The Teaching Kitchen at Lenox Hill Neighborhood House

Farm-to-Institution Cookbook

A Recipe Guide to Farm-to-Institution Cooking
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Welcome to The Teaching Kitchen at Lenox Hill Neighborhood House Cookbook!

This cookbook is designed as a resource to help you transition your nonprofit food program to a farm-to-institution model, which will help you serve more fresh, healthy, local food. These recipes are sure to be delicious and ones that your clients will love.

Lenox Hill Neighborhood House

Founded in 1894, Lenox Hill Neighborhood House is a settlement house on the East Side of Manhattan that has become the frontrunner in the local farm-to-institution movement by creating a model program serving 390,000 healthy meals annually to low-income New Yorkers through two senior centers, a homeless shelter, a Head Start/UPK program, after school program, summer camp, and an Alzheimer’s day program.

Lenox Hill Neighborhood House transformed our 365-day-a-year Food Services to a farm-to-institution model emphasizing healthy, fresh foods to improve our clients’ overall health and well-being. We use approximately 90% fresh produce – 30-40% of it locally sourced – and regionally grown and milled whole grains.

The Teaching Kitchen

Lenox Hill Neighborhood House’s farm-to-institution training and technical assistance program works with organizations for a full year to help them serve healthier food made with more fresh and local ingredients - without raising costs. To date, we have worked with over 100 program sites – senior centers, homeless shelters, early childhood programs, soup kitchens, food pantries, supportive housing residences, after school programs and more – serving more than 10 million meals annually.
Farm-to-institution Goals

What is “farm-to-institution”? For us, it means serving fresh, healthy, and – where possible – local food. The goals of The Teaching Kitchen are to help nonprofit organizations:

• Improve the health of New Yorkers by making government-funded meals healthier;
• Localize New York’s institutional food systems, strengthening our regional health, economy, and environmental sustainability.
• Provide the next generation of institutional cooks and program staff with the knowledge and skills to build a healthier, more sustainable and more equitable food system.

To achieve these goals, The Teaching Kitchen helps organizations serve meals that are nutrient-dense and delicious, with more fresh fruits, vegetables and whole grains, more scratch cooking.

Local

When we use the word local (or regional), we mean food that comes from farms within a few hundred miles of New York City from upstate New York, Long Island, New Jersey, Pennsylvania, and even Vermont and Maine. There are many benefits to sourcing locally:

• Local food is fresh and delicious;
• Buying local supports farmers, creates jobs and keeps food dollars in our local economy;
• Strong local farms protect our water sources;
• Strong local food systems increase our regional resiliency and preparedness;
• Eating local food cuts down on the environmental impact of long-distance transport and packaging;
• Local food can be enjoyed when it is in season at its peak ripeness;
• In-season produce is usually cheaper!
About the Recipes

These recipes were created by our wonderful food services team at Lenox Hill Neighborhood House. They have been tested and approved by the most discerning of clients – New Yorkers. Not only are the recipes designed to succeed with a wide audience and in an institutional kitchen setting, but they also meet many government guidelines, including New York City Food Standards, CACFP, and the NYC Department for the Aging. These recipes were designed to meet our bottom line and are cost-effective within strict institutional food budgets.

The recipes can easily be scaled up or down depending on the size of your program; please make substitutions as you see fit. On many recipes, we highlight the ideal season to serve them, which is a great opportunity to incorporate local produce. We hope these recipes inspire you to create flavorful dishes made with love.
Breakfast
Bulgur Wheat and Coconut Hot Porridge

This recipe is a great whole grain and dairy-free hot breakfast cereal. This dish can also be made with regular milk.

Serves 50 adults

**Ingredients**

- 10 cups coconut milk
- 10-15 cups water
- 10 cups bulgur wheat
- 2 ½ teaspoons salt
- 10 tablespoons honey
- 5 teaspoons vanilla extract
- 3 teaspoons cinnamon
- 1 teaspoon nutmeg

**Directions**

1. Bring the coconut milk and half of the water to a boil. Stir in the bulgur, bring back to a boil, and then lower the heat to a simmer.
2. Stirring often, allow the mix to simmer until the bulgur is tender but still has a slight bite. If the bulgur is drying out, add more water to prevent burning.
3. Stir in the salt, honey, vanilla, and spices. Taste and adjust seasoning as needed.
Granola

Homemade granola is much cheaper and healthier than purchased granola or cereal. Oats contain high amounts of fiber and are a great breakfast food. This can be served over yogurt or with milk. This will keep up to a week in an airtight container and can be used for breakfast or snack.

Serves 50 adults

Ingredients

- Zest** of 1-2 oranges
- 1 cup oil
- 1 cup honey
- 1 tablespoon cinnamon
- 4 tablespoons vanilla
- 12 cups rolled oats
- 2 cups raisins (or 1 raisins and 1 dried cranberry)
- 2 cups coconut flakes (optional)

** Note: Zesting: scrape off the thin outer layer of colorful skin of citrus with a small grater or a microplane.

Directions

1. Preheat oven to 325°F.
2. Mix orange zest, oil, honey, cinnamon, and vanilla in a saucepan and warm the mixture on the stovetop.
3. Pour over rolled oats and mix well.
4. Spread very thinly on 2 large full sheet pans lined with parchment paper.
5. Bake for 10-20 minutes (or until golden brown), stirring once or twice in between. Add more time if need be. Take out while still soft, as it will become crisper as it cools.
6. Transfer cooked oats to a bowl and add raisins and coconut and stir well. Cool and store in airtight bags or plastic container with lid.
Spinach Frittata

This frittata can also be made with broccoli. Feel free to add additional vegetables such as peppers or other in-season vegetables. This can also be served for lunch or dinner.

Serves 50 adults

Ingredients

- 75 eggs
- 3 tablespoons butter, melted
- 2 cups low-sodium mozzarella or cheddar, shredded
- 1 onion, diced small
- 2 lb. frozen spinach, thawed and drained or 1 lb. fresh baby spinach

Directions

1. Preheat oven to 350°F. Spray 2 hotel pans well with vegetable oil spray.
2. Crack eggs in a large bowl.
3. Add butter, cheese, onions, and spinach.
5. Cut into individually sized servings.
Tropical Muesli

Muesli is a great alternative to granola because it requires almost no cooking. We are a nut-free kitchen, but you can add nuts to this recipe if it fits your clients. Feel free to substitute other dried fruit or seeds as you like. You can add ground flax meal for added fiber. You can serve this over yogurt or with milk.

SERVES 50 ADULTS

INGREDIENTS

- 5 cups rolled oats
- ¾ cup oat bran
- 1 2/3 cups sunflower seeds
- 1 2/3 cups pumpkin seeds or pepitas
- 2 teaspoons salt
- ¼ cup golden raisins
- ¼ cup dried cranberries
- ¼ cup diced dried pineapple
- 1 2/3 cup banana chips, broken up

DIRECTIONS

1. Preheat oven to 300°F.
2. Toast the rolled oats, oat bran, sunflower seeds, and pepitas in the oven or on a stovetop, toast ingredients just until they begin to release their fragrance. Make sure to keep an eye on the mixture, as it can burn easily.
3. When toasted, transfer immediately to a bowl to stop the cooking. Immediately add salt and toss. Add the rest of the ingredients and toss to mix thoroughly.
4. Cool and store in airtight bags or plastic container with lid.
Leftover Banana French Toast Casserole

This recipe was created to help us use up our leftover whole wheat bread and overripe bananas. It is always helpful to have recipes that can use up ingredients that will become potential waste. Not only does it cut down costs but increases sustainability as well! The sugar can be adjusted depending on the ripeness of the bananas. The pans with bread and custard can be set up and refrigerated overnight to be baked the next morning. This can be served with a fruit compote made with leftover fruit.

Serves 50 adults

Ingredients

- 50 leftover whole grain rolls or multigrain bread or combination
- 4 cups rolled oats (optional)
- 2 quarts milk
- 24 eggs
- 20 overripe bananas, mashed
- 4 cups brown sugar
- 2 tablespoons vanilla extract
- 3 tablespoons ground cinnamon
- ½ tablespoon ground nutmeg

Directions

1. Preheat the oven to 350°F. Oil pans with oil or vegetable spray
2. Tear leftover bread into bitesize chunks and spread evenly into two greased shallow 2 inch hotel pans. Sprinkle oats over bread in pan if using.
3. In a large stainless-steel bowl, crack eggs and whisk. Add milk and combine.
4. Add mashed bananas, brown sugar, vanilla, and spices to egg mixture.
5. Pour liquid over the bread and allow to sit for 10-15 minutes to absorb liquid.
6. Cover with foil and bake for 35 minutes. Uncover and allow to cook for an additional 10 minutes until lightly brown on top.
Homemade Turkey Sausage Patties

For a variation on this recipe, add grated apples and/or finely ground oats. The apples add natural sweetness and are a good way to use up leftover apples. The oats add bulk and fiber and are great for heart health.

Serves 50 adults

Ingredients

12 ½ lb. ground turkey
7 tablespoons paprika
7 tablespoons fennel seed
10 tablespoons salt
10 tablespoons black pepper
8 tablespoons garlic powder
1 tablespoon ground ginger
5 tablespoons brown sugar

Directions

1. Preheat oven to 350° F. Line one full sheet pan with parchment paper.
2. Mix all spices together. Sprinkle on ground turkey and mix thoroughly. (Mix in apples and/or oats, if using.)
3. Shape into 2-ounce patties and place shaped patties onto a sheet pan.
4. Cook for 20 to 30 minutes. Watch carefully so that they cook fully, but do not dry out.
Breakfast Rice Pudding with Oats

This breakfast recipe is a great way to use up leftover cooked rice and is an alternative to the traditional oatmeal.

Serves 50 adults

**Ingredients**
- 15 cups leftover cooked brown rice
- 3 to 4 cups oats
- 12 cups 1% milk
- 12 cups water
- 1 tablespoon cinnamon
- 4 tablespoons butter
- 1 ½ cups raisins
- ½ cup brown sugar

**Directions**
1. Combine all ingredients in a large stock pot.
2. Cook on low heat until oats are cooked, and the mixture has thickened in about 15 to 20 minutes.
3. Add more milk or water at the end if the mixture seems to be too thick (should be a loose oatmeal consistency).


**Cornmeal Porridge**

_This is another delicious whole grain breakfast that can be served as an alternative to oatmeal._

**Serves 50 adults**

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### Ingredients

- 6 ½ cups (or 2 ½ lb.) yellow cornmeal or stoneground polenta
- 2 teaspoons salt
- 15 cups boiling water
- 15-17 cups 1% milk, hot
- 2 cups brown sugar
- 1 tablespoon cinnamon
- 2 teaspoons nutmeg
- 5 tablespoons vanilla extract
- 3-5 strips of orange zest, optional

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### Directions

1. In a medium stock pot, heat water to boiling. Add salt.
2. Slowly whisk in cornmeal. Add milk a little at a time.
3. Add sugar, spices, vanilla, and orange zest. Whisk continuously to prevent scorching.
4. Simmer for 20 to 30 minutes, whisking every few minutes, until cornmeal is fully cooked, and the mixture has thickened.
French Toast

This French toast recipe is similar to the French toast casserole, but for a smaller audience. This recipe can use up bananas and apples before they go bad. Serve French toast hot with berry sauce, warm cooked fruit, or sliced bananas on top.

SERVES 50 ADULTS

**Ingredients**

- 50 slices of multigrain bread
- 23 eggs
- 6 cups milk
- ¼ box brown sugar
- 3 tablespoons cinnamon
- 2 tablespoons vanilla extract
- 6 or more over ripe bananas, optional

**Directions**

1. Preheat oven to 350° F. Grease sheet pans with oil.
2. Combine eggs, milk, brown sugar, cinnamon, mashed overripe bananas, and vanilla.
3. Dip bread into egg mixture and let it sit just long enough to absorb some of the mixture.
4. Lay bread slices onto sheet pans. Bake in hot oven for 15 to 20 minutes.
5. Remove and keep warm in a 200° F oven.
Berry Sauce

This sauce is a healthier choice to overly sugary syrup for French toast, pancakes, or other baked goods. This can be made with fresh or frozen berries, or really any type of fruit. It is also a good way to use up leftover fruit.

