories from Fat	33
		% Daily Value	
Total Fat	4 g		6%
Saturated Fat	1 g		3%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	36 mg		2%
Total Carbohydrate	28 g		22%
Dietary Fiber	2 g		8%
Sugars	4 g		
Protein	3 g		
Vitamin A	0%	Calcium	2%
Vitamin C	2%	Iron	7%

Recommendations & Requirements

Note: This recipe may count towards the grain component of the menu.



Brown Rice w/ Mushrooms (#235)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4 cups brown rice, uncooked
3 cups mushrooms, chopped
8 scallions, chopped
6 cups chicken broth, low sodium
4 oz trans fat free margarine
Ground black pepper to taste
8 garlic cloves, minced
2 Tbsp parsley, chopped

Directions

1. Melt margarine in a saucepan over medium heat.
2. Sauté mushrooms, garlic and scallions.
3. Stir in chicken broth and rice. Season with parsley and ground black pepper to taste.
4. Reduce heat, cover and simmer until rice absorbs all liquid and is cooked through.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	168	Calories from Fat	60
			% Daily Value
Total Fat	7 g		11%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	78 mg		5%
Total Carbohydrate	24 g		19%
Dietary Fiber	2 g		7%
Sugars	1 g		
Protein	4 g		
Vitamin A	8%	Calcium	2%
Vitamin C	2%	Iron	9%

Recommendations & Requirements

Note: This recipe may count towards the grain component of the menu.



Cuban-Style Yellow Rice (#258)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

4 cups (1.6 lb) brown rice, dry
1 cup peas, frozen
1 onion, minced
1 (4 oz) jar sliced pimento peppers
1/8 tsp annatto powder
Ground black pepper to taste
1/8 tsp paprika
8 cups water

Directions

1. Place the rice in a sieve and rinse under cold water until the water runs clear. Shake sieve to remove excess water from rice.
2. Place rice in large saucepan with tightly fitting lid and add water. Stir in the onion, annatto powder, paprika, and ground black pepper. Bring the mixture to a boil over medium high heat. Reduce heat to low, cover pan, and simmer. After cooking for 10 minutes, gently stir the peas into the rice.
3. Cook until all the water is evaporated and the rice is tender, 15 to 20 minutes longer. Serve garnished with pimento slices.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	116	Calories from Fat	8
			% Daily Value
Total Fat	1 g		1%
Saturated Fat	1g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	10 mg		1%
Total Carbohydrate	24 g		19%
Dietary Fiber	2 g		5%
Sugars	1 g		
Protein	3 g		
Vitamin A	29%	Calcium	1%
Vitamin C	5%	Iron	8%

Recommendations & Requirements

Note: This recipe may count towards the grain component of the menu.



Brown Rice with Pigeon Peas (#268)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

1.5 cups (0.6 lb) brown rice, uncooked
2 cups onions, chopped
8 cups pigeon peas, cooked
2 cups canned tomato sauce, low sodium
4 Tbsp vegetable oil
8 garlic cloves, minced
3 cups water

Directions

1. Heat oil in a large, deep skillet. Add the onions and cook three minutes. Add the garlic and cook 2 minutes longer.
2. Stir in all remaining ingredients except the rice. Bring to a boil.
3. Stir in rice, cover and reduce heat to simmer. Simmer until rice is tender (about 40-45 minutes if you're using brown rice).

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	128	Calories from Fat	29
			% Daily Value
Total Fat	3 g		5%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	14 mg		1%
Total Carbohydrate	21 g		16%
Dietary Fiber	4 g		15%
Sugars	3 g		
Protein	4 g		
Vitamin A	13%	Calcium	2%
Vitamin C	18%	Iron	12%

Recommendations & Requirements

Recommendations

- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet nutritional guidelines.

Requirements

- 🍎 Canned tomato sauce should contain ≤290mg of sodium per serving.

Note: This recipe may count towards the grain component of the menu and is a good source of fiber.