Serves 50 adults

Ingredients

- 10 lb. berries or other fruit, stemmed and medium diced
- 2/3 cup sugar
- 2/3 cup fresh lemon juice
- 5 teaspoons vanilla extract

Directions

1. In a bowl combine the berries, sugar, lemon juice, and vanilla extract.
2. Using a potato masher or fork, crush the berries several times to release some juice.
3. Cover with plastic wrap and allow it to macerate in the refrigerator for 20 minutes.
WARM COOKED FRUIT

Keeping the skin on the fruit in this recipe enhances flavor, taste, and color. Serve with French toast or pancakes, or just as a side for multigrain toast. This recipe can also either be made on the stove top or in the oven, and the ripeness of the fruit will determine the cook time. It is also a good way to use up leftover fruit.

M A K E S A P P R O X I M A T E L Y 2 G A L L O N S

Ingredients

40 lb. fruit of choice: apples, pears, cored, and cut into chunks and remove any overripe bits
¼ lb. butter or ¼ cup any oil
1 cup brown sugar or 1 cup of honey
2 tablespoons cinnamon
2 tablespoons vanilla extract (optional)
1 pinch salt
Zest and juice from 1 orange or lemon

** Note: Zesting: scrape off the thin outer layer of colorful skin of citrus with a small grater or a microplane.

Directions

1. Combine all ingredients in a large stock pot.
2. Cook on medium heat for 15 to 20 minutes. Stir often until fruit is softened and cooked.
Vegetarian Main Courses
Black Bean and Sweet Potato Chili

A hearty vegetarian twist on a familiar favorite. A meat variation of this recipe can be made by replacing some of the beans with ground turkey.

Serves 50 adults

Ingredients

- 2 onions, diced
- ¼ cup garlic, minced
- 2-3 stalks celery, sliced thinly
- 2 bell peppers, diced
- 1 teaspoon ground black pepper
- 1 tablespoon oregano
- ½ cup chili powder
- 3 tablespoons paprika
- 2 #10 cans low-sodium black beans, drained and rinsed
- 1 #10 can chopped tomatoes
- 10 lb. unpeeled sweet potatoes, 1-inch diced
- 2 cups tomato paste
- 2 tablespoons salt

Directions

1. Sauté onions, celery, and garlic in oil. Add bell peppers and spices (chili powder, oregano, paprika, and black pepper).
2. Add black beans, tomato paste, and chopped tomatoes.
3. Simmer and add sweet potatoes. Cook for an hour until sweet potatoes are soft. Add water and salt if needed.
Broccoli Cheddar Quiche

Quiche is one of our most popular dishes. This is also delicious made with spinach and mozzarella cheese.

Serves 50 adults

Ingredients

- 9 10 inch pie shells
- 2 tablespoons oil
- 1 large onion, diced
- 1 large green or red bell pepper, diced small
- 6 dozen eggs
- 1 quart 1% milk
- 2 lb. low-sodium cheddar, shredded
- Salt
- Black pepper
- 8-10 lb. fresh broccoli, cut into florets and blanched for 5 minutes.

Directions

1. Preheat oven to 350°F.
2. Heat oil in sauté pan and sauté onion and bell peppers until onions become slightly translucent and bell peppers soften (about 7 minutes). Set aside.
3. In large bowl break eggs and add milk, shredded cheese, onion, bell peppers, broccoli, salt, and black pepper.
4. Heat 2 inches of water in a navy pan and steam/blanch broccoli for about 5 minutes covered. Drain well.
5. Evenly divide filling among pie shells and cook for 30 to 40 minutes. Slice each quiche into 6 slices.
Butternut Squash Macaroni and Cheese

By adding butternut squash to this dish, which matches cheddar in color and is therefore almost undetectable, you are adding a tremendous amount of nutrient density to this dish.

Serves 50 adults

Ingredients

- 5 lb. whole wheat elbow macaroni, cooked according to package directions
- 12 ½ cups butternut squash, roasted and mashed
- 10 tablespoons oil
- 20 cups 1% milk
- 15 tablespoons butter
- 5 teaspoons paprika
- 5 teaspoons garlic powder
- Salt
- Black pepper
- 10 cups low-sodium cheddar, shredded

Directions

1. Preheat oven to 350°F.
2. Cut butternut squash in half. Drizzle with oil and season with salt and black pepper. Roast for 45-50 minutes or until fork-tender. Set aside until cool. When cooled, remove skin and mash with fork until smooth.
3. Heat milk, butter, garlic, paprika, salt, and black pepper in a large pot. Once heated add cheese and stir until melted. Add butternut squash and cooked pasta into milk mixture and shredded cheese. Combine well and check for seasoning.
4. Place into greased hotel pan, top with cheddar cheese, cover with foil, and bake for 20 minutes.
Cauliflower Chickpea Bulgur Wheat Bake

This is a very satisfying and hearty vegetarian casserole. The addition of melted cheese makes it a crowd pleaser.

Serves 50 adults

Ingredients

- 16 cups bulgur wheat
- 21 cups boiling water
- 2 tablespoons oil
- 2 teaspoons salt
- 10 heads cauliflower, cut into florets
- 5 tablespoons garlic, minced
- 4 tablespoons basil
- 4 tablespoons oregano
- 1 cup oil
- 2 #10 cans low-sodium chickpeas, drained and rinsed
- 16 cups low-sodium cheddar or mozzarella, shredded
- 2 cup grated parmesan cheese

Directions

1. Preheat oven to 350˚F. Grease 4 hotel pans or 8 half pans
2. Boil water. Put dried bulgur wheat into 2 hotel pans, 8 cups per pan. Add 10 ½ cups hot water to each pan. Divide the oil and salt between the two pans.
3. Cover with clear plastic wrap and foil and put into the oven for 30 minutes. The bulgur wheat should be completely cooked but not mushy!
4. While the bulgur wheat is cooking, toss cauliflower with garlic, basil, oregano, and oil. Roast for 30 minutes. (Alternatively, steam cauliflower florets and toss garlic, basil, oregano and oil).
5. Mix well with cooked bulgur wheat, chickpeas, and shredded cheese (cheddar or mozzarella). Put into hotel pans and top with parmesan cheese.
6. Cover with clear plastic and foil and bake for 20 to 30 minutes. Remove foil and plastic warap and baked 10 minutes or until golden on top.
Eggplant Parmesan

This is a familiar vegetarian dish. We make it with fresh eggplant that is pre-baked, as opposed to breaded and fried. The breadcrumbs are sprinkled between the layers to mimic the traditional texture.

Serves 50 adults

Ingredients

- 10 lb. eggplant
- 3 cups oil (or more as needed)
- 2 tablespoons salt
- 1 tablespoon black pepper
- ½ cup dried oregano
- 1 #10 cans of low-sodium spaghetti sauce
- 4 to 5 cups breadcrumbs
- 4 cups grated parmesan
- 8 cups of low-sodium mozzarella, shredded
- 1 cup chopped fresh basil or ½ cup dried basil

Directions

1. Preheat oven to 325°F degrees.
2. Slice eggplant into ½ inch slices, leaving skin on. In batches, toss the slices in the oil and lay them on full sheet pans that are lined with parchment paper, wax paper, or foil. Sprinkle eggplant with small amount of salt, black pepper, and dried oregano.
3. Cook in oven for 15 to 20 minutes or until just starting to become golden brown. Remove from oven.
4. Coat the bottom of hotel pan with thin layer of spaghetti sauce. Lay eggplant on top of sauce closely but not overlapping. Sprinkle 1 cup of breadcrumbs over the eggplant evenly.
5. Sprinkle 2 cups of mozzarella over the breadcrumbs. Sprinkle 1 cup of parmesan cheese over the mozzarella. Add another layer of sauce.
6. Then make one more layer of all ingredients, eggplant, bread crumbs, mozzarella, ending in a layer of parmesan cheese.
7. Cover with foil and bake for 15 to 20 minutes. Remove foil and bake another 5 to 7 minutes until bubbling hot and golden brown on top.
Lemony White Beans, Carrots, and Spinach

This is a great Italian version of a legume entrée. Keep in mind, it can be difficult to find low-sodium canned white beans. In that case, use about 10 lb. of dried white beans and cook from scratch.

Serves 50 adults

Ingredients

- 4 #10 cans low-sodium Great Northern beans, drained and rinsed
- 2 cups oil
- 24 to 30 medium carrots, peeled and cut into small dice
- 4 medium onions, diced
- 1 cup garlic, minced
- 4 bell peppers, diced small
- 4 ribs celery, sliced thinly
- 1 cup tomato paste
- 8 teaspoons dried oregano
- 8 teaspoons dried basil
- Zest** of 4 to 6 lemons
- 2 quarts water or vegetable stock
- Salt
- Black pepper
- 6 lb. baby spinach

** Note: Zesting: scrape off the thin outer layer of colored skin of citrus with a small grater or microplane

Directions

1. In a stock pot eat oil. Sauté onions and garlic for 2 to 3 minutes until transparent. Add carrots, celery, and bell peppers. Cook for 5 minutes until bell peppers and celery begin to soften.
2. Add tomato paste, lemon zest, oregano, and basil. Cook one more minute. Add water and beans into the vegetables and bring to a simmer. Cook for 30 minutes until carrots are very tender and flavors develop. Season with a sprinkle of salt and black pepper.
3. Add spinach to the pot and cook for another 3 to 5 minutes.
4. Add water to the last 30 minutes of cooking if it becomes too thick. This stew or side dish is meant to be thick and creamy so don’t add too much water.
5. Can be served as a side dish or main dish over rice (or bulgur wheat, quinoa, or barley).
Lentil Stew with Carrots and Turnips

This is one of our favorite ways to use turnips, which are a New York State winter storage vegetable. Even our 3-5 year-old children love this stew.

Serves 50 adults

Ingredients

- ½ cup garlic, minced
- ½ cup oil
- 1 onion, diced
- ¼ bunch celery, sliced thinly
- 1 red or green bell pepper, diced
- 1 ½ cups tomato paste
- 2 lb. chicken sausage (optional)
- 1 tablespoon oregano
- 2 bay leaves
- 2 tablespoons salt
- 5-6 medium carrots, in 1 inch rounds
- 5 turnips, in 1 inch dice
- ½ bunch parsley
- 3 ½ lb. (about 9 ½ cups) lentils, dried
- About 2 gallons water or chicken stock

Directions

1. In a stock pot add oil and sauté onions, celery, and garlic until soft.
2. Add bell peppers and chicken sausage (if using) for 10 minutes.
3. Add bay leaves, parsley, oregano, salt, carrots, turnips, lentils, tomato paste, and water/chicken stock. Cook for 1 ½ hours.
4. Serve with rice, bulgur wheat, or quinoa.
Penne with White beans, Eggplant, and Tomatoes

The white beans in this dish add protein and make it a well-rounded main dish. The eggplant could also be roasted to develop different flavors. Toss eggplant with salt and pepper and roast in a 325°F oven for 30 mins or until tender.

Serves 50 adults

**Ingredients**

- 2 cups fresh basil, chopped
- 4 lb. dried whole wheat penne, cooked
- 12 cups low-sodium cannellini (white kidney) beans, drained and rinsed
- 12 cups canned crushed tomatoes
- 2 cups oil
- 10-12 cloves garlic, sliced thinly
- 4 onions, diced
- 6 bell peppers, diced
- 12-16 eggplants cut into 1-inch cubes
- Salt
- Black pepper

**Directions**

2. Add tomatoes and bring to a simmer. Cover and cook until eggplant is very tender, about 15 minutes.
3. Add beans and simmer until heated through. Stir in basil, salt, and black pepper.
4. Add cooked penne to sauce and stir.
Rotini with Spinach, Chickpeas, and Garlic

The addition of the lemon to this pasta really brightens up the dish. While frozen spinach can be used, we do recommend using fresh spinach in this dish for color and flavor.

Serves 50 adults

Ingredients

- 7 ½ lb. frozen spinach, drained or 3 ½ lb. fresh spinach
- 1 cup oil
- ½ cup garlic, minced
- 1 red onion, diced small
- 4 lb. whole wheat rotini
- 1 #10 cans low-sodium chickpeas, drained and rinsed
- 2 ½ cups parmesan, grated
- ½-1 cup lemon juice, or to taste
- Salt
- Black pepper

Directions

1. Place spinach in boiling salted water and cook until just hot. Drain well.
2. Heat oil and sauté garlic and red onion for 2 minutes until lightly browned. Remove immediately and pour over spinach. Combine well. Keep warm while boiling pasta.
3. Cook rotini in boiling salted water. During last 5 minutes of boiling, add drained chickpeas. Drain and toss with spinach, lemon juice, and garlic oil mixture.
4. Toss in parmesan, salt, and black pepper and mix well.
Vegetable Biryani with Chickpeas

Biryani is an Indian main rice dish. Although it is frequently made with meat, it is equally delicious as a vegetarian dish.

Serves 50 adults

Ingredients

- 5 lb. brown basmati rice or 12 cups
- ¾ cups oil
- 2 onions, diced
- ½ cup ginger, minced
- ¼ cup garlic, minced
- 3 lb. sweet potatoes, cut into 1-inch dice
- 4 large carrots, cut into 1-inch pieces
- 3 tablespoons mild curry powder
- 1 tablespoon ground turmeric
- 1 tablespoon cinnamon
- 2 teaspoons cumin
- 6 bay leaves
- 1 #10 can diced tomatoes
- 1 #10 can low-sodium chickpeas, drained and rinsed
- 2 heads cauliflower, stemmed and cut into 1-inch pieces
- 2 lb. frozen green peas, thawed

Directions

1. Divide basmati rice among hotel pans and cook according to package directions. Keep hot.
2. In a stock pot heat oil. Add onions and ginger and cook until translucent and fragrant, 7 to 10 minutes. Add garlic and cook stirring for one more minute.
3. Add sweet potato, carrot, and spices and cook for another 10 minutes. Add diced tomatoes and bring to a boil. Lower heat and add cauliflower, chickpeas, and green peas.
4. Cook for another 15 to 20 minutes until vegetables are tender.
5. Add sauce and vegetables to each hotel pan and make sure it is evenly distributed and mix thoroughly.
**Whole Wheat Linguine with Asparagus, Peas, and Spinach Cream**

Spring is asparagus season. Asparagus can be expensive, even in season, as part of a vegetarian entrée, this dish is still affordable to serve.

**Serves 50 adults**

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 lb. frozen spinach, drained or ½ lb. fresh spinach, washed</td>
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<tr>
<td>1 ½ lbs. skim milk ricotta cheese</td>
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</tr>
<tr>
<td>1 cup oil</td>
<td></td>
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<tr>
<td>½ cup garlic, minced</td>
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<tr>
<td>Zest** of 2 lemons with juice (optional, but very good for taste)</td>
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</tr>
<tr>
<td>5 lb. whole wheat linguine</td>
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</tr>
<tr>
<td>5 lb. fresh asparagus, tough ends cut off (about 2 inch)</td>
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<tr>
<td>4 lb. green peas, frozen</td>
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</tr>
<tr>
<td>2 cups grated parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>3 cups reserved pasta water*</td>
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</tr>
<tr>
<td>Salt</td>
<td></td>
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<tr>
<td>Black pepper</td>
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</table>

**Note: Zesting:** scrape off the thin outer layer of colored skin of citrus with a small grater or microplane

### Directions

1. Bring a large stock pot of salted water to boil with enough room for pasta, peas, and asparagus.
2. Drop spinach into the boiling water in a steamer insert or sieve. Cook for 1 minute and remove with steamer insert or slotted spoon. Drain well and put into a bowl with ricotta cheese, oil, garlic, and lemon zest and juice.
3. Using an immersion blender or other food processor or blender, blend these ingredients. Set aside.
4. Bring water back to a boil and cook linguine until just about done. Drop in asparagus pieces and peas and cook for another 1 to 2 minutes until bright green and just cooked. *Reserve 3 cups pasta water and drain off the rest.
5. Put pasta and vegetables into a bowl. Pour spinach and ricotta mixture over the pasta. Add parmesan and toss.
6. If needed, mix in some, maybe not all, of the reserved pasta water, to make the pasta a smooth consistency.
7. Season with a sprinkle of salt and black pepper to taste.
Moroccan Chickpea Stew with Chard

This stew can be served hot over bulgur wheat, barley, or brown rice.

Serves 50 adults

Ingredients

1 cup oil
2 medium onions, diced
½ cup garlic, minced
3 tablespoons fresh ginger, minced
1 ½ tablespoons turmeric
1 ½ tablespoons paprika
1 ½ tablespoons cinnamon
1 ½ tablespoons cumin
1 ½ teaspoons black pepper
2 tablespoons salt
¾ cup tomato paste
3 lb. swiss chard, stems and leaves separated and chopped
3 medium carrots, chopped
2 heads cauliflower, cut into bite-sized pieces
2 #10 cans low-sodium chickpeas, drained and rinsed
½ lb. raisins (optional)
1 bunch cilantro, chopped

Directions

1. In a stock pot heat oil on medium heat.
2. Add onion, garlic, ginger and cook for 5 minutes until wilted and fragrant. Add dry spices and cook for another 2 minutes.
3. Add tomato paste and stir for 2 more minutes until slightly browned. Add chard stems, carrots, cauliflower and continue to cook. Stir for 10 minutes.
4. Add chickpeas and water to just cover all. Bring to a simmer and cook over low heat for 30 to 45 minutes, adding more water if necessary, but not so much as to make the stew watery.
5. Add raisins, chard leaves, and cilantro. Cook for 5 more minutes.
Tofu and Broccoli Curry

Serves 50 adults

Ingredients

- 8 lb. firm tofu, patted dry and cut into 1-inch cubes
- ½-¾ cup oil
- 1 ½ cups garlic, minced
- 1 cup ginger, minced
- 2 onions, diced
- 1/3 cup curry powder
- 3 tablespoons ground cumin
- 3 tablespoons ground turmeric
- 1 tablespoon powdered ginger
- 2 tablespoons salt
- 2 ½ lb. (about 6 medium) carrots, peeled and chopped
- 2 bell peppers, seeded and chopped (optional)
- 5 lb. broccoli florets
- 3 #10 cans coconut milk
- ½ cup lemon or lime juice

Directions

1. Preheat oven to 325° F.
2. Oil 2 full sheet pans that are covered with aluminum foil or parchment paper. Place tofu on sheet pans and bake for 20 to 25 minutes. Tofu will be very lightly browned and lose much of its liquid.
3. In a large stock pot, heat oil and sauté garlic, ginger, and onions until fragrant and transparent. Add curry, cumin, turmeric, and powdered ginger. Cook for 1 more minute.
4. Stir in carrots, bell pepper if using, and broccoli. Add tofu and stir to combine. Add coconut milk and lemon or lime juice. Stir well and cover.
5. Reduce heat to medium and cook for 20 minutes or until all vegetables are tender. Serve with brown rice.
Whole Wheat Pizza with Broccoli

This pizza dough can be made in a large mixer or by hand. If making by hand, make sure to knead thoroughly. Homemade pizza is usually healthier and more delicious than store bought.

Serves 50 adults

Ingredients

- 7 ½ cups lukewarm water
- 7 ½ tablespoons yeast
- 3 tablespoons sugar
- ½ cup oil
- 18 ¾ cups whole wheat flour
- 4 tablespoons salt
- Extra flour for kneading and rolling out dough

- 1 #10 can low-sodium spaghetti sauce or crushed tomatoes
- 3 ½ to 4 lb. low-sodium mozzarella, shredded
- 2 cups grated parmesan
- 7 ½ lb. fresh broccoli, trimmed to florets and blanched for 5 minutes

Directions

1. In a large mixing bowl combine water, yeast, and sugar.
2. Let stand for 10 minutes until foamy and yeast is activated. Add olive oil to water mixture. Combine flours and salt in a separate bowl and combine well.
3. Pour flour mixture into the liquid. Mix on slow speed for 1 minute and medium speed for 1 minute until the dough pulls away from the sides and forms a ball. Turn out onto a floured surface and knead for 3 to 5 minutes.
4. Put into a well-oiled (or use oil spray) bowl and cover with plastic wrap. Put in warm spot (or not cold) and let sit for an hour or two.
5. Preheat oven to 450° F.
6. Punch down and roll out into rectangular pies to fit into each pan.
7. Layer on sauce and cheese, broccoli, and any other additions and cook for 7 minutes.
Chickpea Delight Casserole

Serves 50 adults

Ingredients

- 8 lb. large sweet potato, 1-inch dice
- 1 #10 can crushed tomatoes
- 2 #10 cans low-sodium chickpeas, drained and rinsed
- 1 ¼ quarts (6 ½ cups) frozen corn kernels
- 1 onion, diced
- 1 bell pepper, chopped finely
- 2 tablespoons garlic, minced
- 18 cups (4 ½ quarts) low-sodium cheddar, shredded
- 1 ½ tablespoons chili powder
- 2 teaspoons salt
- 1 teaspoon black pepper
- 4 tablespoons ground cumin
- 2 ½ tablespoons dried oregano
- 2 tablespoons cilantro, chopped (optional)

Directions

1. Preheat oven to 350° F.
2. Combine all ingredients and only 8 cups of shredded cheese. Set the remaining 10 cups aside for topping.
3. Spread into 4 full shallow hotel pans. Cover with lid or foil and bake for 45 minutes.
4. Remove foil, stir, and top with remaining cheese. Bake for approximately 20 minutes, until the sweet potatoes can be easily pierced with a fork. Watch carefully, as the top will get crispy quickly.
5. If using, sprinkle with fresh chopped cilantro right before serving.
Poultry and Fish Main Courses
Bulgur Wheat or Arroz con Pollo

Originally, we were making only arroz con pollo, but in a desire to serve more diverse grains we made the dish with bulgur wheat. It is now just as popular as the original.

Serves 50 adults

**Ingredients**

- 14 cups (about 7 lb.) bulgur wheat or brown rice
- Boiling water
- 2 cups oil
- 15-20 lb. boneless chicken thighs, cut into bite-sized pieces
- 4 large onions, diced
- 6 bell peppers, diced
- 1 cup cilantro, chopped
- 2 cups garlic, minced
- ¼ cup oregano
- 3 tablespoons paprika
- Salt
- Black pepper

**Directions**

1. Preheat oven to 350°F.
2. Evenly divide bulgur wheat into 2 full hotel pans, evenly divided. Cover with boiling water approximately 1 inch over the top of the bulgur wheat. Bake for 30 minutes, covered with film and foil.
3. In a large sauté pan sauté onions and bell peppers in oil. When vegetables start to become tender, add garlic, spices, and herbs. Add meat and cook until done.
4. Combine meat with cooked bulgur wheat and stir well.
Chicken Cacciatore

If you want to add some creativity and new flavors to your basic chicken cacciatore recipe, try this one with the addition of celery, carrots, and peppers! We use boneless thighs for this recipe because they can be a cheaper, juicier, and more flavorful cut, but you could also use breasts or bone-in-thighs.

Serves 50 adults

**Ingredients**

- 1 cup oil
- 25 lb. skinned, boneless chicken thighs
- 2 ½ cups onion, diced
- 1 ½ cups celery, sliced thinly
- 1 lb. (6 medium carrots) carrots peeled, chopped
- 2 tablespoons garlic, minced
- 2 #10 cans whole tomatoes, undrained and chopped
- 2 ½ cups mushrooms, sliced
- ½ cup fresh parsley, chopped
- 1 ½ cups green bell pepper, diced
- 1 tablespoon dried whole basil
- 1 tablespoon dried whole oregano
- Salt
- Black pepper

**Directions**

1. Preheat oven to 350°F.
2. Season chicken with salt and pepper and lightly coat with oil. Place chicken evenly on sheet trays. Roast in the oven for 20 to 30 minutes.
3. In a large skillet heat enough oil to sauté onions, celery, and garlic. Sauté until vegetables are tender.
4. Place chicken in skillet with tomatoes and remaining ingredients. Cover and simmer for 20 minutes, or until chicken is done cooking.
Baked Fish with Corn and Potato Sauce

We’re always looking for ways to keep our fish hot and moist. This corn and potato sauce adds richness, nutrients, and moisture to the dish, not to mention flavor!

Serves 50 adults

Ingredients

- 6 ½ lb. 3 to 5 ounces cod or pollack filets
- ¼ lb. butter
- ½ cup oil
- 1 ½ onions, diced
- ¼ cup garlic, minced
- ½ cup red bell pepper, diced small
- ½ head celery, sliced thinly
- 1 cup shredded carrot
- 1 tablespoon thyme leaves
- 1 tablespoon paprika
- 2 teaspoons black pepper
- ½ cup all-purpose flour
- 1 quart 1% milk, heated
- 1 quart water, heated
- 6 bay leaves
- 4 lb. yellow potato, diced
- 2 ½ lb. frozen corn, thawed
- 2 bunches scallions (optional)
- 1 cup half and half (optional)
- 2 tablespoons salt

Directions

1. Preheat oven to 350°F.
2. Heat butter and oil in a large stock pot. Sauté onion, garlic, red bell peppers, celery, and carrots.
3. Add thyme leaves, paprika, pepper and sprinkle flour sautéed vegetables.
4. Stir for 5 minutes to lightly cook the flour. Do not brown.
5. Add hot milk and water slowly, stirring constantly. Add with bay leaves. Bring to a simmer.
6. Add potato and corn. Cook until potatoes are done. Five minutes before serving, add half and half, if using. Add scallions or chives. Bring to a simmer.
7. Cook fish on paper lined baking trays for 7 to 10 minutes until cooked entirely through.
8. Serve fish with sauce ladled over it.
**Chicken Stew with Ginger and Pumpkin**

This stew is perfect as a hearty fall and winter dish, when butternut squash and pumpkin are in season. Experiment with different squashes during peak season. We do not peel our butternut squash because the peel has nutrients and softens upon cooking. Butternut squash is very high in Vitamin A.

**Serves 50 adults**

**Ingredients**

- 15 lb. chicken thighs, bone out, cut into 3 or 4 chunks
- 3/4 cup vegetable oil
- 2 green or red bell peppers, diced
- 2 onions, diced
- 3 stalks celery, diced
- 1/2 cup garlic, minced
- 2/3 cup ginger, peeled and minced
- 3 tablespoons oregano
- 1/3 cup paprika
- 2 tablespoons salt
- 3 tablespoons black pepper
- 8 lb. squash, seeded, unpeeled, cut into 1-inch dice
- 7 cups canned diced tomatoes
- 1/2 cup tomato paste
- 1/2 cup cilantro, chopped, optional
- Water as needed

**Directions**

1. Heat oil and sauté bell peppers, onions, celery, garlic, and ginger until tender, about 10 minutes.
2. Add tomato paste, oregano, pumpkin, salt and pepper and mix well.
3. Add chicken, diced tomatoes, and diced pumpkin. Bring to a simmer and add just enough water to keep the mixture wet to avoid sticking. Simmer for 30 to 40 minutes until squash is very tender and forming a thick sauce.
Sweet Potato Coconut Curry Fish

This is another sauce that helps keep fish hot and moist. Sweet potatoes are high in Vitamin A, making this sauce more nutrient dense.

Serves 50 adults

**Ingredients**

- 6 ½ lb. 3 to 5 ounces cod or pollack
- 6 tablespoons oil
- 3 tablespoons garlic, minced
- 2 large onions, diced
- ½ head celery, sliced thinly
- 4 lb. sweet potatoes, washed and diced into 1 inch pieces
- 2 bell peppers, diced small
- 1 ½ tablespoons mild curry powder
- 3 #303 (15 ounce) cans coconut milk
- 1 ½ cups water
- 1 tablespoon brown sugar
- ¼ cup lime or lemon juice
- ¼ cup cilantro, washed and chopped (optional)

**Directions**

1. Preheat oven to 325°F.
2. Lightly season the fish with salt, black pepper, and oil and place evenly on sheet trays.
4. When vegetables begin to soften, add curry powder and cook for 2 minutes. Add coconut milk, sugar, and water. Cook until sweetpotatoes are tender (simmering for about 30 minutes).
5. Add cilantro to sauce and cook for about 5 minutes stirring well. Finish with lemon or lime juice.
6. Serve ½ cup of sauce over fish.
Healthier Tuna Salad

This tuna recipe is made with less mayonnaise and substituted with yogurt for a healthier version of a tuna salad. Yogurt is lower in fat and calories and contains more probiotics and protein.

SERVES 50 ADULTS

INGREDIENTS

14 lb. canned tuna, in water, drained
1 ½ cups plain yogurt
2 tablespoons oil
2 ¼ cups light mayonnaise
4 ½ tablespoons pickle relish
2 ounces lemon juice
1 onion, diced small
½ small red onion chopped finely
½ - ¾ head celery, sliced thinly

DIRECTIONS

1. Mix tuna, chopped vegetables, and remaining ingredients.
Baked fish with Lemon and Garlic

This is a light and flavorful way to prepare any fish. Alternatively, put all sauce ingredients in the blender and blend together.

Serves 50 adults

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>6 ½ lb. salmon or cod, in 3-5 ounce portions</td>
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<tr>
<td>¾ cup oil</td>
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<tr>
<td>¾ cup of lemon juice</td>
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<tr>
<td>¾ cup garlic, minced</td>
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<tr>
<td>¾ cup parsley, chopped</td>
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**Directions**

1. Preheat oven to 350°F. Oil 2 full sheet pans that are covered with aluminum foil or parchment paper.
2. Combine all ingredients and drizzle or brush over fish on baking sheets.
3. Lay approximately 25 to 30 pieces of fish per tray, 4 or 5 trays total. Cook for 7 to 10 minutes.
Spaghetti Carbonara with Turkey Bacon and Green Peas

This recipe is a perfect way to use less meat without sacrificing flavor. This is an easy way to transition into serving smaller meat portions.

Serves 50 adults

Ingredients

- 4 lb. whole wheat spaghetti
- 3 ½ lb. low-sodium turkey bacon, cut into 1-inch pieces
- 1 cup oil
- ½ cup garlic, minced
- 4 lb. green peas, frozen
- ½ lb. part-skim ricotta
- 2 ½ quarts 1% milk
- ½ lb. arugula or baby spinach or 1 cup chopped parsley
- ½ lb. parmesan, grated

Directions

2. Heat oil and sauté turkey bacon and garlic for 2 minutes. Add peas into the tilt skillet with the bacon and garlic. Stir to break up clumps.
3. In a bowl ricotta and milk. Add mixture slowly over other ingredients and cook on medium heat until peas are just done. Do not simmer or boil. Add pasta and mix well.
4. Add parsley and parmesan and toss to combine well.
Chicken Stir-fry

Typically, this dish is served with brown rice. This is a good dish to add any surplus vegetables you may have, so add or replace any vegetable in this recipe.

Serves 50 adults

Ingredients

- 13 lb. chicken breast, cut into ½ inch x 2-inch strips
- 1 onion, cut into ½ inch x 2-inch strips
- 2 bell pepper, cored and cut into ½ inch x 2-inch strips
- 2 tablespoons garlic, minced
- 3 tablespoons fresh ginger, minced
- 10 lb. whole broccoli, cut into bite-sized florets or 5 lb. broccoli florets
- 4 large carrots, peeled and sliced thinly on the diagonal
- 2 cups low-sodium soy sauce
- 3 tablespoons cornstarch
- ¾ cup oil

Directions

1. Heat oil in large pan. Add sliced chicken and sauté until almost cooked through and slightly browned.
2. Add garlic, ginger, onion, bell peppers and carrots, and stir to combine.
3. Cook for 10 minutes until slightly soft. Add broccoli and cook, stirring often for about 10 more minutes.
4. Combine and stir together soy sauce and cornstarch; add to pan.
5. Stir for 5 minutes to incorporate. Turn down heat and cook for 20 more minutes until the sauce has thickened.
**Turkey Meatballs**

**Serves 50 adults**

**Ingredients**

**Meatballs**
- 12 lb. ground turkey meat
- 8 eggs
- 3 cups bread crumbs
- 2 ½ cups parmesan
- ½ cup parsley, chopped
- 2 tablespoons salt
- 1 tablespoon black pepper
- 2 tablespoons garlic powder or ½ cup fresh garlic
- 2 tablespoons dried oregano
- 2 tablespoons dried basil

**Tomato Sauce**
- 2 #10 cans crushed plum tomatoes
- 2 tablespoons oil
- ½ cup garlic, minced
- ¼ cup dried oregano
- Salt
- Black pepper

**Directions**

1. Preheat oven to 350° F.
2. Mix all meatball ingredients together in a large bowl.
3. Form into about 50 4-ounce meatballs.
4. Place on a full baking sheet with foil or parchment paper and bake for 30 minutes.
5. While meatballs are cooking, make tomato sauce.
6. For sauce: In a pot, sauté garlic in oil for about 5 minutes, then add the remaining ingredients. Simmer for 20 minutes.
7. When meatballs are done, drop into tomato sauce and cook for another 30 minutes.
8. Serve 1 meatball with sauce and spaghetti.
Vegetable Sides
Braised Red Cabbage with Apples

We use red cabbage in our menus frequently, though usually raw. This is one of the few dishes in which it is served cooked. The caraway seeds make the dish authentically German and delicious.

Serves 50 adults

Ingredients

- 2 heads red cabbage, shredded
- 4 apples, sliced thinly
- 2 tablespoons butter
- 3 tablespoons oil
- 1 ¾ cups apple cider or apple juice or orange juice
- 3 ½ ounces water
- 3 ½ ounces apple cider vinegar
- 1 tablespoon caraway seeds (optional)
- 1 ½ tablespoons brown sugar
- 3 teaspoons salt

Directions

1. Melt butter and oil and sauté cabbage and apples.
2. Add all liquid and seasonings.
3. Cook for 30 minutes until wilted.
Collard Greens with Tomatoes

We recommend that collard greens should be served fresh. The amount of tomatoes that are put into this dish can be varied based on the taste preference of your clients.

Serves 50 adults

Ingredients

1 case collards (about 16 lb.)
½ cup oil
3 tablespoons garlic, minced
2 large onions, diced
1 #10 can diced tomato
2 tablespoons sugar
2 tablespoons dried oregano

Directions

1. Take stems off collards, wash well, and chop roughly. Heat oil in a tilt skillet and add onions and garlic. Cook for 3 minutes.
2. Add tomatoes, sugar, and oregano. Heat through. Add collards to pan and cook for 30 minutes. If greens seem dry, add water a cup at a time, so that they do not dry out.
3. Continue to cook until greens are tender adding small amounts of water if necessary.

Kale and Potatoes

This is a winter dish. Our clients love when we add potatoes to kale, which we serve often.

Serves 50 adults

Ingredients

12 lb. green kale, washed and chopped
20 lb. potatoes, sliced thinly
1 cup garlic, minced
2 cups oil

Directions

1. In a stock pot heat oil and sauté garlic and potatoes until potatoes are tender.
2. Add kale, stir together, and cook until kale is tender. Add a little water if needed.
**LIMA BEAN SUCCOTASH**

This is a great way of mixing fresh and frozen vegetables. It is an easy way to start introducing fresh produce into your menus. We also use any fresh vegetables, such as zucchini or eggplant, that need to be used up.

SERVES 50 ADULTS

**INGREDIENTS**

- ½ cup oil
- 2 cups onions, diced
- ¾ cup garlic, minced
- 2 bay leaves
- 2 tablespoons ground thyme
- 2 tablespoons chili powder
- 4 teaspoons oregano
- 4 teaspoons basil
- 4 lb. frozen corn
- 4 lb. frozen lima beans
- 1 #10 can diced tomatoes

**DIRECTIONS**

1. In a stock pot heat oil and sauté onions and garlic in oil.
2. Add all spices and toast.
3. Add all frozen vegetables.
4. Cook for 5 minutes. Add diced tomatoes. Add any other fresh vegetables and cook for 30 minutes to blend flavors.
**Ratatouille**

*A French style stew using fresh summer vegetables in a tomato broth.*

**Serves 50 adults**

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**Ingredients**

- 2 large onions, diced
- 6 tablespoons garlic, minced
- 4-6 bell peppers, diced
- 8 large eggplants, cut into 1-inch dice
- 10 small to medium zucchini cut into ½-inch rounds
- 1 ¼ cup oil
- 1 #10 can of whole peeled tomatoes
- 2 tablespoons dried thyme
- ½ cup large basil leaves, torn or chopped small
- Salt
- Black pepper

**Directions**

1. Heat oil in a large skillet. Add onion and garlic and cook over medium high heat stirring for 5 minutes.
2. Add the eggplant, bell pepper, zucchini, tomatoes, thyme and basil and cook for about 25 minutes on medium to medium-high heat, stirring frequently.
3. Add salt and black pepper.
Roasted Winter Squash

This is one of the first vegetables we started cooking fresh. Squash is a nutrient heavy alternative to white potatoes. Great to serve in the fall and winter.

Serves 50 adults

Ingredients

25 lb. acorn or butternut squash, washed, halved, seeds removed and cut into 6 or 8 pieces (4 to 6 oz) depending on the size of the squash.
1 cup oil
2 tablespoons salt

Directions

1. Preheat oven to 400˚F.
2. Toss squash in oil. Place on full sheet pans with paper liners.
3. Bake for 30 to 40 minutes until golden brown and tender.

Roasted Zucchini

This is a tasty way of cooking almost any fresh vegetable. Great to serve in the summer.

Serves 50 adults

Ingredients

1 case of zucchini (about 50 zucchini), cut into 1” dice
2 cups oil
1 cup garlic, minced
½ cup dried basil or 4 cups fresh basil, chopped
Salt
Black pepper

Directions

1. Preheat oven to 350˚F. Line sheet pans in parchment.
2. Wash and chop zucchini into 1inch dice.
3. In a large bowl, combine oil, garlic, basil, salt, and black pepper in a large bowl. Add zucchini and mix well.
4. Put zucchini on sheet pans. Roast in oven for 20 to 30 minutes until lightly browned and water has evaporated.
Zucchini, Corn, and Tomatoes

This fresh/frozen mix of vegetables is a great way to transition to using more fresh produce. Make this in the summer time for a light side dish.

Serves 50 adults

Ingredients

- 5 large yellow onions, diced
- ½ cup garlic, minced
- 4-5 bell peppers, diced
- 5 lb. frozen cut corn
- 10 small to medium zucchini, cut into ½ inch rounds
- ½ cup oil
- 1 #10 can of whole peeled tomatoes
- 2 tablespoons dried thyme
- 1 cup large basil leaves, torn or chopped small
  or 3 tablespoons dried basil
- Salt
- Black pepper

Directions

1. Heat oil in a large skillet. Add onion and garlic and cook over medium high heat, stirring for 5 minutes.
2. Add the bell pepper, zucchini, tomatoes, thyme, and basil and cook for about 20 minutes on medium-to-medium high heat stirring frequently.
3. Add corn and cook for another 10 to 15 minutes until all is warm.
4. Add salt and black pepper to taste.
Gazpacho is a cold soup that should be chilled until serving. The cold soup can be made with a Robot Coupe in batches, with an immersion blender, or with a stable blender.

Serves 50 adults

Ingredients

2 #10 cans diced or whole peeled tomatoes
12 cups low-sodium V8 juice
7 cucumbers, half peeled and cut in chunks
6 bell peppers, seeded and cut in chunks
1 ½ onions, chopped roughly
¼ cup garlic cloves, chopped roughly
2/3 cup red wine vinegar
1/3 cup oil
2 teaspoons cumin
Salt
Black pepper

Directions

1. Put all ingredients together and blend until smooth.
2. Refrigerate until serving.
Butternut Squash Soup

This fresh/frozen mix of vegetables is a great way to transition to using more fresh produce. Make this in the fall with a sandwich and a salad for a light meal.

Serves 50 adults

Ingredients

- 20 lb. butternut squash, the skin can be left on, (about 10-12 medium butternut squash), 2-inch dice
- 5 onions, diced
- ½ cup garlic, minced
- ½ cup oil
- 2 gallons water or low-sodium chicken stock
- 2 teaspoons nutmeg
- 1 tablespoon cinnamon
- Salt
- Black pepper

Directions

1. Sauté onions and garlic. Add nutmeg, cinnamon, salt, and black pepper. Cook for about one minute.
2. Add squash and water. Bring to a boil, then reduce to a simmer. Cook for about an hour, or until squash is very tender. With an immersion blender, puree soup until smooth. The soup should be thick, but not too thick. If needed, add some extra water.
Louisiana Red Beans

This dish can make a classic pairing if served with brown rice and links of chicken sausage.

Serves 50 adults

Ingredients

- 2/3 cup oil
- 3 large onions, diced
- 3 bell peppers, chopped ½-inch dice
- ¼ cup garlic, minced
- ½ bunch celery stalks, trimmed and chopped ½ inch dice
- 4 bay leaves
- 1 tablespoon dried thyme leaves
- 1 tablespoon dried sage leaves
- 1 tablespoon paprika
- 1 tablespoon dried parsley
- 1 tablespoon onion powder
- 2 ½ #10 cans low-sodium kidney beans, drained and rinsed
- Salt
- Black pepper

Directions

1. In a large pan, heat oil over medium heat. Cook onion, bell pepper, garlic, and celery in oil for about 10 minutes, or until onions become slightly translucent.
2. Add all dry spices and cook for another 2 to 3 minutes until fragrant.
3. Add beans to vegetables. Add 1 to 2 cups water and cook for 30 minutes to develop flavors. Add salt and black pepper to taste.
Minestrone Soup

This vegetable and flavor packed soup is a good way to use up leftover vegetables.

Serves 50 adults

**Ingredients**

- ½ cup oil
- 2 medium onions, diced
- 1 cup garlic, minced
- 4 bell peppers, diced
- 1 head celery, diced
- 10 carrots, cut into ½ inch rounds
- 1 ½ lb. shredded cabbage
- 4 quarts water
- 4 #10 can diced tomatoes
- 1 #10 can low-sodium white beans or kidney beans, drained and rinsed
- 4 bay leaves
- 2 tablespoons dried thyme
- 2 tablespoons curry powder, optional
- 1 small bunch parsley, chopped
- Salt
- Black pepper

**Directions**

1. Sauté onions, garlic, celery, and bell peppers in oil for 5 minutes.
2. Add spices, salt, and black pepper. Cook for another 2 minutes. Add carrots, cabbage, and water; stir to combine.
3. Add tomatoes and drained beans. Cook for 30 minutes at a simmer until vegetables are tender.
Grain Sides
Baked Polenta with Cheese

Polenta is cornmeal or ground corn. By baking it with cheese it hardens, making it easier to cut into squares.

Serves 50 adults

Ingredients

- 2 ½ gallons water
- 10 tablespoons butter
- 4 lb. polenta
- 13 ounces low-sodium cheddar, shredded
- 7 tablespoons grated parmesan (optional)
- 1 ½ cups 1% milk

Directions

1. Preheat oven to 350°F.
2. In a stock pot boil water and butter. Gradually add polenta while stirring. Stir constantly for approximately 20 minutes.
3. Add parmesan, half the shredded cheddar, and milk. Stir well to combine.
4. Oil hotel pans, and pour in polenta. Sprinkle remaining cheese on top, cover with film and foil, and bake for about 20 minutes until cheese is melted on top.
Barley with Parmesan

This recipe is a gentle introduction to a new grain, since barley’s texture is similar to rice. Barley is the lowest grain on the glycemic index, so it will not spike your blood sugar as other processed white grains will.

Serves 50 adults

**Ingredients**

- 7 ½ cups barley
- 4 bay leaves
- 1 ½ tablespoons garlic powder
- 1 cup oil
- 2 ½ ounces lemon juice
- 1 ½-2 cups parmesan
- 1 tablespoon black pepper (optional)

**Directions**

1. Bring a pot of water to a boil. Add barley and bay leaves and reduce the heat to low. Cover and cook 45 minutes, or until barley is tender. Turn heat off and drain barley.
2. Return barley to the pot and add garlic powder, oil, lemon juice, and parmesan. Taste and season very lightly with black pepper, if necessary.
Brown Rice and Wheat Berry Pilaf

Wheat berries are the whole grain version of wheat, and are chewy and fibrous in texture. Mixing them with brown rice makes them more palatable to clients.

Serves 50 adults

**Ingredients**
- 2 cups wheat berries
- 8 cups converted brown rice
- 4 cups boiling water, at least ½ cup oil
- 1 ½ tablespoons oregano
- 2 tablespoons salt
- 1 large onions, diced
- 3 tablespoons garlic, minced
- 1 cup mixed fresh herbs, parsley, cilantro, dill, chives (optional), chopped

**Directions**
1. Preheat oven to 325°F.
2. In a large pot combine the wheat berries and water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender. While wheat berries are cooking, put water on for rice to boil.
3. Measure rice into hotel pans. When water boils, pour hot water into each pan to cover rice by ½ inch. Add oil, salt, and herbs to water.
4. Cover with plastic wrap tightly, and then cover with aluminum foil. Bake for 30 minutes.
5. When the rice is done, fluff and mix with wheat berries.
Quinoa Pilaf

This recipe for pilaf can be substituted for almost any grain. While quinoa is an expensive grain, it has a high protein content, making it a great vegetarian option. It can be mixed with other grains.

Serves 50 adults

Ingredients

- 9 cups (10 lb.) quinoa
- 18 cups water
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 tablespoon basil, or another other fresh herbs (optional), chopped
- 1 carrot, shredded
- 8 cups greens of your choice: collards, spinach, kale, bok choy, chicory, etc. (or combination), chopped
- 2 tablespoons oil
- 2 cloves garlic, minced
- 2 scallions, sliced thinly

Directions

1. Heat oil in a medium size pot. Add garlic and scallions. Cook for 1 minute and add chopped greens and shredded carrot. Add salt and black pepper. Sauté for 3 minutes.
2. Add water and bring to a boil. Add quinoa and stir and cover. Reduce to a simmer and cook for 15 minutes or until water is absorbed and quinoa is tender.
3. Toss chopped basil into the warm quinoa.
Tabbouleh with Tomatoes and Cucumbers

This Mediterranean dish made with bulgur wheat is a great side dish in the summer. You can serve it with baked chicken to make it a main dish.

Serves 50 adults

**Ingredients**

- 8 ½ cups bulgur wheat
- Boiling water to cover
- 4 tablespoons salt
- 2 ½ cups chopped parsley
- ¼ - 1 cup lemon juice
- ¼ - 1 cup oil
- 5 cucumbers, peeled and chopped finely
- 5 tomatoes, chopped finely
- 2 small red onions, diced

**Directions**

1. Preheat oven to 350°F.
2. For bulgur wheat: put bulgur wheat in a hotel pan. Cover with hot water by ½ inch. Cover with plastic film and foil and bake for 30 minutes. Remove, uncover, and let cool. You can refrigerate overnight.
3. For salad: Toss remaining ingredients with bulgur wheat when it is cool.
4. For dressing: Combine oil, lemon juice, and salt. Pour over salad and mix well.
Wheat Berries with cucumbers, green peas, and herbs with a Lemon Basil Dressing

This summer dish is a good opportunity to use a mix of fresh and frozen vegetables when transitioning to using more fresh vegetables. Substitute whichever grain you like.

Serves 50 adults

**Ingredients**

6 to 7 large cucumbers, 1-inch dice (optional: remove half the peel)
2 lb. frozen green peas, thawed
4 cups wheat berries (or barley, bulgur wheat or brown rice)
½ cup fresh or bottled lemon juice
Zest** of several lemons, optional
1 cup oil
1 cup chopped parsley
1 cup chopped fresh basil
Salt
Black pepper

**Directions**

1. Boil medium pot of lightly salted water. Add wheat berries and cook for 45 minutes to an hour on medium heat until done.
2. Drain wheat berries and cool. (If using an alternate grain, cook according to directions.) Boil another pot of water and blanch green peas for one minute, drain and cool.
3. In a small stainless bowl combine lemon juice, lemon zest (if using) and oil. Stir to combine well. Toss cooled grain, peas and cucumbers in the lemon dressing and mix well.
4. Sprinkle fresh parsley, basil, salt and black pepper over the salad and mix well. Chill for 30 minutes for flavor.

**Note: zesting: scrape off the thin outer layer of colored skin of citrus with a small grater or microplane**
Wheat Berries with Dried Fruit

This salad can be made nut-free and with any mix of dried fruits you like. The wheat berries are often too chewy for the clients, so a mix of brown rice and wheat berries is perfect.

Serves 50 adults

Ingredients

- 7 cups wheat berries
- 7 cups converted brown rice
- 1 ½ cups chopped walnuts
- 5 stalks celery, sliced thinly
- 1 ½ cups dried fruit (raisins, cranberries or combination)
- 1 cup cilantro, parsley or fresh spinach, chopped
- 2 large red onions, diced
- ½ cup oil
- ½ cup lemon juice (bottled or fresh)
- Salt
- Black pepper

Directions

1. Preheat oven to 325°F.
2. In a large pot combine the wheat berries and enough water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender. Drain and cool.
3. While wheat berries are cooking, put brown rice in a hotel pan. Add 2” boiling water and cover with foil and plastic wrap and cook for 45 minutes.
4. Toast the walnuts on a full baking sheet lined with paper for 10 minutes.
5. In a large bowl, combine the wheat berries, rice, walnuts, celery, dried fruit, red onion, herbs and oil with lemon juice and salt and black pepper.
Salads
Barley, Corn, and Black Bean Salad

This grain centered salad is a good way to incorporate a new whole grain. This is also a way to use a fresh/frozen mix of vegetables.

Serves 50 adults

Ingredients

- 7 ½ cups (3 1/3 lb.) barley
- 9 ½ cups (2 2/3 lb.) frozen corn
- 1 #10 can low-sodium black beans, drained and rinsed
- 2 red onions, diced finely
- 1 bunch of cilantro, chopped
- 2 bell peppers, diced small
- 1 ½ cups oil
- 1 cup lemon juice
- 1 ½ tablespoons cumin
- Salt
- Black pepper

Directions

1. In a stock pot, boil barley in plenty of water until done (about 45 minutes). Drain.
2. Thaw corn and cook in hot water for 10 minutes until done. Drain.
3. Combine barley, corn, beans, onion, cilantro, and peppers in large bowl and mix well.
4. Mix oil, lemon juice, and spices together and pour over salad. Taste and adjust seasoning.
CABBAGE CARROT KOhLRABI SLaw

Kohlrabi is a crispy root vegetable from the cabbage family like Brussels sprouts or kale. Kohlrabi is a winter storage vegetable and makes a great addition to all salads.

Serves 50 adults

Ingredients

- 10 lb. green cabbage, shredded
- 5 lb. red cabbage, shredded
- 6 lb. kohlrabi, peeled and shredded
- 4 lb. carrots, peeled and shredded
- ½ cup ginger, minced

Dressing:
- 6 cups 100% orange juice
- Zest** of 4 oranges (optional)
- 4 cups oil
- 6 cups apple cider vinegar, white vinegar, or rice wine vinegar
- 1 cup honey
- ½ cup cilantro or parsley, chopped (optional)
- 1 teaspoon salt or dash of soy sauce to taste

**Note: zest: scrape off the thin outer layer of colored skin of citrus with a small grater or microplane

Directions

1. Combine all salad ingredients in a large bowl.
2. Combine all dressing ingredients and mix well. Pour over shredded salad and mix.
3. Allow to rest refrigerated for 30 minutes to an hour for flavor to develop.

Cruciferous, apple, and parmesan salad

This is a crunchy and colorful salad with an additional flavor boost from the apples and parmesan cheese.

Serves 50 adults

Ingredients

- 2 heads romaine, washed, cut into 2-inch pieces
- 1 bunch kale, stems removed, cut into 1-inch pieces
- 6 apples, cored and sliced, put into lemon water if not using immediately
- 4 lb. red cabbage, finely shredded
- 2 cups grated parmesan

Directions

1. Place all vegetables in a large bowl and toss with parmesan and dressing of choice.
**Arugula, Carrot, Beet, and Chickpea Salad**

*Serves 50 adults*

**Ingredients**

- 4 1/2 lb. arugula
- 4 medium to large carrots, shredded
- 2 1/2 lb. beets, peeled and shredded or cooked and diced
- 1/2 #10 can low-sodium chickpeas, rinsed and drained

**Directions**

1. Either wash and boil beets until just done (about 30 minutes) or put in hotel pans in oven with water to cover. If cooking them in the oven: cover with film and foil and put in 350˚ F oven for 1 to 1 1/2 hours.
2. Let the beets cool. Peel and chop beets into bite-sized pieces.
3. Place all vegetables in a large bowl and toss with dressing of choice.

**Spinach, Apple, and Red Onion Salad**

*Serves 50 adults*

**Ingredients**

- 3 lb. baby spinach
- 6 medium apples, cored and sliced thinly
- 3 small red onions, sliced thinly

**Directions**

1. Place all vegetables in a large bowl and toss with dressing of choice.
APPLE, BEET, AND CARROT SALAD WITH CITRUS DRESSING

SERVES 50 ADULTS

INGREDIENTS

10 lb. beets, washed and peeled
8 lb. carrots, washed and peeled
6 lb. crisp apples, peeled and cored

Dressing:
2 cups oil
1 cup lemon juice
3 cups orange juice
Salt to taste
Black pepper to taste

DIRECTIONS

1. Using either a box grater over a stainless bowl or a food processor, shred the raw, peeled beets, carrots and apple. Mix together. Whisk the lemon juice, orange juice and oil with a sprinkle of salt and black pepper.
2. Toss the shredded vegetables and fruit with the citrus dressing. Let sit refrigerated for an hour for flavor to develop.

ROMAINE, KALE, BELL PEPPERS, BLACK OLIVES, AND FETA SALAD

SERVES 50 ADULTS

INGREDIENTS

2 heads romaine, chopped into 2-inch pieces
1 bunch kale, chopped into 1-inch pieces
5 bell peppers, slice thinly into 1-inch long slices
6 cups black olives, rinsed and drained
1 3/4 cups crumbled feta cheese

DIRECTIONS

1. Combine all ingredients together in a large bowl or hotel pans serve with dressing of choice.
Brown Rice Greek Salad

Serves 50 adults

Ingredients

14 cups brown rice, cooked and cooled
14 cups low-sodium chickpeas, drained and rinsed
14 cups tomatoes or cherry tomatoes, fresh or roasted (see instructions on roasting)
14 cups cucumber, peeled and diced
6 cups red onion or scallion, diced
6 cups corn, fresh or frozen and thawed
4 cups feta cheese, crumbled
6 cups sliced black olives, Kalamata or other black olives

Dressing:
1 cup of fresh lemon juice with its zest or bottled lemon juice
1 cup oil
6 tablespoons dried oregano
10 tablespoons dried mint (optional)
12 cloves of garlic, minced
Black pepper to taste

Directions

1. To roast tomatoes: Preheat oven to 400°F.
2. Line baking pan with an even layer of tomatoes and drizzle with oil. Roast for 30 minutes and let cool.
3. In a medium bowl, combine brown rice with tomatoes, chickpeas, cucumbers, onion or scallion, corn, feta and olives.
4. In a bowl stir lemon juice with zest, vegetable oil, oregano, mint, garlic, and black pepper. Check seasoning and adjust accordingly.
5. Mix dressing with salad ingredients and combine well.
Spinach, egg, and mushroom salad

Serves 50 adults

Ingredients

- 13 eggs, hard boiled, peeled, and cooled
- 2 lb. baby spinach
- 3-4 red onions, peeled and sliced thinly
- 2 lb. button mushroom, sliced thinly

Directions

1. In a large bowl all ingredients together in a large bowl or hotel pans and serve with dressing of choice.
Salad Dressings & Sauces
**APPLE VINAIGRETTE**

This is a great recipe to repurpose leftover bruised fruit. You can also make this with beets or pears.

**MAKES APPROXIMATELY 1 ½ GALLONS**

**INGREDIENTS**

- ½ gallon (8 cups) medium apples, cored and cut into bite-sized pieces
- 3 cups apple cider vinegar
- 3 cups water
- 1 gallon (16 cups) oil
- ½ cup Dijon mustard
- 2 teaspoons salt
- 1 teaspoon black pepper
- ¼ cup sugar or honey

**DIRECTIONS**

1. Combine ingredients in a tall container.
2. Blend with immersion blender at high speed until smooth.

**BALSAMIC DIJON VINAIGRETTE**

**MAKES APPROXIMATELY 1 ½ GALLONS**

**INGREDIENTS**

- 14 cups oil
- 6 cups balsamic vinegar
- 1 cup Dijon mustard
- ½ cup honey
- 1 cup garlic, minced
- 2 or 3 cups orange juice
- 3 tablespoons salt
- 3 tablespoons black pepper

**DIRECTIONS**

1. Combine all ingredients and whisk to emulsify.
Roasted Red Pepper Vinaigrette

This is a vibrant and flavorful salad dressing. Red bell peppers add a large boost of Vitamin C.

Makes approximately 1 ½ gallons

Ingredients

- 2 #10 cans roasted red bell pepper, drained
- 1 cup dried oregano
- 1 cup garlic, minced
- 1 gallon oil
- ½ cup sugar or honey
- 1 cup apple cider vinegar
- Salt
- Black pepper

Directions

1. Put all ingredients in a large plastic container that will hold at least 2 gallons.
2. Blend with an immersion blender until completely combined (emulsified). Salt and pepper to taste.
3. Cover and store. Keeps up to a week or more in the refrigerator when covered tightly.

Yogurt Ranch Dressing

Making your own salad dressing is much cheaper than purchasing it, and you can control the ingredients. Make this healthy ranch instead of the original, and it’s even more delicious.

Makes slightly less than 1 ½ gallons

Ingredients

- 96 ounces (6 lb.) plain low-fat yogurt
- 6 cups light mayonnaise
- 3 tablespoons garlic, minced
- 3 to 6 teaspoons salt
- 9 tablespoons lemon juice or orange juice
- 3 cups ketchup (optional)

Directions

1. In a large container mix all ingredients until well mixed. Serve with Sweet Potato Fries!
**SOY GINGER MARINADE**

*Use this marinade to add flavor to baked chicken or fish.*

**Makes approximately 1 ½ gallon**

**Ingredients**

- 1 ½ gallons of low-sodium soy sauce
- 1 ½ cups ginger, minced
- 1 ½ cups garlic, minced
- ¾ cup sesame oil (optional)
- 1 ½ cups honey, molasses, or brown sugar

**Directions**

1. In a large container mix all ingredients until well combined.
2. Cover and store. Keeps up to a week or more in the refrigerator when covered tightly.

**BBQ SAUCE**

*Use this on chicken or a meat substitute. Adjust the seasoning to make it more or less spicy.*

**Serves 50 adults**

**Ingredients**

- 6 cups (½ #10 can) ketchup
- 3 cups (¼ #10 can) water
- ½ cup molasses
- ½ cup apple cider vinegar
- ½ cup tomato paste
- ½ cup Dijon mustard
- 2 teaspoons black pepper
- 3 teaspoons paprika
- 3 teaspoons garlic powder
- 3 teaspoons onion powder
- 3 teaspoons oregano
- 2 teaspoons ground fennel

**Directions**

1. Put all in a stock pot stir all ingredients.
2. Cook for an hour on low simmer, stirring occasionally.
Spinach Basil Pesto

This can be made with cilantro or any other herbs in place of the basil. The basil is optional. It can be put on pasta, fish, or chicken. The pesto can be made using a food processor, blender, Robot Coupe, or chopped by hand. Make with or without nuts, and with or without cheese.

Makes approximately 1 ½ gallons

Ingredients

- 50 ounces of spinach or about 18 cups packed, cleaned
- 15 cups basil, cleaned and packed
- 6 cups of garlic cloves
- 9 cups oil
- 5 cups grated parmesan cheese
- 5 tablespoons salt

Directions

1. In a food processor put spinach, basil, and garlic, oil, and lemon juice and puree. Add parmesan and salt and mix well.
2. Refrigerate until ready to use.

Yogurt Tartar Sauce

Serve this tartar sauce with any fish or as a sauce for a veggie burger or salmon burger.

Serves 50 to 70 adults

Ingredients

- 80 ounces plain low-fat yogurt
- 1 cup light mayonnaise
- ½ large onion, grated
- ½ cup lime or lemon juice
- ¼ cup garlic, minced
- 1 cup parsley, dill, and/or cilantro, chopped
- ½ cup pickle relish (optional)
- 1 tablespoon salt

Directions

1. In a large container mix all ingredients until well combined.
**Caesar dressing**

Homemade Caesar dressing is much healthier and cheaper than store-bought. Add the parmesan cheese for a creamier and cheesier option. If making a larger batch, put all ingredients except for oil in a large container and immersion blend. Once all ingredients are blended, slowly add the oil until it is smooth and emulsified.

**Makes approximately 1 gallon**

**Ingredients**

- ½ cup garlic
- ½ cup Dijon mustard
- ¼ cup Worcestershire sauce
- 2 cups light mayonnaise
- ½ cup lemon juice (fresh or bottled)
- 1 ½ cups red wine vinegar
- 10 cups oil
- 1 tablespoon black pepper
- 2 cups parmesan cheese (optional)

**Directions**

1. In a blender put garlic, Dijon mustard, and Worcestershire sauce and puree.
2. Transfer to a large container and add mayonnaise, lemon juice, vinegar and whisk together.
3. Add oil slowly and whisk to combine. This will emulsify the dressing without the oil and vinegar separating. Stir in black pepper and parmesan and combine.

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**Moroccan tomato sauce**

Pair this sauce with fish, couscous, and chickpeas.

**SERVES 50 ADULTS**

**Ingredients**

- ¼ cup oil
- 1 onion, diced
- 3 tablespoons garlic, minced
- ½ teaspoon salt
- 1 ¼ teaspoons cinnamon
- 2 ½ teaspoons cumin
- 2 ½ teaspoons paprika
- 1 #10 can whole peeled tomatoes
- 2 cups water
- 1 ¼ cups fresh spinach, chopped

**Directions**

1. Sauté onions and garlic in oil.
2. Add spices (salt, cinnamon, cumin, paprika), tomatoes, and water.
3. Simmer for about 20 minutes, then add spinach. Let cook for about 10 more minutes.
MUSHROOM, ONION, RED PEPPER SAUTÉ

This makes a great topping for fish or chicken.

SERVES 50 ADULTS

INGREDIENTS

½-¾ cup oil
4 lb. white mushrooms, cut in half or quarter slices
4 lb. yellow onion approximately 4 large onions sliced thinly
6 bell peppers, cored and cut in strips
½ cup garlic, minced
½-¾ cup lemon juice
Salt and black pepper to taste

DIRECTIONS

1. In a large pan heat oil medium-hot. Add onions and cook for 5 minutes stirring occasionally,
2. Add mushrooms and cook for another 5 minutes. Add garlic and bell peppers; cook for 5 minutes more.
3. Add lemon juice and stir to combine and cook until all vegetables are just cooked through.
4. Season with salt and black pepper. to taste.
Snacks
**Black Bean Dip**

This dip works as a snack with whole wheat bread, or can be put it in a whole wheat wrap with vegetables for a summer sandwich.

**Serves 50 adults**

**Ingredients**

- 1 #10 can low-sodium black beans, drained and rinsed
- 1 small red or white onion, diced
- 3 cloves garlic, minced
- 1 cup spaghetti sauce or tomato sauce or whole peeled tomatoes
- 2 tablespoons cumin
- 2 tablespoons chili powder
- 1 cup chopped cilantro (optional)
- Juice of 2 limes (optional)

**Directions**

1. In a sauce pan add black beans, garlic, and onions.
2. Add tomato sauce, cumin, chili powder, lime juice, and cilantro if using.
3. Using an immersion blender, puree ingredients until they are combined.
4. Place on medium heat. Once it begins to bubble, cook for 5 to 10 minutes. Serve with tortilla chips.

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**Black Bean and Cheddar Vegetable Quesadillas**

These quesadillas are a crowd favorite. You can add grated corn, carrots, fresh baby spinach, grated summer squash, or any leftover vegetables to add more nutrients, flavor, and texture.

**Serves 50 adults**

**Ingredients**

- 50 9 inch whole wheat flour tortillas or whole wheat wraps
- 1 #10 can low-sodium black beans, drained and rinsed and mashed or 1 recipe for Black Bean Dip
- 13 cups low-sodium cheddar, shredded

**Directions**

1. Preheat oven to 375°F.
2. Line 5 full sheet pans with parchment paper. Lay 6 flour tortillas on each sheet pan. Smear ½ cup mashed black beans or black bean dip on each tortilla evenly.
3. Sprinkle ½ cup shredded cheddar evenly onto each tortilla. If using any additional ingredients, add to the quesadilla now. Top with another tortilla and press firmly. Prepare all quesadillas.
4. Place into oven and cook for 12 minutes, until tortillas turn brown. Remove from oven.
5. Cool slightly and cut each quesadilla into quarters using a pizza wheel or knife.
Hummus

This works well as a snack, but you can also add vegetables with a whole wheat wrap and serve it for lunch. If you add leftover cooked vegetables, you will increase nutrient density and change the flavor of the hummus. Carrots, beets, or winter squash are fun vegetables to add. For best flavor, roast or steam veggies.

Serves 50 adults

Ingredients

1 #10 can low-sodium chickpeas, drained and rinsed
4 cups cooked beets, butternut squash, or carrots (optional)
Juice of 5 or 6 lemons or ½ cup bottled real lemon juice
2 tablespoon cumin
¼ cup garlic, minced
2-3 tablespoons salt
1 cup oil
1 cup water, as needed

Directions

1. You may need to make two or three batches depending on the size of your food processor. Place half of the ingredients in a food processor and puree until smooth. Adjust seasoning between batches for consistency.
3. Serve with whole wheat pita bread cut into small triangles and/or raw celery, cucumber, or carrot sticks.
4. You can also put 2 to 3 tablespoons in a whole wheat tortilla with lettuce and tomato and/or shredded carrots for a great snack for kids and adults!
**Sweet Potato Fries**

*These sweet potato fries can be a healthier and more nutrient-dense snack replacement for chips, or a replacement for any use of white potatoes. This works better with a healthy dip, such as the Yogurt Ranch Dressing.*

**Serves 50 adults**

**Ingredients**

- 8-10 lb. sweet potatoes, washed with skin left on, cut into ½-inch sticks
- 1/3 cup oil
- 1 teaspoon salt
- 1 teaspoon cumin (optional)
- 1 teaspoon garlic powder (optional)

**Directions**

1. Preheat oven to 400°F. Line 2 or 3 full sheet pans with parchment paper or foil.
2. Toss sweet potatoes with salt, oil and other spices if using. Put pans into the hot oven for 10 minutes. After 10 minutes check sweet potatoes, stir or flip, and cook for another 10 minutes.
3. Serve warm with healthy yogurt ranch dressing, marinara sauce, or ketchup for dipping.

**A Few Tips for the Best Baked Sweet Potato Fries**

- Cut the potatoes as evenly as possible: The more uniform the fries, the more evenly they will bake. Aim for ¼ to ½ inch thickness.
  Large fries will take too long to bake, while thinner fries will bake up greasy and limp.
- Coat the sweet potatoes well: You can toss the potatoes with oil in a large mixing bowl.
- Roast them, don’t bake them: A long, low bake (say 350°F or below) will result in tender sweet potatoes, but never crisp. Instead crank the oven to 400°F for a hot, fast roast. It’s a critical step for a crisp coating and tender interior.
- Flip them once, never more: You might think that flipping or turning the sweet potato fries while they bake would make for more evenly cooked fries, but not necessarily, you don’t need to flip them at all!
English Muffin Pizza

Instead of purchasing the less healthy version, make a quick snack from scratch. The toppings on these small pizzas are a great way to use leftovers!

Serves 50 adults

Ingredients

- 50 whole wheat English muffins, split in half
- 13 cups low-sodium spaghetti sauce or crushed tomatoes
- 13 cups low-sodium mozzarella, shredded

Optional additions to spaghetti sauce:
- approximately 3 cups grated carrots or finely chopped fresh baby spinach, grated broccoli, cauliflower, zucchini, etc.

Directions

1. Preheat oven to 350° F.
2. Line one or two full sheet pans with parchment paper.
3. Using a sharp knife, slice English muffins in half horizontally. Lay them all out on the sheet pans. If using additional vegetables, put into the spaghetti sauce already chopped or grated.
4. Spread 2 tablespoons of spaghetti sauce on each muffin half.
5. Sprinkle 2 tablespoons of grated cheese on each half.
6. Place in oven for 10 to 12 minutes until cheese is melted and golden.
Baked Goods
Blueberry Corn Muffins

These muffins are a good option for breakfast or snack. Polenta and cornmeal are the same grain, any extra polenta can be used to make these muffins.

Serves 72 adults

Ingredients

- 4 cups whole wheat or all-purpose flour
- 4 cups cornmeal
- 2 tablespoons baking powder
- 3 teaspoons salt
- 2 ¾ cups Buttermilk or yogurt
- 2 ¼ cups oil
- 8 eggs
- 4 teaspoons cardamom
- 8 cups blueberries
- 3 cups sugar (brown or white)
- 2 teaspoons vanilla extract

Streusel topping:
- 1 ½ cups oats
- 1 ½ cups whole wheat or all-purpose flour
- 1 cup brown sugar
- 1 ½ lb. butter
- 2 tablespoons cinnamon

Directions

Muffins
1. Preheat oven to 350°F. Grease or line 72 muffin cups with paper liners.
2. Mix flour, cornmeal, baking powder and salt together in one bowl. Add cardamom to dry ingredients.
3. Mix yogurt, oil and eggs in a separate bowl. Add sugar to wet ingredients and combine well.
4. Mix blueberries and vanilla extract to wet ingredients. Combine wet and dry ingredients but do not overmix batter.
5. Evenly distribute batter into prepared muffin tins, or two full prepared shallow hotel pan.

Streusel topping
1. Let butter come to room temperature. Mix all ingredients well.
2. Crumble approximately 1 tablespoon of topping per muffin on top before baking.
3. Bake for 15 to 20 minutes for muffins and 30 minutes for hotel pan.
Healthy Carrot Cake Oatmeal Snack Cookies

These cookies are a great alternative to a processed snack food and can be served for breakfast as well since they are packed with whole grains.

Serves adults 50 2 inch cookies

**Ingredients**

- 4 cups rolled oats
- 3 cups whole wheat or all-purpose flour
- 2 tablespoons baking powder
- 2 tablespoons cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon salt
- ½ cup oil
- 1 ½ cup brown sugar
- 4 eggs, room temperature
- 4 teaspoons vanilla
- 2 to 4 ripe bananas, mashed
- 4 cups freshly grated carrots (about 6 medium carrots)
- 2 cupa coconut flakes (optional)
- 1 cup raisins or dried cranberries (optional)

**Directions**

1. Preheat oven to 350°F. Line two baking sheets with parchment or wax paper.
2. In a medium bowl, whisk together oats, flour, baking powder, cinnamon, nutmeg, and salt. In a separate bowl, whisk together oil, sugar, eggs, vanilla, and mashed banana.
3. Add the dry ingredients to the wet ingredients and mix well. Gently fold in the carrots, coconut and dried fruit, if using. Refrigerate at least 10 minutes or overnight if desired.
4. Drop the cookie dough in rounded scoops (about 2 tablespoons) onto the prepared sheet pans. Flatten slightly with your hand.
5. Bake for 10 to 12 minutes.
Pumpkin Muffins

This is an easy and healthier muffin recipe that can be served as a snack or for special occasions. The applesauce and pumpkin puree keep the muffins moist while avoiding the use of butter. The pumpkin in this recipe can be replaced with the same amount of mashed sweet potato as well.

YIELDS ABOUT 48 MUFFINS (2 DOZEN)

**Ingredients**

- 5 cups whole wheat or all-purpose flour
- 1 cup rolled oats
- 8 teaspoons pumpkin pie spice
- 4 teaspoons baking soda
- 2 teaspoons baking powder
- 2 teaspoons salt
- 3 cups pumpkin puree
- 2 cups brown sugar
- 2 2/3 cup oil
- 1 cup applesauce
- 6 eggs
- 2 teaspoon vanilla extract

**Directions**

1. Preheat oven to 350°F. Grease or line 48 muffin cups with paper liners.
2. Combine flour, oats, pumpkin pie spice, baking soda, baking powder, and salt together in a bowl. Whisk pumpkin puree, brown sugar, vegetable oil, applesauce, eggs, and vanilla extract together in a separate large bowl. Stir flour mixture into pumpkin mixture and mix well.
3. Evenly distribute batter into prepared muffin tins.
4. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 12 to 18 minutes.
Quick Apple Cake

This delicious and easy cake recipe is a great way to use up leftover fruit. Pears, plums, nectarines, peaches, or anything in the kitchen that needs to be used up can replace the apples in this cake!

Serves 50 adults

**Ingredients**

- 6 cups whole wheat or all-purpose flour
- 3 cups granulated sugar
- 3 teaspoons baking soda
- 2 teaspoons salt
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 2 2/3 cups oil
- 8 eggs
- 2 teaspoons vanilla
- 4-5 apples, cut into ½ inch dice

**Optional Topping ingredients:**

- 8 teaspoons sugar
- 2 teaspoons cinnamon

**Directions**

1. Preheat oven to 350°F degrees. Grease half hotel pans with oil spray or oil.
2. In a large bowl whisk together the flour, sugar, baking soda, salt, cinnamon and nutmeg. Add the oil, eggs, and vanilla and stir until just combined.
3. Fold in the apples. Scrape batter into the prepared hotel pan. Mix sugar and cinnamon and sprinkle on top of batter.
4. Bake for about 30 to 40 minutes until a toothpick inserted in the middle comes out clean.
Zucchini Muffins

We use this recipe for our monthly birthday cake for our kids and seniors during the summer. Instead of dropping the batter into a muffin tin, spread it into a pan; once baked ice it with a yogurt frosting. Substitute carrots in the fall and winter to make this a seasonal recipe.

Serves 48 adults

Ingredients

- 5 eggs
- 3 cups brown sugar
- 1 1/2 cups oil
- 2 tablespoons vanilla
- 6 cups zucchini, grated
- 5 cups whole wheat or all-purpose flour
- 1 1/2 tablespoons cinnamon
- 1 teaspoon allspice
- 1 teaspoon cardamom
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 2 teaspoons baking soda
- 1 teaspoon baking powder

Directions

1. Preheat oven to 350°F.
2. Beat eggs until foamy. Add sugar, oil, vanilla, and grated zucchini.
3. In a separate bowl combine flour, cinnamon, allspice, cardamom, ginger, salt, baking soda, and baking powder.
4. Pour wet ingredients over dry ingredients and mix just to combine. Do not over mix.
5. Put baking muffin cups into muffin tins and spray with vegetable oil spray. Fill muffin cups 2/3 each with batter.
6. Bake for 25 to 30 minutes or until done.
BANANA BUCKWHEAT CORN MUFFINS

These muffins can also be baked as a loaf. Loaves will take about 40 minutes to bake.

MAKES 72 MUFFINS

**Ingredients**

1 ¾ cups oil
3 cups brown sugar
6 to 7 cups mashed ripe bananas
7 eggs
1 ¾ cups plain low-fat yogurt
2 tablespoons vanilla extract
2 ¾ cups buckwheat flour
2 ¾ cups all-purpose flour
1 ½ cups cornmeal
1 ½ tablespoons baking powder
2 teaspoons baking soda
2 teaspoons salt

**Directions**

1. Preheat oven to 350°F. Coat muffin tin with oil spray or paper liners.
2. Put oil and brown sugar into large mixer. Mix on low until well combined.
3. Add in banana and mix for several minutes more.
4. Add eggs, vanilla extract and plain low-fat yogurt and mix until well combined.
5. In a separate bowl, combine all dry ingredients (buckwheat flour, all-purpose flour, cornmeal, baking soda, baking powder, salt) and mix well.
6. Add dry to wet ingredients and mix for 1 or 2 minutes.
7. Pour batter evenly into muffins tins and bake for 20-25 minutes.
Chocolate Chip Oatmeal Cookies

Makes 50 cookies

Ingredients

- 2 cups packed brown sugar
- 2 cups butter, room temperature
- 2 teaspoons vanilla extract
- 2 eggs
- 4 2/3 cups oats
- 3 1/2 cups whole wheat or all purpose flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 cups (12 oz) semisweet chocolate chips
- 2 cups coconut flakes

Directions

1. Preheat oven to 350°F.
2. Line two full sheet pans with parchment paper.
3. In large bowl, combine brown sugar and butter and stir until blended.
4. Stir vanilla and eggs until light and fluffy.
5. Stir in oats, flour, baking soda and salt. Then stir in chocolate chips and coconut flakes.
6. Scoop dough into rounded tablespoonfuls, spacing them 2 inches apart.
7. Bake 9 to 11 minutes or until golden brown.
8. Cool slightly; transfer from cookie sheet to wire rack.
OATMEAL MOLASSES SPICE COOKIES

MAKES 70 COOKIES

INGREDIENTS

2 cups butter
2 cups brown sugar
1 ½ cups molasses
4 eggs
6 cups whole wheat or all purpose flour
4 cups oats
1 teaspoon salt
2 ½ teaspoons baking soda
4 teaspoons cinnamon
2 teaspoons cardamom
2 teaspoons ginger
1 teaspoon orange zest
1 teaspoon nutmeg
1 teaspoon allspice

DIRECTIONS

1. Preheat oven to 350˚F. Line two full sheet pans with parchment paper.
2. Cream together butter, sugar and molasses in mixer. Add eggs and blend well.
3. Mix all dry ingredients (flour, oats, salt, baking soda, cinnamon, cardamom, ginger, orange zest, nutmeg, allspice) in a large mixing bowl until well blended. Stir into wet ingredients and mixed well until combined.
4. Scoop dough with a 1 oz scoop, spacing them 2 inches apart.
5. Bake for approximately 10 minutes for soft and chewy cookies.
6. Cool slightly; remove from cookie sheet to wire rack.
Chocolate Beet Cake

Serves 40 adults

Ingredients

4 cups beets (8 small to medium beets), cooked and pureed
4 cups whole wheat or all purpose flour
2 cups sugar
1 cup unsweetened cocoa powder
1 tablespoon baking soda
1 ½ teaspoons salt
4 large eggs
1 ½ cup warm water
½ cup oil
2 teaspoons vanilla extract

Directions

1. To prepare beets: Cover beets with 2 inches of water in a pot. Bring to a boil. Reduce heat, and simmer until very tender when pierced with a fork or knife, about 30 minutes. Drain. Puree beets in a food processor until smooth.
2. Preheat oven to 350° F. Whisk together flour, sugar, cocoa powder, baking soda, and salt in a large bowl.
3. In a separate bowl whisk in eggs, water, oil, vanilla, and pureed beets. Stir wet ingredients into dry ingredients.
4. Coat a hotel pan with cooking spray. Pour batter into pan. Bake until a toothpick inserted into the center comes out clean, about 30-40 minutes.
5. Let cool in pan on wire rack for 20 minutes before serving.
Sweet Potato Cookies

These cookies come out almost closer to a light scone. They are delicious, and the sweet potatoes are nutrient-dense and high in vitamin A. The whole wheat flour, sweet potatoes, and oats make this a high fiber snack.

Makes 48 cookies

Ingredients

- 4 medium sweet potatoes
- 4 cups whole wheat or all purpose flour
- 3 cups rolled oats
- 2 teaspoon baking soda
- 4 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon ground cardamom
- 1 teaspoon salt
- 1 cup oil
- 2 cups brown sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 cup chocolate chips (optional)

Directions

1. Preheat oven to 350°F.
2. Line two full sheet pans with parchment paper.
3. Peel and chop sweet potatoes into chunks. Bring large pot of water to a boil and add sweet potatoes, cooking for about 15 minutes, until fork tender. Drain water and mash potatoes, then set aside to cool a bit.
4. In a medium bowl, combine flour, oats, baking soda, salt, and spices. Set aside.
5. In a separate bowl combine oil, sugar, eggs, and vanilla. Once the sweet potatoes have cooled a bit, add to the sugar mixture.
6. Stir flour mixture into sweet potato mix, then fold in chocolate chips if using.
7. Scoop dough with a 1 oz scoop, spacing them 2 inches apart.
8. Bake for 10-12 minutes.
9. Let cool in pan on wire rack for 20 minutes before serving.
### Measurement

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### Temperature

#### Fahrenheit
- 100 °F
- 150 °F
- 200 °F
- 250 °F
- 300 °F
- 325 °F
- 350 °F

#### Celsius
- 37 °C
- 65 °C
- 93 °C
- 121 °C
- 150 °C
- 160 °C
- 180 °C

#### Fahrenheit
- 375 °F
- 400 °F
- 425 °F
- 450 °F
- 500 °F
- 525 °F
- 550 °F

#### Celsius
- 190 °C
- 200 °C
- 220 °C
- 230 °C
- 260 °C
- 274 °C
- 288 °C

### Weight

#### Imperial
- 1/2 oz
- 1 oz
- 2 oz
- 3 oz
- 4 oz
- 5 oz
- 6 oz

#### Metric
- 15 g
- 29 g
- 57 g
- 85 g
- 113 g
- 141 g
- 170 g

#### Imperial
- 8 oz
- 10 oz
- 12 oz
- 13 oz
- 14 oz
- 15 oz
- 1 lb

#### Metric
- 227 g
- 283 g
- 340 g
- 369 g
- 397 g
- 425 g
- 453 g
Acknowledgements

This Farm-to-Institution Cookbook was a long time in the making. It is based on years of experience developing and testing recipes in Lenox Hill Neighborhood House’s kitchens and programs to provide our clients with the healthiest, freshest, most local, sustainable and delicious food possible. Many people have worked to make this book a reality. Teaching Kitchen Founding Executive Chef Lynn Loflin originally developed most of these recipes during her years as Lenox Hill Neighborhood House’s Executive Chef, during which she dramatically transformed our Food Services with the goal of serving more fresh, healthy and local food to the New Yorkers who depend on institutional meals for food security and nutrition. Sous Chef Hannah Roucher did the majority of the work to compile, scale, edit, photograph and test the recipes. Teaching Kitchen Chefs Evelyn Garcia and Seema Pai developed additional recipes and helped to edit and test many others. Evelyn also led the work of translating the cookbook into Spanish, with support from Data and Evaluation Manager Aldo Dagostino. Many current and former members of our Food Services team also contributed, including Annie Melo-Abreu, Francisca Diaz, Gabriel Onofre, Hassina Muhammad, Jaime Nieves, Janet Sanchez, Jermaine Miller, Maria González, Olga Ortega, and Vicenta Nuñez, whose decades of experience preparing meals for our clients helped to inform these recipes and who daily bring them to life for our clients. Executive Chef Michael Mangieri continues to develop and refine our recipes and to implement new innovations and best practices in our Food Services to make our meals more healthy, delicious and sustainable. Hollis Maloney created the beautiful design for the cookbook. Teaching Kitchen Administration Manager Leah Gable and Director of Philanthropy and Healthy Food Initiatives David French also contributed. Thank you all -- this cookbook was a truly a team effort and we could not be prouder of it.